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

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

August 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. BC Day Clubhouse Closed	2. 10:00 Mindful Tuesdays 11:00 Sharing Circle Virtual 11:00 Smoothie Island 1:00 Women's Group 1:00 Men's Group 2:30 Tech Help	3. 9:30 Coffee & Games 11:00 Anxiety Support 12:00 Hot Lunch 1:00 Art Project – Beading 2:00 Bingo <i>National Watermelon Day</i>	4. 10:00 Mindfulness and Meditation 11:00 Depression Conversation 12:30 Food Sense 1:00 Positive Games 2:00 Coffee at Tim Hortons	5. 9:30 Coffee & Games 10:30 Friday Outing – Cascade Falls Picnic 1:00 Social Club & Tea 1:00 Young Adults 2:00 Clubhouse Clean
8. 9:30 Coffee & Games 10:30 Community Kitchen 11:00 Brain Games 1:00 Movement and Flow 2:00 Big Questions	9. 10:00 Mindful Tuesdays 11:00 Sharing Circle Virtual 11:00 Smoothie Island 1:00 Women's Group 1:00 Men's Group 2:30 Tech Help 4:00 <i>Sunset Market Outing</i>	10. 9:30 Coffee & Games 11:00 Anxiety Support 12:00 Hot Lunch 1:00 Art Project – Rock Painting 1:30 Steering Committee Meeting 2:30 Writing Group	11. 10:00 Mindfulness and Meditation 11:00 Depression Conversation 12:30 Food Sense 1:30 Healthy Bodies Healthy Minds: Bocce Ball 2:30 Coffee at Tim Hortons	12. 9:30 Coffee & Games 10:30 Friday Outing – Mission Museum 1:00 Social Club & Tea 1:00 Young Adults 2:00 Clubhouse Clean <i>Aug 13th Join us at MissionFest Downtown</i>
15. 9:30 Coffee & Games 10:30 Community Kitchen 11:00 Brain Games 1:00 Sharing Circle (in person) 1:00 Movie Monday/Staff Meeting	16. 10:00 Mindful Tuesdays 11:00 Sharing Circle Virtual 11:00 Smoothie Island 1:00 Women's Group 1:00 Men's Group 2:30 Tech Help	17. 9:30 Coffee & Games 11:00 Anxiety Support 12:00 Cuban Lunch 12:30 Discover Cuba 1:00 Art Project – Drawing Tutorial 2:00 Bingo 6:00 <i>Twilight Concert Outing</i>	18. 10:00 Mindfulness and Meditation 11:00 Depression Conversation 12:30 Food sense 1:00 Positive Games 2:00 Coffee at Tim Hortons	19. 9:30 Coffee & Games 10am Daytrip outing to Richmond. See staff for details 1:00 Social Club & Tea 1:00 Young Adults 2:00 Clubhouse Clean
22. 9:30 Coffee & Games 10:30 Community Kitchen 11:00 Brain Games 1:00 Movement and Flow 2:00 Big Questions	23. 10:00 Mindful Tuesdays 11:00 Sharing Circle Virtual 11:00 Smoothie Island 1:00 Women's Group 1:00 Men's Group 2:30 Tech Help	24. 9:30 Coffee & Games 11:00 Anxiety Support 12:00 Hot Lunch 1:00 Art Project – Paper Mache Picture Frames 2:00 Music Group	25. 10:00 Mindfulness and Meditation 11:00 Depression Conversation 12:30 Food sense 1:00 Positive Games 2:00 Coffee at Tim Hortons	26. 9:30 Coffee & Games 10:30 Friday Outing – Hayward Lake Picnic 1:00 Social Club & Tea 1:00 Young Adults 2:00 Clubhouse Clean
29. 9:30 Coffee and Games 10:30 Community Kitchen 11:00 Brain Games 1:00 Sharing Circle (in person) 2:00 Big Questions	30. 10:00 Mindful Tuesdays 11:00 Sharing Circle Virtual 11:00 Smoothie Island 1:00 Women's Group 1:00 Men's Group 2:30 Tech Help	31. 9:30 Coffee & Games 11:00 Anxiety Support 12:00 Hot Lunch 1:00 Art Project – Scratch Art 2:00 Bingo 6:00 <i>Twilight Concert Outing</i>		You can also view our calendar on our website: centennialplace.mission.ca

Groups, Programs and Activity Descriptions:

What's NEW?

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!

Community Kitchen – \$4 gets you a session in the kitchen learning how to cook a delicious meal. There is also the option to pre-pay for a whole month of classes.

***NEW! Smoothie Island-** A opportunity to learn how to make refreshing smoothies and enjoy them too! \$2

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.

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. NEW *Virtual *and* in person*

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

Art Project – We provide the supplies for the fun craft/art project and Lauren will lead everyone through it.

Movement & Flow – Join Maya in trying out different forms of movement, including chair yoga, Tai Chi and Qi Gong .

Friday Outings – Each week we will go somewhere new to explore the city of Mission and surrounding areas. Typically, we wouldn't be back at the clubhouse later than 1pm except for daytrips. This group requires sign up as we can only drive a maximum of 6 members.

***Returning - Brain Games** - An hour of memory enhancement games that are fun and stimulate your brain - led by Renato.

***Returning- Big Questions** – Life has some pretty big questions in it. Talk about them among friends at our group.

Tech Help – Got a technology question? Need to borrow tech for education/training? Want to create an email account? Bring your questions to Renato!

Social Club – There will be a different activity every week (board games, disc golf, etc.) and a chance to socialize in a relaxed environment.

Discover: Cuba - Join Renato and learn about another county or culture. There will be a themed lunch and presentation.

Young Adults - Young Adults program is a variety of activities and outings open to members of CP between the age of 19-30.

About Centennial Place		
<p>Need to make an appointment with staff?</p> <p>Call us or email khetherington@communitascare.com</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>



Community Kitchen

10:30am Mondays

Cost \$4/ day

This is session in the kitchen learning how to cook a delicious meal. There is also the option to pre-pay for a whole month of classes

August 1 – Closed

August 8 – Quiche

August 15 – Tacos

August 22 – Yorkshire Pudding

August 29 -Quesadillas

Hot Lunch

Come learn kitchen skills and help make lunch for a larger group

12pm Wednesdays

Cost \$5

\$3 for Lunch volunteers

August 3 – Butter Chicken Poutine w/ Watermelon!

August 10 – Chicken Caesar Salad Wraps

August 17 -Cuban Lunch TBA

August 24 – Chicken Fried Rice

August 31 - Sweet & Sour Meatballs

Meals Subject to Change