



Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED FOR EASTER MONDAY 1	2 10:45-11:30: Men's Group (Acronym Game) 1:00-2:00: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group	3 9:30-10:00: Morning Stretch 10:30-11:30: Guitar Lessons with Kelly 2:30-3:30: Hearing Voices	4 10:00: OUTING (Fort Langley) 1:00-2:00: Art with Marc 2:00: Young Adults Program (See YAG calendar)	5 10:00-11:00: Culinary Skills (Fancy Noodles) 1:00-2:00: Members Munchies
8 10:00-11:00 Community Walk 10:30-11:30 PLASTIC BAG JOURNEY 1:00-2:00: Art Class	9 10:45-11:30: Women's Group (Tea & Cookie Tasting) 1:00-2:00: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group	10 9:30-10:00: Morning Stretch 10:30-11:30: Guitar Lessons with Kelly 1:00-2:00: Chess/Board Games (National Scrabble Day) 2:30-3:30: Hearing Voices	11 10:45-11:30: Beyond Differences (THE BLIND TRUTH) 1:00-2:00: Prize Bingo 2:00: Young Adults Program (See YAG calendar)	12 10:00-11:00: Culinary Skills (No Bake Cookies) 1:00-2:00: Members Munchies
15 10:00-11:00 Community Walk 10:30-11:30 Crocheting with Alisha 1:00-2:00: Art Class	16 10:45-11:30: Men's Group (Making a Hanging Shelf) 1:00-2:00: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group	17 9:30-10:00: Morning Stretch 10:30-11:30: Guitar Lessons with Kelly 1:00-2:00: Chess/Board Games 2:30-3:30: Hearing Voices	18 10:45-11:30: Beyond Differences (Art Attack A sensory experience) 1:00-2:00: Art with Marc 2:00: Young Adults Program (See YAG calendar)	19 10:00-11:00: Culinary Skills (Eggs & Potatoes) 1:00-2:00: Members Munchies
22 10:30: Meet at New Leaf Earth Day Clean Up with Bag Lunch 1:00-2:00: Art Class	23 10:45-11:30: Women's Group (Making a Survival Kit) 1:00-2:00: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group	24 9:30-10:00: Morning Stretch 10:30-11:30: Guitar Lessons with Kelly 1:00-2:00: Chess/Board Games 2:30-3:30: Hearing Voices	25 10:00: OUTING (Talise Thrift Store) 1:00-2:00: Prize Bingo 2:00: Young Adults Program (See YAG calendar)	26 10:00-11:00: Culinary Skills (Lemon Pasta) 1:00-2:00: Members Munchies
29 10:00-11:00 Community Walk 10:30-11:30 Crocheting with Alisha 1:00-2:00: Art Class	30 10:45-11:30: Men's Group (Can You C It) 1:00-2:00: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group	<div>  <div> Ph: 604-526-1007 Fax" 604-526-1008 April 2024 NEW LEAF CLUBHOUSE 115 Sixth Avenue, New Westminster </div>  </div>		

PROGRAMS SUBJECT TO CHANGE WITHOUT NOTICE

PROGRAM HIGHLIGHTS

CLOSED: March 29th For Good Friday

CLOSED: April 1st for Easter Monday

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.

Art with Marc: This program offers a variety of styles & mediums of painting for beginners to advanced artists. Supplies provided.

Beyond Differences: “The Blind Truth”. 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.

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

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

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

Earth Day: This Earth Day workshop will help us understand what and how plastics harm and threaten our universe.

Earth Day Cleanup: Leaving NL to do clean up at a local space.

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 Stretch: Start your day with a gentle stretch that helps get the circulation going and relieve stiffness.

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

Outing: April 4-Fort Langley at 10:00pm. Will have lunch at Tradish Ancestors Café. Bring cash for lunch.

Outing: April 25-Talise Thrift Store at 10:00pm. 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.

