

Surrey Clubhouse








New Frontier

February 2019










SURREY CLUBHOUSE ~ New Frontier

2019	Mon	Tue	Wed	Thu	Fri	
					01. Drop in Social 9-10am Arts & Crafts: Card Making Time: 10:00-11:00am Allyson's Kitchen 10:30am Home Management 101 11:00am Karaoke 1:00-3:00pm	BASIC LIVING SKILLS <ul style="list-style-type: none"> • Conversation skills • Problem Solving skills • Relationship Building • Budgeting/Shopping • Basic cleaning • Menu Planning • Meal preparation • Food safe • Accessing Community Resources
9803 - 140 St. Surrey BC, V3T 4M4 Phone: 604.581.6177	04. Drop in Social 9-10am Grocery Shopping 9:30am Computer Lesson 10-11:00am Jam Session 1:00-3:00pm Painting 1:30-3:00pm	05. Drop in Social 9-10am Breakfast Club 9:30-11:30am Meditation 10:30-11:00am Knit/Crochet 11:00-12:00pm Community Social 1:30-2:30pm TVP Interviews 10:00-3:00pm WRAP 1:00-3:30pm	06. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Color Your World 1:00-2:30pm Bowling Time: 1:00-3:30pm Cost: \$2.50 WRAP 1:00-3:30pm	07. Drop in Social 9-10am Dance for beginners 10-10:30am Open Mic - Topic: Valentines Time: 11:00-11:30am In-House Games 1:30-3:00pm Creative Writing Circle 1-3:00pm	08. Drop in Social 9-10am Arts & Crafts: Jewelry-Making Time: 10:00-11:00am Allyson's Kitchen 10:30am Home Management 101 11:00am Matinee 1:00-3:00pm	LEISURE PROGRAMS <ul style="list-style-type: none"> • Art/Craft Classes • Games/Bingo/Pool • Jam Sessions • Walking/Hiking • Baseball • Movies
Clubhouse Hours <i>Monday to Friday</i> <i>9am - 4pm</i> Young Adults Program (Please see separate YOUNG ADULTS Calendar for more details)  Please feel free to call the clubhouse for more program details.	11. Drop in Social 9-10am Grocery Shopping 9:30am Computer Lesson 10-11:00am Jam Session 1:00-3:00pm Painting 1:30-3:00pm	12. Drop in Social 9-10am Breakfast Club 9:30-11:30am Meditation 10:30-11:00am Knit/Crochet 11:00-12:00pm Community Social 1:30-2:30pm TVP Interviews 10:00-3:00pm WRAP 1:00-3:30pm	13. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Color Your World 1:00-2:30pm Valentines Dance @ Whale House Time: 5:00pm Entrance Fee: \$2.00 Food & Drinks: \$1.00 	14. Clubhouse Open @10:00am due to staff meeting Dance for beginners 10-10:30am Open Mic - Topic: Family Day Time: 11:00-11:30am In-House Games 1:30-3:00pm Creative Writing Circle 1-3:00pm 	15. Drop in Social 9-10am Arts & Crafts: Scrap Booking Time: 10:00-11:00am Allyson's Kitchen 10:30am Home Management 101 11:00am Karaoke 1:00-3:00pm	WELLNESS <ul style="list-style-type: none"> • WRAP • RST • Meditation • Spiritual Health • Substance Use
	18. BC Family Day  CLUBHOUSE CLOSED	19. Drop in Social 9-10am Breakfast Club 9:30-11:30am Meditation 10:30-11:00am Knit/Crochet 11:00-12:00pm Community Social 1:30-2:30pm TVP Interviews 10:00-3:00pm WRAP 1:00-3:30pm	20. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Color Your World 1:00-2:30pm Mall Outing: Lougheed Center Time: 10:30-3:30pm Cost: FREE PAY DAY	21. Drop in Social 9-10am Dance for beginners 10-10:30am Open Mic - Topic: Safety Drill Time: 11:00-11:30am In-House Games 1:30-3:00pm Creative Writing Circle 1-3:00pm	22. Drop in Social 9-10am Arts & Crafts: Card Making Time: 10:00-11:00am Allyson's Kitchen 10:30am Home Management 101 11:00am Matinee 1:00-3:00pm	EMPLOYMENT SERVICES <ul style="list-style-type: none"> • TVP • Competitive & Pre-Employment Services • Supported Work Program (Please see back page for more information)
	25. Drop in Social 9-10am Grocery Shopping 9:30am Computer Lesson 10-11:00am Jam Session 1:00-3:00pm Painting 1:30-3:00pm	26. Drop in Social 9-10am Breakfast Club 9:30-11:30am Meditation 10:30-11:00am Knit/Crochet 11:00-12:00pm Community Social 1:30-2:30pm TVP Interviews 10:00-3:00pm WRAP 1:00-3:30ppm	27. Drop in Social 9-10am Members Meeting 9:30-10:00am Menu/Leisure Planning 10:00am Color Your World 1:00-2:30pm Winter Walk & Hot Coco: Tynehead Park Time: 1:00-3:30pm Cost: FREE WRAP 1:00-3:30pm	28. Clubhouse Open @ 9:30am due to staff meeting Dance for beginners 10-10:30am Open Mic - Topic: Naloxone Time: 11:00-11:30am Monthly Birthday Bash 1:00pm In-House Games 1:30-3:00pm Creative Writing Circle 1-3:00pm	Happy Chinese New Year Feb 05, 2019 	

Surrey Clubhouse ~ VOCATIONAL SERVICES

2019	Mon	Tue	Wed	Thu	Fri	
					1. Supported Work Program 9:00 am-3:00pm TVP Placement Search Assistance 1:00-3:00pm Employability Group Workshop: <i>Networking /Hidden Job Market</i>	EMPLOYMENT SERVICES ➤ TVP <i>This program is designed for individuals living with mental health challenges, who want to begin a journey towards competitive employment. TVP supports members to find and maintain volunteer work in the community for a minimum of 10 hours/month for a \$100 honorarium, or \$50 for 5 hours/month.</i> Contact: Diane @ Surrey Clubhouse 604.581.6177 ➤ Supported Work Program <i>The Supported Work program supports members to participate in part-time employment in a community setting through contracted work by our agency. This program provides ongoing staff support, transportation to and from job sites, and participants earn an hourly wage. The work crew look after landscaping and maintenance of 10 properties throughout Surrey.</i> Contact Will @ 604.506.1826 or Melissa @ 604.612.9462 ➤ Competitive Employment <i>Exploration, development, and implementation of employment goals, in collaboration with participants. Support includes: job search, 1:1 coaching, interview practice, resume and cover letter development, advocacy with workplace accommodation, and ongoing support via telephone or in person within the community for clients and employers.</i> Contact: Preetika @ 604.375.7773
9803 - 140 St. Surrey BC, V3T 4M4 Phone: 604.581.6177 Fax: 604.583.7970	4. TVP Janitorial Training 8:00-9:00 am Supported Work Interviews @ The Roost site 9:00-12:00 Supported Work Program EPI: 12:30-3:00pm Resume Development <i>By Appointment</i>	5. TVP Janitorial Training 8:00-9:00am TVP Info Interviews 10am-3pm Supported Work Program 9:00am-3:00pm Employability Group Workshop: <i>Interviewing/Cover Letter Training</i> <i>By Appointment</i>	6. TVP Janitorial Training 8:00-9:00am Supported Work Program 9:00am-3:00pm	7. TVP Janitorial Training 8:00-9:00am Supported Work Program 9:00am-3:00pm One on One Job Search <i>By Appointment</i>	8. Supported Work Program 9:00 am-3:00pm TVP Placement Search Assistance 1:00-3:00pm Employability Group Workshop: <i>Networking /Hidden Job Market</i>	
Clubhouse Hours <i>Monday to Friday</i> <i>9am - 4pm</i> Young Adults Program (Please see separate YOUNG ADULTS Calendar for more details)	11. TVP Janitorial Training 8:00-9:00 am Supported Work Interviews @ The Roost site 9:00-12:00 Supported Work Program EPI: 12:30-3:00pm Resume Development <i>By Appointment</i>	12. TVP Janitorial Training 8:00-9:00am TVP Info Interviews 10am-3pm Supported Work Program 9:00am-3:00pm Employability Group Workshop: <i>Interviewing/Cover Letter Training</i> <i>By Appointment</i>	13. TVP Janitorial Training 8:00-9:00am Supported Work Program 9:00am-3:00pm	14. TVP Janitorial Training 8:00-9:00am Supported Work Program 9:00am-3:00pm One on One Job Search <i>By Appointment</i>	15. Supported Work Program 9:00 am-3:00pm TVP Placement Search Assistance 1:00-3:00pm Employability Group Workshop: <i>Networking /Hidden Job Market</i>	
 CLUBHOUSE CLOSED	18.  CLUBHOUSE CLOSED	19. TVP Janitorial Training 8:00-9:00am TVP Info Interviews 10am-3pm Supported Work Program 9:00am-3:00pm Employability Group Workshop: <i>Interviewing/Cover Letter Training</i> <i>By Appointment</i>	20. TVP Janitorial Training 8:00-9:00am Supported Work Program 9:00am-3:00pm	21. TVP Janitorial Training 8:00-9:00am Supported Work Program 9:00am-3:00pm One on One Job Search <i>By Appointment</i>	22. Supported Work Program 9:00 am-3:00pm TVP Placement Search Assistance 1:00-3:00pm Employability Group Workshop: <i>Networking /Hidden Job Market</i>	
 Please feel free to call the clubhouse for more program details.	25. TVP Janitorial Training 8:00-9:00 am Supported Work Interviews @ The Roost site 9:00-12:00 Supported Work Program EPI: 12:30-3:00pm Resume Development <i>By Appointment</i>	26. TVP Janitorial Training 8:00-9:00am TVP Info Interviews 10am-3pm Supported Work Program 9:00am-3:00pm Employability Group Workshop: <i>Interviewing/Cover Letter Training</i> <i>By Appointment</i>	27. TVP Janitorial Training 8:00-9:00am Supported Work Program 9:00am-3:00pm	28. TVP Janitorial Training 8:00-9:00am Supported Work Program 9:00am-3:00pm One on One Job Search <i>By Appointment</i>		

SURREY NORTH CLUBHOUSE - NEW FRONTIER

Monday - Friday

Hours of Operation: 9:00am to 4:00pm

BASIC LIVING SKILLS

Conversation Skills: Learn to improve communication skills and by doing so improve your quality of life.

Relationship Building: It's never too late to make new friends or reconnect with old ones. Build relationships with new friends and develop quality connections.

Budgeting/Shopping: Join staff in grocery shopping and learn healthy food choices and how to shop on a budget to improve your overall lifestyle.

Home Management 101: Learn and practice basic cleaning skills such as home management and janitorial duties.

Computer Lessons: Learn basic computer skills with the help of staff and members. Setting up email accounts, navigating the internet and basic knowledge of Microsoft Word.

WELLNESS

Quest Food Exchange: Access affordable healthy food options at the Quest Food Exchange. Applications available at the Clubhouse for memberships to Quest.

Allyson's Kitchen: Come and join other members to help share knowledge, ideas, cultures and lifestyles through food. Cooking together offers the opportunity to address all types of social and dietary needs.

Meditation: Learn and practice basic meditation skills to improve overall health and wellness.

Recovery Support Training: A workshop that provides participants with skills they need to recover. Inspire others through storytelling of their own journey.

Wellness Recovery Action Plan: Is a tool for learning how to take charge of your own health and wellness. You will learn ways to cope and deal with challenges.

LEISURE & REC

Painting: Explore New Mediums and Techniques, collaborate with other artists, learn to paint from life.

Jam Sessions: Bring your talent and come join peers on a musical jam session every Monday at 1:00-3:00pm.

Arts & Crafts: Explore your artistic side, come join in on making your own creativity. Explore your artistic side and opening up your imagination.

Community Social: Play bingo, have fun, win prizes and enjoy snacks!

Karaoke: Come join other members in singing favorite songs.

Walking Group: Enjoy the beautiful scenery at Green Timbers Park! (To continue in Spring 2019)

Cultural Events: Come and join members in promoting diversity through food, song, dance and more!

FEBRUARY

EMPLOYMENT - See Pg. 3



HOW CAN YOU HELP?

- *Help to prepare meals.*
- *Participate in maintaining a clean, orderly and welcoming clubhouse!*
- *Meet new people and make some friends!*
- *Join us for lunch at 12:00 pm. Please phone by 10.30 am to sign up for lunch. Cost: \$3.00.*
- *Participate in the various classes and activities we have such as; Art and Crafts, Jam Sessions, etc.*
- *Join us for our member meeting (every Wednesday at 9:30am).*

UPCOMING EVENTS

- **Bowling**
- **Valentines Dance**
- **Mall Outing: Lougheed Town Center**
- **Winter Walk and Hot Coco**

**** Please refer to flyers and sign-up sheets in the clubhouse for more info ****

REMINDERS

PLEASE NOTE:

CLUBHOUSE CLOSED
Feb 18th: Family Day

CLUBHOUSE OPEN
@10:00am on Feb 14th
and 9:30am Feb 28th
Due to staff meeting.

