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

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

October 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Calendar is available on our website: www.centennialplacemission.ca</p>	<p>1 10:00 Sharing Circle (h) 11:00 Self Esteem Group 1:00 Music Lovers</p>	<p>2 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Clubhouse Sandwiches with Fries & Gravy 1:00 Art: Clubhouse Pinata Project</p>	<p>3 10:00 Meditation 11:00 Depression Conversation 1:00 Diamond Art Stickers 1:30pm Make your own Tomato Sauce</p>	<p>4 9:30 Coffee Bar & Games 10:00 Hearing Voices 11:00 Pancake Breakfast 1:00 YA & Goldie's: Afterthoughts Desert Restaurant 2:00 Clubhouse Clean</p>
<p>7 9:30 Coffee Bar & Games 11:00 Community Kitchen: Tomato Soup w/Grilled Cheese 1:00 Wellness Group: Gabor Maté</p>	<p>8 10:00 Sharing Circle (h) 11:00 Self Esteem Group 1:00 Music Lovers</p>	<p>9 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Thanksgiving meal \$5 1:00 Art: Puzzle Pumpkins</p>	<p>10 World Mental Health Day 10:00 Meditation 11:00 Depression Conversation 12:00 Pizza Lunch 1:00 Coping Skills Exploration Workshop</p>	<p>11 9:30 Coffee Bar & Games 11:00 Pancake Breakfast 12:00 Fundraising Meeting 1:00 Goldie's: Seniors Café: Bingo 1:00 Five Sprouts Farm 1:00 YA: Pool & Snacks</p>
<p>14 Clubhouse Closed for Thanksgiving</p>	<p>15 10:00 Sharing Circle (h) 11:00 Self Esteem Group 1:00 Music Lovers</p>	<p>16 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Minestrone Soup and Grilled Ham & Cheese 1:00 Art: Witches Hat's</p>	<p>17 10:00 Meditation 11:00 Depression Conversation 1:00 Diamond Art Suncatchers 2:00 Therapy Dog Visit 6:30 Terror at Tanglebank! \$10</p>	<p>18 9:30 Coffee Bar & Games 10:00 Hearing Voices 11:00 Pancake Breakfast 12:00 Member's Meeting 1:00 Goldie's: Seniors Café: Music Moods 1:00 YA: Chilliwack Corn Maze 2:00 Clubhouse Clean</p>
<p>21 9:30 Coffee Bar & Games 11:00 Community Kitchen: Sweet and Sour Meatballs w/Rice 1:00 Staff Meeting 4:00-6:00pm YA: D&D</p>	<p>22 10:00 Sharing Circle (h) 11:00 Self Esteem Group 1:00 Music Lovers</p>	<p>23 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Chilli & a Bun 1:00 Art: Stuffed Balloon Pumpkins 6:00 Music Bingo @Springs</p>	<p>24 10:00 Meditation 11:00 Depression Conversation 1:00 Diamond Art- Minis</p>	<p>25 9:30 Coffee Bar & Games 11:00 Pancake Breakfast 1:00 Goldie's: Seniors Café: 4:00 -7:00 Halloween Party! \$5 Food and Costume Contest</p>
<p>28 9:30 Coffee Bar & Games 11:00 Community Kitchen: Pork Stir fry w/Rice 1:00 Wellness Group 4:45: Monday Night Football @ Mission Springs</p>	<p>29 10:00 Sharing Circle (h) 11:00 Self Esteem Group 1:00 Music Lovers 2:00 Garlic Planting 4:00 Movie @Cineplex</p>	<p>30 9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Chef's Salad 1:00 Art: Wood Painting</p>	<p>31 10:00 Meditation 11:00 Depression Conversation 12:00 Halloween Movies: Young Frankenstein & IT</p>	<p>Special Events are in BOLD <i>Virtual/Hybrid Event are Italics with (v/h)</i> *is a new group/time change</p>

What's NEW?

Groups, Programs and Activity Descriptions:

Hearing Voices This group explores ways to cope and provides support for anyone who hears voices or has visual images

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 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.

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 Mate and Brene 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

<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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