

DELTA CLUBHOUSE

Monday - Friday

Hours of Operation: 9:00am to 3:00 pm

PLEASE NOTE:

AS of AUGUST 1st: Ladner activities will be meeting up in the **COMMUNITY ONLY** as per calendar - **No longer at CMHA Delta Office.**

Tsawwassen activities will continue to meet at "Little House Society" & in community as per calendar.

Delta Clubhouse JULY, 2019

A PROGRAM OF

options
COMMUNITY SERVICES

Please FAX all New Referrals to: 604-584-7628

For further information about any of our programs,
Please call: Preetika (Program Manager): 604-375-7773

DELTA CLUBHOUSE - SOUTH JULY, 2019

GREAT NEWS!

We are now OPEN in BOTH NORTH & SOUTH LOCATIONS 5 DAYS per WEEK!



	Mon	Tue	Wed	Thu	Fri
	TSAWWASSEN @ Little House Society 5061 12 Ave. PH: 604-375-7773	TSAWWASSEN Meet ups in Community	LADNER Meet ups in Community	TSAWWASSEN Meet ups in Community	LADNER @ CMHA Delta 4871 Delta St. PH: 604.375.7773
<p>Please Note:</p> <p>From Aug. 1st forward, Ladner will no longer meet at CMHA Office. Ladner activities will meet up in Community Only.</p>	<p>1</p>  <p>CLOSED for CANADA DAY</p>	<p>2</p> <p>Rec & Leisure Pass Application Support 10:00 am Meet at 1720 56 Ave.</p> <p>Meet at McDonald's with Lianne 2:00 - 3:00 pm</p>	<p>3</p> <p>Meet at McDonalds for Coffee & Chat 5776 Ladner Trunk Road 10:00 am</p> <p>Walk at McNeely's Trail 5011 River Road 1:00 pm</p>	<p>4</p> <p>Meet at McDonald's & Walking Group 10:00 am</p> <p>Rec & Leisure Pass Application Support 1:00 pm Meet at 1720 56 Ave.</p>	<p>5</p> <p>Coffee & Chat 10:00 am</p> <p>Ladner to Tsawassan Bus Training with walk at 1:00 pm</p>
<p>Please FAX Referrals to:</p> <p>604.584.7628</p>	<p>8</p> <p>Member Meeting & Leisure Planning 10:00 am Intro to Book Club with Delta Library Visit 1321 56 Ave, Delta 10:00 am Art Class 1:00 pm</p>	<p>9</p> <p>Meet at McDonald's & Walking Group 10:00 am</p> <p>Leisure at Dennison Park 7A Ave., Delta 1:00 pm</p>	<p>10</p> <p>Meet at McDonalds for Coffee & Chat 5776 Ladner Trunk Road 10:00 am Swim @ Ladner Outdoor Pool 5105 47 Ave. 1:00 pm Cost: \$3.00</p>	<p>11</p> <p>Meet at McDonald's & Walking Group 10:00 am</p> <p>Leisure at Dennison Park 7A Ave., Delta 1:00 pm</p>	<p>12</p> <p>Coffee & Chat 10:00 am Ladner to Tsawassan Bus Training with walk at 10:00 am Meet up at Dairy Queen & Thrift Shop Outing Day</p>
<p>Clubhouse Hours</p> <p>Monday to Friday 9:00 am - 3:00 pm</p> <p>Young Adults Program</p> <p>(See separate YOUNG ADULTS Calendar)</p>	<p>15</p> <p>Coffee & Chat 10:00 am Meet at McDonald's & Walking Group 10:00 am Art Class 1:00 pm</p>	<p>16</p> <p>Rec & Leisure Pass Application Support 1:00 pm 1720 56 Ave. Meet at McDonald's with Lianne 2:00 - 3:00 pm</p>	<p>17</p> <p>White Pine Beach 10:00am - 3:00pm Cost: \$3.00 Includes Bag Lunch Please RSVP to 604.597.8610 For ride info.</p>	<p>18</p> <p>Meet at McDonald's & Walking Group 10:00 am Rec & Leisure Pass Application Support 1:00 pm 1720 56 Ave.</p>	<p>19</p> <p>Coffee & Chat 10:00 am Ladner to Tsawassan Bus Training with walk at 1:00 pm</p>
	<p>22</p> <p>Member Meeting & Leisure Planning 10:00am Meet at McDonald's & Walking Group 10:00 am Creative Writing Group with Dale 1:00 pm</p>	<p>23</p> <p>Meet at McDonald's & Walking Group 10:00 am Winskill Park (Outdoor Activities) 1:00 pm</p>	<p>24</p> <p>Meet at McDonalds for Coffee & Chat 5776 Ladner Trunk Road 10:00 am Swim @ Ladner Outdoor Pool 5105 47 Ave. 1:00 pm Cost: \$3.00</p>	<p>25</p> <p>Meet at McDonald's & Walking Group 10:00 am Winskill Park (Outdoor Activities) 1:00 pm</p>	<p>26</p> <p>Coffee & Chat 10:00 am Ladner to Tsawassan Bus Training with walk at 10:00 am Tai Chi with OT -Sean</p>
<p>Please feel free to call the Clubhouse for more program details.</p> 	<p>29</p> <p>Coffee & Chat 10:00 am Computer Lessons 10:00 am Earthwise Community Garden Outing 1:00 pm</p>	<p>30</p> <p>Meet at McDonald's & Walking Group 10:00 am Leisure at Dennison Park 7A Ave., Delta 1:00 pm</p>	<p>31</p> <p>Meet at McDonalds for Coffee & Chat 5776 Ladner Trunk Road 10:00 am Walk at McNeely's Trail 5011 River Road 1:00 pm Summer Dance @Surrey CH 4:00-8:00pm - Cost: \$2.00</p>		

EMPLOYMENT

- TVP
 - Competitive Employment Services
 - Supported Work Program
- (Please see insert for more information)

LEISURE & REC

- Art/Craft Classes
- Games/Bingo
- Karaoke/Music Jam
- Walking/Hiking
- Community Outings
- Movies & more

WELLNESS

- WRAP
- RST
- Mindfulness
- Tai Chi

BASIC LIVING SKILLS

- Conversation Skills
- Problem-solving
- Relationship Building
- Budgeting
- Home Mgt. Skills
- Healthy Eating Habits
- Accessing Community Resources