

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

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Clubhouse Closed Happy Labor Day	3 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group – Assertiveness Workshop 1: 00 Music Lovers 2:00 Walk-Mission: Cascade Falls	4 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Mexican Stuffed Peppers w/ Salsa & Chips 1:00 Art: Rock Painting	5 10:00 Yoga & Meditation 11:00 Depression Conversation 1:00 Diamond Art	6 9:30 Coffee Bar & Games 10:00 Gardening Group 11:00 Pancake Breakfast 1:00 Goldie’s: Rollkuchen and Watermelon 1:00 YA: Disc Golf 2:00 Clubhouse Clean
9 9:30 Coffee Bar & Games 11:00 Community Kitchen: Mulligatawny Soup w/Naan & Rice 1:00 Wellness Group: Gabor Maté	10 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group – Assertiveness Workshop 1: 00 Music Lovers 2:00 Walk-Mission: Neilson Regional Park	11 10-3pm Inter Clubhouse Picnic @ Peach Arch Park *Clubhouse Closed Outside of Event*	12 10:00 Yoga & Meditation 11:00 Depression Conversation 12:00 Kilby Historic Site Outing \$5 1:00 Diamond Art	13 9:30 Coffee Bar & Games 10:00 Gardening Group 11:00 Pancake Breakfast 1:00 YA: The Penny Café 1:00 Goldie’s: Seniors Café: Bingo 1:00 Info Session @ Mission Friendship Center
16 9:30 Coffee Bar & Games 11:00 Community Kitchen: Tomato Spinach Pasta w/Garlic Bread and Caesar Salad 1:00 Staff Meeting 4:45: Monday Night Football @ Mission Springs	17 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group 1: 00 Music Lovers 2:00 Walk-Mission: Hayward Lake 4:00-6:00pm YA: D&D	18 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Veggie Lasagna 1:00 Art: Sensory Smell Bottles 6:00 Music Bingo@Springs	19 10:00 Yoga & Meditation 11:00 Depression Conversation 1:00 Diamond Art 2:00 Therapy Dog Visit	20 9:30 Coffee Bar & Games 10:00 Gardening Group 11:00 Pancake Breakfast 12:00 Member’s Meeting 1:00 Goldie’s: Seniors Café: Music Moods 2:00 Clubhouse Clean 6:00 Summer Nights: Outdoor Movie
23 9:30 Coffee Bar & Games 11:00 Community Kitchen: Patty Melts and Fries 1:00 Wellness Group: Gabor Maté	24 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group 1:00 Music Lovers 2:00 Walk-Mission: Silverdale Wetlands 4:00 Movie @Cineplex	25 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Breakfast Bowls 1:00 Art: Soapstone Carving Class led by Care2Carve \$5	26 10:00 Yoga & Meditation 11:00 Depression Conversation 1:00 Diamond Art	27 9:30 Coffee Bar & Games 10:00 Gardening Group *10:00 Hearing Voices Group 11:00 Pancake Breakfast 1:00 YA & Goldie’s: Stave Falls Powerhouse
30 Clubhouse Closed for Truth & Reconciliation Day			Calendar is available on our website: www.centennialplace.mission.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 Day*Walk Mission:** A walking group to enjoy Mission's many quiet easy to medium trails. Various places around Mission. Rain or Shine

***New*Summer Nights @ Centennial Place:** Come join us for a fun evening event at Centennial Place watch a projection movie outdoors

Hearing Voices

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

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 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.

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.

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)</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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	and local family doctors.	
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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.