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

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

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Programs subject to change without notice</i></p> <p>Special Events are in BOLD</p> <p><i>Virtual/Hybrid Event are Italics with (v/h)</i></p> <p>*is a new group/time change</p>	<p>Calendar is available on our website: www.centennialplacemission.ca</p>	<p>1</p> <p>Happy New Year's Clubhouse closed</p>	<p>2</p> <p>10:00 Meditation 11:00 Depression Conversation 1:00 Diamond Art</p>	<p>3</p> <p>9:30 Coffee Bar & Games 11:00 Pancake Breakfast 1:00 Goldie's: Seniors Café: Bingo <i>2:30 Hearing Voices (h)</i></p>
<p>6</p> <p>9:30 Coffee Bar & Games 10:00 Halen the Therapy Dog Visit 11:00 Community Kitchen: Grilled Cheese and Potato Soup</p>	<p>7</p> <p><i>10:00 Sharing Circle (h)</i> 11:00 Self Esteem Group: Gratitude Journal 1:00 Music Lovers</p>	<p>8</p> <p>9:30 Coffee Bar & Games 11:00 Anxiety Group 12:00 Hot Lunch: Macaroni and Cheese 1:00 Art: New Year Vision Boards</p>	<p>9</p> <p>10:00 Meditation 11:00 Depression Conversation 1:00 Wellness Group: Gabor Mate 1:00 Diamond Art</p>	<p>10</p> <p>9:30 Coffee Bar & Games 11:00 Pancake Breakfast 1:00 YA: Cinnamon Buns 1:00 Goldie's: Seniors Café: Music Moods 2:00 Clubhouse Clean</p>
<p>13</p> <p>9:30 Coffee Bar & Games 11:00 Community Kitchen: Summer Squash Pasta 1:00 Staff Meeting 5:00 Monday Night Football: TBD</p>	<p>14</p> <p><i>10:00 Sharing Circle (h)</i> 11:00 Self Esteem Group: Managing Emotions 1:00 Music Lovers</p>	<p>15</p> <p>9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: Chef Salad 1:00 Art: Beading</p>	<p>16</p> <p>10:00 Meditation 11:00 Depression Conversation 1:00 Wellness Group: Gabor Mate 1:00 Diamond Art- Mini</p>	<p>17</p> <p>9:30 Coffee Bar & Games 10:00 Mission Leisure Centre Swim & Gym 1:00 Goldie's: Seniors Café: 1:00 YA: Seven Oaks Mall 2:00 Clubhouse Clean</p>
<p>Blue Week 20</p> <p>9:30 Coffee Bar & Games 10:00 Tropical Smoothies 11:00 Community Kitchen: Fish and Chips 1:00 Mastqui Rec Center Wave Pool Swimming</p>	<p>Bring Back Summer 21</p> <p><i>10:00 Sharing Circle (h)</i> 11:00 Self Esteem Group: Kindness Towards Oneself 1:00 Music Lovers: Summer Jams</p>	<p>Blue Week 22</p> <p>9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: BBQ & Potato Salad 1:00 Art: Summer Tie Dye 6:00 Music Bingo@Springs</p>	<p>Bring Back Summer 23</p> <p>10:00 Meditation 11:00 Depression Conversation 1:00 Wellness Group: Gabor Mate 1:00 Diamond Art- Mini 4:30-7pm YA: Games Night at Centennial with EPI, Abby House, Cheam View, and MY House</p>	<p>Blue Week 24</p> <p>9:30 Coffee Bar & Games 10:00 Hearing Voices 11:00 Pancake Breakfast 12:00 White Rock Pier Lunch Outing 1:00 Goldie's: Seniors Café: Summer Time Fun</p>
<p>27</p> <p>9:30 Coffee Bar & Games 11:00 Community Kitchen: Filipino Pancit 4-6pm YA: Dungeons & Dragons</p>	<p>28</p> <p><i>10:00 Sharing Circle (h)</i> 11:00 Self Esteem Group: Building Support Networks 1:00 Mission Hospice: Grief and Loss 2-4: Your Life & Recovery Journey 4:00 Movies</p>	<p>29</p> <p>9:30 Coffee Bar & Games 11:00 Anxiety Support 12:00 Hot Lunch: BLT Wraps 1:00 Art: Felt Mug Holders</p>	<p>30</p> <p>10:00 Meditation 11:00 Depression Conversation 1:00 Wellness Group: Gabor Mate 1:00 Diamond Art- Mini 2-4: Your Life & Recovery Journey</p>	<p>31</p> <p>9:30 Coffee Bar & Games 11:00 Pancake Breakfast 1:00 YA & Goldie's: Rocko's Diner 2:00 Clubhouse Clean Saturday Outing! Feb 1st Opening Night Theatre Play: Jurassic Panto 12pm</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

<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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