

## DELTA CLUBHOUSE

Monday - Friday

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

PLEASE NOTE :

*We are OPEN*

*in both North & South locations*




*5 Days per Week!*

# Delta Clubhouse North

## November, 2019



*Please FAX all New Referrals to: 604.584.7628*

	Mon	Tue	Wed	Thu	Fri	
	<p><i>To sign up for our distribution list please email:</i></p> <p><i>Kaitlyn.oreilly@options.bc.ca</i></p>	<p><i>Please FAX referrals to:</i></p> <p><b>604.584.7628</b></p>			<p><b>1</b></p> <p><b>Coffee &amp; Chat</b> 9:00-10:00 am</p> <p><b>Healthy Eating Habits</b> Let's make breakfast! 10:00am-11:00 am Please RSVP to 604.597.8610</p> <p><b>Music Group with Ken</b> 1:00-3:00 pm</p>	<div>EMPLOYMENT</div> <ul style="list-style-type: none"> <li>➤ TVP-Therapeutic volunteer program</li> <li>➤ Competitive Employment Services</li> <li>➤ Supported Work Program</li> </ul>
<p><b>NORTH LOCATION @ The Roost</b> <b>TEMPORARY LOCATION</b></p> <p><b>13582 68 Ave. Surrey</b></p> <p><b>PH: 604.597.8610</b></p>	<p><b>4</b></p> <p><b>Coffee &amp; Chat</b> 9:00-10:00 am</p> <p><b>Stretching and Meditation With Monica</b> Some yoga movement required! 1:00-3:00 pm</p>	<p><b>5</b> <b>Coffee &amp; Chat</b> 9-10:00 am</p> <p><b>Ted Talks Group</b> 1:00-2:00 pm</p> <p><b>Movie Matinee</b> Meet at Cineplex Strawberry Hill 12:30-3:30 pm</p>	<p><b>6</b></p> <p><b>Coffee &amp; Chat</b> 9-10:00 am</p> <p><b>Art Class</b> 1:00-3:00 pm</p>	<p><b>7</b></p> <p><b>Christmas Craft Fair</b> Meet @ East Delta Hall, 10379 Ladner Trunk Road 10am-12pm</p> <p><b>Creative Writing Group</b> 1:00-2:30 pm</p>	<p><b>8</b></p> <p><b>Coffee &amp; Chat</b> 9:00-10:00 am</p> <p><b>Baking - Sugar Cookies</b> Meet @ North Delta Mental Health 6345 120 St 1:00-3:00 pm</p>	<div>LEISURE &amp; REC</div> <ul style="list-style-type: none"> <li>➤ Art/Craft Classes</li> <li>➤ Games/Bingo</li> <li>➤ Karaoke/Music Jam</li> <li>➤ Walking/Hiking</li> <li>➤ Community Outings</li> <li>➤ Movies &amp; more</li> </ul>
<p><i>Have a question? Want more info? We are here!</i></p>  <p><b>Call/Text us!</b></p>	<p><b>11</b></p> <p><b>Closed for Remembrance Day</b></p>  <p><i>Let's We Forget</i></p>	<p><b>12</b></p> <p><b>Creative Emporium Outing</b> 11:00 am-2:00 pm Please RSVP to 604.597.8610 Cost: \$5.00</p>	<p><b>13</b></p> <p><b>Coffee &amp; Chat</b> 9:00-10:00am</p> <p><b>Art Class</b> 1:00-3:00 pm</p>	<p><b>14</b> <b>Coffee &amp; Chat</b> 9-10:00 am</p> <p><b>Budgeting Group</b> 10-11:00 am</p> <p><b>Tim Hortons Meet up</b> 12110 Nordel Way 10:00 -11:00 am</p> <p><b>Crafting for Christmas Fair</b> Meet @ George Mackie Library 8440 112 St. 1:00-3:00 pm</p>	<p><b>15</b></p> <p><b>Coffee &amp; Chat</b> 9:00-10:00 am</p> <p><b>Healthy Eating Habits</b> 10:00-11:00 am</p> <p><b>Music Group with Ken</b> 1:00-3:00 pm</p>	<div>WELLNESS</div> <ul style="list-style-type: none"> <li>➤ WRAP (Wellness Recovery Action Planning)</li> <li>➤ RST (Recovery Support Training)</li> <li>➤ Mindfulness</li> <li>➤ Tai Chi</li> </ul>
<p><b>Clubhouse Hours</b> <i>Monday to Friday 9:00 am - 3:00 pm</i></p>	<p><b>18</b></p> <p><b>Coffee &amp; Chat</b> 9:00-10:00 am</p> <p><b>Stretching and Meditation With Monica</b> Some yoga movement required! 1:00-3:00</p>	<p><b>19</b></p> <p><b>Ted Talks Group</b> 1:00 pm-2:00 pm</p>	<p><b>20</b></p> <p><b>Coffee &amp; Chat</b> 9:00-10:00am</p> <p><b>Member Meeting with Leisure Planning</b> 12:30-1:00 pm</p> <p><b>Art Class</b> 1:00 -3:00 pm</p>	<p><b>21</b> <b>Coffee &amp; Chat</b> 9:00-10:00 am</p> <p><b>Budgeting Group</b> 10-11:00 am</p> <p><b>Tim Hortons Meet-up</b> 12110 Nordel Way 10:00 -11:00 am</p> <p><b>Creative Writing Group</b> 1:00-2:30 pm</p>	<p><b>22</b></p> <p><b>Coffee &amp; Chat</b> 9:00-10:00 am</p> <p><b>Seasonal Crafting</b> Meet @ North Delta Mental Health 6345 120 St 1:00-3:00 pm</p>	<div>BASIC LIVING SKILLS</div> <ul style="list-style-type: none"> <li>➤ Conversation Skills</li> <li>➤ Problem-solving</li> <li>➤ Relationship Building</li> <li>➤ Budgeting</li> <li>➤ Healthy Eating Habits</li> <li>➤ Accessing Community Resources</li> </ul>
<p><b>Young Adults Program</b></p> <p><i>See separate calendar</i></p> <p>Please call or text for more information</p>	<p><b>25</b></p> <p><b>Coffee &amp; Chat</b> 9:00-10:00 am</p> <p><b>Stretching and Meditation With Monica</b> Some yoga movement required! 1:00-3:00 pm</p>	<p><b>26</b> <b>Coffee &amp; Chat</b> 9-10:00am</p> <p><b>Ted Talks Group</b> 11:00 am-12:00 pm</p> <p><b>Movie Matinee</b> Meet at Cineplex Strawberry Hill 12:30-3:30 pm</p>	<p><b>27</b></p> <p><b>Coffee &amp; Chat</b> 9:00-10:00 am</p> <p><b>Art Class</b> 1:00-3:00 pm</p>	<p><b>28</b> <b>Coffee &amp; Chat</b> 9-10:00 am</p> <p><b>Budgeting Group</b> 10-11:00 am</p> <p><b>Tim Hortons Meet-up</b> 12110 Nordel Way 10:00 -11:00 am</p> <p><b>Creative Writing Group</b> 1:00-2:30 pm</p>	<p><b>29</b></p> <p><b>Coffee &amp; Chat</b> 9:00-10:00 am</p> <p><b>Music Group with Ken</b> 1:00-3:00 pm</p>	