

January 2018

Creative Centre Society - Cheamview

8916 Mary Street Chillack ~ 604-792-5287

Hours: Monday to Friday- 9AM – 4PM

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
New Years Day Clubhouse Closed	9 am Coffee and Talk 11 am 31+ Group 12 pm Just One Thing	All Day New Member Orientation (All) All Day Quality of Life Appointments (All)	10 am Job Club 1230 pm Memory Mindfulness 4 pm Young Adults	9 am Fitness Team 10 am Pottery 12 pm Lunch - Veg Omlette 1 pm Social & Member Meeting 230 pm - LLL - Laugh
8	9	10	11	12
9 am Fitness Team 10 am Learn to Cook am Screwmind 2 pm Life Skills	9 am Coffee and Talk 1 pm 31 Group 220 pm Laugh or Die Comedy	9 am Fitness Team am Screwmind 12 pm Lunch - Stew 1 pm Art Group 230 Painting with Richard	10 am Job Club 1230 pm Memory Mindfulness 3 pm Young Adults	9 am Fitness Team 10 am Pottery 12 pm Lunch - BLT w/salad 1 pm Social & Member Meeting 230 pm - LLL - Learn @ MH
15	16	17	18	19
9 am Fitness Team 10 am Learn to Cook am Screwmind 130 pm Bi-Polar Support Group with Kim and Cathy	9 am Coffee and Talk 11 am 31+ Group 12 pm Just One Thing 2 pm Love Sex And Relationships	Staff Meeting til 12 pm pm Art Group	10 am Job Club 1230 pm Memory Mindfulness 1 pm Young Adults	9am Fitness Team am Pottery 12pm lunch Chilli 1pm Social and Guest Speaker Redina - PWD Entitlements 230 pm - LLL - Live
22	23	24	25	26
9 am Fitness Team 10 am Learn to Cook am Screwmind 2 pm Life Skills	9 am Coffee and Talk 1 pm 31 Group 220 pm Laugh or Die Comedy	9 am Fitness Team 10 am Outing to Harrison-sign up 11 am Screwmind 12 pm Lunch - Spaghetti 1 pm Art Group 230 pm Painting with Richard	10 am Job Club 1230 pm Memory Mindfulness 1 pm Young Adults	9 am Fitness Team 10 am Reiki 10 am Pottery 12 pm Lunch - Strify 1 pm- Social & Member Meeting 230 pm - LLL - Laugh
29	30	31		
9 am Fitness Team 10 am Learn to Cook am Screwmind 130 pm Bi-Polar Support Group with Kim and Cathy	9 am Coffee and Talk 11 am 31+ Group 1 2 pm Just One Thing 1 pm Tell Us Another Story 2 pm Love Sex And Relationships	10 am Chilliwack Lake Bonfire 11 am Screwmind 12 pm Lunch - Soup and Salad Art Group 230 pm Painting with Richard	Young Adults meet on Thursdays @ 4pm!! Check out the YA Calendar for details and upcoming events!	Calendar is subject to change PSR One to One appointments are available, ask staff for details!

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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

January 24th - Outing to Harrison Hot Springs.

Come and tour Harrison and enjoy a picnic lunch.

Van leaving at 10 am

Sign up is required.

January 31 - Outing to Lake Bonfire at Chilliwack lake.

Come and hike through the wilderness and enjoy a fire by Chilliwack lake. Rain, Snow or shine this is gonna happen.

Van leaving at 10 am.

Sign up is required.

January 19 - Adventure Club

What is the adventure this month? Well, that is part of the adventure. This month is Mystery Adventure. Have you ever heard of those parties where you dont know where the party is until the very last minute?

Well... sign up is required for this mystery experience.

Van leaving at 10 am.

Sign up is required.

Learn to Cook

Come and learn to read a recipe and cook a healthy meal, budget friendly and create a gourmet dish. No cost involved just sign up and enjoy eating.

Memory Mindfulness

Do you find that your memory is clouded and you are forgetting things? Come and learn strategies to keep your mind healthy and learn how to be mindful of your surroundings to benefit your life.

Painting with Richard

Want to learn how to paint?

Come and join Richard Wednesday afternoons at 2:30 and learn from an artist and find your creative side.

31 PLUS GROUP

Are you over 31? Please come and join our group on Tuesdays for games, outings, and a place to feel comfortable.

Love, Sex and Relationships

We are once more bringing back our candid closed group about all things love, sex and relationship related. We have directed discussion as well as open discussion. We are strictly fact based. Any respectful question will be addressed. Sign up is required.

Mark your Calendars!

LUNCHES ARE WEDNESDAYS AND FRIDAYS!!!!

JOB CLUB!!! WANT TO GET A JOB?

JOIN US ON THURSDAYS AT 10 Am

Let us support you in this journey.

SOCIAL EVERY FRIDAY AT 1PM NO COST FOR GOODIES WE JUST REQUEST YOUR PRESENCE!!

Lunch sign up is in person or by phone before 10:30 am on Wednesdays and Fridays.

Cost 3:50\$