



Monday	Tuesday	Wednesday	Thursday	Friday
				
		1	2	3
		9:30-10:00: Morning Stretch 10:30-11:30: Guitar Lessons with Kelly 2:30-3:30: Hearing Voices	10:00-10:30: News & Views 12:00: Lonsdale Quay Van leaves at Noon (Bag lunch for \$5.00) 1:00-2:00: Art with Marc	10:00-11:00: Culinary Skills (Chicken & Mushroom Sauce) 1:00-2:00: Members Munchies
6	7	8	9	10
9:45-10:15: House Meeting 10:30-11:30: Community Walk (Deer Lake Park) 1:00-1:45: Each One\Teach One (Credit History)	10:45-11:30: Men's Group 1-2pm: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group	9:30-10:00: Morning Stretch 10:30-11:30: Guitar Lessons with Kelly 1:00-2:00: Chess/Board Games 2:30-3:30: Hearing Voices	10:00-10:30: Arts & Crafts (Poppy Decorations) 10:45-11:30: Beyond Differences (South Asian Culture) 1:00-2:00: Prize Bingo	CLOSED FOR ADMINISTRATION 11:00-12:00 Members Munchies
13	14	15	16	17
CLOSED FOR REMEMBRANCE DAY	10:45-11:30: Women's Group (Activity Planning at Amelia's) 1-2pm: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group	9:30-10:00: Morning Stretch 10:30-11:30: Guitar Lessons with Kelly 2:30-3:30: Hearing Voices	10:00-10:30: News & Views Steveston Fisherman's Wharf Van leaves at noon Bag lunch for \$5.00 1:00-2:00: Art with Marc	10:00-11:00: Culinary Skills (Caramel Corn) 1:00-2:00: Members Munchies
20	21	22	23	24
9:45-10:15: Timbit Morning Meeting 10:30-11:30: Community Walk (Queens Park) 1:00-2:00: Knitting with Erica	10:45-11:30: Men's Group 1-2pm: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group	9:30-10:00: Morning Stretch 10:30-11:30: Guitar Lessons with Kelly 1:00-2:00: Chess/Board Games 2:30-3:30: Hearing Voices	10:00-10:30: Arts & Crafts (Burlap Soap Scrub) 10:45-11:30: Beyond Differences (South Asian Food) 1:00-2:00: Prize Bingo	10:00-11:00: Culinary Skills (Bacon Mac & Cheese) 1:00-2:00: Members Munchies
27	28	29	30	
9:45-10:15: House Meeting Menu Planning 10:30-11:30: Community Walk (New West Pier) 1:00-1:45: Each One\Teach One (Loans you Don't Want)	10:45-11:30: Women's Group (Coping Strategies for Holiday Stress) 1-2pm: Karaoke with Peter 2:30-3:15: Coffee/Conversation 7-9pm: BPD Support Group	9:30-10:00: Morning Stretch 10:30-11:30: Guitar Lessons with Kelly 2:30-3:30: Hearing Voices	10:00-10:30: News & Views 10:45-11:30: Menu Planning For January 2024 1:00-2:00: Art with Marc	

PROGRAMS SUBJECT TO CHANGE WITHOUT NOTICE

PROGRAM HIGHLIGHTS

Closed November 13/23 for Remembrance Day

Closed November 10/23 for Administration Day (There will be food bank from 12-1pm)

One to Ones Session: Call New Leaf to set up an appointment for one-to-one conversations.

Arts & Crafts: Join us in making crafts for yourself or a gift for someone you know.

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

Beyond Differences: Learn about new cultures, customs, history and food. You will be surprised how much we all have in common.

Borderline Personality Disorder Group: Every Tuesday from 7:00-9:00pm. Learn new coping skills and strategizing methods from a group of peers.

Chess/Board Group: Join your peers for a friendly game of chess or a board game. Beginners welcome. September 13th & 27th from 1-2pm.

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

Community Walk: Enjoy the fresh air and walk in different areas of the community.

Culinary Skills: Learn how to prepare nutritious & affordable meals. 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.

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

Knitting with Erica: An introduction to basic knitting. You will create knitted projects as you learn.

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 helps get the circulation going and relieve stiffness.

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

News & Views: Get caught up with what is going on in your community, province and around the world.

OUTING: November 2nd, Lonsdale Quay. \$5.00 bag lunch available to purchase. Van leaves at NOON sharp

OUTING: November 16th, Steveston Fisherman's Wharf. \$5.00 bag lunch available. Van leaves at NOON sharp

EACH ONE-TEACH ONE: This Workshop series is designed to teach you the importance of managing your finances from budgeting to taxes. Choose the workshop that best fits your needs.

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.