

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

**Fax:**  
604-820-1839

**Website:**  
[www.centennialplacemission.ca](http://www.centennialplacemission.ca)



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

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

# March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b> 9:30 Coffee Bar &amp; Games 11:00 Community Kitchen: Baked Mac and Cheese Garlic toast</p>	<p><b>4</b> 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: Gratitude Journal 1:00 Music Lovers</p>	<p><b>5</b> 9:30 Coffee Bar &amp; Games 11:00 Anxiety Group 12:00 Hot Lunch: Chilli 1:00 Art: Bubble Wrap Painting <b>2:00 Love, Sex &amp; Relationships Workshop</b></p>	<p><b>6</b> 10:00 Meditation 11:00 Depression Conversation 1:00 Wellness Group: Gabor Mate</p>	<p><b>7</b> 9:30 Coffee Bar &amp; Games <b>9:30-2:30: CRA Taxes Super clinic</b> <b>10:00: Leisure Centre</b> 11:00 Pancake Breakfast <b>1:00 YA &amp; Goldie's: The English Tart</b> <b>2:00 Love, Sex &amp; Relationships Workshop</b></p>
<p><b>10</b> 9:30 Coffee Bar &amp; Games 11:00 Community Kitchen: Bean &amp; Cheese Burrito 2pm Staff Meeting <b>4pm YA: D&amp;D</b></p>	<p><b>11</b> 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: Building Support Networks <b>12:30 Devan's Plant Nursery</b></p>	<p><b>12</b> 9:30 Coffee Bar &amp; Games 11:00 Anxiety Group 12:00 Hot Lunch: Burger's w/ Fries 1:00 Art: Felt Mug Holders</p>	<p><b>13</b> 10:00 Meditation 11:00 Depression Conversation 1:00 Wellness Group: Gabor Mate</p>	<p><b>14</b> 9:30 Coffee Bar &amp; Games 11:00 Pancake Breakfast <b>12:00 Fort Langley Museum &amp; Wendell's Cafe \$5</b> 1:00 Goldie's: Seniors Café: Bingo</p>
<p><b>16 Sunday: 1pm-Opening Night Theatre presents: Welcome to Paradise - \$10</b> <b>17</b> 9:30 Coffee Bar &amp; Games 11:00 Community Kitchen: Shepherd's Pie Potato Skins and Mixed Veggies</p>	<p><b>18</b> 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: Ownership Ideology 1:00 Music Lovers</p>	<p><b>19</b> 9:30 Coffee Bar &amp; Games 11:00 Anxiety Support 12:00 Hot Lunch: Garlic Sausage w/ Cheese Cauliflower Bake 1:00 Art: Finger Painting <b>6:00 Music Bingo@Springs</b></p>	<p><b>20</b> 10:00 Meditation 11:00 Depression Conversation 1:00 Wellness Group: Gabor Mate <b>1:00: Inbetweeners Group: Games and Pizza</b> <b>3:30 YA: Dragon Fort</b></p>	<p><b>21 PJ Day</b> 9:30 Coffee Bar &amp; Games 11:00 Pancake Breakfast 12:00 Members meeting 1:00 Goldie's: Seniors Café: Learning to Move On <b>1:00 High Tea \$2</b> 2:00 Clubhouse Clean</p>
<p><b>24</b> 9:30 Coffee Bar &amp; Games 11:00 Community Kitchen: Indian Chicken Curry (Murgh Kari) 2pm Staff Meeting</p>	<p><b>25</b> 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: What Makes You Feel Good? <b>4:00 Cineplex Movie Outing</b></p>	<p><b>26</b> 9:30 Coffee Bar &amp; Games 11:00 Anxiety Support 12:00 Hot Lunch: Dal (Lentil Soup) &amp; Naan Bread 1:00 Art: Finger Knit</p>	<p><b>27</b> 10:00 Meditation 11:00 Depression Conversation 1:00 Wellness Group: Gabor Mate</p>	<p><b>28</b> 9:30 Coffee Bar &amp; Games 10:00 Hearing Voices 11:00 Pancake Breakfast 1:00 Goldie's: Seniors Café: Music Moods 1:00 YA: Games at the Clubhouse</p>
<p><b>31</b> 9:30 Coffee Bar &amp; Games 11:00 Community Kitchen: Vegetarian Moroccan Harira</p>			<p><i>Programs subject to change without notice</i> <b>Special Events are in BOLD</b> <i>Virtual/Hybrid Event are Italics with (v/h)</i> *is a new group/time change</p>	<p><b>Calendar is available on our website:</b> <a href="http://www.centennialplacemission.ca">www.centennialplacemission.ca</a></p>

## What's NEW?

### Groups, Programs and Activity Descriptions:

**\*Inbetweener Group\*** We have members asking for a group for those older than a young adult but younger than a senior. This month the group will meet to play games, eat food and talk about what they would like to do

**Hearing Voices** – A support group for anyone who hears or has heard voices, or experiences other unusual sensory phenomenon.

**Diamond Art** – Learn about diamond art painting and try out different projects. Create your masterpieces!

**Music Lovers** – Back by popular demand! A group to talk about, listen to, and play music.

**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 seniors' programs in the community.

**Dungeons & Dragons** – Join us as a young adult 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 bar 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! Selling Grab-a-Java Premium Coffee, baked goods and volunteer training to work in a Coffee Bar.

**Hot Lunch** – \$5 for a delicious meal. \$3 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 berry, chocolate chip, or plain!

**Depression Conversation** – This group will explore skills and strategies for helping us when we are feeling down.

**Wellness Group** – Follow videos and workshops by popular professionals like Gabor Maté and Brené Brown.

**Meditation** – Follow a peaceful guided meditation and find your inner zen.

**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.

**Super Clinic- CRA & Service Canada Visit.** Come get your taxes filed, find out more about benefits, credits, pensions, programs and services you can be entitled to!

**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

<p><b>Need to make an appointment with staff?</b></p> <p>Call us or email  <a href="mailto:khetherington@communitascare.com">khetherington@communitascare.com</a></p>	<p>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.</p> <p>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.</p>	<p><b>Do you have a question for us about this calendar or anything else?</b></p> <p>Contact us at 604.820.6355</p>
---	---	---