

Monday

Tuesday

Wednesday

Thursday

Friday



**10:00-10:30:** Morning Stretch **1**  
**10:45-11:45:** Effective Choice Making with Julia  
**1:00-2:00:** Prize Bingo  
**2:30-3:15:** Hearing Voices

**10:00-10:30:** Morning Meeting **2**  
**10:30-11:30:** Mental Aerobics  
**1:00-2:00:** Moving Forward With Steve

**1:00-2:00:** Members Munchies **3**

**6**  
**11:00-Noon**  
 Community Walk New West Secondary School Oval

**7**  
**10:30-11:00:** Yoga Relaxation  
**10:00-Noon:** Tech Support  
**10:30-11:30:** Christmas Tree Decorating  
**2:30-3:15:** Coffee & Conversation

**8**  
**10:00-10:30:** Morning Stretch  
**10:45- 11:45:** Goal Planning With Julia  
**2:30-3:15:** Hearing Voices Group

**9**  
**10:00-10:30:** Morning Meeting  
**10:30-11:30:** Arts and Crafts  
**1:00-2:00:** Moving Forward with Steve

**10**  
**1:00-2:00:** Members Munchies

**13**  
**11:00-Noon**  
 Community Walk New West Secondary School Oval

**14**  
**10:00-10:30:** Morning Meeting  
**10:45-11:30** Men's Group  
**10:00-Noon** Tech Support with Lorne  
**2:30-3:15** Coffee & Conversation

**15**  
**10:00-10:30:** Morning Stretch  
**1:00-2:00:** Prize Bingo  
**2:30-3:15:** Hearing Voices Group

**16**  
**10:00-10:30:** Morning Meeting  
**10:30-11:30:** Mental Aerobics  
**1:00-2:00:** Moving Forward With Steve

**17**  
**1:00-2:00:** Members Munchies

**20**  
**11:00-Noon**  
 Community Walk New West Secondary School Oval

**21**  
**10:00-10:30:** Morning Meeting  
**10:45-11:30:** Women's Group  
**10:00-Noon** Tech Support with Lorne  
**2:30-3:15** Coffee & Conversation

**22**  
**10:00-10:30:** Morning Stretch  
**10:45- 11:45:** Card Games  
**2:30-3:15:** Hearing Voices Group

**CHRISTMAS DINNER** **23**  
 1<sup>st</sup> Seating: 11:00- Noon  
 2<sup>nd</sup> Seating: 12:30-1:30  
 Limit of 10 per seating  
 Must sign up by Dec.17<sup>th</sup>  
 Limit 10 people per seating

**24**  
**CLOSED FOR CHRISTMAS**

**27**  
**CLOSED FOR BOXING DAY**

**28**  
**10:00-10:30:** Morning Meeting  
**10:45-11:30** Men's Group  
**10:00-Noon** Tech Support with Lorne  
**2:30-3:15** Coffee & Conversation

**29**  
**10:00-10:30:** Morning Stretch  
**1:00-2:00:** Prize Bingo  
**2:30-3:15:** Hearing Voices Group

**30**  
**10:00-10:30:** Morning Meeting  
**10:30-11:30:** Mental Aerobics

**31**  
**1:00-2:00:** Members Munchies

## PROGRAM HIGHLIGHTS

**DUE TO COVID MASKS ARE MANDATORY--NO FOOD OR DRINK ALLOWED DURING PROGRAMS**

**“MUST CALL TO GET YOUR NAME ON THE LIST AS SPACE IS LIMITED TO TEN MEMBERS FOR ALL PROGRAMS”**

**PH: 604-526-1007**

- ✦ **CLOSED:** December 24 for Christmas
- ✦ **CLOSED:** December 27 for Boxing Day.
- ✦ **Effective Choice Making:** December 1 from 10:15-11:45. This session will present a framework for making effective decisions.
- ✦ **Yoga Relaxation:** December 7 from 10:45-11:45. Gentle yoga relaxation that will focus on breath work to cope with stress & anxiety
- ✦ **Goal Planning:** December 8 from 10:45-11:45 Simple framework for breaking down larger goals into manageable and realistic goals.
- ✦ **Tree Decorating:** Dec 7 from 10:30-11:30
- ✦ **CHRISTMAS DINNER:** Dec 23. **First Seating 11:00-Noon. Second Seating: 12:30-1:30. Limit of 12 per seating.**
  
- ✦ **Community Walk:** A little exercise never hurt anyone!! Enjoy a few laps around the NW Secondary School. Mondays from 11:00-Noon
- ✦ **Tech Support with Lorne:** Learn how to access programs or improve your computer skills. Every Tuesday between 10:00am and Noon. Phone 604-526-1007 or email [computercomfort@gmail.com](mailto:computercomfort@gmail.com) to set up an appointment or speak with Lorne.
- ✦ **Women’s Group:** Join other women for some light conversation and/or crafts. Tuesday, December 21 from 10:45-11:30
- ✦ **Men’s Group:** Join other men for conversation, games or crafts. Tuesday, December 14 & 28 from 10:45-11:30
- ✦ **Coffee & Conversation:** Conversation with other members and new friends. Every Tuesday from 2:20-3:15
- ✦ **Morning Meetings:** Every Tuesday and Thursday (except Dec 23) from 10:00-10:30am.
- ✦ **In House Morning Stretch:** Every Wednesday from 10:00-10:45am.
- ✦ **Card Games:** Wednesday, December 22 from 10:45-11:45
- ✦ **In-House Bingo:** Wednesday, December 1, 15 & 29, from 1:00-2:00pm
- ✦ **Mental Aerobics:** Puzzles and games to stimulate the mind. Thursday, December 2, 16 & 30 from 10:30-11:30
- ✦ **Arts & Crafts for All:** Crafting for all members Thursday, December 9 from 10:30-11:30
- ✦ **Moving Forward with Steve:** Discuss how to move forward during this pandemic. Thurs, December 9 from 1-2pm
- ✦ **Members Munchies:** Friday, December 3, 10, 17, & 31 from 1:00-2:00pm.
- ✦ **One to One Support:** If you need to use computers, employment help or any type of support call clubhouse to make an appointment.  
**Referral Intakes:** Every Tuesday & Thursdays from 10:00am to 1:00pm starting July 2<sup>nd</sup>. 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.**