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

**Address:**  
33032, 11<sup>th</sup> Ave.  
Mission, BC, V2V 2M3

## April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>Easter Monday Clubhouse Closed</b>	2 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group 1:00 Women's Group 1:00 Men's Group 2:00 Baking	3 9:30 Coffee Bar & Games <b>10:00 Sensory Room Planning</b> 11:00 Anxiety Support 12:00 Hot Lunch: Grilled Ham & Cheese w/ Vegetable Soup 1:00 Art: Vision Boards 2:00 Karaoke	4 10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project: Ocean Painting for Beginners	5 9:30 Coffee Bar & Games <b>10:00 Gardening Group</b> <b>11:45 Grief &amp; Loss Talk from Mission Hospice</b> 11:00 Pancake Breakfast 1:00 Goldie's: Seniors Café 2:00 Clubhouse Clean
8 9:30 Coffee Bar & Games 11:00 Community Kitchen: Egg Wraps w/cheese and tater tots 1:00 Wellness Workshop: Gabor Mate	9 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group <b>12:30 Your Life and Recovery Journey Group</b> 1:00 Women's Group 1:00 Men's Group 2:00 Baking	10 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Shrimp Stir Fry w/Rice 1:00 Art: Diamond Painting 2:00 Karaoke	11 10:00 Beginners Yoga 11:00 Depression Conversation <b>12:30 Your Life and Recovery Journey Group</b>	12 9:30 Coffee Bar & Games <b>10:00 Devan's Nursery</b> 11:00 Pancake Breakfast 1:00 YA: Old Spagh Factory pasta and brainstorming 1:00 Goldie's: Seniors Café Outing to Tim Horton's
15 9:30 Coffee Bar & Games 11:00 Community Kitchen: Baked Mac and Cheese 1:00 Wellness Workshop: Gabor Mate	16 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group <b>12:30 Your Life and Recovery Journey Group</b> 1:00 Women's Group 1:00 Men's Group 2:00 Baking	17 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Chicken Caesar Pitats 1:00 Art: Tie Dye 2:00 Karaoke	18 10:00 Beginners Yoga 11:00 Depression Conversation <b>12:30 Your Life and Recovery Journey Group</b> <b>2:00 Therapy Dog Visit</b>	19 9:30 Coffee Bar & Games <b>10:00 Gardening Group</b> 11:00 Pancake Breakfast <b>12:00 Member's Meeting</b> 1:00 YA: Painting figurines 1:00 Goldie's: Seniors Café Finding New Purpose
22 9:30 Coffee Bar & Games 11:00 Community Kitchen: Custard Fruit Pie 1:00 Members Movie Afternoon 1:00 Staff Meeting	23 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group 1:00 Women's Group 1:00 Men's Group 2:00 Baking	24 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Chicken Fettuccini Alfredo 1:00 Art: Pen Art 2:00 Karaoke <b>6:00 Music Bingo @ Springs</b>	25 <b>9:00 Silverdale Wetlands Trail Walk</b> 10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project <b>3:15-6:30 YA: Escape Room</b>	26 9:30 Coffee Bar & Games <b>10:00 Gardening Group</b> 11:00 Pancake Breakfast 1:00 Goldie's: Seniors Café Music Reminiscing 2:00 Clubhouse Clean
29 9:30 Coffee Bar & Games 11:00 Community Kitchen: Chicken, Broccoli and Rice Casserole 1:00 Wellness Workshop: Gabor Mate <b>4:00-6:00pm YA: D&amp;D</b>	30 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group 1:00 Women's Group 1:00 Men's Group 2:00 Baking <b>4:00 Movie @ Cineplex</b> TBA	<i>Virtual/Hybrid Event 2 are Italics with (v/h)</i> *is a new group or time change	<b>Special Events are in BOLD</b>	<b>Calendar is available on our website:</b> <a href="http://centennialplacemission.ca">centennialplacemission.ca</a>

## What's NEW?

## Groups, Programs and Activity Descriptions:

**Gardening Group:** Come help us plan our vegetable & flower garden boxes for this year! Learn new skills and share your knowledge

**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!

**Coffee Bar and Games** – Selling Grab-a-Java Premium Coffee, baked goods and volunteer training to work in a Coffee Bar.

**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.

**Beginners Yoga** – 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.

**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