

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>NEW LEAF CLUBHOUSE 1115-6th Avenue, New Westminster January 2025 Ph: 604-526-1007 Fax: 604-526-1008</p>		<p>CLOSE FOR NEW YEARS DAY 1</p> 	<p>2 1:00: <i>Burnaby Village</i> (Van leaves at 1:00pm) 1:00-2:00: Prize Bingo Young Adults Program</p>	<p>3 10:00-11:00: House Meeting 1:00-2:00: Members Munchies</p>
<p>6 10:00-10:45: <i>Tibetan Singing Bowl With Heather</i> 1:00-2:00: Art Class</p>	<p>7 10:45-11:30: Arts & Crafts (Decoupage Hanging Picture) 1:00-2:00: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group</p>	<p>8 9:45-10:30: Trivia Games 10:30-11:30: Guitar Lessons with Nicholas 2:30-3:30: Hearing Voices</p>	<p>9 10:00-10:45: <i>Basic Banking Workshop</i> 1:00-2:00: Art with Marc Young Adults Program</p>	<p>10 10:00-11:00: <i>Smoking Cessation with Brian</i> 1:00-2:00: Members Munchies</p>
<p>13 10:00: <i>Blissful Bites Chocolate Tasting</i> 1:00-2:00: Art Class</p>	<p>14 10:45-11:30: Men's Group 1:00-2:00: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group</p>	<p>15 9:45-10:30: Basic Computer Skills 10:30-11:30: Guitar Lessons with Nicholas 2:30-3:30: Hearing Voices</p>	<p>16 10:00-11:00: <i>Ice skating</i> (Van leaves at 10:00am) 1:00-2:00: Prize Bingo 1:00-2:00: Young Adults Program</p>	<p>17 10:00-11:30: <i>Tour of tāmasew̱txʷ Aquatic and Community Centre</i> (Van leaves at 10:00am) 1:00-2:00: Members Munchies</p>
<p>20 10:00-10:45: <i>Tibetan Singing Bowl With Heather</i> 1:00-2:00: Art Class</p>	<p>21 10:45-11:30: Arts & Crafts (Chinese New Year Envelope) 1:00-2:00: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group</p>	<p>22 9:45-10:30: Name That Tune 10:30-11:30: Guitar Lessons with Nicholas 2:30-3:30: Hearing Voices</p>	<p>23 10:00-10:45: <i>Hopes & Dreams Discussion for 2025</i> 1:00-2:00: Art with Marc Young Adults Program</p>	<p>24 10:00-11:00: <i>Smoking Cessation with Brian</i> 1:00-2:00: Members Munchies</p>
<p>27 10:00: In-House Games 1:00-2:00: Art Class</p>	<p>28 10:45-11:30: Men's Group 1:00-2:00: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group</p>	<p>29 9:45-10:30: <i>Chinese New Year Workshop Year of the Snake Jan 29-Feb 12</i> 10:30-11:30: Guitar Lessons with Nicholas 2:00: <i>Bully's Studio Tour</i> (Leaving at 2:30pm) 2:30-3:30: Hearing Voices</p>	<p>30 10:30-11:30: Card Games 1:00-2:00: Art with Marc Young Adults Program</p>	<p>31 10:00-11:00: What's Your Talent? 1:00-2:00: Members Munchies</p>

PROGRAMS SUBJECT TO CHANGE WITHOUT NOTICE

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

Clubhouse Closed: January 1st for New Years Day

Tibetan Singing Bowl with Heather: January 6th & 20th. This style of relaxing will learn how to help your mental health

Burnaby Village: January 2nd. Van leaves at 1:00

Basic Banking Workshop: January 9th at 10:00am. Learn how to do and understand how to do your banking.

Ice Skating: January 16th at 10:00am. This outing is a fun way of doing some exercise.

Tour of tāmasew̓txʷ Aquatic and Community Centre: January 17th at 10:00am. Let's take a look at New Westminster's newest Community Centre.

Hopes & Dreams for 2025: A conversation about what you would like to accomplish in the new year.

Bully's Studio Visit: January 29th at 2:30pm. A visit one of New Westminster's popular music studios.

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.

Basic Computer Skills: Learn how to set up email, write resumes, browse the web

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.

Computer Skills: Learn how to set up an email, how to surf the web, word or create a resume. All members welcome!

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 House Meeting: Take this time to come up with programs, workshops, activities and outings you would like to see at New Leaf.

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