

What's going on in September 2017

CHEAMVIEW Clubhouse @ (604) 792 5287

Monday	Tuesday	Wednesday	Thursday	Friday
Calendar Subject to Change				1 930am - Fitness Team 1pm - Social/ Member Meeting Lunch - Taco Salad
4 Clubhouse closed because of Statutory Holiday	5 9am - Coffee and Talk 11am - 31+ Group 2pm - Computer Skills	6 Quality of Life appointments, and Recovery Plan day. No other programs today. Call to set up a one-to-one appointment.	7 10am - Customized. Employment 10am - Job Club 10am - Cooking w/ Shelley 4pm - Young Adults - Planning Dinner	8 930am - Fitness Team 12pm - Lunch - Sapaghetti w/ meat sauce. 1pm - Social/ Member Meeting
11 930am - Gardening 10am - Wing Chun 10am - Customer Service and Coffee Bar Training 11am - Screwmind Band Practice 1230 - WRAP	12 9am - Coffee and Talk 1pm - 31+ Group 130pm - Tell Us Another Story 2pm - Computer Skills	13 930am - Fitness Team 10am - New Member Orientation 11am - Screwmind Band Practice 1230 - WRAP 1pm - Art Group 230 - Gentlemen's Club Lunch - Grill Chese and Soup	14 10am - Customized. Employment 10am - Job Club 10am - Cooking w/ Shelley 4pm - Young Adults - Giving Back @ Horse Stables	15 9-10am - LKAN Meeting - Rob 930am - Fitness Team 1015am - Adventure Group w/ Rob - Hike - Coquihalla 12pm Lunch - Smokies BBQ and salad. 1pm - Social/ Member Meeting
18 930am - Fitness Team 10am - Wing Chun 10am - Customer Service and Coffee Bar Training 11am - Screwmind Band Practice 1230 - WRAP	19 9am - Coffee and Talk 9am - Reiki Day with Ray 11am - 31+ Group 2pm - Computer Skills Photo Submissions Due	20 Staff Meeting @ Cheamview. 930-12pm No formal programs until the afternoon. 1230 - WRAP 1pm - Art Group	21 10am - Customized. Employment 10am - Job Club 10am - Cooking w/ Shelley 400pm - Young Adults - Making a Connection	22 930am - Gardening 12pm - Lunch - Three cheese mushroom omelette w spinach. 1pm - Social/ Member Meeting 1pm - Movie Maddness
25 930am - Fitness Team 10am - Wing Chun 10am - Customer Service and Coffee Bar Training 11am - Screwmind Band Practice 1230 - WRAP	26 9am - Urban Hike w/ Ray - Hope 1pm - 31+ Group 2pm - Laugh or Die Comedy	27 930am - Gardening 10am - New Member Orientation 11am - Screwmind Band Practice 1230 - WRAP 1pm - Art Group Lunch - Spaghetti	28 10am - Customized. Employment 10am - Job Club 10am - Cooking w/ Shelley 10am - Young Adults - Fort Langely	29 10am - 3pm - InterClubhouse BBQ! Sign Up Required! Clubhouse closed during event!

Month of September brought to you by the emotion of "Saddness" and the idea of "Relief."

September Challenge - Get up everyday and smile. See Ray for details.

September Photo Challenge - Smile.

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

September 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 the Coquihalla. Please come prepared with water and proper clothing.

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.

Gardening -

Learn to grow your own food. Urban gardening allows you to have fresh food anywhere you want. Join us in our clubhouse garden and enjoy sun and dirty fun. In the end we'll also enjoy the vegetables of our labour. Talk to Ray for the details.

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

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.

Fitness Team - We are a group of people who want to be more fit. Each month we set a fitness goal that best suits us as individuals and strive to complete it. Simple goals work best. Join us and reap the rewards of your effort.

WRAP - Starting Monday the 11th, we will have WRAP Mondays and Wednesday at 12:30pm. This program will help anyone learn about themselves, develop skills and a deeper understanding of their recovery process and what they can do to remain healthy, well and happy. Join us for 6 sessions. Be well. Be entertained and be empowered.

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

Important Information

Clubhouse Blog

Visit us at:

<http://www.cheamview.wordpress.com>

This blog is open to all members to contribute and is focused on what we do here at the club house.

Self-Discipline is now the thing here at Cheamview. We have several programs that focus on the development of self-discipline. Like any skill self-discipline needs to be developed and practiced, so consider this an open invitation to join in. We have a fitness team, a kung fu club, and crocheting. All skills that require commitment and self-discipline.

Reiki - On Tuesday the 19th Ray will offer 30min Reiki treatments. He has three time slots for those interested in enjoying a relaxing healing practice that reduces anxiety, pain and stress. Sign up and talk with Ray for details.

Calendar subject to change.