

Monday

Tuesday

Wednesday

Thursday

Friday



NEW LEAF CLUBHOUSE
September 2023
 1115 Sixth Avenue, New Westminster, BC V3M 2B7
 Ph: 604-526-1007 Fax: 604-526-1008

4	5	6	7	8	
CLOSED FOR LABOUR DAY	<p>10:45-11:30: Women's Group (Paint by numbers in the Park)</p> <p>1-2pm: Karaoke with Peter</p> <p>2:30-3:15: Coffee/Conversation</p> <p>7-9pm: BPD Support Group</p>	CLOSED FOR CENTENNIAL PLACE INTER-CLUBHOUSE PICNIC HERITAGE PARK	<p>10:00-10:30: News & Views</p> <p>10:45-11:30: Beyond Differences (Hawaiian Culture)</p> <p>1:00-2:00: Prize Bingo</p>	<p>10:00-11:00: Culinary Skills (Vinegar Coleslaw)</p> <p>1:00-2:00: Members Munchies</p>	
<p>9:45-10:15: House Meeting Menu Planning (All members)</p> <p>10:30-11:30: Community Walk (Deer Lake Park)</p> <p>1:00-1:45: Session One The Healing Power of Silence</p>	11	12	13	14	15
	<p>10:45-11:30: Men's Group</p> <p>1-2pm: Karaoke with Peter</p> <p>2:30-3:15: Coffee/Conversation</p> <p>7-9pm: BPD Support Group</p>	<p>9:30-10:00: Morning Stretch</p> <p>10:30-11:30: Guitar Lessons with Kelly</p> <p>1:00-2:00: Chess Group</p> <p>2:30-3:30: Hearing Voices</p>	<p>9:45-10:15: Arts & Crafts</p> <p>1:00: Surrey Museum (World of Mystic Creatures)</p> <p>1:00-2:00: Painting with Marc</p>	<p>10:00-11:00: Culinary Skills (Watermelon Salad)</p> <p>1:00-2:00: Members Munchies</p>	
18	19	20	21	22	
<p>9:45-10:15: Timbit Morning Meeting</p> <p>10:30-11:30: Community Walk (Queens Park)</p> <p>1:00-2:00: Knitting with Erica</p>	<p>10:45-11:30: Women's Group (Making Chocolates)</p> <p>1-2pm: Karaoke with Peter</p> <p>2:30-3:15: Coffee/Conversation</p> <p>7-9pm: BPD Support Group</p>	<p>9:30-10:00: Morning Stretch</p> <p>10:30-11:30: Guitar Lessons with Kelly</p> <p>2:30-3:30: Hearing Voices</p> <p>4:00: Whale House Dance (Van leaving at 4:00pm)</p>	<p>10:0-10:30: News & Views</p> <p>10:45-11:30: 10:45-11:30: Beyond Differences (Hawaiian Food)</p> <p>1:00-2:00: Prize Bingo</p>	<p>10:00-11:00: Culinary Skills (Coconut Balls)</p> <p>1:00-2:00: Members Munchies</p>	
25	26	27	28	29	
<p>9:45-10:15: Timbit Morning Meeting</p> <p>10:30-11:30: Community Walk (New West Pier)</p> <p>1:00-1:45: Session Two The Healing Power of Silence</p>	<p>10:45-11:30: Men's Group</p> <p>1-2pm: Karaoke with Peter</p> <p>2:30-3:15: Coffee/Conversation</p> <p>7-9pm: BPD Support Group</p>	<p>9:30-10:00: Morning Stretch</p> <p>10:30-11:30: Guitar Lessons with Kelly</p> <p>1:00-2:00: Chess Group</p> <p>2:30-3:30: Hearing Voices</p>	<p>9:45-10:15: Arts & Crafts</p> <p>1:00: Bowling at Dell Lanes (\$5.00) Leaving at 12:30 sharp</p> <p>1:00-2:00: Painting with Marc</p>	<p>10:00-11:00: Culinary Skills (Ginger Scallion Noodles)</p> <p>1:00-2:00: Members Munchies</p>	

Programs subject to change without notice

PROGRAM HIGHLIGHTS

Closed September 4/23 for Labor Day

Closed September 6/23 for Inter-Clubhouse Picnic. Seating for only 12 members. Van leaves at 10:00am sharp.

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

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

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 Group: Join your peers for a friendly game of chess. 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.

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.

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.

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

OUTING Surrey Museum: Sept.14th Van leaves at 12:30 am sharp. Seating for only 12 members. \$5.00 includes entrance and lunch.

OUTING: Whale House Clubhouse Hawaiian Dance. Cost \$4.00 for a hot dog, chips & pop. Bring your grass skirts

OUTING Bowling at Dell Lanes: September 28th. Van leaves at 12:30 sharp. Seating for only 12 members.

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!

The Healing Power of Silence: The Workshop is designed to teach you the importance of silence and how to make it part of your everyday life.

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