

Monday

Tuesday

Wednesday

Thursday

Friday



JULY 2021

CLOSED

1

2

**HAPPY
CANADA DAY**

1:00-2:00
Member Munchies

<p>5</p> <p>11:00-Noon Community Walk New West Secondary School Oval</p> <p>1:30-3:00 Virtual Painting Session</p>	<p>6</p> <p>10:45-11:30 Women's Group</p> <p>10:00-Noon Tech Support With Lorne</p> <p>2:30-3:15 Coffee & Conversation</p>	<p>7</p> <p>10:00: Morning Stretch</p> <p>2:30-3:15 Hearing Voices Group</p>	<p>8</p> <p>10:30-11:30 Mental Aerobics</p> <p>1:30-2:30 Substance Use Check With Laura</p>	<p>9</p> <p>1:00-2:00 Member Munchies</p>
<p>12</p> <p>11:00-Noon Community Walk New West Secondary School Oval</p>	<p>13</p> <p>10:45-11:30 Men's Group</p> <p>10:00-Noon Tech Support With Lorne</p> <p>2:30-3:15 Coffee & Conversation</p>	<p>14</p> <p>10:00: Morning Stretch</p> <p>2:30-3:15 Hearing Voices Group</p>	<p>15</p> <p>10:30-11:30 Arts and Crafts for All</p> <p>1:00-2:00 Moving Forward</p>	<p>16</p> <p>1:00-2:00 Member Munchies</p>
<p>19</p> <p>11:00-Noon Community Walk New West Secondary School Oval</p> <p>1:30-3:00 Virtual Painting Session</p>	<p>20</p> <p>10:45-11:30 Women's Group</p> <p>10:00-Noon Tech Support With Lorne</p> <p>2:30-3:15 Coffee & Conversation</p>	<p>21</p> <p>10:00: Morning Stretch</p> <p>11:00-Noon: Self-Caricature With Marc</p> <p>2:30-3:15 Hearing Voices Group</p>	<p>22</p> <p>10:30-11:30 Mental Aerobics</p> <p>1:00-2:00 Prize Bingo</p>	<p>23</p> <p>1:00-2:00 Member Munchies</p>
<p>26</p> <p>11:00-Noon Community Walk New West Secondary School Oval</p> <p>1:30-3:00 Virtual Painting Session</p>	<p>27</p> <p>10:45-11:30 Men's Group</p> <p>10:00-Noon Tech Support With Lorne</p> <p>2:30-3:15 Coffee & Conversation</p>	<p>28</p> <p>10:00: Morning Stretch</p> <p>2:30-3:15 Hearing Voices Group</p>	<p>29</p> <p>10:30-11:30 Arts and Crafts for All</p> <p>1:00-2:00 Moving Forward</p>	<p>30</p> <p>1:00-2:00 Member Munchies</p>

PROGRAM HIGHLIGHTS

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

SPACE IS LIMITED TO TEN MEMBERS PER PROGRAM. CALL ONE WEEK PRIOR TO GET YOUR NAME ON THE LIST

PH: 604-526-1007

✦ **CLOSED JULY 1ST for CANADA DAY**

✦ **Self-Caricature with Marc:** Wednesday, July 21 from 11:00-12:00

✦ **Virtual Painting:** This 3 session's group will be held July 5, 19 & 26 from 1:30-3:00pm. Offered virtually or can attend by Zoom at New Leaf.

✦ **Substance use Check In with Laura:** 1:30-2:30

✦ **Community Walk:** A little exercise never hurt anyone!! Enjoy a few laps around the NW Secondary School. Mondays from 11:00-Noon

✦ **Coffee & Conversation:** Conversation with other members and new friends. Every Tuesday in June from 2:30-3:15

✦ **Women's Group:** Join other women for some light conversation and/or crafts. Tuesday, July 6 & 20 from 10:45-11:30

✦ **Men's Group:** Join other men for conversation, games or crafts. Tuesday, July 13 & 27 from 10:45-11:30

✦ **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 to set up an appointment or speak with Lorne.

✦ **In House Morning Stretch:** Every Wednesday from 10:00-10:45am.

✦ **Mental Aerobics:** Puzzles and games to stimulate the mind. Thursday, July 8 & 22 from 10:30-11:30

✦ **Arts & Crafts for All:** Crafting for all members Thursday, July 15 & 29 from 10:30-11:30

✦ **Moving Forward with Steve:** Discuss how to move forward during this pandemic. Thursday, July 15 & 29 from 1-2pm

✦ **In-House Bingo:** Thursday, July 8 & 22 from 1:00-2:00pm

✦ **Members Munchies:** Friday, July 2, 9, 16, 23, & 30 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 2nd. Call Anne at 604-526-1007 to make an appointment.