

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>NEW LEAF CLUBHOUSE</b> 1115 Sixth Avenue New Westminster, BC V3M 2B7 Ph: 604-526-1007 Fax: 604-526-1008</p>		<p><b>9:30-10:00:</b> Morning Stretch <b>1</b></p> <p><b>10:00-10:30:</b> Morning Meeting</p> <p><b>10:30-11:30:</b> Guitar Lessons with Kelly</p> <p><b>2:30-3:30:</b> Hearing Voices</p>	<p><b>10:00-10:30:</b> Morning Meeting <b>2</b></p> <p><b>10:45-11:30:</b> Beyond Boundaries (Japan Culture &amp; Customs)</p> <p><b>1:00-2:00:</b> Painting with Marc</p>	<p><b>10:00-11:00:</b> Culinary Skills (French Toast) <b>3</b></p> <p><b>1:00-2:00:</b> Members Munchies</p>
<p><b>CLOSED FOR ADMINISTRATION DAY</b> <b>6</b></p>	<p><b>10-10:30:</b> Morning Meeting <b>7</b></p> <p><b>10:45-11:30:</b> Men's Group</p> <p><b>1-2pm:</b> Karaoke with Peter</p> <p><b>2:30-3:15:</b> Coffee/Conversation</p> <p><b>7-9pm:</b> BPD Support Group</p>	<p><b>9:30-10:00:</b> Morning Stretch <b>8</b></p> <p><b>10:00-10:30:</b> Morning Meeting</p> <p><b>10:30-11:30:</b> Guitar Lessons with Kelly</p> <p><b>2:30-3:30:</b> Hearing Voices</p>	<p><b>10-10:30:</b> Morning Meeting <b>9</b></p> <p><b>10:45-11:30:</b> Arts &amp; Crafts (Clay Conversation Hearts)</p> <p><b>1:00: Tour of Fraserside Programs</b></p>	<p><b>10:00-11:00:</b> Culinary Skills (Brown Butter Pasta) <b>10</b></p> <p><b>1:00-2:00:</b> Members Munchies</p>
<p><b>10-10:30:</b> Morning Meeting <b>13</b></p> <p><b>10:00-Noon:</b> Computer Basics</p> <p><b>1:30-2:30:</b> Prize Bingo</p>	<p><b>10-10:30:</b> Morning Meeting <b>14</b></p> <p><b>10:45-11:30:</b> Women's Group (Leisure)</p> <p><b>1-2pm:</b> Karaoke with Peter</p> <p><b>2:30-3:15:</b> Coffee/Conversation</p> <p><b>7-9pm:</b> BPD Support Group</p>	<p><b>9:30-10:00:</b> Morning Stretch <b>15</b></p> <p><b>10:00-10:30:</b> Morning Meeting</p> <p><b>10:30-11:30:</b> Guitar Lessons with Kelly</p> <p><b>2:30-3:30:</b> Hearing Voices</p>	<p><b>10:00-10:30:</b> Morning Meeting <b>16</b></p> <p><b>10:45-11:30:</b> Beyond Boundaries (Japanese Food Samples)</p> <p><b>1:00-2:00:</b> Painting with Marc</p>	<p><b>10:00-11:00:</b> Culinary Skills (Latkes) <b>17</b></p> <p><b>1:00-2:00:</b> Members Munchies</p>
<p><b>CLOSED FOR FAMILY DAY</b> <b>20</b></p>	<p><b>10-10:30:</b> Morning Meeting <b>21</b></p> <p><b>10:45-11:30:</b> Men's Group</p> <p><b>1-2pm:</b> Karaoke with Peter</p> <p><b>2:30-3:15:</b> Coffee/Conversation</p> <p><b>7-9pm:</b> BPD Support Group</p>	<p><b>9:30-10:00:</b> Morning Stretch <b>22</b></p> <p><b>10:00-10:30:</b> Morning Meeting</p> <p><b>10:30-11:30:</b> Guitar Lessons with Kelly</p> <p><b>2:30-3:30:</b> Hearing Voices</p>	<p><b>10-10:30:</b> Morning Meeting <b>23</b></p> <p><b>10:45-11:30:</b> Arts &amp; Crafts (Paper Flamenco Fan)</p> <p><b>1:00: Afternoon Movie at Landmark Theatre \$5.00</b></p>	<p><b>10:00-11:00:</b> Culinary Skills (Pickles) <b>24</b></p> <p><b>1:00-2:00:</b> Members Munchies</p>
<p><b>10-00:30:</b> Morning Meeting <b>27</b></p> <p><b>10:00-Noon:</b> Computer Basics</p> <p><b>10:30-11:30:</b> Prize Bingo</p> <p><b>2:00-3:00:</b> Mindfulness</p>	<p><b>10-10:30:</b> Morning Meeting <b>28</b></p> <p><b>10:45-11:30:</b> Women's Group (Relaxation Techniques)</p> <p><b>1-2pm:</b> Karaoke with Peter</p> <p><b>2:30-3:15:</b> Coffee/Conversation</p> <p><b>7-9pm:</b> BPD Support Group</p>	 <p><b>February 2023</b></p>		

## PROGRAM HIGHLIGHTS

**Closed February 6 for Administration Day**

**Closed February 20 for Family Day**

**Arts & Crafts:** This group offers a variety of different projects that can be taken home at the end of each session. If you have ideas for projects bring them forward during the group.

**Beyond Differences:** Expand your cultural world view. Learn about other country cultural customs, food, music, storytelling and discussion.

**Coffee & Conversation:** Bring your ideas for conversation topics and enjoy a drink over a variety of member led conversations.

**Computer Basics:** This program teaches basic to advanced computer skills on a one to one basis. Phone NL @ 604-526-1007 to set up an appointment.

**Culinary Skills:** Learn how to prepare nutritious & affordable meal. What you cook is yours to take home. Space is limited to 5 people per session.

**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. You can talk about it in this non-judgmental, stigma free, supportive, and confidential program.

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

**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 help get the circulation going and relieve stiffness.

**Morning Meeting:** Members & Staff check in and job assignments for the day. Perfect way to learn life skills.

**Members Munchies Food Bank:** This food bank is for members only. It is perfect to attend if you are running low on groceries.

**Painting with Marc:** This program offers a variety of styles & mediums of painting for beginners to advanced artists. Supplies provided.

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

**Community Connection:** This group explores the resources and supports for various needs.

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