




Monday	Tuesday	Wednesday	Thursday	Friday
	<p>9:30-10:00: Morning Stretch 1</p> <p>10:00-10:30: House Meeting</p> <p>10:45-11:30: Men's Group</p> <p>1:00-2:00: Karaoke with Peter</p> <p>2:30-3:30: Coffee & Converse</p>	<p>9:30-10: Morning Stretch 2</p> <p>10:00-10:30: Morning Meeting</p> <p>10:30-11:30: Guitar Lessons With Nicholas</p> <p>1:00-1:45: Art Therapy with Keli</p> <p>2:30-3:30: Hearing Voices</p>	<p>9:30-10:00: Morning Stretch 3</p> <p>10:00-10:30: Morning Meeting</p> <p>11:00: Food Truck Festival</p> <p>1:00-2:00: Art with Marc</p> <p>2:00: Young Adults Group</p>	<p>9:30-10:00: Morning Stretch 4 Or Walking Group</p> <p>10:00-10:30: Morning Meeting</p> <p>10:30-11:30: Smoking Cessation with Brian</p> <p>1:00-2:00: Members Munchies</p>
<p>7</p> <p>9:30-10:00: Morning Stretch</p> <p>10:00-10:30: Morning Meeting</p> <p>1:00-2:00: Art with Todd</p>	<p>9:30-10:00: Morning Stretch 8</p> <p>10:00-10:30: Morning Meeting</p> <p>1:00: Movie @ Landmark</p> <p>1:00-2:00: Karaoke with Peter</p> <p>2:30-3:30: Coffee and Conversation</p>	<p>9:30-10: Morning Stretch 9</p> <p>10:00-10:30: Morning Meeting</p> <p>10:30-11:30: Guitar Lessons With Nicholas</p> <p>1:00-1:45: Art Therapy with Keli</p> <p>2:30-3:30: Hearing Voices</p>	<p>9:30-10:00: Morning Stretch 10</p> <p>10:00-10:30: Morning Meeting</p> <p>1:00: Prize Bingo</p> <p>2:00: Young Adults Group</p>	<p>9:30-10:00: Morning Stretch 11 Or Walking Group</p> <p>10:00-10:30: Morning Meeting</p> <p>10:30-11:30: Smoking Cessation with Brian</p> <p>1:00-2:00: Members Munchies</p>
<p>14</p> <p>9:30-10:00: Morning Stretch</p> <p>10:00-10:30: Morning Meeting</p> <p>1:00-2:00: Art with Todd</p>	<p>9:30-10:00: Morning Stretch 15</p> <p>10:00-10:30: Morning Meeting</p> <p>10:45-11:30: Men's Group</p> <p>1:00-2:00: Karaoke with Peter</p> <p>2:30-3:30: Coffee & Converse</p>	<p>9:30-10: Morning Stretch 16</p> <p>10:00-10:30: Morning Meeting</p> <p>10:30-11:30: Guitar Lessons With Nicholas</p> <p>1:00-1:45: Art Therapy with Keli</p> <p>2:30-3:30: Hearing Voices</p>	<p>9:30-10:00: Morning Stretch 17</p> <p>10:00-10:30: Morning Meeting</p> <p>1:00: Save on Food Tour</p> <p>1:00-2:00: Members Munchies</p> <p>2:00 Young Adults Group</p>	<p>18</p> <p>Closed for Good Friday</p>
<p>21</p> <p>CLOSED FOR EASTER MONDAY</p>	<p>22</p> <p>11:00: PARK CLEAN UP</p>  <p>2:30-3:30: Coffee & Conversation</p>	<p>9:30-10: Morning Stretch 23</p> <p>10:00-10:30: Morning Meeting</p> <p>10:30-11:30: Guitar Lessons With Nicholas</p> <p>1:00-1:45: Art Therapy with Keli</p> <p>2:30-3:30: Hearing Voices</p>	<p>9:30-10:00: Morning Stretch 24</p> <p>10:00-10:30: Morning Meeting</p> <p>1:00-2:00: Prize Bingo</p> <p>2:00: Young Adults Group</p>	<p>9:30-10:00: Morning Stretch 25 Or Walking Group</p> <p>10:00-10:30: Morning Meeting</p> <p>10:30-11:30: Smoking Cessation with Brian</p> <p>1:00-2:00: Members Munchies</p>
<p>28</p> <p>9:30-10:00: Morning Stretch</p> <p>10:00-10:30: Morning Meeting</p> <p>1:00-2:00: Art with Todd</p>	<p>9:30-10:00: Morning Stretch 29</p> <p>10:00-10:30: Morning Meeting</p> <p>1:00-2:00: Karaoke with Peter</p> <p>2:30-3:30: Coffee and Conversation</p>	<p>9:30-10: Morning Stretch 30</p> <p>10:00-10:30: Morning Meeting</p> <p>10:30-11:30: Guitar Lessons With Nicholas</p> <p>1:00-1:45: Art Therapy with Keli</p> <p>2:30-3:30: Hearing Voices</p>	 <p>NEW LEAF CLUBHOUSE</p> <p>April 2025</p> <p>1115-6th Avenue, New Westminster, BC</p> <p>Ph: 604-526-1007 Fax: 604-526-1008</p>	

PROGRAMS SUBJECT TO CHANGE WITHOUT NOTICE



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One to Ones Session: Call New Leaf to set up an appointment for one-to-one conversations.

CLUBHOUSE CLOSED: April 18th for Good Friday

CLUBHOUSE CLOSED: April 21st for Easter Monday

CLUBHOUSE CLOSED: From 11:00-2:00 for Earth Day Park Clean Up

FOOD TRUCK FESTIVAL: April 3rd. Leaving New Leaf at 11:00am. Bring food money.

MOVIE AT LANDMARK THEATRE: April 8th at 10:00am. Leaving New Leaf at 1:00pm.

GUIDED TOUR OF SAVE ON FOODS: April 17th. Van leaving New Leaf at 12:45pm

EARTH DAY PARK CLEAN UP: Leaving New Leaf at 11:00am. Bag Lunch available for purchase.

Art with Marc: Check calendar for dates. No experience needed.

Art Class with Todd: This class offers a variety of various mediums designed for people with or without previous experience.

Art Therapy with Keri: Every Wednesday from 1:00-1:45. Join us for a group that uses art as a form of health and well being therapy.

Borderline Personality Disorder Group: Every Tuesday from 7:00-9:00pm. Learn new coping skills and strategizing methods from a group of peers.

Coffee & Conversation: Bring your ideas for conversation topics and enjoy a drink over a variety of member led conversations.

Guitar lessons with Nicholas: These lessons start with the basics and gradually enhance your playing skills.

Hearing Voices: A support group for anyone who hears or has heard voices or experienced another unusual sensory phenomenon.

Karaoke with Peter: Join us for an hour of singing and harmonizing.

Men's Group: This group offers a variety of activities that teach health strategies and conversations while meeting new people and making friends.

Members Munchies Food Bank: This food bank is for members only. It is perfect to attend if you are running low on groceries.

Members Morning Meeting: Join us for our daily check in and job assignments.

Morning Stretch: Start the day with gentle stretches to make your day better.

Prize Bingo: Take time out of your day to enjoy a game of Bingo. You may win a prize and it is free!

Smoking Cessation with Brian: Trying to quit smoking or vaping. Join this peer run group to learn tips, strategies and have support

Walking Group: Every Friday morning at 9:30am. May be a walk in your own or another community, in a park or on a walking track.