

Phone:
604-820-6355
604-866-5151 (cell)

Fax:
604-820-1839

Website:
www.centennialplacemission.ca



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

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

March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Special Events are in BOLD	<i>Virtual/Hybrid Events are Italics with (v/h)</i> *is a new group or time change	Calendar is available on our website: centennialplacemission.ca	March is Recovery Plan month! Come in to review and set your goals!	
4	5	6	7	8
9:30 Coffee Bar & Games 11:00 Community Kitchen: Tacos 1:00 Wellness Workshop: Gabor Mate	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 2:00 Baking	9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Butter Chicken 1:00 Art: DIY Zen Gardens 2:00 Karaoke	10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project 1:00 Dollar Store Outing	9:30 Coffee Bar & Games 11:00 Pancake Breakfast 1:00 YA: The Penny 1:00 Goldie's: Seniors Café 2:00 Clubhouse Clean
11	12	13	14	15
9:30 Coffee Bar & Games 11:00 Community Kitchen: Tuna Casserole 1:00 Staff Meeting 1:00 Members Movie Afternoon	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 2:00 Baking 6:15 Kadampa Meditation Centre (\$7)	9:30 Coffee Bar-Smoothies 9:30 Games 11:00 Anxiety Support 12:00 Hot Lunch: Tacos and Nachos 1:00 Art: Tie Dye 2:00 Karaoke	10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project: Easy Sunset Landscape	9:30 Coffee Bar & Games 11:00 Pancake Breakfast 12:00 Member's Meeting 1:00 YA: Matcha Muffins 1:00 Goldie's: Seniors Cafe 2:00 Clubhouse Clean
18	19	20	21	22
9:30 Coffee Bar & Games 11:00 Community Kitchen: Beef Stew w/ mashed potatoes 1:00 Wellness Workshop: G	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 2:00 Baking	9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Pizza & Cheesecake Dessert 1:00 Art: Mini Diamond Art Paintings 2:00 Karaoke 6:00 Music Bingo @ Springs	10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project 1:30 YA: Cultus Theme park 2:00 Therapy Dog Visit	9:30 Coffee Bar & Games 11:00 Pancake Breakfast 1:00 Goldie's: Seniors Cafe 2:00 Clubhouse Clean
25	26	27	28	29
9:30 Coffee Bar & Games 11:00 Community Kitchen: Fettuccini Alfredo w/ Pesto 12:30 BBQ Lunch w/ New View Clubhouse @ Kanaka Creek 1:00 Wellness Workshop: G 4-6 YA: D&D	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 2:00 Baking 4:00 Movie @ Cineplex TBA	9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Ham w/ Scalloped Potatoes 1:00 Art: Beading 2:00 Karaoke	10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project 2:00 Prize Bingo	Good Friday Clubhouse Closed

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.

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