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Hours of Operation:

Monday - Friday
9am – 4pm

Address:

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

January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Clubhouse Closed Happy New Year	2 <i>10:00 Sharing Circle (h)</i> 11:00 Self Esteem Group 1:00 Coping with Winter Group 2:00 Chess Club	3 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Stir Fry 1:00 Art: 2:00 Karaoke	4 10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project	5 9:30 Coffee and Games 10:00 Holiday Decorating 11:00 Pancake Breakfast 1:00 Goldie’s: Seniors Café 1:00 YA: Cinnamon buns 2:00 Clubhouse Clean
8 9:30 Coffee and Games 11:00 Community Kitchen: Pizza 1:00 Wellness Workshop: Victoria Maxwell	9 <i>10:00 Sharing Circle (h)</i> 11:00 Self Esteem Group 1:00 Women’s Group 1:00 Men’s Group 2:00 Chess Club 2:00 Coffee Bar Training	10 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Vegetarian Lasagna 1:00 Art: 2:00 Karaoke	11 10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project 2:00 Bonnie’s Farewell	12 9:30 Coffee and Games 11:00 Pancake Breakfast 12:00 Member’s Meeting 1:00 Goldie’s: Seniors Café 1:00 YA: The Penny Café 2:00 Clubhouse Clean 7:30 Theatre Outing: Pinocchio \$5
Zen Blue Monday 15 9:30 Coffee Bar Kick-off! Free coffee w/muffin today 11:00 Community Kitchen: Smoothie Bowls & Energy Balls 1:00 Wellness Workshop: Finding Your Zen 2:00 Sensory Space 4-6pm YA: D&D	Zen Blue Week 16 <i>10:00 Sharing Circle (h)</i> 11:00 Self Esteem Group 1:00 Women’s Group 1:00 Men’s Group 2:00 Baking 6:15 Buddhist Meditation Center Outing \$5	Zen Blue Week 17 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Buddha Bowls 1:00 Art: DIY Zen Gardens 2:00 Karaoke	Zen Blue Week 18 10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project 2:00 Therapy Dog Visit	Zen Blue Week 19 9:30 Coffee Bar & Games 11:00 Pancake Breakfast 12:00 Creating a Mantra 1:00 Goldie’s: Seniors Cafe 2:00 Clubhouse Clean
22 9:30 Coffee Bar & Games 11:00 Community Kitchen: Alfredo Ravioli w/ Pesto 1:00 Movie Matinee @ CP 1-4:00 Staff Meeting	23 <i>10:00 Sharing Circle (h)</i> 11:00 Self Esteem Group 1:00 Women’s Group 1:00 Men’s Group 2:00 Chess Club 2:00 Baking	24 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Hamburger Soup w/ Potato Wedges 1:00 Art: 2:00 Karaoke	25 10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project 3:30-6:30 YA: Minigolf with Abby House	26 9:30 Coffee Bar & Games 9:30 Bill Reid Aboriginal Art Museum Outing \$6 11:00 Pancake Breakfast 1:00 Goldie’s: Seniors Café 2:00 Clubhouse Clean
29 9:30 Coffee and Games 11:00 Community Kitchen: Cauliflower Soup & Biscuits 1:00 Wellness Workshop: Berne Brown	30 <i>10:00 Sharing Circle (h)</i> 11:00 Self Esteem Group 1:00 Women’s Group 1:00 Men’s Group 2:00 Chess Club 2:00 Baking	31 9:30 Coffee and Games 11:00 Anxiety Support 12:00 Hot Lunch: Roast Chicken Dinner 1:00 Art: 2:00 Karaoke	Special Events are in BOLD <i>Virtual/Hybrid Events are Italics with (v/h)</i> *is a new group or time change	
You can also view our calendar on our website: centennialplace.mission.ca				

What's NEW?

Groups, Programs and Activity Descriptions:

Coping with Winter – Come chat about how you cope (or not) with the longer days, holidays, family etc. Learn new ways to beat the seasonal blues

Goldie's: Senior's Café – Anyone over the age of 55 is welcome! This group will chat about aging and everything it offers. We gather for coffee at local shops and explore senior programs in the community

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

Self Esteem Group – 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 & Beginners Yoga – Now all one group! Easy to follow yoga that helps you stretch and find calmness. An opportunity to take some time to slow down and come together to work on grounding practices.

Sharing Circle (Hybrid)– 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

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