

What's going on in July 2017

CHEAMVIEW Clubhouse @ (604) 792 5287

3 Monday Clubhouse closed because of Statutory Holiday - Canada Day	4 Tuesday 9am - Coffee and Talk 10am - Crocheting w/ Dustin 1pm - 31+ Group 2pm - Computer Skills	5 Wednesday Quality of Life appointments, and Recovery Plan day. No other programs today. Call to set up a one-to-one appointment. 10am - Janitorial	6 Thursday All Day - Customized Employment All Day - Job Club 10am - Cooking Skills 230pm - Wing Chun Kung Fu 4pm - Young Adults	7 Friday 930am - Fitness Team 10am - Gardening/Yardworks 10am - Janitorial 1pm - Social/Meeting Lunch - Club Sandwich with Salad
10 930am - Fitness Team 10:00am - Gardening 11am - Screwminds Band Practice 12pm - Strategy War Gaming 1pm - Art! 230pm - Intro to Psychology	11 9am - Coffee and Talk 10am - Crocheting w/ Dustin 11am - 31+ Group 2pm - Computer Skills 2pm - Laugh or Die Comedy	12 10am - New Member Orientation 1pm - Learn to Bake Lunch -Salad and grilled cheese	13 All Day - Customized Employment All Day - Job Club 10am - Cooking Skills 230pm - Wing Chun Kung Fu 4pm - Young Adults	14 9am - Adventure Club w Rob 11am - Live, Laugh, Learning Outing 1pm - Social/Meeting Lunch - BBQ- Hamburgers
17 930am - Fitness Team 10:00am - Gardening 11am - Screwminds Band Practice 12pm - Strategy War Gaming 1pm - Art! 230pm - Intro to Psychology	18 9am - Coffee and Talk 10am - Crocheting w/ Dustin 12pm - Recreational Wilderness Hike 1pm - 31+ Group	19 10am - New Member Orientation 10:00am - Yardworks 11am - Screwminds Band Practice 1pm - Learn to Bake Lunch - Eggs, toast hashbrowns	20 All Day - Customized Employment All Day - Job Club 10am - Cooking Skills 230pm - Wing Chun Kung Fu 4pm - Young Adults	21 930am - Fitness Team 10am - Shelley Outing - White Rock 10am - Yardworks 1pm - Social/Meeting Lunch - BBQ - Hot dogs
24 9am - Reiki Clinic Day 930am - Fitness Team 11am - Screwminds Band Practice 12pm - Strategy War Gaming 1pm - Art! 230pm - Intro to Psychology	25 9am - Coffee and Talk 10am - Crocheting w/ Dustin 10pm - Movie Maddness 11am - 31+ Group 2pm - Laugh or Die Comedy Photo Submissions Due	26 Staff Meeting in Cheamview. 1230 - Rap about WRAP w/ C. Hardy Lunch- Chicken and rice 1pm - Screwminds Band Practice 1pm - Learn to Bake 230pm - Gentlemen's Group @ YD	27 All Day - Customized Employment All Day - Job Club 10am - Cooking Skills 10am - Young Adults - Water Slide	28 930am - InterClubhouse BBQ! Sign Up Required!
31 930am - Fitness Team 10:00am - Ray Outing - Lindeman Hike 11am - Screwminds Band Practice 1pm - Art!				Calendar subject to change.

Month of July brought to you by the emotion of "Happiness" and the idea of "Choice."

July Challenge - Indulge temptation. See Ray for details.

July Photo Challenge - Ecstasy .

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

July 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

Interclubhouse BBQ! - Are you ready for round two? This month we continue with our second interclubhouse summer series of BBQs, so come and join us for fun, food and hilarity. Last Friday! Contact Ray for further details and save the date. July 28th!

Wilderness Hike - The hike will be Elk Mountain. It is a challengeing hike, but very rewarding. Please remember appropriate footwear. **Sign up is required. Spaces are limited.**

Adventure Club - Give Rob a call to let him know what ~~freaks~~ ~~you out~~ you would be willing to try.

Shelley's Outing - This time she's going to White Rock! Enjoy the beach! Enjoy the water! Eat hot dogs and sea food! Bring money meals are not provided. Sign-up is required.

Harrison Arts Festival - Each year at this time Harrison HotSpring has an amazing arts festival. At night they have fantastic music concerts. During the day workshops and an artisans market on the beach. Even if all you do is spend time in the lake, the trip well worth your time. Sign-up is required.

Program Descriptions

Art! - Rob and Ray will provide clear strategies to get those art things done. Start with small projects and then take you victories to the next level.

Learn to Bake - Do you like to eat food? Do you like to eat cheap and healthy food? Do you hate paying outrageous prices for food? Then you should learn to bake with Shelley! Fight the mid week hump with tasty goodness.

Movie Madness - Come and enjoy a movie featuring a mental illness and a 'hottie,' and then enjoy a post movie discussion. What was the mental illness portrayed in the movie? Who was the 'hottie?' Many other questions will be discussed in a friendly, casual and fun atmosphere.

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.

Yardworks - Earn a little extra cash as a **yardworks contractor**. Talk to Ray for the details.

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 Monday 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.