

Monday

Tuesday

Wednesday

Thursday



Friday

February 2026

PH: 604-526-1007 NEW LEAF CLUBHOUSE Fax: 604-526-1008

1115 Sixth Avenue, New Westminster, BC V3M 2B7



<p>9:30-10:00: Chair Exercise 10:00-10:30: Morning Meeting 10:30: Morning Stroll 1:30-2:20: Board Games With Malcolm</p>	<p>2 9:30-10:00: Chair Exercise 10:00-10:30: Morning Meeting 10:45: Women's Group 1:00-2:00: Karaoke with Peter 2:30-3:30: Coffee and Convers 7:00-9:00: BPD Group</p>	<p>3 9:30-10:00: Chair Exercise 10:00-10:30: Morning Meeting 10:30: Morning Stroll 10:30-11:30: Guitar Lessons 1:00-1:45: Keli's Art Therapy 2:30-3:30: Hearing Voices</p>	<p>4 9:30-10:00: Chair Exercise 10:00-10:30: Morning Meeting 10:30: Morning Stroll 10:30-11:30: Guitar Lessons 1:00-1:45: Keli's Art Therapy 2:30-3:30: Hearing Voices</p>	<p>5 9:30-10:00: Chair Exercise 10:00-10:30: Morning Meeting 1:00: Prize Bingo 2:00pm: Young Adults Group</p> <p>6 9:30-10:00: Chair Exercise 10:00-10:30: House Meeting 10:30-11:30: Smoking Cessation with Brian 1:00-2:00: Members Munchies</p>
<p>9:30-10:00: Chair Exercise 10:00-10:30: Morning Meeting 10:30: Morning Stroll 1:00: Bowling at Zones (\$5.00)</p>	<p>9 9:30-10:00: Chair Exercise 10:00-10:30: Morning Meeting 10:45: Men's Group 1:00-2:00: Karaoke with Peter 2:30-3:30: Coffee and Convers 7:00-9:00: BPD Group</p>	<p>10 9:30-10:00: Chair Exercise 10:00-10:30: Morning Meeting 10:30: Morning Stroll 10:30-11:30: Guitar Lessons 1:00-1:45: Arts & Crafts 2:30-3:30: Hearing Voices</p>	<p>11 9:30-10:00: Chair Exercise 10:00-10:30: Morning Meeting 10:30: Morning Stroll 10:30-11:30: Guitar Lessons 1:00-1:45: Arts & Crafts 2:30-3:30: Hearing Voices</p>	<p>12 9:30-10:00: Chair Exercise 10:00-10:30: Morning Meeting 1:00: Movie at Landmark (\$5.00) 1:00pm: Young Adults Group</p> <p>13 9:30-10:00: Chair Exercise 10:00-10:30: Morning Meeting 10:30-11:30: Smoking Cessation with Brian 1:00-2:00: Members Munchies</p>
<p>  CLOSED FOR FAMILY DAY</p>	<p>16 9:30-10:00: Chair Exercise 10:00-10:30: Morning Meeting 11:00: CHINESE NEWYEARS Lunch at Uncle Willies Smorgasbord (\$10:00) 7:00-9:00: BPD Group</p>	<p>17 9:30-10:00: Chair Exercise 10:00-10:30: Morning Meeting 10:30: Morning Stroll 10:30-11:30: Guitar Lessons 1:00-1:45: Keli's Art Therapy 2:30-3:30: Hearing Voices</p>	<p>18 9:30-10:00: Chair Exercise 10:00-10:30: Morning Meeting 10:30: Morning Stroll 10:30-11:30: Guitar Lessons 1:00-1:45: Keli's Art Therapy 2:30-3:30: Hearing Voices</p>	<p>19 9:30-10:00: Chair Exercise 10:00-10:30: Morning Meeting 1:00: Prize Bingo 2:00pm: Young Adults Group</p> <p>20 9:30-10:00: Chair Exercise 10:00-10:30: Morning Meeting 10:30-11:30: Smoking Cessation with Brian 1:00-2:00: Members Munchies</p>
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ALL PROGRAMS SUBJECT TO CHANGE WITHOUT NOTICE



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

Employment Opportunities: One-to-one sessions daily. Please make an appointment to discuss your employment goals.

CLUBHOUSE CLOSED: February 16th for Family Day

BOWLING AT ZONES: February 9th & 26 at 1pm. (\$5.00)

MOVIE AT LANDMARD THEATRE: February 12th at 1:00pm. (\$5.00)

CHINESE NEW YEAR LUNCH AT UNCLE WILLIES SMORGASBORD: February 17th. Leaving at 11:30. (\$10.00)

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 second Monday from 7:00-9:00pm. Learn new coping skills and strategies from a group of peers.

Board Games with Malcolm: Join in for a friendly game or a friendly competitive game. Every second Monday at 1:00pm.

Chair Exercises: Every morning at 9:30. Gentle stretches to energize you for the start to your day

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

Guitar lessons: 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.

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.

Men's Group: Join in for a variety of activities that are created for men. Every second Tuesday at 10:45am

Morning Meeting: Everyday at 10:00am.

Morning Stroll: Start your day with a leisurely walk in your community. Mondays & Wednesdays at 10:30am.

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

Women's Group: Join in for a variety of activities that are created for women. Every second Tuesday at 10:45am.