

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>NEW LEAF CLUBHOUSE March 2024 1115-6th Avenue, New Westminster, BC V3M 2B7 Ph: 604-526-1007 Fax: 604-526-1008</p>				1 10:00-11:00: Culinary Skills (Omelet in a Mug) 1:00-2:00: Members Munchies
4 9:45-10:15: House Meeting 10:30-11:30: Book Club (Hitchhikers Guide to the Galaxy) 1:00-2:00: Art Class	5 10:45-11:30: Men's Group (Chase Away The Ace) 1:00-2:00: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group	6 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	7 10:45-11:30: Meet & Motivate with Tuzel (Session One) 1:00-2:00: Art with Marc 1:00: Young Adults Program (See YAG calendar)	8 10:00-11:00: Culinary Skills (Easy Tuna Patties) 1:00-2:00: Members Munchies
11 9:30-10:15: Crocheting with Alysha 10:30-11:30: Book Club (Hitchhikers Guide to the Galaxy) 1:00-2:00: Art Class	12 10:45-11:30: Women's Group (Easter Egg Bath Bomb) 1:00-2:00: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group	13 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	14 11:30: Crab Park Outing Bag lunch available (\$5.00) 1:00-2:00: Prize Bingo 1:00: Young Adults Program (See YAG calendar)	15 10:00-11:00: Culinary Skills (No Bake Cookie Cake) 1:00-2:00: Members Munchies
18 9:45-10:15: House Meeting 10:30-11:30: Book Club Hitchhikers Guide to the Galaxy) 1:00-2:00: Art Class	19 10:45-11:30: Men's Group (What Am I?) 1:00-2:00: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group	20 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	21 10:45-11:30: Meet & Motivate With Tuzel (Session Two) 1:00-2:00: Art with Marc 1:00: Young Adults Program (See YAG calendar)	22 10:00-11:00: Culinary Skills (Sausage Gravy) 1:00-2:00: Members Munchies
25 9:30-10:15: Crocheting with Alysha 10:30-11:30: Book Club (Hitchhikers Guide to the Galaxy) 1:00-2:00: Art Class	26 10:45-11:30: Women's Group (Coffee Filter Clover Craft) 1:00-2:00: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group	27 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	28 11:30: White Rock Pier Outing Bag lunch available (\$5.00) 1:00-2:00: Prize Bingo 1:00: Young Adults Program (See YAG calendar)	29 CLOSED FOR GOOD FRIDAY

Calendar subject to change without notice

PROGRAM HIGHLIGHTS

CLOSED: March 18th for St. Patrick's Day

CLOSED: March 29th For Good Friday

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: Learn about new cultures, customs, history and food. You will be surprised how much we all have in common.

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.

Crocheting with Alysha: Mondays starting at 9:30. For beginners and experienced crocheters.

Book Club: As a group we will choose a book, read a chapter a week, and have group discussion and review.

Culinary Skills: Starting with the basics, learn how to cook safely, effectively and on 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 other unusual sensory phenomenon.

Karaoke with Peter: Join us for an hour of singing and harmonizing.

Meet & Motivate with Tuzel: Learn new skills to help you get motivated to do the things you really want to do.

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.

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

Outing: Crab Park, 11:30am March 14th. White Rock Pier, 11:30am March 28. Bag lunch available to purchase for \$5.00.

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