

Welcome to Delta Clubhouse

We invite you to share your ideas, feedback or concerns with us as we grow our programs and activities at the various locations.

CURRENT LOCATIONS:

MONDAYS: *Tsawwassen* - Little House Society, 5061 - 12th Ave.

TUESDAYS, WEDNESDAYS & THURSDAYS: *Surrey* - The Roost, 13582 - 68th Ave.

FRIDAYS: *Ladner* - CMHA Office, 4871 Delta St.

Please FAX all New Referrals to: 604.584.7628

For further information please phone: Preetika, Program Manager at 604.375.7773
or The Roost location: 604.597.8610



DELTA CLUBHOUSE

JUNE, 2019

*** Please FAX all New Referrals to: 604.584.7628 ***



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TSAWWASSEN Programs 10:00-3:00 at: Little House Society 5061 - 12 th Ave. PH: 604.375.7773	NORTH Programs 10:00-3:00 at: The Roost 13582 - 68 th Ave. 604.597.8610	NORTH Programs 10:00-3:00 at: The Roost 13582 - 68 th Ave. 604.597.8610	NORTH Programs 10:00-3:00 at: The Roost 13582 - 68 th Ave. 604.597.8610	LADNER Programs 10:00-3:00 at: CMHA Delta Office 4871 Delta St. PH: 604.375.7773
3 10:00 Coffee and Conversations <i>COME OUT TO MEET OUR STAFF & SHARE IDEAS!</i> 1:00 Let's Get to Know Each Other: Connecting Stories	4 10:00 Coffee and Conversations 10:30 Community Coffee Meet up @ Tim Hortons <i>1st Cup is on Us!</i> 12110 Nordel Way 1:00 Karaoke 3:30 Young Adults: Bowling @ Scottsdale Lanes	5 10:00 Coffee and Conversations <i>COME OUT TO MEET OUR STAFF & SHARE IDEAS!</i> 11:00 Let's Get to Know Each Other: Connecting Stories 12:00 Art Group: "Creative Expression" with Megan: Learn skills to draw & paint	6 10:00 Coffee and Conversations 10:30 Community Coffee Meet up @ Tim Hortons <i>1st Cup is on Us!</i> 12110 Nordel Way 1:00 Board Games or Bingo!	7 10:00 Let's Get to Know Each Other: Connecting Stories <i>COME OUT TO MEET OUR STAFF & SHARE IDEAS!</i> 1:00 Young Adults: Centennial Beach 1:30 Tai Chi with Sean
10 10:00 Coffee and Conversations 1:00 Mindfulness Group "The Pause": Learning How to Practice Mindfulness in Everyday Life	11 10:00 Coffee and Conversations 10:30 Community Coffee Meet up @ Tim Hortons <i>1st Cup is on Us!</i> 12110 Nordel Way 1:00 Open Mic: Music and Poetry 3:30 Young Adults: YA Planning @ Krispy Kreme Donuts	12 10:00 Coffee and Conversations 12:00 Art Group: "Creative Expression" with Megan: Learn skills to draw & paint	13 10:00 Coffee and Conversations 10:30 Community Coffee Meet up @ Tim Hortons <i>1st Cup is on Us!</i> 12110 Nordel Way 1:00 Mindfulness Group "The Pause": Learning How to Practice Mindfulness in Everyday Life	14 10:00 Coffee and Conversations 1:00 Guided Meditation followed by walk and ice cream
17 10:00 Coffee and Conversations 1:00 Art Group: "Creative Expression" with Megan: Learn skills to draw & paint	18 10:00 Coffee and Conversations 10:30 Community Coffee Meet up @ Tim Hortons <i>1st Cup is on Us!</i> 12110 Nordel Way 1:00 Karaoke 3:30 Young Adults: Nature Walk at Watershed Park & Ice Cr.	19 10:00 Coffee and Conversations 12:00 Art Group: "Creative Expression" with Megan: Learn skills to draw & paint	20 10:00 Coffee and Conversations 10:30 Community Coffee Meet up @ Tim Hortons <i>1st Cup is on Us!</i> 12110 Nordel Way 1:00 Board Games or Bingo!	21 10:00 Coffee and Conversations 1:00 Young Adults: Coffee & Board Games 1:00 Mindfulness Discussion Group
24 10:00 Coffee and Conversations 1:00 Village Park and Ice Cream	25 10:00 Coffee and Conversations 10:30 Community Coffee Meet up @ Tim Hortons <i>1st Coffee on Us!</i> 12110 Nordel Way 1:00 Open Mic: Music & Poetry 3:30 Young Adults: Movie Night	26 9:30 Coffee and Conversations 10:00-3:30 Picnic @ Pitt Lake Cost: \$3.00 – includes Bag Lunch – Call 604.597.8610 to sign up! 12:00 Art Group: "Creative Expression" with Megan: Learn skills to draw & paint	27 10:00 Coffee and Conversations 10:30 Community Coffee Meet up @ Tim Hortons <i>1st Coffee on Us!</i> 12110 Nordel Way 1:00 Mindfulness, Meditation & Nature Walk	28 10:00 Coffee and Conversations 1:30 Tai Chi with Sean