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

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

July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Canada Day Clubhouse Closed	10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group – Assertiveness Workshop 12: 30 Picnic @ Wren Park *Bring your own lunch* 2:00 Sensory Room Building: Paint	9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Monte Cristo Sandwiches/Soup 1:00 Art: Meditative Drawing with Wendy 6:00 Twilight Concert	10:00 Yoga & Meditation 11:00 Depression Conversation 11:45 SIL Baseball Game w/Lunch \$3 1:00 Diamond Art 2pm Yard Clean up	9:30 Coffee Bar & Games 10:00 Gardening Group 11:00 Pancake Breakfast 1:00 Goldie's: Seniors Café: Music Moods 1:00 YA: Disc Golf 2:00 Clubhouse Clean
8	9	10	11	12
9:30 Coffee Bar & Games 9:45 Walk-Mission: Douglas Taylor Park 11:00 Community Kitchen: Souvlaki Chicken Skewers w/Pita 1:00 Wellness Workshop: Gabor Mate	10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group – Assertiveness Workshop 1: 00 Music Lovers	9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Greek Pasta w/ Chicken 1:00 Art: Table Center Pieces 2pm Yard Clean up	10:00 Yoga & Meditation 11:00 Depression Conversation 1:00 Diamond Art 2pm Yard Clean up	9:30 Coffee Bar & Games 11:00 Pancake Breakfast 12:00 Member's Meeting 1:00 YA & Goldie's: Silver Creek Café Outing Sat 2:00-5:00 *Join us on Saturday the 13th for the annual Fraser Valley Pride Fest! Meet @ CP 2pm.
15	16	17	18	19
9:30 Coffee Bar & Games 9:45 Walk-Mission: Steelhead Falls Trail 11:00 Community Kitchen: Veggie Foil Packet w/ Farmer Sausage 1:00 Staff Meeting	10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group – Assertiveness Workshop 12: 30 Picnic @ Griner Park *Bring your own lunch*	9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Pasta 1:00 Art: Sensory Art 2:00 Karaoke 6:00 Twilight Concert	10:00 Yoga & Meditation 11:00 Depression Conversation 1:00 Diamond Art 2:30-4:30 YA: Redeye Gaming Lounge 2:00 Therapy Dog Visit	9:30 Coffee and Set Up 12:00 50th Anniversary Community BBQ All are Welcome!
22	23	24	25	26
9:30 Coffee Bar & Games 9:45 Walk-Mission: Matsqui Trail 11:00 Community Kitchen: Grilled Veggies w/ Salad 1:00 Wellness Workshop	10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group – Assertiveness Workshop 1:00 Music Lovers	<i>Int. Self-Care Day</i> 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Thai Basil Beef Bowls 1:00 Art: Scratch Art 6:00 Music Bingo @ Springs	10:00 Yoga & Meditation 11:00 Depression Conversation 12:00-4:00 YA: White Rock 1:00 Diamond Art	9:30 Coffee Bar & Games 11:00 Pancake Breakfast 1:00 Goldie's: Seniors Café: Beating Loneliness 6:00 Summer Nights: Live Music Night at CP
29	30	31		
9:30 Coffee Bar & Games 9:45 Walk-Mission: Heritage Park 11:00 Community Kitchen: Chicken Tandoor Kebabs 1:00 Wellness Workshop: 2-4 Olympics Watch Party 4:00-6:00pm YA: D&D	10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group – Assertiveness Workshop 1: 00 Picnic @ Jack Poole *Bring your own lunch* 2-4 Olympics Watch Party 4:00 Movie @ Cineplex	9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: BBQ Chicken Drumsticks & Baked Potatoes 1:00 Art: Rock Painting 2-4 Olympics Watch Party	Calendar is available on our website: centennialplacemission.ca	Special Events are in BOLD <i>Virtual/Hybrid Event are Italics with (v/h)</i> *is a new group or time change

What's NEW?

Groups, Programs and Activity Descriptions:

***New*Walk Mission:** A walking group to enjoy Mission's many quiet easy to medium trails. Various places around Mission. Rain

***New*Summer Nights @ Centennial Place:** Come join us for a fun evening event at Centennial Place full of games such as pool, bocce ball, Uno, Jenga, badminton...and more!

***New* Picnics -** Bring your own lunch and enjoy good company in one of Mission's many parks

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

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

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 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 barand 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.

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 blueberry, chocolate chip or plain!!

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

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. Guided meditation to follow

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.

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