

<p>Locations:</p> <p>Little House Society 5061 – 12th Ave. Tsawwassen</p> <p>Ladner United Church 4960 48th Avenue, Ladner</p> <p>Ladner Leisure Centre, 4600 Clarence Taylor Cr.</p>	<p>April 2018</p>	 <p>D.A.W.N. SOCIETY DELTA ALLIANCE FOR WELLNESS & NETWORKING <i>moving forward together</i></p> <p>**Please note that dates and times are subject to change.</p>	<p>April 2018</p>	<p>PH: (604)596-6694</p> <p>www.dawnsociety.ca (access our online calendar)</p> <p>North Clubhouse: 11715 72nd Ave. Delta</p>
<p>MONDAY(SOUTH)</p>	<p>TUESDAY(NORTH)</p>	<p>WEDNESDAY(SOUTH)</p>	<p>THURSDAY(NORTH)</p>	<p>FRIDAY(NORTH)</p>
<p>2.) CLOSED FOR EASTER MONDAY!</p>  <p>Music Mondays: Jared at the Clubhouse 1:00PM-2:30PM</p> <p>YA Group: Dinner at Dark Table Cost: \$10.00 BY REGISTRATION ONLY ** Leaving Clubhouse at 4:30PM **</p>	<p>3.) Open 9AM-4PM</p> <p>9:00AM - Member Chat & Coffee</p> <p>9:30AM-12:30 – SIR Course (By appointment only)</p> <p>1:30PM-3:00PM - You Gotta Have Art</p> <p>YA Group: Saltwonder – Himalayan Salt Cave ** Leaving Clubhouse by 11:50AM BY REGISTRATION ONLY! Cost: \$7.00</p>	<p>4.) 10:20AM – Outing Bowling at Lucky 9 Lanes Cost: \$5.00</p>  <p>North Clubhouse (Seniors Connect) 1:30PM: Common Health Concerns for seniors with Bonnie-Jean</p>	<p>5.) Open 9AM-4PM</p> <p>9:00AM - Member Chat & Coffee</p> <p>9:30AM-12:30Noon – SIR Course (By appointment only)</p> <p>12:30Noon-1:30PM – Member's Socialize with each other</p> <p>1:30-3:00PM – Homemade Paw Balm (Paw Balm for Dogs) Cost: \$3.00</p> 	<p>6.) Open 10AM-4PM</p> <p>10:30AM- Members' Meeting</p> <p>11:30Noon – Way in to Personal Growth: Health Benefits of Garlic (Part 1)</p> <p>12:30Noon – Cobb Salad Cost: \$3.00</p>  <p>1:30-3:00PM – Recovery Plans (By Appointment)</p>
<p>9.) 10:30AM – HBHM (Local Walk in Tsawwassen)</p> <p>1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> <p>Music Mondays: Jared at the Clubhouse 1:00PM-2:30PM</p> <p>YA Group: Dinner at Dark Table Cost: \$10.00 BY REGISTRATION ONLY ** Leaving Clubhouse at 4:30PM **</p>	<p>10.) Open 9AM-4PM</p> <p>9:00AM - Member Chat & Coffee</p> <p>9:30AM-12:30Noon – SIR Course (By appointment only)</p> <p>12:30Noon-1:30PM – Member's Socialize with each other</p> <p>1:30PM-3:00PM - You Gotta Have Art</p> <p>YA Group: Movie at Strawberry Hill Cineplex (Time & Movie TBA) Cost: \$3.00</p>	<p>11.) 10:20AM – Zumba (Winskill)</p> <p>1:15PM-3:00PM – Little House: Disclosure to Employers</p>  <p>North Clubhouse (Seniors Connect) 1:30PM: Movie & Popcorn</p>	<p>12.) Open 9AM-4PM</p> <p>9:00AM - Member Chat & Coffee</p> <p>9:30AM-12:30Noon – SIR Course (By appointment only)</p> <p>12:30Noon-1:30PM – Member's Socialize with each other</p> <p>1:30-3:00PM – Nail Varnish Marbled Coasters Cost: \$5.00</p> 	<p>13.) Open 10AM-4PM</p> <p>10:30AM- Members' Meeting</p> <p>11:30AM - Way in to Personal Growth: Health Benefits of Garlic (Part 2)</p> <p>12:30Noon – Spaghetti & Meatballs Cost: \$3.00</p>  <p>1:30-3:00PM – Self-Care</p>
<p>16.) 10:30AM – Way In to Personal Growth: Anxiety Disorder (Part 1)</p> <p>11:15AM-12:00PM – Let's Talk Naloxone</p> <p>1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> <p>1:30PM – 3:00PM - HBHM (Ladner/Tsawwassen)</p> <p>Music Mondays: Jared at the Clubhouse 1:00PM-2:30PM</p>	<p>17.) Open 9AM-4PM</p> <p>9:00AM - Member Chat & Coffee</p> <p>10:00AM-12:30 – Why Work?</p> <p>12:30Noon-1:30PM – Member's Socialize with each other</p> <p>1:30PM-3:00PM - You Gotta Have Art</p> <p>YA Group: Go Kart Racing (Langley) Cost: \$12.00 * Includes 3 races (Leaving Clubhouse by 12:30Noon BY REGISTRATION ONLY!)</p>	<p>18.) Clubhouse Staff Meeting AM</p> <p>1:15PM-3:00PM – Little House: 5 Fundamental Elements to Recover from Workplace Stress</p>  <p>North Clubhouse (Seniors Connect) 1:30PM: Colour Your World</p>	<p>19.) Open 9AM-4PM</p> <p>9:00AM - Member Chat & Coffee</p> <p>9:30AM-11:30AM - How to Handle Harassment</p> <p>12:30Noon-1:30PM – Member's Socialize with each other</p> <p>Project Give Back! 11:45AM-2:30PM (Handing out donuts & coffee to the homeless in Maple Ridge) Cost: FREE * Leaving Clubhouse by 11:45AM * MUST PRE-REGISTER!</p>	<p>20.) Open 11AM-6PM</p> <p>11:00AM- Members' Meeting</p> <p>11:30Noon – Way in to Personal Growth: Eating In Vs. Eating Out</p> <p>2:00PM – Earth Day</p> <p>4:30PM - Steak & Baked Potatoes Cost: \$3.00</p> 
<p>23.) 10:30AM - Members' Meeting & Way In to Personal Growth: Anxiety Disorder (Part 2)</p> <p>11:15AM-12:00PM – How to Handle Harassment</p> <p>1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> <p>1:30PM – 3:00PM - HBHM (Ladner/Tsawwassen)</p> <p>Music Mondays: Jared at the Clubhouse 1:00PM-2:30PM</p>	<p>24.) Open 9AM-4PM</p> <p>9:00AM - Member Chat & Coffee</p> <p>10:00AM-12:30 – Let's Talk Naloxone</p> <p>12:30Noon-1:30PM – Member's Socialize with each other</p> <p>1:30PM-3:00PM - You Gotta Have Art</p> <p>* YA Group changed to Thursday the 26th for this day only!</p>	<p>25.) 10:20AM – Outing Cherry Blossom Festival & Coffee Cost: FREE</p>  <p>North Clubhouse (Seniors Connect) 1:30PM: Meet at A & W for coffee</p>	<p>26.) Open 9AM-4PM</p> <p>9:00AM-11:30AM – Pay It Forward Day!</p> <p>* Handing out flowers/balloons * Do something kind for someone else (make a card, buy someone a coffee, etc.)</p> <p>12:30Noon-1:30PM – Member's Socialize with each other</p> <p>YA Group: Abbotsford Tulip Festival (Leaving Clubhouse by 11AM) MUST PRE-REGISTER! Cost: \$2.00</p>	<p>27.) Open 10AM-4PM</p> <p>10:30AM- Members' Meeting</p> <p>12:30Noon – Chicken Fingers & Fries Cost: \$3.00</p>  <p>1:00-3:00PM – Afternoon Movie</p> <p>Beauty & the Beast Play BY REGISTRATION ONLY! 12:00Noon Cost: \$2.00</p>
<p>30.) 10:30AM – Way In to Personal Growth: Sleeping With Anxiety</p> <p>11:15AM-12:00PM – Colour Your World</p> <p>1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> <p>1:30PM – 3:00PM - HBHM (Ladner/Tsawwassen)</p> <p>Music Mondays: Jared at the Clubhouse 1:00PM-2:30PM</p>				

CLUBHOUSE

PROGRAMS

Employment Programs/Supported Work programs Offered through the Clubhouse, supports members who are interested in casual paid employment in a community setting:

The Glean Team (a cleaning service serving the communities of Surrey and Delta); the **Moving Crew** (a group of individuals who do small, local moving jobs and are paid an hourly wage) and the **Delta Hospital TV Rental Program** (providing TV rentals to patients at Delta Hospital).

Volunteer Opportunities Therapeutic Volunteer Placement program offers a volunteer experience in the community and is twelve months in duration. Placements are tailored to meet a person's individual needs that they have determined for themselves (Persons in the T.V.P. program are required to do a minimum of 10 hours volunteering each month and receive a monthly honorarium)

Ready, Set, Work This group concentrates on exploring different employment opportunities, practicing interview skills, working on computer skills, exploring and discussing job requirements.

Young Adults (Ages 19-30) This group of young adults meets every Tuesday to engage with one another in various activities such as, social recreation, volunteerism, community exploration and education. This enables individuals to socialize and be more involved in their community.

Social Recreation A variety of special events are scheduled such as Christmas lights, tours Burnaby Village Museum, walking around Gastown, or taking trips to local beaches, and various community events.

Relationship Group This closed group has two to three sessions per year with a facilitator. The focus is on identifying, developing and maintaining healthy relationships.

DAWN Talks Various topics are discussed ranging from current events in the community and in the world, to concerns brought up by the members.

You Gotta Have Art Individuals are encouraged to explore their artistic side through different media. Within this gathering there is a painting group, a drawing group and a group of mandala enthusiasts

Music Program We invite musicians to come in each month and entertain. Members are encouraged to sing and/or play along.

Healthy Body, Healthy Mind A variety of topics regarding healthy eating, exercise and the importance of maintaining a healthy lifestyle.

Members Meeting Every Friday North and last Wednesday, South members meet to discuss current events, clubhouse duties, and the monthly calendar. This meeting gives members the opportunity to plan upcoming events and activities of the Clubhouse.

Culinary Program Members meet to plan the menu, prepare the shopping list, and shop. Members prepare the meals, and at the same time learn the requirements of Food Safe.

Guest speakers We often bring in speakers such as the Delta Mental Health Police Liaison, a person speaking on budgeting and finances, an employment specialist, i.e. Work BC and guest artists.

Fitness Program Every Monday in the South and every Tuesday in the North individuals are encouraged to attend a one hour physical activity program at the local fitness centre.

A Way into Personal Growth Series A group in which a variety of topics on personal growth and self-esteem are explored.