

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CLOSED FOR BC DAY</b>	<b>1</b> <b>10:45-11:30:</b> Women's Group  <b>10:00-Noon:</b> Computer Basics  <b>2:30-3:15:</b> Coffee & Conversation	<b>2</b> <b>10:00-10:30:</b> Morning Stretch  <b>1:00:</b> Prize Bingo  <b>2:30-3:15:</b> Hearing Voices Group	<b>3</b> <b>10:45-11:30:</b> Current Affairs  <b>1:00-2:00:</b> Prize Bingo  <b>YOUNG ADULTS GROUP</b> (See YAG calendar)	<b>4</b> <b>10:00-11:00:</b> Culinary Skills (Chow Mein)  <b>1:00-2:00:</b> Members Munchies
<b>8</b> <b>11:00-Noon:</b> Community Walk  <b>1:30-2:30:</b> Resource & Support Connections (Ideas for future sessions)	<b>9</b> <b>BBQ AT MOODY PARK (11:00-1:00)</b>	<b>10</b> <b>10:00-10:30:</b> Morning Stretch  <b>11:00: Reifel Bird Sanctuary</b> Van leaves NL at 11am  <b>2:30-3:15:</b> Hearing Voices Group	<b>11</b> <b>10:45-11:30:</b> Arts & Crafts (Prep flowerpots for planting)  <b>1:00-2:00:</b> Sign Language With Cindy  <b>YOUNG ADULTS GROUP</b> (See YAG calendar)	<b>12</b> <b>10:00-11:00:</b> Culinary Skills (Mug Cakes)  <b>1:00-2:00:</b> Members Munchies
<b>15</b> <b>11:00-Noon:</b> Community Walk  <b>2:30-3:30:</b> Resource & Support Connections (Managing Stress-1 <sup>st</sup> Session)	<b>16</b> <b>10:45-11:30:</b> Men's Group  <b>10:00-Noon:</b> Computer Basics  <b>2:30-3:15:</b> Coffee & Conversation	<b>17</b> <b>10:00-10:30:</b> Morning Stretch  <b>1:00-2:00:</b> Prize Bingo  <b>2:30-3:15:</b> Hearing Voices Group	<b>18</b> <b>10:45-11:30:</b> Current Affairs  <b>1:00-2:00:</b> Painting with Marc (Art with Felt Pens)  <b>YOUNG ADULTS GROUP</b> (See YAG calendar)	<b>19</b> <b>10:00-11:00:</b> Culinary Skills (Lettuce Wrap)  <b>1:00-2:00:</b> Members Munchies
<b>22</b> <b>11:00-Noon:</b> Community Walk  <b>1:30-2:30:</b> Resource & Support Connections (Managing Stress-2 <sup>nd</sup> Session)	<b>23</b> <b>BBQ AT MOODY PARK (11:00-1:00)</b>	<b>24</b> <b>10:00-10:30:</b> Morning Stretch  <b>11:00: Maplewood Farm</b> Van leaves NL at 11am  <b>2:30-3:15:</b> Hearing Voices Group	<b>25</b> <b>10:45-11:30:</b> Arts & Crafts (Flower planting)  <b>1:00-2:00:</b> Sign Language With Cindy  <b>YOUNG ADULTS GROUP</b> (See YAG calendar)	<b>26</b> <b>10:00-11:00:</b> Culinary Skills (Chicken Caesar Wrap)  <b>1:00-2:00:</b> Members Munchies
<b>29</b> <b>11:00-Noon:</b> Community Walk  <b>1:30-2:30:</b> Resource & Support Connections (Cleaning & organizing)	<b>30</b> <b>10:45-11:30:</b> Women's Group  <b>10:00-Noon:</b> Computer Basics  <b>2:30-3:15:</b> Coffee & Conversation	<b>31</b> <b>10:00-10:30:</b> Morning Stretch  <b>1:00-2:00:</b> Prize Bingo  <b>2:30-3:15:</b> Hearing Voices Group	 <p> <b>August 2022</b>  <b>Ph: 604-526-1007 NEW LEAF CLUBHOUSE</b>  <b>Fax: 604-526-1008 1115-6<sup>th</sup> Avenue</b>  <b>newleafclubhouse.com New Westminister, BC</b> </p>	

## PROGRAM HIGHLIGHTS

**CLOSED ON AUGUST 1, 2022, FOR BC DAY**

**Wednesday Outings:** Learn about and enjoy your community as well as the surrounding communities.

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

**Community Walk:** Start your day with a breath of fresh air. Join us for a casual but beneficial walk to improve body circulation. Meet at New West Secondary School Oval.

**Resource and Support Connections:** These sessions will tackle topics for Mental Health and resources you can use in your daily lives.

**Computer Basics:** This program teaches basic to advanced computer skills. It is offered on a one to one basis. Phone NL @ 604-526-1007 to set up an appointment.

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

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

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

**Arts & Crafts:** This group offers a variety of different projects than can be taken home at the end of each session. If you have ideas for projects bring them forward during the group.

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

**Card Games:** Enjoy a one-to-one game or a game with other participants. Crib, Yahtzee or game of choice.

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

**Current Affairs:** Take time out of your day to find out what is happening in your community and the world around you.

**Sign Language with Cindy:** This is your chance to learn how to communicate in a different way. Sign language is a great place to start.

**Culinary Skills:** Participants will learn how to prepare nutritious and affordable meal. What you cook is yours to take home. Space is limited to 5 people per session so sign up early.

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

**One to One Support:** If you are in need of one to one conversation with staff please call to set up an appointment.

**Referral Intakes:** Call Anne at 604-526-1007 to make an appointment.

**New Leaf will give as much notice as possible if there are any changes to the program calendar.**