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



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

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

# November 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<b>10:00 Coffee and Games</b> <b>1:00 Ukulele class</b> <b>2:00 Chair Yoga</b>	<b>10:00 Mindful Tuesdays</b> <b>11:00 Sharing Circle</b> <b>1:00 Conversation On Mental Health Stigma</b> <b>2:30 Computer Support</b>	<b>9:30 Coffee and Games</b> <b>10:30 Community Kitchen</b> <b>11:00 Anxiety Support</b> <b>12:00 Hot Lunch</b> <b>1:30 Art Project</b>	<b>10:00 Womxn's Group</b> <b>11:00 Men's Group</b> <b>1:00 Music Group</b> <b>2:00 LSR*</b>	<b>9:30 Coffee and Games</b> <b>10:30 Community Kitchen</b> <b>11:00 Science of Wellbeing</b> <b>1:00 Young Adults</b> <b>1:30 Freedom 2 Create</b>
8	9	10	11	12
<b>10:00 Coffee and Games</b> <b>1:00 Ukulele class</b> <b>2:00 Chair Yoga</b> <b>2:30 Steering Committee</b>	<b>10:00 Mindful Tuesdays</b> <b>11:00 Sharing Circle</b> <b>1:00 Conversation On Seasonal Sadness</b> <b>2:30 Computer Support</b>	<b>9:30 Coffee and Games</b> <b>10:30 Community Kitchen</b> <b>11:00 Anxiety Support</b> <b>12:00 Hot Lunch</b> <b>12:45 Dessert Huddle</b> <b>1:30 Art Project</b>	Clubhouse Closed – <b>Remembrance Day</b> 	<b>9:30 Coffee and Games</b> <b>10:30 Community Kitchen</b> <b>11:00 Science of Wellbeing</b> <b>1:00 Young Adults</b> <b>1:30 Freedom 2 Create</b>
15	16	17	18	19
<b>10:00 Coffee and Games</b> <b>1:00 Ukulele class</b> <b>2:00 Chair Yoga</b> <b>2:00 Staff Meeting</b>	<b>10:00 Mindful Tuesdays</b> <b>11:00 Sharing Circle</b> <b>1:00 Conversation On Friendships</b> <b>12:30 Computer Support</b>	<b>9:30 Coffee and Games</b> <b>10:30 Community Kitchen</b> <b>11:00 Anxiety Support</b> <b>12:00 Hot Lunch</b> <b>1:30 Art Project</b>	<b>10:00 Womxn's Group</b> <b>11:00 Men's Group</b> <b>1:00 Music Group</b> <b>2:00 LSR*</b> <b>2:00 HM/HB: THE GOOD LIFE</b>	<b>9:30 Coffee and Games</b> <b>10:30 Community Kitchen</b> <b>11:00 Science of Wellbeing</b> <b>1:00 Young Adults</b> <b>1:30 Kettle Orientation</b> <b>1:30 Freedom 2 Create</b>
22	23	24	25	26
<b>10:00 Coffee and Games</b> <b>1:00 Ukulele class</b> <b>2:00 Chair Yoga</b>	<b>10:00 Mindful Tuesdays</b> <b>11:00 Sharing Circle</b> <b>1:00 Conversation On Anger</b> <b>2:30 Computer Support</b>	<b>9:30 Coffee and Games</b> <b>10:30 Community Kitchen</b> <b>11:00 Anxiety Support</b> <b>12:00 Hot Lunch</b> <b>1:30 Art Project</b>	<b>10:00 Womxn's Group</b> <b>11:00 Men's Group</b> <b>1:00 Music Group</b> <b>2:00 LSR*</b>	<b>9:30 Coffee and Games</b> <b>10:30 Community Kitchen</b> <b>11:00 Science of Wellbeing</b> <b>1:00 Young Adults</b> <b>1:30 Freedom 2 Create</b>
29	30			
<b>10:00 Coffee and Games</b> <b>1:00 Ukulele class</b> <b>2:00 Chair Yoga</b>	<b>10:00 Mindful Tuesdays</b> <b>11:00 Sharing Circle</b> <b>1:00 Conversation On Hope and Expectation</b> <b>2:30 Computer Support</b>		 Groups that are <b>Bolded</b> are taking place <u>in person</u> . We have limited spots, sign up is required.	<b>You can also view our calendar on our website:</b> <a href="http://centennialplacemission.ca">centennialplacemission.ca</a>



## Groups, Programs and Activity Descriptions:

**Coffee and Games** – Like regular coffee club, but with a fun twist! Join us in playing a variety of cards and board games. Coffee is \$1.50 per cup

**Dessert Huddle** – Come and share your ideas and thoughts on future clubhouse programming. Instead of Hotdogs we will be serving dessert.

**HM/HB: The Good Life** – In partnership with Fraser Health resources, we will talk about how to keep our bodies and minds happy and healthy as well as explore the connection between the two.

**Science of Wellbeing** – This course will be offered in Hybrid format (In person and via Zoom). We will be following the curriculum of the Coursera course, watching the videos and having a discussion of that days lecture.

**Mindful Tuesdays** – 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.

**Men’s Group** – An opportunity for Men to come together and have a discussion about holistic living and growth in the mental wellness journey

**LSR - Love, Sex, and Relationships.** This 4-week group is aimed at anyone interested in some helpful tips and strategies to navigate the dating and relationship field. \* **Sign up is required by November 2 at the latest as we need to pre-screen participants**

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

**Art Project** – Now in-person. We provide the supplies for the craft or art project and Bonnie will lead everyone through it.

**Conversation On...** - This group will explore a different topic every week that is relevant to our wellness.

**Womxn’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.

**Freedom 2 Create** – Let your creative juices flow while chatting with other people.

**Ukuele Class** – In person. Limited space. We have a few Ukueles you can use in class or bring your own.

**Chair Yoga** – A yoga class that is accessible for all ages and levels of activity. Come out and get your stretch on.

About Centennial Place		
<p><b>Need to make an appointment with staff?</b></p> <p>Call us or email <a href="mailto:trempe@communitascare.com">trempe@communitascare.com</a></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>Contact us at 604.820.6355</p>