

Phone:
604-820-6355

Fax:
604-820-1839

Website:
www.centennialplacemission.ca

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

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



December 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>You can also view our calendar on our website: centennialplacemission.ca</p>	<p>Special Events are in BOLD <i>Virtual Events are Italics with (v)</i> *is a new group or time change</p>	<p>Menu is Subject to Change</p>	<p>10:00 Beginners Yoga 11:00 Depression Conversation 12:00 Clubhouse Holiday Decorating 2:00 Healthy Treats 3:00 Tech assist</p>	<p>9:30 Coffee and Games 11am Pancake Breakfast 1:00 Young Adults 2:00 CP Organizing 4:00 Dinner & Xmas Movie 630 Mission Candlelight Parade Outing</p>
<p>5 9:30 Coffee and Games 10:30 Community Kitchen: Personal Nachos 12:00 Burnaby Village Museum Outing 1:00 Music Lovers 2:00 Karaoke</p>	<p>6 10:00 Mindful Tuesdays <i>11:00 Sharing Circle (v)</i> 11:00 Smoothie Island 1:00 Clubhouse closed for Staff Christmas Party</p>	<p>7 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Split Pea & Ham Soup 1:00 Art Project: Holiday Card Making 2:00 Baking</p>	<p>8 10:00 Beginners Yoga 11:00 Depression Conversation *12:00 How to: Build Positivity 2:00 Healthy Treats</p>	<p>9 9:30 Coffee and Games 11:00 Pancake Breakfast 1:00 Young Adults 2:30 Clubhouse Closed 730-9pm Light Up the Night Parade @CP w/ Coco & Donuts</p>
<p>12 9:30 Coffee and Games 10:30 Community Kitchen: Pizza 11:00 Brain Games 1:00 Music Lovers 2:00 Karaoke</p>	<p>13 10:00 Mindful Tuesdays <i>11:00 Sharing Circle (v)</i> 11:00 Smoothie Island 1:00pm Women's Group 1:00pm Men's Group *2:00 Chess Club 4:30pm Xmas Lights Tour</p>	<p>14 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Chili & Sandwiches 12:30 Discover Xmas 1:00 Art Project: Ornaments 2:00 Baking</p>	<p>15 10:00 Beginners Yoga 11:00 Depression Conversation *12:00 How to: Get Motivated 2:00 Healthy Treats 3:00 Tech assist 3:30 Young Adults w/ Abby House</p>	<p>16 9:30 Coffee and Games 10am Fort Langley Christmas Market & Lunch Outing 2:00 CP Organizing</p>
<p>Holiday Trivia Day! 19 9:30 Coffee and Games 10:30 Community Kitchen: Brownies 11:00 Brain Games 1:00 Music Lovers 2:00 Movie Monday/ Staff Meeting</p>	<p>Xmas Sweater Day! 20 10:00 Mindful Tuesdays <i>11:00 Sharing Circle (v)</i> 11:00 Smoothie Island 1:00pm Women's Group 1:00pm Men's Group *2:00 Chess Club</p>	<p>Pajama Day! 21 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: French Toast 1:00 Art Project: Beading 2:00 Baking 3:00 Holiday Jeopardy</p>	<p>Around the World Day 22 10:00 Beginners Yoga 11:00 Depression Conversation *12:00 How to Survive Holiday Blues 2:00 Healthy Treats 3:00 Tech assist</p>	<p>Santa Hat Day 23 9:30 Coffee and Games 1pm Christmas Party! \$5 per ticket <i>Join us for a great turkey lunch at 1pm and an afternoon of gifts and games!</i></p>
<p>26 Boxing Day Clubhouse Closed</p>	<p>27 Clubhouse Closed</p>	<p>28 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Mac & Cheese 1:00 Art Project: Snowflakes 2:00 Baking</p>	<p>29 10:00 Beginners Yoga 11:00 Depression Conversation *12:00: How to: Set Good Intentions 2:00 Healthy Treats 3:00 Tech assist</p>	<p>30 9:30 Coffee and Games 12pm Hot Chocolate and Smores Around the Fire 3:15 Young Adults: Ice Skating 2:00 CP Organizing</p>

What's NEW?

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?). We are serving coffee for \$1.50 a cup!

Hot Lunch – \$5 for a delicious meal. \$3 a meal for meal prep volunteers. Learn new skills in the kitchen or just enjoy the food!

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

Smoothie Island – \$2 for a refreshing healthy smoothie.

Pancake Breakfast – \$2 Come enjoy some hot tea, tasty appetizers and good company.

Healthy Treats – \$2 Learn how to make some healthy and tasty treats! Enjoy without feeling guilty!

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. Virtual!

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

New *How to: This group helps to find ways of building up important areas of life.

New *Chess Club: Come play some Chess! All skill levels welcome

Art Project – We provide the supplies for the craft or art project and staff will lead everyone through it.

Outings – Each week we will go somewhere new to explore the city of Mission and surrounding areas. Check with staff to find out prices and trip length. Some are all day, some are shorter. This group requires sign up as we can only drive a maximum of 5 members.

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

Discover: – Learn about another county or culture. There will be a themed lunch and presentation each month.

Brain Games – Come play games that stretch your brain! Engage those thinking caps and play Scrabble and more!

Beginners Yoga – Easy to follow yoga that helps you stretch and find calmness.

Music Lovers – Love music? Come in for this one! Enjoy some tunes with others who share your passion.

Karaoke – Join other members and sing until your heart's content.

Baking – Come bake some holiday cookies cakes and mmmmmore!

About Centennial Place

Need to make an appointment with staff?

Call us or email
khetherington@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



Community Kitchen

10:30am Mondays

Cost \$4/ day

Dec 5 Personal Nachos

Dec 12 Pizza

Dec 19 Christmas Tree Brownies

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

Hot Lunch

12pm Wednesdays

Cost \$5

\$3 for Lunch volunteers

Dec 7 Split Pea and Ham soup w/ Garlic bread

Dec 14 Chili and Sandwiches

Dec 21 French Toast

Dec 28 Macaroni and Cheese