

What's going on in November 2017

# CHEAMVIEW Clubhouse @ (604) 792 5287

Monday	Tuesday	1 Wednesday	2 Thursday	3 Friday
		Quality of Life appointments, and Recovery Plan day. No other programs today. Call to set up a one-to-one appointment.	1030am - Creative Catering 10am - Job Club 4pm - Young Adults - Planning Dinner - Abbotsford	10am - Pottery 12pm - Lunch - Taco Salad 1pm - Social/ Member Meeting 2pm - Live, Laugh, Learn - Cooking
6 9am - Fitness Team 11am - Screwmind Band Practice 2pm - Life Skills	7 9am - Coffee and Talk 12pm - Just One Thing 1pm - 31+ Group 130pm - AlternativoYA	8 9am - Fitness Team 10am - New Member Orientation 11am - Screwmind Band Practice 11am - Art Group 12pm - Lunch - Grill Cheese and Soup 230pm - Wing Chun	9 830 - Catering 10am - Job Club 230pm - Rent It Right 4pm - Young Adults - Guest Speaker/Connections	10 9am - Urban Hike w/ Ray - Hope 10am - Pottery 12pm - Lunch - Spaghetti w/ meat sauce. 1pm - Social/ Member Meeting
13 Clubhouse closed due to Statutory Holiday. Remembrance Day	14 9am - Coffee and Talk 12pm - Just One Thing 11am - 31+ Group 130pm - Laugh or Die Comedy	15 Staff Meeting @ Cheamview. 9am-12pm No programing until 1230pm 1pm - Art Group 2pm - Cooking w/ Shelley 230pm - Wing Chun	16 10am - Customized. Employment 10am - Job Club 10am - Adventure Club - Whistler 1030am - Creative Catering 10am - Young Adults - Giving Back - Cheamview	17 10am - Pottery 10am - Adventure Club - Whistler 12pm Lunch - Smokies BBQ and salad. 1pm - Social/ Member Meeting 2pm - Live, Laugh, Learn - Home Maintance
20 9am - Fitness Team 10am - Customer Service and Coffee Bar Training 11am - Screwmind Band Practice 2pm - Life Skills	21 12pm - Just One Thing 1pm - 31+ Group 130pm - AlternativoYA  Photo Submissions Due	22 Clubhouse Closed for Staff Training/Seminars	23 830 - Catering 10am - Customized. Employment 10am - Job Club 10am - Cooking w/ Shelley 230pm - Rent It Right 4pm - Young Adults - Bowling/Pool	24 830 - Catering 9am - Fitness Team 10am - Pottery 12pm - Lunch - Three cheese mushroom omelette w spinach. 1pm - Social/ Member Meeting 2pm - Live, Laugh, Learn - Art/Movie
27 9am - Fitness Team 10am - Customer Service and Coffee Bar Training 11am - Screwmind Band Practice 2pm - Life Skills	28 830 - Catering 9am - Reiki Day with Ray 11am - 31+ Group 12pm - Just One Thing 130pm - Laugh or Die Comedy	29 10am - New Member Orientation 11am - Screwmind Band Practice 1pm - Art Group 12pm - Lunch - Spaghetti 230pm - Wing Chun	30 830 - Catering 10am - Customized. Employment 10am - Job Club 10am - Cooking w/ Shelley 4pm - Young Adults - CottonWood	Calendar Subject to Change

Month of November brought to you by the emotion of "Relief" and the idea of "Duty."

November Challenge - Be grateful everyday. See Ray for details.

Novemeber Photo Challenge - Generosity.

Lunch served on Wednesdays and Fridays for \$3.50. Sign up required by 10:30am on day of. Call 604 792 5287

# Novemeber 2017

Creative Centre Society - Cheamview Clubhouse  
Cheamview Clubhouse 8916 School St, Chilliwack  
604.792.5287

Hours: Monday to Friday - 9am - 4pm (Except for Young Adults Program. See YA calendar for details.)

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

## Highlights and Outings

### **Adventure Club -**

Give Rob a call to let him know what ~~freaks you out~~ you would be willing to try. This month is Whistler OverNight. Please come prepared.

### **Cooking Skills -**

Want to learn a specific dish? Shelley will help you. Let her know what you are interested in learning to cook and she will supply the technical knowledge and the supplies. This is a serious win-win. So, learn to cook something amazing.

### **AlternativoYA -**

Sometimes is nice to just casually be with people. It's nice to be in a social setting that is low key, pleasant and lacking those factors that help create a sense of unease. We are starting just such a space. Join us for calm relaxing social fun. Board games, books, and the occational randome cafe.

### **Customer Service and Coffee Bar Training**

What to learn the basics of cashier operations? Care to learn how to manage a small coffee bar and practice customer services skills? Well, then this is for you. Facilitated by Bob and Shelley.

## Program Descriptions

**Rent-it-Right** - Tired of finding landlords that take advantage of you? Tired of findign that roommate who steals your peanut butter? Or ... being that roommate who wonders why they keep getting asked to leave? Tired or always having to argue with your landlord for when rent is due or things that should be simple? Join us for a few weeks and learn what to look for, how to advocate and who to be that perfect roommate.

**Gentlemen's Club** - Join us at the Yellow Deli for a men's only group focused on learning skills and discussing issues that concern a Gentleman.

**Just One Thing** - Success is not magical. We have success everyday, but a key part of success is staying focused. This support group is designed to help us do just that. Through positive reenforcement, suggestion and accountability, we will work together to succeed at just one thing. Join us and see what you can achieve. Talk to Ray or Rob for details.

**Wing Chun Kung Fu** - Come and learn basic self-defense and self-confidence. Learning about your capcity to respectfully and responsibly defend yourself can be more then merely a physical skill.

**Life Skills** - We are happy to announce that we are bringing back our Life Skills seminars. Join us to learn how to better resolve conflict, learn about your rights, or perhaps practice interview and communication skills. Every topic is possible in these facilitated discussion and education seminars. Tells us what you fancy.

## Important Information

**Keeping-it-Real** is now the thing here at Cheamview. We have several programs that focus on the idea of keeping it real. So many times drama just happens and it's a nice to know that there is someplace where things still get a reality check. So... Keep it real.

**Cleaning up** is now the thing here at Cheamview. It should be. We've been trying our best to keep the clubhouse clear, but it really does require your work as well. So, we're reminding everyone .... Clean up. It's nice to come to a place that is clean and safe.

**Statutory Holiday.** Monday the 13th we will be closed. Please take a moment on the 11th to remember those that have come before.

**Calendar subject to change.**