



<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>May 2018</p>	 <p>DELTA ALLIANCE FOR WELLNESS & NETWORKING</p> <p><i>moving forward together</i></p> <p><small>**Please note that dates and times are subject to change.</small></p>	<p>May 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>Mental Health Week May 7th to 13th, 2018</p>  <p>Get ready to #GetLoud about what mental health really is.</p> <p>Visit MENTALHEALTHWEEK.CA for info and more!</p>	<p>1.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 10:00AM-11:00AM – What Is Recovery? 12:00PM – 1:00PM Case Managers Appreciation Lunch 12pm – 1pm FREE</p> <p>1:30PM-3:00PM - You Gotta Have Art</p> <p>YA Group: NO GROUP THIS WEEK</p>	<p>2.)</p> <p>CLUBHOUSE CLOSED NO SOUTH PROGRAMS – ALL DAY STAFF MEETING IN MAPLE RIDGE</p>	<p>3.) Open 9AM-4PM 9:00AM - Member Chat & Coffee</p> <p>10:30-11:30PM – Cinco de Mayo Trivia and discussion</p> <p>12:30Noon – Mexican Lunch (Cinco de Mayo) Guest Chef: Veronica Cost: \$3.00</p> <p>1:30-3:00PM – Exploring Your Community: Local Thrift Store Outing (Must sign up)</p>  	<p>4.) Open 10AM-4PM</p> <p>10:30AM- Members' Meeting</p> <p>11:30AM - Way in to Personal Growth: 10 Things to do for your Mental Health</p> <p>1:30PM -2:30PM Let's Plan Some Summer Activities and Events...</p>
<p>7.) 10:30AM – Coffee, Donuts & Conversation! 11:15AM-12:00PM – Let' Talk Recovery? 1:30PM-3:00PM - You Gotta Have Art at Little House Society 1:30PM – 3:00PM – Ladner Village Walk</p> <p>Music Mondays at the Clubhouse: 1:00PM-2:30PM ** Jared not here **</p>	<p>8.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 11:00AM-12:00 – Interested in getting your SERVING IT RIGHT certificate? Discussion and Information session. 12:30 Hot Diggity Dog Day (\$1 per hotdog) 1:30PM-3:00PM - You Gotta Have Art</p> <p>YA Group: Pizza and Movie Night Planning for Summer activities! 3:30pm to 6pm</p>	<p>9.) 10:20AM – Mental Health Walk & BBQ (Bear Creek Park) 11:30 – 2:00 (MUST PRE-REGISTER FOR RIDE) Leaving Clubhouse at 11:00AM South Delta Pick Ups starting at 9:30AM (11 max.)</p> <p>North Clubhouse NO SENIORS GROUP TODAY</p>	<p>10.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 10:00AM – Computer Class (by appointment)</p> <p>11:00AM-12:30PM – Mother's Day Tea (sign up and invite your grandma, mom or a friend)</p> <p>1:30-3:00PM – CRAFT – Mother's Day Tea Cup decoration</p>	<p>11.) Open 10AM-4PM</p> <p>10:30AM- Members' Meeting</p> <p>11:30AM - Way in to Personal Growth: Anxiety Disorder (Part 1)</p> <p>12:30Noon – Mental Health Week Pizza Lunch! Cost: FREE</p> <p>1:30-3:00PM – MOVIE</p>
<p>14.) 10:30AM – Coffee, Donuts & Conversation</p> <p>1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> <p>1:30PM – 3:00PM - HBHM Walk at Centennial Beach</p> <p>Music Mondays at the Clubhouse: 1:00PM-2:30PM ** Jared not here **</p>	<p>15.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 11:00AM-12:00 – Ready, Set Work- Volunteer or Work? 12:30 Hot Diggity Dog Day (\$1 per hotdog) 1:30PM-3:00PM - You Gotta Have Art</p> <p>YA Group: Ice Cream & Walk at Crescent Beach (Leaving clubhouse by 12:30Noon) Cost: \$3.00 (MUST PRE-REGISTER FOR RIDE)</p> 	<p>16.) No morning Program due to Staff Meeting</p> <p>1:15PM-3:00PM – Movie & Popcorn at Little House</p> <p>North Clubhouse (Seniors Connect) 1:30PM: Special Guests: New Frontier Clubhouse</p>	<p>17.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 10:00AM – Computer Class (by appointment)</p> <p>10:30AM-11:30AM – Let's talk Naloxone and Video</p> <p>1:30-3:00PM – Exploring Your Community: Let's check out the local library!</p>	<p>18.) Open 10AM-4PM 10:30AM- Members' Meeting</p> <p>11:30AM - Way in to Personal Growth: Anxiety Disorder (Part 2)</p> <p>11:30AM to 1:30PM Come celebrate the Royal Wedding with Tea, Sandwiches, Goodies and some televised coverage... FREE LUNCH 1:30-3:00PM – HBHM Local Walk at Strawberry Hill Park</p> 
<p>21.) CLUBHOUSE CLOSED</p>  <p><i>Happy Victoria Day</i></p>	<p>22.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 11:00AM-12:00 – Ready, Set Work- 10 Best Work Habits? 12:30 Hot Diggity Dog Day (\$1 per hotdog) 1:30PM-3:00PM - You Gotta Have Art</p> <p>YA Group: Movie at Strawberry Hill Cinema TBA Cost \$5.00</p>	<p>23.) Outing Come and join in a walk at the Sea Wall at Stanley Park Must pre-register. North Clubhouse leaving at 9:30AM South Clubhouse pick-ups start at 8:30AM Please bring \$for lunch and your buspass for skytrain</p> <p>North Clubhouse (Seniors Connect NO GROUP TODAY)</p>	<p>24.) Open 9AM-4PM 9:00AM - Member Chat & Coffee</p> <p>10:00AM – Computer Class (by appointment)</p> <p>11:30AM-12:30Noon –</p> <p>1:30-3:00PM – Exploring Your Community: Discussion - Where can we volunteer? Benefits of volunteering?</p>	<p>25.) Open 10AM-4PM 10:30AM- Members' Meeting</p> <p>11:30AM - Way in to Personal Growth: Sleeping With Anxiety</p> <p>12:30Noon – BBQ Hamburgers Cost: \$3.00</p> <p>1:30-3:00PM – HBHM Local Walk at Green Timbers Park</p>
<p>28.) 10:30AM – Coffee, Donuts & Conversation!</p> <p>1:30PM-3:00PM - You Gotta Have Art at Little House Society</p> <p>1:30PM – 3:00PM - HBHM Beach Grove Walk</p> <p>Music Mondays: Jared at the Clubhouse 1:00PM-2:30PM</p>	<p>29.) Open 9AM-4PM 9:00AM - Member Chat & Coffee 11:00AM-12:00 – Ready, Set Work- Let's Talk Resumes 12:30 Hot Diggity Dog Day (\$1 per hotdog) 1:30PM-3:00PM - You Gotta Have Art</p> <p>YA Group: Board Games (Peer led by Cam in the boardroom at Clubhouse) 1:00PM-3:00PM</p>	<p>30.) 10:20AM – Zumba (Winskill)</p> <p>1:15PM-3:00PM – BBQ & Board Games at Little House</p> <p>North Clubhouse (Seniors Connect) 1:30PM: Coffee & Conversation at A&W</p>	<p>31.) Open 9AM-4PM 9:00AM - Member Chat & Coffee</p> <p>10:00AM – Computer Class (by appointment)</p> <p>11:30AM-12:30Noon –</p> <p>1:30-3:00PM – Exploring Your Community: Tour of your local WORK BC Centre</p>	

CLUBHOUSE PROGRAMS

Employment Programs: Offered through the Clubhouse, supports members who are interested in volunteering or paid employment in a community setting. Areas of support may include resume writing, job applications, practicing interview skills etc. One to one sessions.

Supported Work programs : **The Gleam 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. Group sessions.

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 Mondays Program We invite musicians to come in every Monday to strum or sing! No experience necessary.

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.

Friday Lunch or Dinner 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 A variety of programs offered at the Clubhouse, in the community or at the local recreation centre.

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