



November 2019

Creative Centre Society - Cheamview Clubhouse

8916 Mary Street Chilliwack, BC ~ 604-792-5287

Hours: Generally: Monday to Friday- 9AM – 4PM, Young Adults: Generally 4PM-8PM

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Are you 19-30 years of age? Join us at YOUNG ADULTS on Thursdays!</p>	<p><i>Free Coffee Everyday!</i></p>		<p>1</p> <p>9:30am– Coffee and Chat 10am– Coffee Outing 10:30am– Quilting 1pm– Cooking at the Village 1pm– Soundwaves with Chills 1pm– <u>Live</u>, Laugh, Learn -Baking @Cheamview</p>
4	5	6	7	8
<p>9:30am-2:30pm-Clubhouse Volunteer Day</p> <p>Come garden, clean, maintain and organize the Clubhouse</p> <p>FREE appreciation lunch for all who help!</p>	<p>9:30- Coffee and Chat 10am- Resume/Interview Skills 10:30– Teaching Kitchen 11:30am- Fishing/Fire at the River **Sign Up Required 5pm- Hearing Voices @ The Village</p>	<p>9am-4pm Orientation/Intake/QOL</p> <p>9:30am- Coffee and Cookies</p>	<p>9:30am– Breakfast Club 10am– Job Club 11am– 55+ 1pm– Member Meeting (Calendar Planning) 2:30pm– Drumming with Dean 4pm- Young Adults</p>	<p>9:30am– Coffee and Chat 10am– Coffee Outing 10:30am– Quilting 1pm– Cooking at the Village 1pm– Soundwaves with Chills 2pm– Live, <u>Laugh</u>, Learn - Podcast s 2pm- Connections @ IPU (Closed Group)</p>
11	12	13	14	15
<p>Closed for Remembrance Day</p>	<p>9:30- Coffee and Chat 9:30-Fishing 10am- Resume/Interview Skills 10:30– Teaching Kitchen 12pm– 4\$ Lunch 1pm– Bus Skills 1:30pm– Lets Talk</p>	<p>9am-4pm Orientation/Intake/QOL</p> <p>9:30am- Coffee and Cookies</p>	<p>9:30am– Breakfast Club 10am– Job Club 11am– 55+ 1pm– Member Meeting (Harm Reduction) 2:30pm– Drumming with Dean 4pm- Young Adults</p>	<p>9:30am– Coffee and Chat 10am– Coffee Outing 10:30am– Quilting 1pm– Soundwaves with Chills 2pm– Live, Laugh, <u>Learn</u>@Cheamview</p>
18	19	20	21	22
<p>9:30am– Coffee and Chat 9:30am– Heavy Metal therapy 10am– Computers 11am- Job Search 12pm– Art- Kindness Rocks 1pm– Baking 1pm– Mens Wellness</p>	<p>9:30- Coffee and Chat 9:30-Fishing 10am- Resume/Interview Skills 10:30– Teaching Kitchen 12pm– 4\$ Lunch 1pm– Bus Skills 1:30pm– Lets Talk</p>	<p>Clubhouse Closed 9am-1pm for Staff meeting</p> <p>1-4pm Orientation/Intake/QOL</p>	<p>9:30am– Breakfast Club 10am– Job Club 11am– 55+ 1pm– Member Meeting (Safety Meeting incl. Naloxone) 2:30pm– Drumming with Dean 3:15pm- Young Adults</p>	<p>9:30am– Coffee and Chat 10am– Coffee Outing 10:30am– Quilting 1pm– Cooking at the Village 1pm– Soundwaves with Chills 2pm– <u>Live</u>, Laugh, Learn -Walk at Vedder River Trail</p>
25	26	27	28	29
<p>9:30am– Coffee and Chat 9:30am– Heavy Metal therapy 10am– Computers 10am- Christmas Thrift Shopping ** Sign Up Req'd 11am- Job Search 1pm– Baking 12:30pm– Mental Health Support Group</p>	<p>9:30- Coffee and Chat 10am- Bus Trip to Abbotsford **Sign Up Required 10am- Resume/Interview Skills 10:30– Teaching Kitchen 12pm– 4\$ Lunch 1:30pm– Lets Talk</p>	<p>9am-4pm Orientation/Intake/QOL</p> <p>9:30am- Coffee and Cookies</p>	<p>9:30am– Breakfast Club 10am– Job Club 11am– 55+ 1:15pm– RAP about WRAP 2:30- Drumming with Dean 4pm- Young Adults</p>	<p>9:30am– Coffee and Chat 1pm– Soundwaves with Chills 2pm– Live, <u>Laugh</u>, Learn -TBA</p>

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Sign up is required for some programs and outings. Seating may be limited. Please check the sign up board.

Program Descriptions

Highlights and Outings

November 4th - Clubhouse Clean-Up:

Take part in the Annual Clubhouse Clean Up! There will be lots to do including yard work, cleaning and organizing. Free lunch afterwards for all those who help!

November 5th - Fishing/Fire at Vedder

River: We will be having a campfire at the river, Bring your own lunch. Jordan will also be teaching people to fish, just bring along your fishing liscence, Jordan has the rest! If you need support getting a liscence let us know before this day.

11:30am departure **Sign Up Required

November 25th - Christmas Thrift

Shopping: Come along as we tour some of our local thrift shops. Find some gifts for christmas, some new treasures or just come along for the ride! We will chat about budgeting, smart shopping tricks along the way. This outing may also be a great way to seek out new volunteer oppurtunities if that is an interest. 10am departure **Sign Up Required

November 26th – Bus Trip to

Abbotsford– **Cost \$5 per person or free if you have your own bus pass. Join us as we take a trip on the 66 to Abbotsford. Learn how to ride the bus and get around. This might open some possibilities like a new way to visit friends, get a new job or a way to explore outside of your community.

10am departure **Sign Up Required

EMPLOYMENT RELATED

Job Club: Thursdays @10am we will be making weekly visits to Work BC

Job Search: Support with job searching Monday mornings @11am

Resume/Interview Skills: Tuesday mornings @10am come for resume support and practice with interview skills

New Member Orientation: Remember, being new is often scary but we have time for those moments. Every Wednesday we will have time to spend with new members. Our friendly staff will answer your questions and introduce you to the clubhouse community.

Heavy Metal Therapy: Mondays at 9:30am. Come and see the therapeutic benefit of music that reflects your mood.

Teaching Kitchen : Join us in the kitchen and learn how to cook. Lunch is free for those who participate in the cooking and cleaning. Every Tuesday at 10:30am.

Baking : Learn how to bake. This Group will run at the Village on Mondays from 1-3pm

Bus Skills : Join Jordan and learn how to ride the bus! Tuesdays at 1pm.

Live Laugh Learn : This is a closed group with many fun activities, learning sessions and conversation. Talk to Suzanne if you are interested in joining, the group generally meets Fridays at 2pm.

Mens Wellness: Meet at the Clubhouse on Monday the 18th at 1pm have coffee and a space to talk about guy stuff.

Breakfast Club: Thursday mornings at 9:30am start your day off right with a low impact workout, followed by a delicious and nutritious breakfast.

55+ Group

Every Thursday at 11am, come meet with peers, access your community and connect!

LETS TALK : come in for a conversation about topics that are important to you. Tuesday afternoons!

Support Groups!

Mental Health Support Group

(Support for all)

November 25th @12:30

Hearing Voices

(Visual & Auditory Hallucination Support)

November 5th @ 5pm

****Hearing Voices will be at The Village, 8937 School Street****

Rap about WRAP

(Support group for individuals with a WRAP as well as information for those interested)

November 28th@ 1:15pm-3:15pm

Whats for Lunch?

\$4 Lunch on Tuesdays

Sign up required prior to 10:30

Breakfast Club on Thursdays

Free Healthy Breakfast and a light morning stretch

Free Coffee Everyday!

****Limit 2 cups per day**



All programs subject to change

Program changes and cancellations will be posted to our facebook page. Add us @ **Cheamview Club House**