

Phone:
604-820-6355

Fax:
604-820-1839

Website:
www.centennialplacemission.ca



October 2020

Hours of Operation:
Monday - Friday
9am - 4pm

Address:
33032, 11th Ave.
Mission, BC, V2V 2M3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Blue = On Zoom. Ask staff for more info Green = Hybrid (Zoom and in-person available)</p>	<p>You can also view our calendar on our website: centennialplacemission.ca</p>	<p>Please Call ahead to book a place in any of the in person sessions as there are limits to allow for safety. PPE is required.</p>	<p>1 11:00 Science of Wellbeing 1:00 Music in the Park 2:00 Coloring with Bonnie</p>	<p>2 9:30 Coffee Club - Bring Your Own Coffee 11:00 Wellness Tools - On Zoom 1:00 Young Adults</p>
<p>5 9:30 Coffee Club - Bring Your Own Coffee 11:00 - Silver Café 1:00 - Anxiety Support Group #1 2:00 Chair Yoga</p>	<p>6 10:00 Tuesday Activity - Fall Walk 11:00 Upwards Falling - On Zoom 1:00 DBT Support Group 1:00 Yoga 2:00 Letter Writing</p>	<p>7 9:30 Coffee Club - Bring Your Own Coffee 11:00 Big Questions - On Zoom 1:00 Anxiety Support Group #2 2:00 Art Project - Fall candle holder</p>	<p>8 11:00 Employment Conversations - On Zoom 1:00 Music in the Park 2:00 Creative Journals</p>	<p>9 9:30 Coffee Club - Bring Your Own Coffee 11:00 Wellness Tools - On Zoom 12:00 Young Adults Thanksgiving Meal Pickup day - Sign up Required</p>
<p>12 Thanksgiving CP Closed</p>	<p>13 10:00 Tuesday Activity - Speed-minton 11:00 Upwards Falling - On Zoom 1:00 DBT Support Group 1:00 Yoga 2:00 Letter Writing</p>	<p>14 9:30 Coffee Club - Bring Your Own Coffee 11:00 Big Questions - On Zoom 1:00 Anxiety Support Group #2 2:00 Art Project - learn perspective drawing</p>	<p>15 11:00 Science of Wellbeing 1:00 Music in the Park 2:00 Coloring with Bonnie</p>	<p>16 9:30 Coffee Club - Bring Your Own Coffee 11:00 Wellness Tools - On Zoom 1:00 Young Adults</p>
<p>19 9:30 Coffee Club - Bring Your Own Coffee 11:00 - Silver Café 1:00 - Anxiety Support Group #1 2:00 Chair Yoga 2:00 Staff Meeting</p>	<p>20 10:00 Tuesday Activity - Line Dancing 11:00 Upwards Falling - On Zoom 1:00 DBT Support Group 1:00 Yoga 2:00 CP Talks</p>	<p>21 9:30 Coffee Club - Bring Your Own Coffee 11:00 Big Questions - On Zoom 1:00 Anxiety Support Group #2 2:00 Art Project - Origami Birthday card</p>	<p>22 11:00 Employment Conversations - On Zoom 1:00 Music in the Park 2:00 Creative Journals</p>	<p>23 9:30 Coffee Club - Bring Your Own Coffee 11:00 Wellness Tools - On Zoom 1:00 Young Adults</p>
<p>26 9:30 Coffee Club - Bring Your Own Coffee 11:00 - Silver Café 1:00 - Anxiety Support Group #1 2:00 Chair Yoga</p>	<p>27 10:00 Tuesday Activity - Stretching 11:00 Upwards Falling - On Zoom 1:00 DBT Support Group 1:00 Yoga 2:00 CP Talks</p>	<p>28 9:30 Coffee Club - Bring Your Own Coffee 11:00 Big Questions - On Zoom 1:00 Anxiety Support Group #2 2:00 Art Project - Learn to crochet</p>	<p>29 11:00 Science of Wellbeing 1:00 Music in the Park 2:00 Coloring with Bonnie</p>	<p>30 9:30 Coffee Club - Bring Your Own Coffee 11:00 Wellness Tools - On Zoom 1:00 Young Adults</p>