

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)

The Club January 2018

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



Maple Ridge/Pitt Meadows Community Services
 Changing Lives Together



	Mon	Tue	Wed	Thu	Fri
	1 CLUB CLOSED HAPPY NEW YEAR!	2 10-11 Computer Literacy 9:30am SPCA Volunteering 1pm YA Group (see YA Calendar) 4pm Games Competition	3 Gourmet Cooks 10-11am Computer Literacy 10-11am Morning Exercise 3pm Community Kitchen	4 10-11am Computer Literacy 10:30 Lunch Prep/Shopping 2pm Games 4pm Bowling!	5 10am Supported Employment 11am Meals on Wheels 11am Supported Employment 3pm Supported Employment
	8 Member Meeting sign up for this week's outings 10:30 Lunch Prep/Shopping 11am Supported Employment 1pm Music with Mark 1-2pm Orientations 3pm Poetry & Song	9 10-11 Computer Literacy 9:30am SPCA Volunteering 10am Lili Mobile Library 1pm YA Group (see YA Calendar) 1pm Knitting/Crocheting Group 4pm Games Competition	10 Gourmet Cooks 10-11am Computer Literacy 10-11am Morning Exercise 3pm Community Kitchen	11 10-11am Computer Literacy 10:30 Lunch Prep/Shopping 2pm Games CLUB CLOSED @ 4:00pm Agency Event	12 10am Supported Employment 11am Meals on Wheels 11am Supported Employment
	15 sign up this week's outings 11am Supported Employment 10:30 Lunch Prep/Shopping 1pm Music with Mark 1-2pm Orientations 3pm Resume Assistance 3pm Poetry & Song	16 Recycling Day 10-11 Computer Literacy 12:30 Silverdale Creek Wetlands Walk 1pm YA Group (see YA Calendar) 4pm Games Competition	17 Gourmet Cooks 10-11am Computer Literacy 10-11am Morning Exercise 3pm Community Kitchen	18 10-11am Computer Literacy 10:30 Lunch Prep/Shopping 2pm Games 4pm Outing TBD	19 10am Supported Employment 11am Meals on Wheels 11am Supported Employment 3pm Supported Employment
	22 Member Meeting sign up this week's outings 10:30 Lunch Prep/Shopping 11am Supported Employment 1pm Music with Mark 1-2pm Orientations 3pm Resume Assistance 3pm Poetry & Song	23 10-11 Computer Literacy 9:30am SPCA Volunteering 1pm YA Group (see YA Calendar) 1pm Knitting/Crocheting Group 4pm Games Competition	24 Gourmet Cooks Newton Advocacy Group w/ Jasleen by Appointment 10-11am Computer Literacy 10-11am Morning Exercise 3pm Community Kitchen	25 10-11am Computer Literacy 10:30 Lunch Prep/Shopping 2pm Games 4pm Outing TBD	26 10am Supported Employment 11am Meals on Wheels 11am Supported Employment
	29 sign up this week's outings 10:30 Lunch Prep/Shopping 11am Supported Employment 1pm Music with Mark 1-2pm Orientations 3pm Resume Assistance 3pm Poetry & Song	30 10-11 Computer Literacy 9:30am SPCA Volunteering 1pm YA Group (see YA Calendar) Club Closed @ 4pm	31 Gourmet Cooks 10am Tsawwassen Mills Mall and Lunch 10-11am Computer Literacy 10-11am Morning Exercise 10:30 Lunch Prep/Shopping Club Closed @ 4pm		31 10am Supported Employment 11am Meals on Wheels 11am Supported Employment 3:00 Club Closed—Staff Meeting

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)

Meal cards are available

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

Member Meetings
 January 8th & 22nd @ 10:30am

New Programs

Knitting & Crocheting Group
 A bi-weekly member-run group for all levels! Tuesdays @ 1:00pm

OUTINGS

4th Bowling
 16th Silverdale Wetlands Walk
 18th TBD
 31st Tsawwassen Mills Mall & Lunch

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 Clubhouse 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.

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

Knitting/Crocheting Group: Bi-weekly member-run get together for knitters and crocheters of all levels. Join us as we chat and craft together!