



# The Club February 2019

22722 Lougheed Hwy, Maple Ridge B.C.



### Hours of Operation:

(unless otherwise noted)

Monday: 9-4  
Tuesday: 9-4  
Wednesday: 9-4  
Thursday: 9-4  
Friday: 9-4

Young Adults:  
Every Tuesday  
@ 1:00pm  
(see YA Calendar)

**Phone:** 604-467-0544  
**Fax:** 604-467-0543  
**Web:** www.comservice.bc.ca

### New Programs

#### WRAP Maintenance

Have you taken WRAP? Do you need to compete or update your WRAP plan? We can help. Tuesdays @ 1:00pm. Please sign up.

#### Self Exploration

This weekly group is focused on helping you to learn more about yourself. Sign up @ Club.

#### Mindfulness: Classical Guitar with Sharon

A relaxing afternoon of classical guitar music. No sign up necessary. Just come and enjoy :)

#### Lunch With Friends

Every month we meet up at The Club and walk to a local restaurant. Come join us for some food with great company!

#### Member Meetings:

Every Second Monday @12pm

**February 11th & 25th**

#### Outings:

20th: Mini Golf @ Eagle Quest in Coquitlam  
21st: Walk for Lunch

	Monday	Tuesday	Wednesday	Thursday	Friday
					<b>1</b> 9:30 Supported Employment 11am Meals on Wheels  <b>1pm Mindfulness: Classical Guitar w/ Sharon</b>
<b>4</b> 9am Supported Employment 9:30 Positive News!  <i>1pm Music with Mark</i> 2pm SPCA	<b>5</b> 9:30 Coffee & Word Puzzles <b>1pm Wrap Maintenance</b> • <b>Wellness Toolbox</b>  <b>1:30pm Learn ASL w/ Janeen</b>	<b>6</b> 11am Learn to Knit/crochet  <b>1pm Self Exploration</b> • <b>Self Soothing Exercises</b>  3pm Poetry & Song	<b>7</b> 9:30 Coffee & Word Puzzles 10am Job Search 11am Arts & Crafts 1pm Learn a new game	<b>8</b> 9:30 Supported Employment 11am Meals on Wheels  <b>1pm Mindfulness: Classical Guitar w/ Sharon</b>	
<b>11 MEMBER MEETING</b> 9am Supported Employment 9:30 Positive News! <b>10am Bird Watching Group: Pitt Polder</b>  <i>1pm Music with Mark</i> 2pm SPCA	<b>12</b> 9:30 Coffee & Word Puzzles 11am Games  <b>1pm Wrap Maintenance</b> • <b>Daily Maintenance Plan</b>	<b>13 Club Closed 9-12 File Update/Orientations</b>  <b>1pm Self Exploration</b> • <b>Active Listening</b>  3pm Poetry & Song	<b>14</b> 9:30 Coffee & Word Puzzles 10am Build A Resume 11am Arts & Crafts 1pm Learn a new game	<b>15</b> 9:30 Supported Employment 11am Meals on Wheels  <b>1pm Mindfulness: Classical Guitar w/ Sharon</b>	
<b>18</b>  <b>Club Closed Family Day</b>	<b>19</b> 9:30 Coffee & Word Puzzles 11am Games  <b>1pm Wrap Maintenance</b> • <b>Triggers</b> • <b>Early Warning Signs</b>	<b>20</b> 11am—Learn to Knit/crochet <b>11am Mini Golf @ Eagle Quest in Coquitlam</b>  <b>1pm Self Exploration</b> • <b>Problem Solving</b> 3pm Poetry & Song	<b>21</b> 9:30 Coffee & Word Puzzles 10am Job Search 11am Arts & Crafts <b>1pm Lunch with Friends: Walk to Mahal Restaurant</b>  <b>Club @ Closed 1pm</b>	<b>22</b> 9:30 Supported Employment 11am Meals on Wheels  <b>1pm Mindfulness: Classical Guitar w/ Sharon</b>	
<b>25 MEMBER MEETING</b> 9am Supported Employment 9:30 Positive News! <b>10am Bird Watching Group: Kanaka Creek</b>  <i>1pm Music with Mark</i> 2pm SPCA	<b>26</b> 9:30 Coffee & Word Puzzles 11am Games  <b>1pm Wrap Maintenance</b> • <b>Crisis Planning</b>	<b>27 Club Closed 9-12 File Update/Orientations</b>  <b>1pm Self Exploration</b> • <b>Change</b>  3pm Poetry & Song	<b>28</b> 9:30 Coffee & Word Puzzles 10am Build A Resume 11am Arts & Crafts  <b>Club Closed @ 12pm</b>		

### Program Descriptions

**WRAP Maintenance:** Have you taken WRAP? Do you need to compete or update your WRAP plan? We can help. Tuesdays @ 1:00pm. Please sign up.

**Job Search/Building a Resume:** 1:1 assistance with looking for work or building a resume. Sign up to reserve your spot.

**Positive News!** Bring a positive news topic to share over morning coffee :)

**SPCA Volunteering:** Weekly visits to the SPCA to offer companionship to the cats and kittens. No Dog walking. Space is limited. Sign up only. See Sarah for more details.

**Sensory Exploration:** for members interested in learning more about using sensory items for relaxing or energizing! Assessments with staff available by appointment :)

**Young Adults Group:** A group for those aged 19-30. The YA group runs every Tuesday at 1:00pm.

**Member Meetings:** Join us on every other Monday for our member meeting. We have a suggestion box if you cant make it :)

**Supported Employment:** A variety of competitively paid employment opportunities (lawn maintenance, cleaning, odd jobs) with the support of a Clubhouse staff member.

**Coffee & Word Puzzles:** A great way to start the morning! Tuesdays & Thursdays @ 9:30am.

**Meals On Wheels:** Volunteer program delivering meals to those in our community. See Sarah for more details.

**Music with Mark:** Come join Mark as he rocks out on his guitar and we sing along! Percussion instruments and guitars available if you want to join in :)

**LiLi Mobile Library:** Come and join Janeen from the Fraser Valley Regional Library as she shares what's new and exciting at our local library.

**Self-Exploration:** This weekly group is focused on helping you to learn more about yourself. Sign up @ Club.

**Mindfulness with Sharon:** Come join Sharon for a relaxing afternoon of classical guitar music.