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

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

November 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Calendar is available on our website: www.centennialplacemission.ca</p>	<p><i>Programs subject to change without notice</i></p>	<p>Special Events are in BOLD <i>Virtual/Hybrid Event are Italics with (v/h)</i> *is a new group/time change</p>		<p>1 9:30 Coffee Bar & Games 11:00 Pancake Breakfast 1:00 YA: Pizza & Pool 1:00 Goldie's: Seniors Café: Music Moods 2:00 Clubhouse Clean</p>
<p>4 9:30 Coffee Bar & Games 11:00 Community Kitchen: Chorizo & Spinach Egg Bake 1:00 Wellness Group: Gabor Maté</p>	<p>5 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: Gratitude Journals 1:00 Music Lovers</p>	<p>6 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Potato Soup w/biscuits 1:00 Art: Poppy Craft</p>	<p>7 10:00 Meditation 11:00 Depression Conversation 1:00 Diamond Art 1:30 Make your own Pumpkin Pie</p>	<p>8 9:30 Coffee Bar & Games 10:00 Hearing Voices 11:00 Pancake Breakfast 12:00 Fundraising Meeting 1:00 Goldie's: Seniors Café: Remembrance Day 4:30-8:30 YA: Central City Fun Park</p>
<p>11 Remembrance Day "Lest We Forget" Clubhouse Closed</p>	<p>12 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: What Makes You Feel Good? 1:00 Music Lovers</p>	<p>13 9:30 Coffee Bar & Games 11:00 *Anxiety Group Cancelled* 12:00 Hot Lunch: Pasta and Meatballs 1:00 Art: Pebble Penguins</p>	<p>14 10:00 Meditation 11:00 Depression Conversation 1:00 Diamond Art Suncatchers</p>	<p>15 9:30 Coffee Bar & Games 11:00 Pancake Breakfast 12:00 Member's Meeting 1:00 Goldie's & YA Outing: Clayburn Candy Store 2:00 Clubhouse Clean</p>
<p>18 9:30 Coffee Bar & Games 11:00 Community Kitchen: Brownies 1:00 Staff Meeting</p>	<p>19 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: Celebrate Your Success 1:00 Music Lovers</p>	<p>20 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Ground Turkey and Cheese stir fry 1:00 Art: Beaded Bracelets 6:00 Music Bingo @ Springs</p>	<p>21 10:00 Meditation 11:00 Depression Conversation 1:00 Diamond Art- Mini 2:15-5:45 YA: Games Night at Cheam View</p>	<p>22 9:30 Coffee Bar & Games 10:00 Hearing Voices 11:00 Pancake Breakfast 1:00 Wellness Fair @MFC 1:00 Goldie's: Seniors Café: Bingo</p>
<p>25 9:30 Coffee Bar & Games 11:00 Community Kitchen: Butternut Squash Soup & Pasta Salad 1:00 Wellness Group</p>	<p>26 10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: Dealing With Criticism 1:00 Music Lovers 4:00 Movie @Cineplex</p>	<p>27 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Turkey Soup and bun 1:00 Art: Night Sky Painting 4:00-6:00pm YA: D&D</p>	<p>28 10:00 Meditation 11:00 Depression Conversation 12:30 Thrift Store Shopping 1:00 Diamond Art</p>	<p>29 9:30 Coffee Bar & Games 11:00 Pancake Breakfast 1:00 Goldie's: Seniors Café: What Is It For?</p>

What's NEW?

Groups, Programs and Activity Descriptions:

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.

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