


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 11:00-Noon Community Walk New West Secondary School Oval 2:45-3:30 Coffee & Conversation	3 10:45-11:30 Women's Group 10:00-Noon Tech Support with Lorne 1:00-4:00 RST	4 10:00-10:45 Morning Stretch 2:45-3:30 Hearing Voices	5 10:30-11:30 Mental Aerobics 1:00-2:00 Moving Forward with Steve	6 11:00-12:00 Members Munchies 1:00-4:00 RST	7 CLOSED
8	9 11:00-Noon Community Walk New West Secondary School Oval 2:45-3:30 Coffee & Conversation	10 10:45-11:30 Men's Group 10:00-Noon Tech Support with Lorne 1:00-4:00 RST	11 CLOSED FOR REMEMBRANCE DAY 	12 1:00-2:00 Prize Bingo	13 11:00-12:00 Members Munchies 1:00-4:00 RST	14 CLOSED
15	16 11:00-Noon Community Walk New West Secondary School Oval 2:45-3:30 Coffee & Conversation	17 10:45-11:30 Women's Group 10:00-Noon Tech Support with Lorne 2:00-3:00 Social Skills Workshop	18 10:00-10:45 Morning Stretch 2:45-3:30 Hearing Voices	19 10:30-11:30 Social Isolation & Loneliness with Tara 1:00-2:00 Moving Forward with Steve	20 1:00-2:00 Members Munchies	21 CLOSED
22	23 11:00-Noon Community Walk New West Secondary School Oval 2:45-3:30 Coffee & Conversation	24 10:45-11:30 Men's Group 10:00-Noon Tech Support with Lorne 2:00-3:00 Social Skills Workshop	25 10:00-10:45 Morning Stretch 2:45-3:30 Hearing Voices	26 10:30-11:30 Mental Aerobics 1:30-2:30 Mindful Drumming	27 1:00-2:00 Members Munchies	28 CLOSED
29	30 11:00-Noon Community Walk New West Secondary School Oval 2:45-3:30 Coffee & Conversation	 November 2020 1115 Sixth Avenue New Westminster, BC V3M-2B7 PH: 604-526-1007 Fax: 604-526-1008 Web: newleafclubhouse.com				

PROGRAM HIGHLIGHTS

“MUST CALL TO GET YOUR NAME ON THE LIST AS SPACE IS LIMITED FOR ALL PROGRAMS”

PH: 604-526-1007

- ✦ **Community Walk:** A little exercise never hurt anyone!! Enjoy a few laps around the NW Secondary School. Mondays from 11:00-Noon
- ✦ **In House Coffee & Conversation:** Conversation with other members and new friends. Monday, November 2, 9, 16, 23 & 30 from 2:45-3:30
- ✦ **Women’s Group:** Join other women for some light conversation and/or crafts. Tuesday, November 3 & 17 from 10:45-11:30
- ✦ **Men’s Group:** Join other men for conversation, games or crafts. Tuesday, November 10 & 24 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.
- ✦ **Social Skills Workshop:** Tuesday, November 17 & 24 from 2:00-3:00pm Join us for this 5 part workshop to improve upon your social skills. Please make sure to call and reserve your spot if you would like to attend.
- ✦ **In House Morning Stretch:** Every Wednesday from 10:00-10:45am. **CLOSED Nov. 11, 2020 for Remembrance Day.**
- ✦ **Recovery Support Training:** Tuesday, November 3 & 10th. Friday, November 6 & 13th from 1:00-4:00pm
- ✦ **In House Mental Aerobics:** Join us for games that will challenge your mind and brain. Thursday, November 5 from 10:30-11:30.
- ✦ **Social Isolation & Loneliness with Tara:** Learn Techniques how to cope during the pandemic. Thursday from 11:00am - 1:00pm
- ✦ **Moving Forward with Steve:** Discussions on how to move forward during this pandemic. Thursday, November 5 & 19, from 1:00-2:00pm
- ✦ **Mindful Hand Drumming:** This virtual session includes mindful-based seated/standing exercises, stretching & gentle body drumming. Thursday, Nov 26 from 1:20-2:30
- ✦ **Members Munchies:** Friday November 6 & 13 from 11:00-Noon. Friday, November 20 & 27 1:00-2:00pm.
- ✦ **In-House Bingo:** Thursday, November 12 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