

Phone:
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Website:
www.centennialplacemission.ca

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

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



May 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30 Coffee and Games 10:00 Ocean Meditation 11:00 Community Kitchen: Sesame Garlic Ramen 12:00 Nature Scavenger Hunt: 2:00 Music Group 3:00 Virtual Games (v)	2 10:00 Sharing Circle (h) 11:00 Self Esteem Group 12:00 Centennial Place's Birthday Party: Pizza 2:00 Women's Group 2:00 Men's Group 2:00 Chess Club	3 9:30 Coffee and Games 10:15 #MyStory 11:00 Anxiety Support 12:00 Hot Lunch: Chicken Cesar Wraps 1:00 Art: Tie dye socks! 2:00 Karaoke	4 10:00 Beginners Yoga 11:00 Bonfire @Matsqui Trail 1:00 Painting Project @Matsqui Trail 2:00 Let's Bake \$2: Chocolate Chip cookies 3:00 Tech assist	5 *Clubhouse opens 12pm* 12:30 Pancake Lunch 1:00 Young Adults: Ice Cream @ Heritage Park 1:00 Community Garden 5-7:00 Open House
8 9:30 Coffee and Games 10:00 Meditation Monday 11:00 Community Kitchen: Cauliflower Curry 2:00 Music Group 3:00 Virtual Games (v) 5:30 – 7:30 Young Adults: Dungeons & Dragons	9 10:00 Hiking Group: Heritage Park 10:00 Sharing Circle (h) 11:00 Self Esteem Group 1:00 Women's Group 1:00 Men's Group 2:00 Chess Club 4:00 SMH Comedy Show	10 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Poutine Potato Wedges 1:00 Art: Scratch Art 2:00 Karaoke	11 10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project 2:00 Let's Bake \$2: Mug Cake 3:00 Tech assist	12 9:30 Coffee and Games 10:00 Community Garden 11:00 Pancake Breakfast 1:00 Clubhouse Clean
15 9:30 Coffee and Games 10:00 Meditation Monday 11:00 Community Kitchen: Jackfruit Tacos 1:30 Movie/Staff Meeting	16 10:00 Sharing Circle (h) 11:00 Self Esteem Group 1:00 Women's Group 1:00pm Men's Group 2:00 Chess Club 5:00 Movie outing	17 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Mac & Cheese w/ Sausage 1:00 Art: Dream Catchers 2:00 Karaoke	18 10:00 Beginners Yoga 11:00 Depression Conversation 12:30-3:30 YA: Trampoline 1:00 Hiking Group: Mill P. 1:00 Painting Project 2:00 Let's Bake \$2 A.Crisp	19 9:30 Coffee and Games 10:00 Community Garden 11:00 Pancake Breakfast 1:00 Clubhouse Clean
22 Clubhouse Closed Victoria Day	23 10:00 Sharing Circle (h) 11:00 Self Esteem Group 1:00 Women's Group 1:00 Men's Group 2:00 Chess Club 9-5 Emergency First Aid * Full*	24 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Dal w/ Rice and Naan 1:00 Art Wood Decoration Painting 2:00 Karaoke 7-9pm Music Bingo outing	25 10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project 2:00 Let's Bake \$2 Oatmeal Cookies 3:00 Tech assist	26 9:30 Coffee and Games 10:00 Community Garden 11:00 Pancake Breakfast 12:00 Member's Meeting 1:00 Hiking Group: Cascade Falls 1:00 YA: Disc Golf
29 9:30 Coffee and Games 10:00 Meditation Monday 11:00 Community Kitchen: Broccoli Pesto Pasta 2:00 Music Group 3:00 Virtual Games (v)	30 9:00 Vancouver Zoo Outing 10:00 Sharing Circle (h) 11:00 Self Esteem Group 1:00 Women's Group 1:00 Men's Group 2:00 Chess Club	31 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Veggie Lasagna 1:00 Art: Watercolor paint 2:00 Karaoke	You can also view our calendar on our website: centennialplacemission.ca	
				Special Events are in BOLD <i>Virtual/Hybrid Events are Italics with (v/h)</i> *is a new group or time change

What's NEW?

Groups, Programs and Activity Descriptions:

***New* Let's Bake \$2** - Come and make some tasty recipes

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

***NEW* Dungeons & Dragons** – Join us at the clubhouse to start off a fantasy roleplaying game of Dungeons & Dragons!

Self Esteem Group (New Day/Time!) – Come support one another and learn about ways in which we can uplift ourselves and those around us. We share our struggles and successes.

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 – \$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!!

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 Mondays – 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 and in person

Anxiety Support – This group explores skills and strategies for helping us when we are feeling anxious

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!

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

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

May 1 Sesame Garlic Ramen Noodles

May 8 Cauliflower Curry

May 15 Jackfruit Tacos

May 29 Broccoli Pesto Pasta

This is a 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

May 3 Chicken Caesar Wraps

May 10 Poutine Potato Wedges

May 17 Mac & Cheese w/ Sausage

May 24 Dal w/ Rice & Naan

May 31 Veggie Lasagna

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)