

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

OCTOBER 2020



1115 Sixth Avenue New Westminster, BC V3M-2B7
 PH: 604-526-1007 Fax: 604-526-1008
 Web: newleafclubhouse.com

								1		2		3	
								10:30-11:30 Prize Bingo		1:00-2:00 Members Munchies		CLUBHOUSE CLOSED	
								1:00-4:00 WRAP					
4		5		6		7		8		9		10	
CLUBHOUSE CLOSED		11:00-Noon Community Walk New West Secondary School Oval 2:45-3:30 Coffee & Conversation		10:30-11:30 Women's Group 10:00-Noon Tech Support with Lorne 1:00-4:00 WRAP		10:00-10:45 Morning Stretch 2:45-3:30 Hearing Voices		10:30-11:30 Mental Aerobics 1:00-2:00 Moving Forward with Steve 1:00-4:00 WRAP		1:00-2:00 Members Munchies		CLUBHOUSE CLOSED	
11		12		13		14		15		16		17	
CLUBHOUSE CLOSED		CLUBHOUSE CLOSED FOR THANKSGIVING		10:45-11:30 Men's Group 10:00-Noon Tech Support with Lorne 1:00-4:00 RST		10:00-10:45 Morning Stretch 2:45-3:30 Hearing Voices		CLOSED FOR CLUBHOUSE SANITIZING		11:00-12:00 Members Munchies 1:00-4:00 RST		CLUBHOUSE CLOSED	
18		19		20		21		22		23		24	
CLUBHOUSE CLOSED		11:00-Noon Community Walk New West Secondary School Oval 2:45-3:30 Coffee & Conversation		10:30-11:30 Women's Group 10:00-Noon Tech Support with Lorne 1:00-4:00 RST		10:00-10:45 Morning Stretch 2:45-3:30 Hearing Voices		10:30-11:30 Mental Aerobics 1:00-2:00 Moving Forward with Steve		11:00-12:00 Members Munchies 1:00-4:00 RST		CLUBHOUSE CLOSED	
25		26		27		28		29		30		31	
CLUBHOUSE CLOSED		11:00-Noon Community Walk New West Secondary School Oval 2:45-3:30 Coffee & Conversation		10:45-11:30 Men's Group 10:00-Noon Tech Support with Lorne 1:00-4:00 RST		10:00-10:45 Morning Stretch 1:00-3:30 Halloween Movie 2:45-3:30 Hearing Voices		1:00-2:00 Prize Bingo		11:00-12:00 Members Munchies 1:00-4:00 RST		CLUBHOUSE CLOSED	

PROGRAM HIGHLIGHTS

LIMITED SPACE FOR ALL IN HOUSE GROUPS. CALL TO GET YOUR NAME ON THE LIST

PH: 604-526-1007

- + **Community Walk:** A little exercise never hurt anyone!! Enjoy a few laps around the New West Secondary School. Every Monday from 11:00-Noon. **NO WALK ON OCTOBER 12.**
- + **Women's Group:** Join us for some light conversation and topics that women have in common. Tuesday, October 6 & 20 from 10:30-11:30 (In House)
- + **Men's Group:** Join us for coffee and conversation to discuss topics men can relate to. Tuesday, October 13 & 27 from 10:45-11:30 (In House)
- + **Tech Support with Lorne:** Learn how to access ZOOM programs or improve your computer skills. Lorne is available every Tuesday between 10:00am and Noon to take your calls and answer any emails. Phone 604-526-1007 or email computercomfort@gmail.com to set up an appointment or with any questions you have.
- + **In House Morning Stretch:** Wake up your muscles with a good stretch every Wednesday from 10:00-10:45am.
- + **In House Coffee & Conversation:** Have conversation with other members and new friends. Monday, Oct 5, 19, 26 from 2:45-3:30
- + **WRAP Session:** Tuesday, October 6 and Thursday, October 1 and 8 from 1:00-4:00 pm
- + **RECOVERY SUPPORT TRAINING:** Tuesday, October 13, 20, & 27th. Friday, October 16, 23, & 30th from 1:00-4:00pm
- + **In House Mental Aerobics:** Join us for games that will challenge your brain. Thursday, October 8 & 22nd from 10:30-11:30.
- + **Moving Forward with Steve:** For members that want to talk about moving forward during this pandemic. Thursday, October 8 & 22nd from 1:00-2:00pm (In House/Community)
- + **Members Munchies:** Friday October 2 & 9 from 1:00-2:00pm. Friday, October 16, 23, & 30th from 11:00-Noon.
- + **In-House Bingo:** Thursday, October 1st from 10:30-11:30am. Thursday, October 8, 15, 22, & 29th 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.
- + **Halloween Movie:** Wednesday, October 28/20 from 1:00-3:30. Treats, popcorn, and prize for best costume.

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