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July 2017

Hours of Operation:

Monday - Friday
9am – 4pm

Address:

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<p>CP Closed</p>	<p>9:30 Coffee Club 9:30 Outdoor Qigong 11:00 Upwards Falling! *11:00 Facilitator Training W. 12:30 Mindful Nature Walk 1:00 Creative Arts Drop In 1:00 Career Cruising 2:30 Goal Setters Anonymous 3:00 Anxiety Peer Support Grp. *4:00 Summer Inspiration</p>	<p>9:30 Coffee Club 9:30 Gentle Yoga 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch (\$4) – “Mystery Meal” 1:00 Foundations of WellBeing 2:00 Mens Group 3:00 Unburied in Treasures</p>	<p>9:30 Coffee Club 9:30 Garden Therapy 9:30 Meditation *11:00 Community Kitchen 11:00 Women’s Group 11:00 Fitness Fun 1:00 Adopt A Block/TED Talks 2:30 GrabAJava Coffee Meet Up</p>	<p>“What’s Up?” Check In Day with Staff One on one time to talk with staff and complete paperwork <u>Snacks provided!</u> *11:00 Community Kitchen</p>
10	11	12	13	14
<p>9:30 Coffee Club 9:30 Garden Therapy 11:00 Meditation 11:00 Computer Support 1:00 Baking Group *1:00 Love, Sex & Relationships 2:30 Gentle Yoga 2:30 Steering Committee</p>	<p>9:30 Coffee Club 9:30 Outdoor Qigong 11:00 Upwards Falling! *11:00 Facilitator Training W. 12:30 Mindful Nature Walk 1:00 Creative Arts Drop In 1:00 Career Cruising 2:30 Goal Setters Anonymous 3:00 Anxiety Peer Support Grp. *4:00 Summer Inspiration</p>	<p>9:30 Coffee Club 9:30 Gentle Yoga 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch (\$4) – Irish Stew and Buns 1:00 Foundations of WellBeing 2:00 Mens Group 3:00 Unburied in Treasures</p>	<p>9:30 Coffee Club 9:30 Garden Therapy 9:30 Meditation 11:00 Women’s Group *11:00 Community Kitchen 11:00 Fitness Fun 1:00 Adopt A Block/TED Talks 2:30 GrabAJava Coffee Meet Up</p>	<p>9:30 Coffee Club 11:00 Creative Arts Drop In *11:00 Community Kitchen 1:00 Young Adults 1:00 Social Club</p>
17	18	19	20	21
<p>9:30 Coffee Club 9:30 Garden Therapy 11:00 Member Spotlight: Peter 11:00 Meditation 11:00 Computer Support *1:00 Love, Sex & Relationships 2:30 Gentle Yoga</p>	<p>9:30 Coffee Club 9:30 Outdoor Qigong 11:00 Upwards Falling! *11:00 Facilitator Training W. 12:30 Mindful Nature Walk 12:30 WRAP Support Group 1:00 Creative Arts Drop In 1:00 Career Cruising 2:00 MHSUAC Advisory Com. 3:00 Anxiety Peer Support Grp. *4:00 Summer Inspiration</p>	<p>9:30 Coffee Club 9:30 Gentle Yoga 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch (\$4) – Grilled Chicken, Potatoes and Salad 1:00 Foundations of WellBeing 2:00 Mens Group 3:00 Unburied in Treasures</p>	<p>9:30 Coffee Club 9:30 Garden Therapy 9:30 Meditation *11:00 Community Kitchen 11:00 Women’s Group 11:00 Fitness Fun 1:00 Adopt A Block/TED Talks 2:30 GrabAJava Coffee Meet Up</p>	<p>9:30 Coffee Club 11:00 Creative Arts Drop In *11:00 Community Kitchen 1:00 Young Adults 1:00 Social Club</p>
24	25	26	27	28
<p>9:30 Coffee Club 9:30 Garden Therapy 11:00 Meditation 11:00 Computer Support *1:00 Love, Sex & Relationships 2:30 Gentle Yoga 2:30 Steering Committee</p>	<p>9:30 Coffee Club 9:30 Outdoor Qigong 11:00 Upwards Falling! *11:00 Facilitator Training W. 12:30 Mindful Nature Walk 1:00 Creative Arts Drop In 1:00 Career Cruising 3:00 Anxiety Peer Support Grp. *4:00 Summer Inspiration</p>	<p>9:30 Coffee Club 9:30 Gentle Yoga 11:00 Music Lovers 11:00 BIG Questions *12:00 Hot Lunch (\$4) – Perogies and Sausage 1:00 Foundations of WellBeing 2:00 Mens Group 3:00 Unburied in Treasures</p>	<p>9:30 Coffee Club 9:30 Garden Therapy 9:30 Meditation 11:00 Women’s Group *11:00 Community Kitchen 11:00 Fitness Fun 1:00 Adopt A Block/TED Talks 1:00 Lawn/Carpet Bowling 2:30 GrabAJava Coffee Meet Up</p>	<p>10:00 CP Closed/Leave for Inter-Clubhouse BBQ. *11:00 Community Kitchen 11-2 BBQ at Mill Lake, Abbotsford (Baseball, Games, Walks, BBQ etc.)</p>
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<p>9:30 Coffee Club 9:30 Garden Therapy 11:00 Meditation 11:00 Computer Support 1:00 Baking Group 1:00 Your Recovery Journey 2:30 Gentle Yoga 2:00 Staff Meeting</p>			<p>Calendar Legend: <u>Underlined, Italicized & Bolded</u> -New/Restarting Program Bolded – New program day & time *Starred – Closed group/Sign up required</p>	<p>You can also view our calendar on our website: centennialplace.mission.ca</p>

What's NEW?

Groups, Programs and Activity Descriptions:

Love, Sex & Relationships-Whether you're looking for a relationship, someone to casually spend time with, or seeking the love of your life, this group will provide you with some helpful tips and strategies to navigate the dating and relationships field.

Un-Buried in Treasures Support Group – A judgement –free support group on de-cluttering and eliminating over-acquiring with people who know what it's like. Each week we will check-in with our individual progress, challenges, successes, and goals.

Anxiety Peer Support Group (At Mission Library) – Join us for discussions and written exercises designed to help manage the debilitating effects of anxiety. Facilitated by peer support worker and author of *Anxiety's Inner Voice*, Clo Nickel.

Goal Setters Anonymous – Do you feel strongly about a goal you have? Do you feel that you would benefit from sharing this goal in a small group setting? Join us once a month and enjoy the encouragement, accountability and support that can come from your peers.

Facilitator Training Workshop – Join us for a 4 week workshop highlighting what is involved in small group leadership. Learn how you can start your own group or program and what steps are necessary when preparing for implementing a successful program.

Summer Inspiration – Must sign up at CP Reception. Come in and work on your art or play some tunes with the gang in the evening.

Foundations of Wellbeing –The life-changing Foundations of Well-Being program uses videos, quizzes and creative exercises to hardwire more happiness, resilience, self-worth, love, and peace into your brain and into your life.

Womens Group – The Women's Group is a safe place to come and chat, drink tea and talk about important topics in our lives. The idea is to get women talking to, and supporting, one another.

Fitness Fun – Get your Liesure Centre Pass and come with us. We will demonstrate how to use the machines and other exercises.

Career Cruising – Don't know what you want to be doing for work? Well this is the group for you. Come and do the employment questionnaire and see where it points you to!

Hot Lunch – Signup Required! Join us for a hot and healthy meal together for lunch on Wednesdays. See the calendar for each weeks meal, and be sure to thank the cooks for all their hard work (Hot Lunch costs \$4, please bring cash)!

Coffee Club – Join us every morning for a relaxed start to the day. Come and buy a coffee and join in this discussion group.

Mindful Nature Walk-Come and join us for a easy-moderate walk in the forest, by lakes, rivers and waterfalls around the beautiful Mission area. Enjoy the healing benefits of nature with a focus on mindfulness and stress reduction.

Meditation & Qigong - Try out a mini-meditation (10 minutes long) and a moving meditation (Qigong) to boost your natural resiliency to stress and increase your energy at the same time.


Creative Arts Drop In- A casual drop-in art group, this group is open to anyone who wants to start on a new project, work on an old project or just spend some time colouring peacefully. No previous experience required, just a desire to explore your creativity.

Gentle Yoga Drop-in - A gentle and restorative yoga set to soft music and geared towards stretching and relaxation.

Grab a Java Coffee Meet Up- Join us weekly for coffee and discussion at our neighborhood coffee shop. Please bring money!

BIG Questions – Join us for a discussion group in which we discuss some of lifes big questions in a safe and supportive environment.

DAILY SCHEDULE

9:00 - 9:30	<i>Morning Check In – Social Time</i>	 <p>Have a question about anything you see here?</p> <p>Need to make an appointment with staff?</p> <p>Contact Reception at 604.820.6355</p>
9:30 - 10:30	Programs & Activities	
10:30 - 11:00	<i>Break – Social Time</i>	
11:00 - 12:00	Programs & Activities	
12:00 - 1:00	<i>Lunch – Social Time</i>	
1:00 - 3:30	Programs & Activities	
3:30 - 4:00	<i>Cleanup & Close Up – Social Time</i>	