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

Address:
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June 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Special Events are in BOLD <i>Virtual/Hybrid Events are Italics with (v/h)</i> *is a new group or time change</p>	<p>You can also view our calendar on our website: centennialplace.mission.ca</p>		<p>10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project</p>	<p>9:30 Coffee and Games 10:00 Garden Clean up! Free pizza lunch for volunteers! 1:00 YA: Tennis 1:00 Clubhouse Clean 4:00 CopperHall Market</p>
<p>5 9:30 Coffee and Games 10:00 Meditation Monday 11:00 Community Kitchen: Chicken Curry with Tomato Yogurt Sauce 3:00 Virtual Games (v)</p>	<p>6 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group 1:00 Women's Group 1:00 Men's Group 2:00 Chess Club</p>	<p>7 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Potato Soup w/buns 1:00 Art: Diamond Painting 2:00 Karaoke</p>	<p>8 10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project</p>	<p>9 9:30 Coffee and Games 10:00 Community Garden 11:00 Pancake Breakfast 1:00 YA: Drinks and chill at The Penny Cafe 1:00 Clubhouse Clean</p>
<p>12 9:30 Coffee and Games 10:00 Meditation Monday 11:00 Community Kitchen: Veggie/Meat Skewers 1:30 Movie/Staff Meeting</p>	<p>13 10:00 Hike @Railway Trail 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group 1:00 Women's Group 1:00pm Men's Group 2:00 Chess Club 5:00 Movie outing</p>	<p>14 9:30 Coffee and Games 10:00 Inter-Clubhouse Picnic- Queens Park Clubhouse closed for outing *Lunch Provided*</p>	<p>15 10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project</p>	<p>16 9:30 Coffee and Games 10:00 Community Garden 11:00 Pancake Breakfast 1:00 Clubhouse Clean YA: Gaming at the Clubhouse</p>
<p>19 9:30 Coffee and Games 10:00 Meditation Monday 11:00 Community Kitchen: TBA 3:00 Virtual Games (v)</p>	<p>20 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group 1:00 Women's Group 1:00 Men's Group 2:00 Chess Club</p>	<p>21 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Pizza 1:00 Art: Coloring 2:00 Karaoke</p>	<p>22 10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project</p>	<p>23 9:30 Coffee and Games 10:00 Community Garden 11:00 Pancake Breakfast 12:00 Member's Meeting 1:00 Hike @Stave Dam Interpretation Forest 1:00 Clubhouse Clean</p>
<p>26 9:30 Coffee and Games 10:00 Meditation Monday 11:00 Community Kitchen: TBA 3:00 Virtual Games (v) 5:30-7:30 Young Adults: Dungeons & Dragons</p>	<p>27 10:00 Granville Island Outing \$5 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group 1:00 Women's Group 1:00 Men's Group 2:00 Chess Club</p>	<p>28 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Tacos w Mexican rice 1:00 Art: Rock Painting 2:00 Karaoke</p>	<p>29 10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project 3:00 Tech assist 3:30-7 YA: Outdoor Games with Abby House</p>	<p>30 9:30 Coffee and Games 10:00 Community Garden 11:00 Pancake Breakfast 12:30 Thrift Store Outing 1:00 Clubhouse Clean</p>

What's NEW?

Groups, Programs and Activity Descriptions:

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

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