

NEW LEAF CLUBHOUSE MAY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3 11:00-Noon Community Walk New West Secondary School Oval 1:30-3:00 Virtual Painting Session	4 10:45-11:30 Women's Group 10:00-Noon Tech Support With Lorne 2:30-3:15 Coffee & Conversation	5 10:00: Morning Stretch 2:30-3:15 Hearing Voices Group	6 10:30-11:30 Arts and Crafts for All 1:00-2:00 Moving Forward	7 1:00-2:00 Member Munchies
10 11:00-Noon Community Walk New West Secondary School Oval	11 10:45-11:30 Men's Group 10:00-Noon Tech Support With Lorne 2:30-3:15 Coffee & Conversation	12 10:00: Morning Stretch 2:30-3:15 Hearing Voices Group	13 10:30-11:30 Mental Aerobics 1:00-2:00 Prize Bingo	14 1:00-2:00 Member Munchies
17 11:00-Noon Community Walk New West Secondary School Oval 1:30-3:00 Virtual Painting Session	18 10:45-11:30 Women's Group 10:00-Noon Tech Support With Lorne 2:30-3:15 Coffee & Conversation	19 10:00: Morning Stretch 1:00-2:00 Virtual Yoga 2:30-3:15 Hearing Voices Group	20 10:30-11:30 Arts and Crafts for All 1:00-2:00 Moving Forward	21 1:00-2:00 Member Munchies
24 CLOSED FOR VICTORIA DAY	25 10:45-11:30 Men's Group 10:00-Noon Tech Support With Lorne 2:30-3:15 Coffee & Conversation	26 10:00: Morning Stretch 1:00-2:00 Virtual Yoga 2:30-3:15 Hearing Voices Group	27 10:30-11:30 Mental Aerobics 1:00-2:00 Prize Bingo	28 1:00-2:00 Member Munchies

31 11:00-Noon Community Walk New West Secondary School Oval	 <h1 style="color: #E67E22;">May 2021</h1>
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PROGRAM HIGHLIGHTS

DUE TO COVID MASKS ARE MANDATORY--NO FOOD OR DRINK ALLOWED DURING PROGRAMS
SPACE IS LIMITED TO SIX MEMBERS PER PROGRAM. CALL ONE WEEK PRIOR TO GET YOUR NAME ON THE LIST
PH: 604-526-1007

- ✦ **FREE PAINTING SESSIONS:** This 8 session's group will be held 2 times a month. May 3 & 17 from 1:30-3:00pm. Offered virtually or can attend by Zoom at New Leaf.
- ✦ **TAXES RETURNS:** If you want your taxes filed, call New Leaf to set up an appointment.
- ✦ **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 May from 2:20-3:15
- ✦ **Women's Group:** Join other women for some light conversation and/or crafts. Tuesday, May 4 & 18 from 10:45-11:30
- ✦ **Men's Group:** Join other men for conversation, games or crafts. Tuesday, May 11 & 25 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, May 13 & 27 from 10:30-11:30
- ✦ **Virtual Yoga:** May 19 & 26 from 1:00-2:00
- ✦ **Arts & Crafts for All:** Crafting for all members Thursday, May 6 & 20 from 10:30-11:30
- ✦ **Moving Forward with Steve:** Discuss how to move forward during this pandemic. Thursday, May 6 & 20 from 1-2pm
- ✦ **In-House Bingo:** Thursday, May 13 & 27 from 1:00-2:00pm
- ✦ **Members Munchies:** Friday, May 7, 14, 21, & 28 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.
New Leaf will give as much notice as possible if there are any changes to the program calendar.