

**Phone:**  
604-820-6355  
604-866-5151 (cell)

**Fax:**  
604-820-1839

**Website:**  
[www.centennialplacemission.ca](http://www.centennialplacemission.ca)



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

**Address:**  
33032, 11<sup>th</sup> Ave.  
Mission, BC, V2V 2M3

# December 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
9:30 Coffee Bar & Games 11:00 Community Kitchen: Coconut Lime Chicken w/ Rice 1:00 Wellness Group: Gabor Maté	10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: Gratitude Journals <b>12:00 Lunch in Fort Langley \$10</b> 1:00 Music Lovers	9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Lemon Garlic Chicken w/ Potatoes 1:00 Art: Wood Ornament Making	10:00 Meditation 11:00 Depression Conversation <b>12:00 Clubhouse Decorating</b> 1:00 Diamond Art – Make your own Holiday Cards	9:30 Coffee Bar & Games 10:00 Hearing Voices 11:00 Pancake Breakfast 1:00 Goldie’s: Seniors Café: Bingo 1:00 YA: The Penny Café
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9:30 Coffee Bar & Games 11:00 Community Kitchen: Pork Chops in Cream of Mushroom Sauce w/ Rice 1:00 Wellness Group:	10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: Empowerment & Agency 1:00 Music Lovers <b>4:00 Holiday Lights Tour</b>	9:30 Coffee Bar & Games 11:00 Anxiety Group 12:00 Hot Lunch: Veggie Lasagna w/ a Garlic Bun 1:00 Art: Santa Stones & Paper Snowflakes	10:00 Meditation 11:00 Depression Conversation 1:00 Diamond Art SunCatchers <b>4:00 YA: Xmas Lights at Harrison w/Abby House, Cheamview, and EPI</b>	9:30 Coffee Bar & Games <b>10:00 Members Meeting</b> 11:00 Pancake Breakfast <b>12:30 Poetry Show @ New View Clubhouse</b> 1:00 Goldie’s: Seniors Café: Music Moods 2:00 Clubhouse Clean
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
9:30 Coffee Bar & Games 11:00 Community Kitchen: Homemade Pizza 1:00 Staff Meeting <b>5:00 Monday Night Football @ Mission Springs</b>	10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: Music, Mood & Emotion <b>12:30 Christmas Baking</b> 1:00 Music Lovers	9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Meatloaf & Mashed Potatoes 1:00 Art: DIY Wreaths <b>6:00 Music Bingo @ Springs</b>	10:00 Meditation 11:00 Depression Conversation 1:00 Diamond Art- Mini YA: Xmas Cinnamon Buns	9:30 Coffee Bar & Games <b>11:00 Christmas Party: Join us for Brunch &amp; Games with Live Music</b>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9:30 Coffee Bar & Games 11:00 Community Kitchen: Mac and Cheese 1:00 Wellness Group: Gabor Maté	10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: Setting Healthy Boundaries <b>1:00 Christmas Movie Matinee: The Grinch Stole Christmas</b>	<b>Christmas Day Clubhouse Closed</b>	<b>Boxing Day Clubhouse Closed</b>	9:30 Coffee Bar & Games 10:00 Hearing Voices <b>11:00 Waffle Breakfast</b> <b>1:00 YA &amp; Goldie’s: Seniors Café: Galaxy Bowl</b>
<b>30</b>	<b>31</b>	<b>Special Events are in BOLD Virtual/Hybrid Event are Italics with (v/h) *is a new group/time change</b>		<i>Programs subject to change without notice</i>
9:30 Coffee Bar & Games 11:00 Community Kitchen: Cheese & Asparagus Pastry w/ Homemade Fries 1:00 Wellness Group: Gabor Maté <b>4pm-6pm YA: Dungeons &amp; Dragons</b>	10:00 <i>Sharing Circle (h)</i> 11:00 Self Esteem Group: Positive Self Talk <b>12:00 – 3pm NYE PJ Party! Appetizers &amp; Bingo</b>			<b>Calendar is available on our website: <a href="http://www.centennialplacemission.ca">www.centennialplace mission.ca</a></b>

## 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

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