

**Phone:**  
604-820-6355

**Fax:**  
604-820-1839

**Website:**  
[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



## March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Special Events are in BOLD</b> <i>Virtual Events are Italics with (v)</i> *is a new group or time change</p>	<p><b>You can also view our calendar on our website:</b> <a href="http://centennialplace.mission.ca">centennialplace.mission.ca</a></p>			
6	7	8	9	10
<p>9:30 Coffee and Games <b>9:30 Leisure Centre Group</b> 11:00 Community Kitchen: Egg White Muffins 1:00 Self Esteem Group 2:00 Music Group <b>3:00 Virtual Games (v)</b> <b>6-9 Cmnty Cribbage Night</b></p>	<p>10:00 Mindful Tuesdays <i>11:00 Sharing Circle (v)</i> 1:00 Women's Group 1:00 Men's Group 2:00 Chess Club <b>3:00 Recovery Plan Check-in</b></p>	<p>9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Taco Lasagna 1:00 Art: Beading 2:00 Karaoke</p>	<p>10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project 2:00 Healthy Treats 3:00 Tech assist</p> <p><b>Clubhouse Closed for Staff Learning Exchange</b></p>	<p>9:30 Coffee and Games 11:00 Pancake Breakfast <b>1:00 Young Adults: Board or Wii Games</b> <b>7:00 Shine Bright Downtown Mission Outing</b></p>
13	14	15	16	17
<p>9:30 Coffee and Games <b>9:30 Leisure Centre Group</b> 11:00 Community Kitchen: Ham and Cheese Sliders <b>11:30 Healthy Bodies, Healthy Minds: Money Management</b> 1:30 Movie/Staff Meeting</p>	<p>10:00 Mindful Tuesdays <i>11:00 Sharing Circle (v)</i> 1:00 Women's Group 1:00pm Men's Group 2:00 Chess Club <b>3:30 Pie and Coffee Free Outing</b></p>	<p>9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Fried Rice &amp; Spring Rolls 1:00 Art: Uplifting Quote Jars 2:00 Karaoke <b>3:00 Recovery Plan Check-in</b></p>	<p>10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project 2:00 Healthy Treats 3:00 Tech assist</p>	<p><b>Happy St Patrick's Day</b> 9:30 Coffee and Games <b>9:30 Devan's Nursery Outing: Garden Planning</b> 11:00 Pancake Breakfast <b>1:00 Young Adults: Green Cinnamon Buns</b> 2:00 Clubhouse Cleaning</p>
20	21	22	23	24
<p>9:30 Coffee and Games <b>9:30 Leisure Centre Group</b> 11:00 Community Kitchen: BLT Frittata 1:00 Self Esteem Group 2:00 Music Group <b>3:00 Virtual Games (v)</b></p>	<p>10:00 Mindful Tuesdays <b>11:00 Outing to MR/Poco Clubhouses</b> <i>11:00 Sharing Circle (v)</i> 1:00 Women's Group 1:00 Men's Group 2:00 Chess Club</p>	<p>9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Swedish Meatballs 1:00 Art: Pastels 2:00 Karaoke <b>7-9pm Music Bingo at Mission Springs</b></p>	<p>10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project 2:00 Healthy Treats 3:00 Tech assist <b>5:30 Young Adults: Bowling &amp; Pizza w/Abby</b></p>	<p>9:30 Coffee and Games 11:00 Pancake Breakfast 12:00 Member's Meeting <b>1:00 Wii Games</b> 2:00 Clubhouse Cleaning <b>2:00 Hiking Group: Heritage Park</b></p>
27	28	29	30	31
<p>9:30 Coffee and Games <b>9:30 Leisure Centre Group</b> 11:00 Community Kitchen: Chicken/Broccoli Casserole 1:00 Self Esteem Group 2:00 Music Group <b>3:00 Virtual Games (v)</b></p>	<p>10:00 Mindful Tuesdays <i>11:00 Sharing Circle (v)</i> 1:00 Women's Group 1:00 Men's Group 2:00 Chess Club</p>	<p>9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Pizza 1:00 Art: Scratch Art 2:00 Karaoke</p>	<p><b>Clubhouse Closed for Staff Learning Exchange</b></p>	<p>9:30 Coffee and Games 11:00 Pancake Breakfast <b>1:00 Young Adults: D&amp;D Game</b> 2:00 Clubhouse Cleaning</p>

## What's NEW?

### Groups, Programs and Activity Descriptions:

**\*NEW\* Leisure Centre Group** – Come and exercise with friends! Meet at the Mission Leisure Centre. Sign up with Centennial staff

**\*NEW\* Hiking Group** - Join us as we explore nature and take in the experience as a group. Please bring water and appropriate footwear/clothing

**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!

**Recovery Plan Check-in** – There is an opportunity to check in or develop your recovery plans goals. Come to the groups or make an appointment with staff in the month of March

**Hot Lunch** – \$6 for a delicious meal. \$4 a meal for clubhouse volunteers. Learn new skills in the kitchen or just enjoy the food!

**Community Kitchen** – \$4 gets you a hands-on session in the kitchen learning how to cook great food.

**Pancake Breakfast** – \$2 Come enjoy tasty pancakes and good company. Your choice of blueberry, chocolate chip or plain!!

**Healthy Treats** – \$2 Learn how to make some healthy and tasty treats including smoothies! 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. There are laptops available here for you to join in. *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** – Join us as we go 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 accommodate a maximum of 5 members.

**Tech Assist** – Have technology questions? Need to borrow tech for education/training? Want to create an email account? Bring your questions to Renato or Shaun!.

**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

**Virtual Games**– Play online Games. Join from home or the clubhouse! We can provide laptops and tech support. *Virtual!*

### About Centennial Place

**Need to make an appointment with staff?**

Call us or email  
[khetherington@communitascare.com](mailto: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**

**11am Mondays**

**Cost \$4/ day**

**March 6** Egg White Muffins

**March 13** Ham & Cheese Sliders

**March 20** BLT Frittata

**March 27** Chicken Broccoli Rice Casserole

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**

**Mar 1** Taco Lasagna

**Mar 8** Butter Chicken & Rice

**Mar 15** Fried Rice and Spring Rolls

**Mar 22** Swedish Meatballs

**Mar 29** Pizza

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)