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

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

May 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Special Events are in BOLD <i>Virtual/Hybrid Event are Italics with (v/h)</i> *is a new group or time change</p>	<p>Calendar is available on our website: centennialplacemission.ca</p>	<p>1 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Stuffed Peppers & Salad 1:00 Art: 2:00 Karaoke</p>	<p>2 10:00 Beginners Yoga 11:00 Depression Conversation 12:00 Centennial Place 13th Birthday Party! Join us for free lunch and fun games!</p>	<p>3 Clubhouse Closed <i>*Please ring the bell for Food Bank pick-ups*</i></p>
<p>6 <i>Mental Health Week</i> 9:30 Coffee Bar & Games 9:30 Walk Mission 11:00 Community Kitchen: Hash brown Casserole 1:00 Wellness Workshop: Gabor Mate 2:00 Forest bathing @Bear Mountain</p>	<p>7 <i>Mental Health Week</i> 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group 1:00 The Clay Cottage \$5 1:00 Women's Group 1:00 Men's Group</p>	<p>8 <i>Mental Health Week</i> 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Pad Thai 1:00 Art: Sensory Kits 2:00 Karaoke</p>	<p>9 <i>Mental Health Week</i> 10:00 Beginners Yoga 11:00 Depression Conversation 12:00 Hot Dog Roast @ Matsqui Park Join us for a fire and a walk along the river</p>	<p>10 <i>Mental Health Week</i> 9:30 Coffee Bar & Games 11:00 Pancake Breakfast 1:00 YA: Open House Bring friends and family for a tour, snacks and games! 1:00 Goldie's: Seniors Café Seniors and Mental Health</p>
<p>13 9:30 Coffee Bar & Games 9:30 Walk Mission 11:00 Community Kitchen: Pizza Grilled Cheese & Potato Soup 1:00 Clubhouse Closed Staff Meeting</p>	<p>14 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group 12:00 Spring Clean Up Lend a hand clean up outside and organizing rooms inside Free Lunch!</p>	<p>15 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Chicken Teriyaki w/Rice 1:00 Art: Tie Dye 2:00 Karaoke</p>	<p>16 10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project 2:00 Therapy Dog Visit</p>	<p>17 9:30 Coffee Bar & Games 10:00 Gardening Group 11:00 Pancake Breakfast 12:00 Member's Meeting 1:00 YA: Amazi Café 1:00 Goldie's: Seniors Café Amazi Café Outing</p>
<p>20 Clubhouse Closed Victoria Day</p>	<p>21 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group 1:00 Women's Group 1:00 Men's Group 4:00-6:00pm YA: D&D</p>	<p>22 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Pork Chop, Baked Potatoes & Broccoli 1:00 Art: Water Color Painting 6:00 Music Bingo @Springs</p>	<p>23 9:30 Vancouver Zoo \$5 *Bring your own lunch* 10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project</p>	<p>24 9:30 Coffee Bar & Games 10:00 Gardening Group 11:00 Pancake Breakfast 1:00 Goldie's: Seniors Café Firepit/Tim Bit Hangout 2:00 Clubhouse Clean</p>
<p>27 9:30 Coffee Bar & Games 9:30 Walk Mission 11:00 Community Kitchen: Quiche 1:00 Wellness Workshop: Gabor Mate</p>	<p>28 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group 1:00 Women's Group 1:00 Men's Group 4:00 Movie @Cineplex TBA</p>	<p>29 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Cheesy Vegg Pasta & Garlic bread 1:00 Art: Diamond Art 2:00 Karaoke</p>	<p>30 10:00 Beginners Yoga 11:00 Depression Conversation 1:00 Painting Project 1:00-5:00 YA: Fort Langley with Abby House</p>	<p>31 9:30 Coffee Bar & Games 10:00 Gardening Group 11:00 Pancake Breakfast 1:00 Goldie's: Seniors Café Memory Lane Moods 2:00 Clubhouse Clean</p>

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

Walk Mission: Leisure center walking group for different ability levels. Level 1 New to Walking 9-930am. Level 2 Can walk for 30mins 945-1015. Level 3 Active and can walk on uneven ground 1030-1130am. Various places around Mission

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