

Monday	Tuesday	Wednesday	Thursday	Friday
<b>CLOSED FOR CANADA DAY</b> 	<b>9:30:</b> Morning Walk <b>10:45-11:30:</b> Women's Group <b>1:00-2:00:</b> Karaoke with Peter <b>1:00-2:00: Baseball Practice</b> <b>2:30-3:15:</b> Coffee/Conversation <b>7-9pm:</b> BPD Support Group	<b>9:30:</b> Morning Walk <b>10:30-11:30:</b> Guitar Lessons with Kelly <b>1:00-2:00:</b> Chess/Board Games <b>2:30-3:30:</b> Hearing Voices	<b>9:30:</b> Morning Walk <b>1:00-2:00:</b> Art with Marc <b>1:00-2:00: Baseball Game at Moody Park</b> <b>2:00:</b> Young Adults Program	<b>9:30:</b> Morning Walk <b>10:00-11:00:</b> <b>Cooking with Heather</b> <b>1:00-2:00:</b> Members Munchies
<b>10:30: Tour of Gas Town</b> <b>(Bag lunch available for \$5.00)</b> <b>1:00-2:00:</b> Art Class	<b>9:30:</b> Morning Walk <b>10:45-11:30:</b> Men's Group <b>1:00-2:00:</b> Karaoke with Peter <b>2:30-3:15:</b> Coffee/Conversation <b>7-9pm:</b> BPD Support Group	<b>9:30:</b> Morning Walk <b>10:30-11:30:</b> Guitar Lessons with Kelly <b>1:00-3:00: NALOXONE TRAINING</b> <b>2:30-3:30:</b> Hearing Voices (Cancelled)	<b>9:30:</b> Morning Walk <b>1:00-2:00:</b> Prize Bingo <b>1:00-2:00: Baseball Game at Gates Park</b> <b>2:00:</b> Young Adults Program	<b>9:30:</b> Morning Walk <b>10:00-11:00:</b> <b>Games at Moody Park</b> <b>1:00-2:00:</b> Members Munchies
<b>9:30:</b> Morning Walk <b>10:30-11:30:</b> House Meeting <b>1:00-2:00:</b> Art Class	<b>9:30:</b> Morning Walk <b>10:45-11:30:</b> Women's Group <b>1:00-2:00:</b> Karaoke with Peter <b>1:00-2:00: Baseball Practice</b> <b>2:30-3:15:</b> Coffee/Conversation <b>7-9pm:</b> BPD Support Group	<b>9:30:</b> Morning Walk <b>10:30-11:30:</b> Guitar Lessons with Kelly <b>1:00-2:00:</b> Chess/Board Games <b>2:30-3:30:</b> Hearing Voices	<b>9:30:</b> Morning Walk <b>1:00-2:00:</b> Art with Marc <b>1:00-2:00: Baseball Game at Moody Park</b> <b>2:00:</b> Young Adults Program	<b>9:30:</b> Morning Walk <b>10:00-11:00:</b> <b>Games at Moody Park</b> <b>1:00-2:00:</b> Members Munchies
<b>10:30: Granville Island</b> <b>(Bag lunch available for \$5.00)</b> <b>1:00-2:00:</b> Art Class	<b>9:30:</b> Morning Walk <b>10:45-11:30:</b> Men's Group <b>1:00-2:00:</b> Karaoke with Peter <b>2:30-3:15:</b> Coffee/Conversation <b>7-9pm:</b> BPD Support Group	<b>9:30:</b> Morning Walk <b>10:30-11:30:</b> Guitar Lessons with Kelly <b>1:00-2:00:</b> Chess/Board Games <b>2:30-3:30:</b> Hearing Voices	<b>9:30:</b> Morning Walk <b>1:00-2:00:</b> Prize Bingo <b>1:00-2:00: Baseball Game at Moody Park</b> <b>2:00:</b> Young Adults Program	<b>9:30:</b> Morning Walk <b>10:00-11:00:</b> <b>Games at Moody Park</b> <b>1:00-2:00:</b> Members Munchies
<b>9:30:</b> Morning Walk <b>1:00-2:00:</b> Art Class	<b>9:30:</b> Morning Walk <b>10:45-11:30:</b> Women's Group <b>1:00-2:00:</b> Karaoke with Peter <b>1:00-2:00: Baseball Practice</b> <b>2:30-3:15:</b> Coffee/Conversation <b>7-9pm:</b> BPD Support Group	<b>9:30:</b> Morning Walk <b>10:30-11:30:</b> Guitar Lessons with Kelly <b>1:00-2:00:</b> Chess/Board Games <b>2:30-3:30:</b> Hearing Voices		

**PROGRAMS SUBJECT TO CHANGE WITHOUT NOTICE**

## PROGRAM HIGHLIGHTS

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

**Clubhouse Closed:** July 1/24: Clubhouse closed for Canada Day.

**Gas Town:** July 8, leaving NL at 10:30. Must sign up. Bag lunch available for \$5.00

**Granville Island:** July 22. Van leaving at 10:30. Bag lunch available for \$5.00.

**Naloxone Training:** July 10 from 1:00-3:00pm. For staff and members. Please sign up

**Art with Marc:** Check calendar for dates. No experience needed.

**Art Class with Todd:** This class offers a variety of various mediums designed for people with or without previous experience.

**Baseball Games:** Thursday July 4, 11, 18, & 25

**Baseball Practice:** Tuesday, July 2, 16, & 30<sup>th</sup>. 1:00-2:00pm at Moody Park

**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 Games:** Join your peers for a friendly game of chess or a board game. Beginners welcome.

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

**Games at Moody Park:** Every Friday from 10:00-11:00. Join us for fund games of ping pong, badminton etc. Check calendar listing

**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 another 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 Walk:** Feel better by starting your day with some light exercise and fresh air.

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

**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.