


Monday	Tuesday	Wednesday	Thursday	Friday
 <p>NEW LEAF CLUBHOUSE May 2024 1115 Sixth Avenue, New Westminster, V3M 2B7 Ph: 604-526-1007 Fax: 604-526-1008</p>				
	6	7	1	2
	10:00-11:00 WALK FOR MENTAL HEALTH (Burnaby Lake) 1:00-2:00: Art Class	9:30: Morning Walk 10:45-11:30: Women's Group (Program Planning @ Amelias) 1:00-2:00: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group	9:30: Morning Walk 10:30-11:30: Guitar Lessons with Kelly 1:00-2:00: Chess/Board Games 2:30-3:30: Hearing Voices	9:30: Morning Walk 10:00: OUTING (Burnaby Village) 1:00-2:00: Art with Marc 2:00: Young Adults Program
	13	14	8	9
	CLOSED FOR ADMINISTRATION DAY	9:30: Morning Walk 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	9:30: Morning Walk 10:30-11:30: Guitar Lessons with Kelly 1:00-2:00: Chess/Board Games 2:30-3:30: Hearing Voices (Guest Speaker: Mental Health)	9:30: Morning Walk 10:45-11:30: Beyond Differences (Judaism Culture & Customs) 1:00-2:00: In House Movie (Silver Lining Notebook)
	20	21	15	16
	CLOSED FOR VICTORIA DAY	9:30: Morning Walk 10:45-11:30: Women's Group 1:00-2:00: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group	9:30: Morning Walk 10:30-11:30: Guitar Lessons with Kelly 1:00-2:00: Chess/Board Games 2:30-3:30: Hearing Voices	9:30: Morning Walk 10:00: OUTING (Steveston) 1:00-2:00: Art with Marc 2:00: Young Adults Program
	27	28	22	23
9:30: Morning Walk 10:00-11:00: Waffle Making 1:00-2:00: Art Class	9:30: Morning Walk 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	9:30: Morning Walk 10:30-11:30: Guitar Lessons with Kelly 1:00-2:00: Chess/Board Games 2:30-3:30: Hearing Voices	9:30: Morning Walk 10:45-11:30: Beyond Differences (Judaism Foods) 1:00-2:00: Prize Bingo 2:00: Young Adults Program	9:30: Morning Walk 10:00-11:00: Culinary Skills (Microwave Fudge) 1:00-2:00: Members Munchies
	31	30	29	31
9:30: Morning Walk 10:00-11:00: Waffle Making 1:00-2:00: Art Class	9:30: Morning Walk 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	9:30: Morning Walk 10:30-11:30: Guitar Lessons with Kelly 1:00-2:00: Chess/Board Games 2:30-3:30: Hearing Voices	9:30: Morning Walk 10:00: OUTING (Burnaby Mountain) 1:00-2:00: Art with Marc 2:00: Young Adults Program	9:30: Morning Walk 10:00-11:00: Culinary Skills (Macaroni Salad) 1:00-2:00: Members Munchies

PROGRAMS SUBJECT TO CHANGE WITHOUT NOTICE

PROGRAM HIGHLIGHTS

CLOSED: May 13th for Administration Day

CLOSED: May 20th for Victoria Day

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

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

Beyond Differences: “Jewish Culture”. Find out what it is like to be blind in this world and tools used to be independent.

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

Chess/Board Games: Join your peers for a friendly game of chess or a board game. Beginners welcome. January 13rd, & 17th and 31st from 1-2pm.

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

Culinary Skills: Starting with the basics, learn how to cook safely, effectively and on a budget.

Guitar lessons with Kelly: 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.

Morning Walk: Feel better by starting your day with some light exercise and fresh air.

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

Outing: May 2/24: Burnaby Village Bring cash for lunch.

Outing: May 16/24: Steveston. Bag lunch will be available for \$5.00.

Outing: May 30/24: Burnaby Mountain. Bag lunch will be available for \$5.00.

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

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