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

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

November 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30 Coffee Club - BYOC 11:00 – Silver Café 1:00 –Computer Support Group 2:00 Chair Yoga	3 10:00 Tuesday Activity – Stretching 11:00 Upwards Falling – On Zoom 1:00 DBT Support Group 2:00 CP Talks	4 9:30 Coffee Club - BYOC 11:00 Big Questions – On Zoom 1:00 Anxiety Support 2:00 Art Project – Learn to crochet	5 11:00 Science of Wellbeing 1:00 Music in the Yard 2:00 Creative Journals	6 9:30 Coffee Club - BYOC 11:00 Wellness Tools – On Zoom 1:00 Young Adults
9 9:30 Coffee Club - BYOC 11:00 – Silver Café -meet in Seven Oaks Mall at entrance of Sport Check 1:00 –Computer Support Group 2:00 Chair Yoga	10 10:00 Tuesday Activity- Ping Pong 11:00 Upwards Falling – On Zoom 1:00 DBT Support Group 2:00 CP Talks	11 Remembrance Day Clubhouse Closed 	12 11:00 Employment Conversations – On Zoom 1:00 Music in the Yard 2:00 Coloring with Bonnie	13 9:30 Coffee Club - BYOC 11:00 Wellness Tools – On Zoom 1:00 Young Adults
16 9:30 Coffee Club - BYOC 11:00 – Silver Café 1:00 –Computer Support Group 2:00 Chair Yoga	17 10:00 Tuesday Activity – Line Dancing 11:00 Upwards Falling – On Zoom 1:00 DBT Support Group 2:00 CP Talks	18 9:30 Coffee Club - BYOC 11:00 Big Questions – On Zoom 1:00 Anxiety Support 2:00 Art Project – Driftwood wall hanging	19 11:00 Science of Wellbeing 1:00 Music in the Yard 2:00 Creative Journals	20 9:30 Coffee Club - BOYC 11:00 Wellness Tools – On Zoom 1:00 Young Adults
23 9:30 Coffee Club - BYOC 11:00 – Silver Café- CANCELLED 1:00 –Computer Support Group 2:00 Chair Yoga 2:00 Staff Meeting	24 10:00 Tuesday Activity – Charades/Pictionary 11:00 Upwards Falling – On Zoom 1:00 DBT Support Group 2:00 CP Talks	25 9:30 Coffee Club - BYOC 11:00 Big Questions – On Zoom 1:00 Anxiety Support 2:00 Art Project – working with clay	26 11:00 Employment Conversations – On Zoom 1:00 Music in the Yard 2:00 Holiday Crafting	27 9:30 Coffee Club - BYOC 11:00 Wellness Tools – On Zoom 1:00 Young Adults
30 9:30 Coffee Club - BYOC 11:00 – Silver Café 1:00 –Computer Support Group 2:00 Chair Yoga		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.	Blue = On Zoom. Ask staff for more info Green = Hybrid (Zoom and in-person available)	You can also view our calendar on our website: centennialplace.mission.ca

What's NEW?

Groups, Programs and Activity Descriptions:

Anxiety Support Group – Using the Anxiety Canada online program, we will discuss different aspects of anxiety.

Chair Yoga – Designed for anyone to be able to enjoy, join us to stretch and exercise all from a seated position.

Coffee Club – Join us Monday, Wednesday and Friday mornings for a relaxed start to the day. Please bring your own coffee

BIG Questions – Join us for a sharing group in which we discuss some of life's biggest questions in a safe and supportive environment.

Science of Wellbeing – We will exploring the topic of wellbeing and happiness through a series of videos and discussions.

DBT Support Group – For those who are familiar with DBT, this is a group to discuss the 4 skills of Dialectical Behaviour Therapy.

Silver Café – A social group for those who are 55+ (or close to it!)

Upwards Falling – – Join us for a discussion group focused on sharing positive things in our lives and in the world around us.

Letter Writing – You will write letters as a way to decompress, describe your emotions, open up about your feelings, and realize how much you've grown as a person in the past few years.

Creative Journals – Using Scrapbook and mixed media techniques to create your own unique journal. Topics for the journaling will evolve out of the groups ideas.

Employment Conversations – This group is for anyone who is interested in gaining employment – even if that feels far in the future

Music in the Yard – This group is a chance to hear that old favourite song you love and enjoy songs other people love as well.

Wellness Tools – This is a discussion group that covers topics of wellness ranging from nutrition to music and everything in between

Tuesday Activity – Each Tuesday we will do a different outdoor activity together – either in the yard or across at the park

CP Talks – Spend an hour watching and discussing informative TED talks and documentaries about mental wellness.

About Centennial Place

**Need to make an appointment
with staff?**

**Call us or email
trepel@communitascare.com**

Centennial Place is a referral-based mental health support and wellness program in Mission, BC.

We offer classes, programs and events throughout the week (closed on all statutory holidays) for our members.

Referrals to Centennial Place come from Case Managers at Mission Mental Health (located on the third floor of 7298 Hurd St) and local family doctors.

**Do you have a question for us about
this calendar or anything else?**

Contact us at 604.820.6355