

DELTA CLUBHOUSE

Monday - Friday

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

PLEASE NOTE :

*We are now OPEN
in both North & South locations
5 Days per Week!*

Delta Clubhouse North August, 2019



Please FAX all New Referrals to: 604.584.7628

*For further information about any of our programs,
Please call: Preetika (Program Manager): 604.375-.773*

DELTA CLUBHOUSE-NORTH AUGUST2019

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

	Mon	Tue	Wed	Thu	Fri	
						
NORTH LOCATION @ The Roost TEMPORARY LOCATION 13582 68 Ave., Surrey PH: 604-597-8610	5 CLOSED FOR BC DAY 	6 Coffee & Chat 9-10:00 am Wheel of Life series Topic: "Community" 10:00-11:00 am YOUNG ADULTS - NORTH Movie Night @ Cineplex Strawberry Hill 1:00-3:00 pm	7 Coffee & Chat 9:00-10:00 am Walk to Newton Library 10:00-11:00 am Art Class 1:00-2:30 pm (Painting)	1 Coffee & Chat 9:00-10:00 am Mindfulness Group 10-11:00 am Tim Hortons Meet up 12110 Nordel Way 10:00-11:00 am Creative Writing Group 1:00-2:30 pm	2. Coffee & Chat 9:00-10:00 am Healthy Eating Habits Preparing Healthy Snacks 10:00-11:00 am	EMPLOYMENT ➤ TVP ➤ Competitive Employment Services ➤ Supported Work Program <i>(Please see insert for more information)</i>
Please FAX referrals to: 604.584.7628	12 Coffee & Chat 9:00-10:00 am Mandala Coloring Group 10:00 -11:00 am Walking Group in the Park 1:00 -2:30 pm	13 Coffee & Chat 9 -10:00 Krispy Kreme Meet up 7153 120 St. 10-11:00 am Music Trivia & Jam 1:00-2:30 pm 	14 Coffee & Chat 9-10:00 am Walk to Newton Library 10:00-11:00 am Art Class 1:00 -2:30 pm (Painting)	15 Coffee & Chat 9:00-10:00 am Mindfulness Group 10-11:00 am Tim Hortons Meet up 12110 Nordel Way 10:00 -11:00 am Creative Writing Group 1:00-2:30 pm	16 Coffee & Chat 9:00-10:00 am Free BARBEQUE @ The Roost 13582 68 Ave. 11:00 am -2:00 pm Music & Games ! RSVP 604-597-8610 	LEISURE & REC ➤ Art/Craft Classes ➤ Games/Bingo ➤ Karaoke/Music Jam ➤ Walking/Hiking ➤ Community Outings ➤ Movies & more
Clubhouse Hours Monday to Friday 9:00 am - 3:00 pm Young Adults Program (See separate YOUNG ADULTS Calendar)  <i>Please feel free to call the Clubhouse for more program details.</i>	19 Coffee & Chat 9:00 -10:00 am Member Meeting & Leisure Planning 10-11:00 am Movie Matinee Meet @ Hollywood 3 Theater 12:00-3:00 pm	20 Coffee & Chat 9-10:00 Wheel of Life series Topic: "Finances" 10:00-11:00am YOUNG ADULTS - NORTH Games @ the Roost 1:00-3:00 pm	21 Coffee & Chat 9:00-10:00 am Inter-Clubhouse Picnic 11:00-2:00 pm With BBQ Lunch @ the Peace Arch Park Cost: \$3.00 	22 Coffee & Chat 9:00-10:00 am Mindfulness Group 10-11:00 am Tim Hortons Meet up 12110 Nordel Way 10:00 -11:00 am Creative Writing Group 1:00-2:30 pm	23 Coffee & Chat 9:00-10:00am Healthy Eating Habits Come have some snacks with us! 10:00-11:00 am Bocce Ball or Badminton at George Mackie Park, North Delta 1:00 -2:30 pm 8440 - 112 St.	WELLNESS ➤ WRAP ➤ RST ➤ Mindfulness Activities ➤ Tai Chi
	26 Coffee & Chat 9:00-10:00 am Mandala Coloring Group 10:00-11:00 am Tai Chi Exercises in the Park 1:00 -2:00 pm 	27 Coffee & Chat 9:00 -10:00 PNE OUTING 10:00-2:00 pm Admission-Free Day  Bring \$ for food or drinks Please RSVP 604.597.8610	28 Coffee & Chat 9:00-10:00am Walk to Newton Library 10:00-11:00 am Hawaiian Dance Whale House, White Rock 5:00-8:00 pm Admission: \$2.00 + \$1.00 per food or drink item 	29 Coffee & Chat 9:00-10:00 am Mindfulness Group 10-11:00 am Tim Hortons Meet up 12110 Nordel Way 10:00 -11:00 am Creative Writing Group 1:00-2:30 pm	30 Coffee & Chat 9:00-10:00 am Healthy Eating Habits Shopping @ Price Pro & Lunch Prep 10:00 am-12:00 pm THEN Picnic Lunch & Games @ Unwin Park 12:30-2:30 pm Cost: \$3.00	BASIC LIVING SKILLS SKILLS ➤ Conversation Skills ➤ Problem-solving ➤ Relationship Building ➤ Budgeting ➤ Home Mgt. Skills ➤ Healthy Eating Habits ➤ Accessing Community Resources