

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>NEW LEAF CLUBHOUSE</b>  <i>March 2023</i>            1115 Sixth Avenue            New Westminster, BC V3M 2B7            Ph: 604-526-1007 FaxL 604-526-1008</p>				
<p><b>HOUSE MEETING</b>  <b>ALL MEMBERS WELCOME</b>  <b>Pizza Served</b>  <b>10:00-Noon</b></p>	<p><b>6</b>  <b>10:45-11:30:</b> Men's Group  <b>1-2pm:</b> Karaoke with Peter  <b>2:30-3:15:</b>            Coffee/Conversation  <b>7-9pm:</b> BPD Support Group</p>	<p><b>7</b>  <b>9:30-10:00:</b> Morning Stretch  <b>10:00-10:30:</b> Morning Meeting  <b>10:30-11:30:</b>            Guitar Lessons with Kelly  <b>2:30-3:30:</b> Hearing Voices</p>	<p><b>1</b>  <b>10-10:30:</b> Morning Meeting  <b>10:45-11:30:</b>            Beyond Boundaries  <b>(Hungarian Culture &amp; Customs)</b>  <b>1:00-2:00:</b> Painting with Marc</p>	<p><b>3</b>  <b>10:00-11:00:</b> Culinary Skills            (Quesadilla)  <b>1:00-2:00:</b> Members Munchies</p>
	<p><b>13</b>  <b>10:00-Noon:</b> Computer Basics  <b>10:30-11:30:</b> Community Walk  <b>2:00-3:00:</b> Mindfulness</p>	<p><b>14</b>  <b>10:45-11:30:</b> Women's Group  <b>(Program Planning at Ameilia)</b>  <b>1-2pm:</b> Karaoke with Peter  <b>2:30-3:15:</b>            Coffee/Conversation  <b>7-9pm:</b> BPD Support Group</p>	<p><b>8</b>  <b>9:30-10:00:</b> Morning Stretch  <b>10:00-10:30:</b> Morning Meeting  <b>10:30-11:30:</b>            Guitar Lessons with Kelly  <b>1:00-2:00:</b> Prize Bingo  <b>2:30-3:30:</b> Hearing Voices</p>	<p><b>9</b>  <b>CLOSED FOR LEARNING EXCHANGE</b></p>
	<p><b>20</b>  <b>10:00-Noon:</b> Computer Basics  <b>10:30-11:30:</b> Community Walk  <b>2:00-3:00:</b> Mindfulness</p>	<p><b>15</b>  <b>9:30-10:00:</b> Morning Stretch  <b>10:00-10:30:</b> Morning Meeting  <b>10:30-11:30:</b>            Guitar Lessons with Kelly  <b>2:30-3:30:</b> Hearing Voices</p>	<p><b>16</b>  <b>CLOSED FOR LEARNING EXCHANGE</b></p>	<p><b>17</b>  <b>10:00-11:00:</b> Culinary Skills            (Green Curry)  <b>1:00-2:00:</b> Members Munchies</p>
	<p><b>27</b>  <b>10:00-Noon:</b> Computer Basics  <b>10:30-11:30:</b> Community Walk  <b>1:00-3:00:</b> Virtual/in person            Painting Group            (Next sessions April 10)</p>	<p><b>21</b>  <b>10:45-11:30:</b> Men's Group  <b>1-2pm:</b> Karaoke with Peter  <b>2:30-3:15:</b>            Coffee/Conversation  <b>7-9pm:</b> BPD Support Group</p>	<p><b>22</b>  <b>9:30-10:00:</b> Morning Stretch  <b>10:00-10:30:</b> Morning Meeting  <b>10:30-11:30:</b>            Guitar Lessons with Kelly  <b>1:00-2:00:</b> Prize Bingo  <b>2:30-3:30:</b> Hearing Voices</p>	<p><b>23</b>  <b>10:00-10:30:</b> Morning Meeting  <b>10:45-11:30:</b> Arts &amp; Crafts  <b>(Clay Hanging Ornaments)</b>  <b>1:00-3:00:</b> Burnaby Museum</p>
	<p><b>28</b>  <b>10:45-11:30:</b> Women's Group  <b>(Coping with Depression)</b>  <b>1-2pm:</b> Karaoke with Peter  <b>2:30-3:15:</b>            Coffee/Conversation  <b>7-9pm:</b> BPD Support Group</p>	<p><b>29</b>  <b>9:30-10:00:</b> Morning Stretch  <b>10:00-10:30:</b> Morning Meeting  <b>10:30-11:30:</b>            Guitar Lessons with Kelly  <b>2:30-3:30:</b> Hearing Voices</p>	<p><b>30</b>  <b>10:00-10:30:</b> Morning Meeting  <b>10:45-11:30:</b>            Beyond Boundaries  <b>(Hungarian Food)</b>  <b>1:00-2:00:</b> Painting with Marc</p>	<p><b>24</b>  <b>10:00-11:00:</b> Culinary Skills            (Butter Chicken)  <b>1:00-2:00:</b> Members Munchies</p>
	<p><b>31</b>  <b>10:00-11:00:</b> Culinary Skills            (Sliders)  <b>1:00-2:00:</b> Members Munchies</p>			

Programs are subject to change

## PROGRAM HIGHLIGHTS

**MARCH 6<sup>th</sup> from 10-NOON:** New Leaf has been slowly returning to Pre-Covid daily operations and we want all members to be updated on what this will look like moving forward. There will be a chance to ask any questions you may have. After meeting we will be serving pizza and soft drinks.

**Closed March 9 & 16 for Learning Exchange**

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

**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.

**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.

**Mindfulness:** Focusing one's awareness on the present moment, while calmly acknowledging & accepting one's feelings, thoughts, and bodily sensations.

**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!

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