

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>11:00-Noon: Community Walk</p> <p>1:30-3:30: In House Movie “Silver Linings Playbook”</p>	<p>3</p> <p>10:45-11:30 Men’s Group</p> <p>10:00-Noon: Tech Support</p> <p>2:30-3:15 Coffee & Conversation</p>	<p>4</p> <p>CLOSED FOR STAFF TRAINING</p> <p>1:00-2:00: Card Games</p> <p>2:30-3:15: Hearing Voices Group</p>	<p>5</p> <p>10:30-11: 30 Walk for Mental Health Moody Park</p> <p>Noon-1:30: Recovery Stories over lunch at local restaurant</p>	<p>6</p> <p>1:00-2:00: Members Munchies</p>
<p>9</p> <p>11:00-Noon: Community Walk</p> <p>2:30-3:30: Yoga Relaxation With Steffanie</p>	<p>10</p> <p>10:45-11:30: Women’s Group</p> <p>10:00-Noon: Tech Support</p> <p>2:30-3:15: Coffee & Conversation</p>	<p>11</p> <p>10:00-10:30: Morning Stretch</p> <p>1:00-2:00: Card Games</p> <p>2:30-3:15: Hearing Voices Group</p>	<p>12</p> <p>10:00-10:30: Morning Meeting</p> <p>10:45-11:30: Arts & Crafts</p> <p>1:00-2:00: Steve’s Mental Wealth Workshops</p>	<p>13</p> <p>1:00-2:00: Members Munchies</p>
<p>16</p> <p>11:00-Noon: Community Walk</p> <p>2:30-3:30: Yoga Relaxation With Steffanie</p>	<p>17</p> <p>10:45-11:30 Men’s Group</p> <p>10:00-Noon: Tech Support</p> <p>2:30-3:15 Coffee & Conversation</p>	<p>18</p> <p>CLOSED FOR STAFF TRAINING</p> <p>1:00-2:00: Card Games</p> <p>2:30-3:15: Hearing Voices Group</p>	<p>19</p> <p>10:00-10:30: Morning Meeting</p> <p>10:45-11:30: Word Games</p> <p>1:00-2:00: Painting with Marc</p>	<p>20</p> <p>1:00-2:00: Members Munchies</p>
<p>23</p> <p>CLOSED FOR VICTORIA DAY</p>	<p>24</p> <p>10:45-11:30: Women’s Group</p> <p>10:00-Noon: Tech Support</p> <p>2:30-3:15: Coffee & Conversation</p>	<p>25</p> <p>10:00-10:30: Morning Stretch</p> <p>1:00-2:00: Card Games</p> <p>2:30-3:15: Hearing Voices Group</p>	<p>26</p> <p>10:00-10:30: Morning Meeting</p> <p>10:45-11:30: Arts & Crafts</p> <p>1:00-2:00: Prize Bingo</p>	<p>27</p> <p>1:00-2:00: Members Munchies</p>
<p>30</p> <p>11:00-Noon: Community Walk</p> <p>2:30-3:30: Yoga Relaxation With Steffanie</p>	<p>31</p> <p>10:45-11:30 Men’s Group</p> <p>10:00-Noon: Tech Support</p> <p>2:30-3:15 Coffee & Conversation</p>	<p>NEW LEAF CLUBHOUSE 1115-6th Avenue New Westminster V3N 2B7 Ph: 604-526-1007 Fax: 604-526-1008</p> <p>May 2022</p> <p>Due to COVID, masks are mandatory No food allowed durig programs</p>		

PROGRAM HIGHLIGHTS

“MUST CALL TO GET YOUR NAME ON THE LIST AS SPACE IS LIMITED PH: 604-526-1007

- ✦ **Painting with Marc:** The third Thursday of each month from 1:00-2:00pm. Supplies provided.
- ✦ **Mental Wealth Workshops with Steve:** The second Thursday of each month from 1-2pm. This months’ topic “Planning for future Topic/Guests”
- ✦ **In House Movie:** May 2nd from 1:20-3:30 “ Silver Linings Playbook”
- ✦ **Walk for Mental Health:** May 5 at 10:30am. **It is Mental Health Week!!** Join us for a walk around Moody Park, then lunch at a local restaurant.
- ✦ **Yoga Relaxation with Steffanie:** May 9, 16, & 30 from 2:30-3:30pm
- ✦ **Community Walk:** Every Monday from 11:00am-Noon. Meet at New West Secondary School Oval
- ✦ **Tech Support:** Improve your computer skills every Tuesday between 10:00am and Noon. Phone NL staff @ 604-526-1007 to set up an appointment.
- ✦ **Women’s Group:** Join other women for some light conversation and/or crafts. Tuesday, May 10 & 24 from 10:45-11:30am
- ✦ **Men’s Group:** Join other men for conversation, games or crafts. Tuesday, May 3, 17 & 31 from 10:45-11:30am
- ✦ **Coffee & Conversation:** Conversation with between members and new friends. Every Tuesday from 2:20-3:15pm
- ✦ **Arts & Crafts:** Thursday, May 12 & 26. “Rock Art”
- ✦ **Morning Stretch:** Every Wednesday from 10:00-10:30am (except May 4 & 18)
- ✦ **Morning Meetings:** Every Thursday from 10:00-10:30am.
- ✦ **In House Morning Stretch:** Every Wednesday from 10:00-10:30am.
- ✦ **Card Games:** Wednesdays, May 4, 11, 18,& 25 from 1:00-2:00 pm
- ✦ **Word Games:** Thursday, May 19 from 10:45-11:30am
- ✦ **In-House Bingo:** Thursday, May 26 from 1:00-2:00pm & 24 from 1:00-2:00pm
- ✦ **Members Munchies:** Friday, May 6, 13, 20, & 27 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.