

# The Club September 2017

## Hours of Operation:

(unless otherwise noted)

Monday: 9-4  
 Tuesday: 9-6 **Young Adults Program:**  
 Wednesday: 9-6 Every Tuesday  
 Thursday: 9-6 @ 1:00pm  
 Friday: 9-4 (see YA Calendar)



11907 228th Street, Maple Ridge B.C., V2X 8G8

Maple Ridge/Pitt Meadows Community Services  
 Changing Lives Together



United Way  
 of the Lower Mainland  
 Community Partner

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

**Lunch Programs:**  
**Mon, Wed & Thurs @ 12:00pm**  
 (sign up by 10:30am)  
**Dinner Programs:**  
**Wednesday: Community Kitchen**  
 (sign up by 2:30pm)  
**Thursday: Dinner & Activity**  
 (see activity board)  
**Meal cards are available**  
**Breakfast Program:**  
 On break for the Summer :)

**Training Programs**  
 Busy Bee Store: Open M-F 10:00—1:00pm

**Member Meetings**  
 September 18th

**New & Upcoming Programs**  
**Special Presentation:**  
 How does Mental Illness affect the Brain: Everything you wanted to know about medications but were afraid to ask! Brought to you by: MR Community Advisory Committee, The Club & Dr. Debbie Thompson, FH Clinical Pharmacy Specialist.  
 FREE: Everyone is welcome!  
 Wednesday September 27th @ 1pm

**Starting in October—sign up now**

**Food Skills for All**  
 A six session program that explores healthy cooking on a budget. Learn hands on cooking skills and make healthy eating, easy, enjoyable and affordable. Brought to you by Diabetes Canada. Free. By registration only. See Sarah to sign up.

**Outings:**  
 14th—  
 21st—Taves Apple Barn  
 22nd Hayward Lake  
 28th—Black Sheep Pub

Mon	Tue	Wed	Thu	Fri
<p><b>“Gourmet Cooks”</b></p> <p>Every Wednesday @ 10:30am join us as we cook a healthy meal together! \$3.00 for lunch</p>				<p>1                      10am Supported Employment                      11am Meals on Wheels                      11am Supported Employment  <b>3pm Gardening</b></p> <p><b>3:00 Club Closed—Staff Meeting</b></p>
<p>4  <b>CLUB CLOSED</b>  <b>HAPPY LABOUR DAY!</b></p>	<p>5                      10-11 Computer Literacy                      10am SPCA Volunteering                      1pm YA Group (see YA Calendar)                      4pm Games night—BINGO</p>	<p>6                      10-11am Computer Literacy                      10-11am Morning Exercise                      10:30 Lunch Prep/Shopping w/ “Gourmet Cooks”  <b>1pm Gardening</b>                      3pm Community Kitchen</p>	<p>7                      10-11am Computer Literacy                      10:30 Lunch Prep/Shopping w/ <i>1pm Local Walk</i>                      2pm Games</p>	<p>8                      10am Supported Employment                      11am Meals on Wheels                      11am Supported Employment                      3pm Supported Employment  <b>3pm Gardening</b></p>
<p>11 <b>sign up for this week’s outings</b>                      10:30 Lunch Prep/Shopping                      11am Supported Employment  <b>1pm Music with Mark</b>                      1-2pm Orientations                      3pm Resume Assistance</p>	<p>12                      10-11 Computer Literacy                      10am SPCA Volunteering                      1pm YA Group (see YA Calendar)                      4pm Games night - RUMOLI</p>	<p>13                      10-11am Computer Literacy                      10-11am Morning Exercise                      10:30 Lunch Prep/Shopping w/ “Gourmet Cooks”  <b>1pm Gardening</b>                      3pm Community Kitchen</p>	<p>14                      10-11am Computer Literacy  <b>10am Fort Langley (Shop &amp; Lunch)</b>                      10:30 Lunch Prep/Shopping                      2pm Games</p>	<p>15                      10am Supported Employment                      11am Meals on Wheels                      11am Supported Employment  <b>3pm Gardening</b></p> <p><b>3:00 Club Closed—Staff Meeting</b></p>
<p>18 <b>Member Meeting sign up for this week’s outings</b>                      10:30 Lunch Prep/Shopping                      11am Supported Employment  <b>1pm Music with Mark</b>                      1-2pm Orientations                      3pm Resume Assistance</p>	<p>19 <b>COBB’S BREAD DAY</b>                      10-11 Computer Literacy                      10am SPCA Volunteering                      1pm YA Group  <b>1pm LiLi Mobile Library w/ Janeen (new date &amp; time)</b>                      4pm Games night—GREEDY</p>	<p>20 <b>Recycling Day</b>                      10-11am Computer Literacy                      10-11am Morning Exercise                      10:30 Lunch Prep/Shopping w/ “Gourmet Cooks”  <b>1pm Gardening</b>                      3pm Community Kitchen</p>	<p>21                      10-11am Computer Literacy                      10:30 Lunch Prep/Shopping  <b>12:30 Taves Apple Barn</b>                      2pm Games</p>	<p>22                      10am Supported Employment                      11am Meals on Wheels                      11am Supported Employment  <b>12pm Hayward Lake</b>                      3pm Supported Employment  <b>3pm Gardening</b></p>
<p>25 <b>sign up for this week’s outings</b>                      11am Supported Employment                      10:30 Lunch Prep/Shopping  <b>1pm Music with Mark</b>                      1-2pm Orientations                      3pm Resume Assistance                      3pm Poetry &amp; Song</p>	<p>26 <b>CLUB OPEN 9-12</b>                      CLUB CLOSED AT 12pm                      FOR                      AGENCY ANNUAL AGM</p>	<p>27                      10-11am Morning Exercise                      10:30 Lunch Prep/Shopping w/ “Gourmet Cooks”  <b>1pm Special Presentation: Dr. Debbie Thompson—Mental Illness, Medication &amp; the Brain FREE-Everyone Welcome!</b>                      3pm Community Kitchen</p>	<p>28                      10-11am Computer Literacy                      10:30 Lunch Prep/Shopping  <i>1pm Local Walk</i>                      2pm Games                      3pm Dinner Outing—Black Sheep Pub (\$15.00-\$20.00)</p>	<p>29 <b>Annual Inter-Club BBQ</b>  <b>Flamingo Hotel: Vegas Day @ The Club</b>                      11am-2pm                      Sign-Up @ Clubhouse                      Or call 604-467-0544</p>

## Program Descriptions

**Volunteering @ NFTRA:** We are looking for a small group of dedicated volunteers visits the North Fraser Therapeutic Riding Association to help out. If interested please see Laurie.

**Training Programs:** RC offers 6-month long training programs to gain experience in kitchen skills, customer service skills, and cashier skills. .

**Computer Literacy:** Learn how to use the computer, send email, or upgrade your typing skills. All levels welcome.

**Morning Exercise:** Join us for some low impact aerobics.

**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.

**Evening Programming:** Join Rob for an evening of games (Tuesdays) , Community Kitchen (Wednesday) or a local outing (Thursday).

**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 @ 10:30am for our member meeting.

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

**Poetry & Song:** A small and creative group sharing their own poetry. New topics each week.

**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. Every 3rd Tuesday of the Month @ 1:00pm.

**Resume Assistance:** Need help getting your resume in tip-top shape? By appointment only. See Staff.

**Cobbs Free Bread:** Once per month we receive a donation of day-old bread, buns, and pastries from our local Cobbs Bakery. Free bag or two of your choice!