

Monday

Tuesday

Wednesday

Thursday

Friday



September 2022

NEW LEAF CLUBHOUSE

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 Fax: 604-526-1008 New Westminster, BC V3M 2B7

<p style="text-align: center;">CLOSED FOR LABOR DAY</p>	<p>5 10:45-11:30: Men's Group</p> <p>10:00-Noon: Computer Basics</p> <p>2:30-3:15: Coffee & Conversation</p>	<p>6 10:00-10:30: Morning Stretch</p> <p>11:00: Sun Yat-Sen Park Van leaves at 11am</p> <p>10:30-11:30: Guitar Lessons with Kelly</p> <p>2:30-3:15: Hearing Voices Group</p>	<p>10:45-11:30: 1 Beyond Differences <i>(Indigenous Culture History)</i></p> <p>1:00-2:00: Prize Bingo</p> <p>YOUNG ADULTS GROUP (See YAG calendar)</p>	<p>2 10:00-11:00: Culinary Skills (Burritos)</p> <p>1:00-2:00: Members Munchies</p>
<p>11:00-Noon: 12 Community Walk</p> <p>2:30-3:30: Resource & Support Connection <i>(PWD Benefit Information)</i></p>	<p>13 10:45-11:30: Women's Group <i>(Mindfulness & Meditation)</i></p> <p>10:00-Noon: Computer Basics</p> <p>2:30-3:15: Coffee & Conversation</p>	<p>14 10:00-10:30: Morning Stretch</p> <p>10:30-11:30: Guitar Lessons with Kelly</p> <p>2:30-3:15: Hearing Voices Group</p>	<p>10:45-11:30: 15 Beyond Differences <i>(Indigenous Culture Customs)</i></p> <p>1:00-2:00: Painting with Marc (Art with Felt Pens)</p> <p>YOUNG ADULTS GROUP (See YAG calendar)</p>	<p>16 10:00-11:00: Culinary Skills (Puttanesca)</p> <p>1:00-2:00: Members Munchies</p>
<p style="text-align: center;">CLOSED FOR ADMINISTRATION DAY</p>	<p style="text-align: center;">BBQ AT QUEENS PARK</p>	<p>21 10:00-10:30: Morning Stretch</p> <p>11:00: Fishing Buntzen Lake Van leaves at 11am</p> <p>10:30-11:30: Guitar Lessons with Kelly</p> <p>2:30-3:15: Hearing Voices Group</p>	<p>10:45-11:30: 22 Arts & Crafts <i>(Autumn Wreath)</i></p> <p>1:00-2:00: Sign Language With Cindy</p> <p>YOUNG ADULTS GROUP (See YAG calendar)</p>	<p>23 10:00-11:00: Culinary Skills (Eggs Benedict)</p> <p>1:00-2:00: Members Munchies</p>
<p>11:00-Noon: 26 Community Walk</p> <p>2:30-3:30: Resource & Support Connection <i>(Naloxone Training)</i></p>	<p>27 10:45-11:30: Women's Group <i>(Courage)</i></p> <p>10:00-Noon: Computer Basics</p> <p>2:30-3:15: Coffee & Conversation</p>	<p>28 10:00-10:30: Morning Stretch</p> <p>10:30-11:30: Guitar Lessons with Kelly</p> <p>2:30-3:15: Hearing Voices Group</p>	<p>10:45-11:30: 29 Beyond Differences <i>(Indigenous Culture Food)</i></p> <p>1:00-2:00: Prize Bingo</p> <p>YOUNG ADULTS GROUP (See YAG calendar)</p>	<p style="text-align: center;">CLOSED FOR TRUTH & RECONCILIATION DAY</p>

PROGRAM HIGHLIGHTS

Closed Sept 5th for Labour Day & Sept. 30 for Truth and Reconciliation Day

Wednesday Outings: Learn about and enjoy your community as well as the surrounding communities.

Community Walk: Start your day with a breath of fresh air. Join us for a casual but beneficial walk to improve body circulation. Meet at New West Secondary School Oval.

Resource and Support Connections: These sessions will tackle topics for Mental Health and resources you can use in your daily lives.

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

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

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

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

Morning Stretch: Start your day with a gentle stretch that help get the circulation going and relieve stiffness.

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 voices, seen/heard anything that is unusual & would like to talk about it in a non-judgmental, supportive and confidential environment.

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.

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

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

Sign Language with Cindy: This is your chance to learn how to communicate in a different way. Sign language is a great place to start.

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

Culinary Skills: Participants will learn how to prepare nutritious and affordable meal. What you cook is yours to take home. Space is limited to 5 people per session so sign up early.

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

One to One Support: If you are in need of one to one conversation with staff please call to set up an appointment.

Referral Intakes: 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.