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May 2022

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9:30 Coffee and Games 11:00 Backyard Games 1:00 Ukulele class 2:00 Chair Yoga	10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Women's Group 1:00 Men's Group 2:30 Computer Support	9:30 Clubhouse Closed <i>for Staff Training</i> 1:00 Movie Afternoon: Inside Out	Mental Health Week Celebrations <i>Please sign up for a time slot with staff</i>	Mental Health Week Celebrations <i>Please sign up for a time slot with staff</i>
9	10	11	12	13
9:30 Coffee and Games 11:00 Backyard Games 1:00 Ukulele class 2:00 Chair Yoga	10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Women's Group 1:00 Men's Group 2:30 Computer Support	9:30 Coffee and Games 11:00 Anxiety Support 1:00 Art Project 2:00 Walking Group	10:00 Mindfulness and Meditation 11:00 Depression Conversation 1:00 Big Questions 2:00 The Good Life - Pole Walking	9:30 Coffee and Games 12:00 Community Kitchen 11:00 <i>Special Topics – Resources in Mission</i> 1:00 Young Adults
16	17	18	19	20
9:30 Coffee and Games 11:00 Backyard Games 1:00 Ukulele class 2:00 Chair Yoga 2:00 Staff Meeting	10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Women's Group 1:00 Men's Group 2:30 Computer Support	9:30 Clubhouse Closed <i>for Staff Training</i> 1:00 Art Project 2:00 Walking Group	10:00 Mindfulness and Meditation 11:00 Depression Conversation 1:00 Big Questions 2:00 <i>Mind Games</i>	9:30 Coffee and Games 12:00 Community Kitchen 11:00 <i>Special Topics – Steps to Sustainability</i> 1:00 Young Adults
23	24	25	26	27
9:30 Coffee and Games 11:00 <i>Bird Walk</i> 1:00 Ukulele class 2:00 Chair Yoga	10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Women's Group 1:00 Men's Group 2:30 Computer Support	9:30 Coffee and Games 11:00 Anxiety Support 1:00 Art Project 2:00 Walking Group	10:00 Mindfulness and Meditation 11:00 Depression Conversation 1:00 Big Questions 2:00 Mind Games	9:30 Coffee and Games 12:00 Community Kitchen 11:00 <i>Special Topics – Love, Sex and Relationships</i> 1:00 Young Adults
30	31			
9:30 Coffee and Games 11:00 Backyard Games 1:00 Ukulele class 2:00 Chair Yoga	10:00 Mindful Tuesdays 11:00 Sharing Circle 1:00 Women's Group 1:00 Men's Group 2:30 Computer Support		You can also view our calendar on our website: centennialplace mission.ca	Groups that are Bolded are taking place <u>in person</u> . We have limited spots, sign up is required.



Groups, Programs and Activity Descriptions:

Coffee and Games – A morning meet up time to check in, chat, and play a game or two (Jenga anyone?) And yes, we are back to serving coffee for \$1.50 a cup!

Big Questions – We are bringing back one of our longest running groups. This is a discussion-based group that deals with philosophical questions such as: “What is Hope?” or “What is Truth” and other thought-provoking ideas.

Backyard Games – Join us in the backyard to play all sorts of games for all sorts of ability levels.

Women’s Group – A chance to chat, feel supported and do fun activities with other people who identify as women.

Men’s Group – A chance to chat, feel supported and do fun activities with other people who identify as men.

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.

Depression Conversation – This group will explore skills and strategies for helping us when we are feeling down.

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.

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.

Ukulele 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.

Special Topics – Each week there will be a different topic related to our wellness and the staff will lead the group through various activities and discussions around that topic.

About Centennial Place		
<p>Need to make an appointment with staff?</p> <p>Call us or email</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>Do you have a question for us about this calendar or anything else?</p> <p>Contact us at 604.820.6355</p>