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Website:
www.centennialplacemission.ca

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

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



January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Clubhouse Closed Happy New Year!	3 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 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Turkey Soup 1:00 Art: Beading 2:00 Karaoke 3:00 Coffee at Blenz	5 10:00 Beginners Yoga 11:00 Depression Conversation *1:00 Painting Project 2:00 Healthy Treats 3:00 Tech assist	6 9:30 Coffee and Games 11:00 Pancake Breakfast 1:00 Young Adults: Brownies 2:00 CP Organizing
9 9:30 Coffee and Games 10:30 Community Kitchen: Baked Ziti w/ Sausage and Kale 1:00 Self Esteem Group 2:00 Music Group *3:00 Virtual Games (v)	10 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	11 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Perogies 1:00 Art: Scratch art 2:00 Karaoke 3:00 Blue Week Prep!	12 10:00 Beginners Yoga 11:00 Depression Conversation *1:00 Painting Project 2:00 Healthy Treats 3:00 Tech assist	13 9:30 Coffee and Games 11:00 Pancake Breakfast 1:00 Young Adults: Game Changers 2:00 CP Organizing 7:00 Rapunzel The Panto Theatre Outing
Blue Week 1950's Rock and Roll Diner				
16 9:30 Coffee and Games 10:30 Community Kitchen: Devilled Eggs 11:30 HB, HM: Vision Boards 12:30 SOCK HOP 2:00 Movie Monday/ Staff Meeting	17 10:00 Mindful Tuesdays <i>11:00 Sharing Circle (v)</i> 11:00 Appies at Rocko's Diner 1:00pm Women's Group 1:00pm Men's Group 2:00 Chess Club	18 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Burgers and Fries 1:00 Art: Comic Strips 2:00 Jukebox Karaoke 3:00 Coping with the Blues	19 10:00 Beginners Yoga 11:00 Depression Conversation 12:00 1950s Trivia *1:00 Painting Project: 2:00 Healthy Treats 3:00 Tech assist	20 9:30 Coffee and Games 10:00 Brunch 11:00 Roller Skating Outing 1:00 Young Adults: Board Games
23 9:30 Coffee and Games 10:30 Community Kitchen: Black Bean Stuffed Peppers 1:00 Self Esteem Group 2:00 Music Group *3:00 Virtual Games (v)	24 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	25 Bell Let's Talk Day! 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Chili 1:00 Art: Chalk art 2:00 Karaoke	26 10:00 Beginners Yoga 11:00 Depression Conversation *1:00 Painting Project 2:00 Healthy Treats 2:30 Young Adults: Bowling w/Abby House 3:00 Tech assist	27 9:30 Coffee and Games 11:00 Pancake Breakfast 12:00 Member's Meeting 2:00 CP Organizing
30 9:30 Coffee and Games 10:30 Community Kitchen: Creamy Spinach Tortellini 1:00 Self Esteem Group 2:00 Music Group *3:00 Virtual Games (v)	31 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	Menu is Subject to Change	You can also view our calendar on our website: centennialplacemission.ca	Special Events are in BOLD <i>Virtual Events are Italics with (v)</i> *is a new group or time change

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 tasty pancakes 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.

Self Esteem Group – Come support one another and learn about ways in which we can uplift ourselves and those around us.

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.

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.

Painting Project – Learn about painting and try out different styles. Create your masterpieces!

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 or Shaun!

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 Group – Love music? Come in for this one! Enjoy some tunes, play some instruments or sing Karaoke!

Blue Week Prep – Come help staff prepare for Blue Week by making and placing 50s themed decorations around the clubhouse.

Virtual Games– Join us for Online Games through Zoom. Feel free to come to the clubhouse and we will provide laptops and tech support, or join from home. *Virtual!*

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

Jan 9 Baked Ziti w/ Sausage and Kale

Jan 16 Devilled Eggs

Jan 23 Black Bean Stuffed Peppers

Jan 30 Creamy Spinach Tortellini

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 \$6 or \$4 for volunteers

Jan 4 Turkey Soup

Jan 11 Perogies

Jan 18 Burgers and Fries

Jan 25 Chilli

Volunteers can be any member who picks a job to do from our Job List and completes it. This list is available from staff and includes any area of clubhouse (not limited to meal prep)