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[www.centennialplacemission.ca](http://www.centennialplacemission.ca)



# January 2021

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

**Address:**  
33032, 11<sup>th</sup> Ave.  
Mission, BC, V2V 2M3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	5	6	7	8
<b>9:30</b> Coffee Club <b>11:00</b> – Silver Café <b>1:00</b> – Mindful Mondays <b>2:00</b> Chair Yoga	<b>10:00</b> Games for Brains <b>11:00</b> Sharing Circle <b>1:00</b> DBT Support Group <b>2:00</b> CP Talks	<b>9:30</b> Coffee Club <b>11:00</b> Big Questions <b>1:00</b> Anxiety Support <b>2:00</b> Art Project	<b>10:00</b> Women’s Group <b>11:00</b> Employment Conversations <b>1:00</b> Music Group <b>2:00</b> Healthy Bodies, Healthy Minds	<b>9:30</b> Coffee Club <b>11:00</b> Wellness Tools <b>1:00</b> Young Adults
11	12	13	14	15
<b>9:30</b> Coffee Club <b>11:00</b> – Silver Café <b>1:00</b> – Mindful Mondays <b>2:00</b> Chair Yoga <b>2:00</b> Steering Committee	<b>10:00</b> Games for Brains <b>11:00</b> Sharing Circle <b>1:00</b> DBT Support Group <b>2:00</b> CP Talks	<b>9:30</b> Coffee Club <b>11:00</b> Big Questions <b>1:00</b> Anxiety Support <b>2:00</b> Art Project	<b>10:00</b> Women’s Group <b>11:00</b> IsoConvos: Motivation <b>1:00</b> Music Group <b>2:00</b> BINGO	<b>9:30</b> Coffee Club <b>11:00</b> Wellness Tools <b>1:00</b> Young Adults
18	19	20	21	22
<b>BLUE WEEK - BRAZIL &amp; CARNIVAL</b>				
<b>10:00 Blue Week Kick Off</b>  <b>1:00 Brazillian Trivia Event</b> <b>2:00 Staff Meeting</b>	10:00 CP Brazil Variety Show Pt1  1:00 CP Brazil Variety Show Pt2	10:00 Virtual Trip to the see the sights in Brazil  1:00 Carnival Mask Making Project	<b>10:00 Brazillian Music Celebration</b>  <b>1:00 ZUMBA Group</b>	10:00 Brazillian Museum Tour  1:00 Young Adults 2:00 RIO Movie Showing
25	26	27	28	29
<b>9:30</b> Coffee Club <b>11:00</b> – Silver Café <b>1:00</b> – Mindful Mondays <b>2:00</b> Chair Yoga	<b>10:00</b> Games for Brains <b>11:00</b> Sharing Circle <b>1:00</b> DBT Support Group <b>2:00</b> CP Talks	<b>9:30</b> Coffee Club <b>11:00</b> Big Questions <b>1:00</b> Anxiety Support <b>2:00</b> Art Project	<b>10:00</b> Women’s Group <b>11:00</b> IsoConvos: Self-Talk <b>1:00</b> Music Group <b>2:00</b> BINGO	<b>9:30</b> Coffee Club <b>11:00</b> Wellness Tools <b>1:00</b> Young Adults
				<p style="color: blue; text-align: center;">You can also view our calendar on our website:</p> <p style="color: green; text-align: center;"><a href="http://centennialplacemission.ca">centennialplacemission.ca</a></p>



## Groups, Programs and Activity Descriptions:

**Blue Week 2021** – This years theme will be Brazil and Carnival. Join us in going down under and exploring the culture through art, music, movement and fun.

**Healthy Minds, Healthy Bodies** – In partnership with Fraser Health resources, conversations about starting the New Year on the right foot in terms of finding balance in life, this group will explore different topics.

**Silver Café** – This group is oriented to the 55+ community and if a place of fun, laughter, connection and though provoking conversations

**Wellness Tools** – We will be exploring different aspects of wellness and ways to work on big and small things in your journey to keep you moving along

**Games for Brains** – Do you like riddles and puzzles, then join this group for a time of challenges and laughs

**Mindful Mondays** – An opportunity to take some time to slow down and take some time together to work on grounding practices

**Sharing Circle** – This group gathers weekly to spend some time talking about the highs and lows of the last week and to reframe the stories to see the lessons and growth available.

**IsoConvos** – A group looking at different topics around the isolation and lack of in person gatherings in all areas of life at this time

**Employment Conversations** – An opportunity to ask questions about different topics around looking for work and keeping a job

**CP Talks** – Short videos and follow up conversations around different mental wellness topics

**Anxiety Support** – We will be working through the Anxiety Canada: My Anxiety Plan program and other resources.

**DBT Support Group**-For those familiar with DBT and have an interest in practicing and deepening the skills of mindfulness, distress tolerance, emotion regulation and interpersonal effectiveness.

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

**Art Project** – Pre-packaged Art Projects to be picked up for anyone who signs up and is interested in joining the working group online

**Women’s Group** – For all female-identifying individuals, this group is a safe place to talk and support one another while also having some fun and laughter. There will be weekly activities and discussion topics.

About Centennial Place		
<p><b>Need to make an appointment with staff?</b></p> <p><b>Call us or email <a href="mailto:trepel@communitascare.com">trepel@communitascare.com</a></b></p>	<p>Centennial Place is a referral-based mental health support and wellness program in Mission, BC.</p> <p>We offer classes, programs and events throughout the week (closed on all statutory holidays) for our members.</p> <p>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.</p>	<p><b>Do you have a question for us about this calendar or anything else?</b></p> <p><b>Contact us at 604.820.6355</b></p>