

Cheamview Clubhouse

November 2025 Program Calendar

Clubhouse Hours

Monday to Friday
8:30am - 4:30pm

Closed 12 -12:30pm

Closed November 6th
+ 11th

**8916 Mary Street
Chilliwack, BC
V2P4J4**

www.creativecentresociety.org

How to connect with us virtually

Call: 604-792-5287

Text: 604-302-3759

Facebook: www.facebook.com/cheamview

Email: Dave - daveherie.ccs@gmail.com

Shelley - shelleyduncan.ccs@gmail.com

Jordan - jordanb.ccs@gmail.com

Funding provided by:



Creative Centre Society For Mental Wellness



fraserhealth



Cheamview Program Schedule November 2025

Mondays

10am - Your Life and Recovery Journey (Closed Group)
1pm -Chair Yoga and Light Lunch at the Clubhouse (Sign up by 4pm Friday)
2:00pm - Activities at Cedar Ridge (Closed Group)

Tuesdays (Except Nov. 11th)

11am - Baking at the Clubhouse (Sign-up by 12pm Monday)
1pm - Live Laugh Learn (Closed Group)
2pm - Music therapy at the IPU (Closed Group)

Wednesdays

10am - Chair Yoga and Breakfast at the Clubhouse (Sign up by 2pm Tuesday)
2:30pm - Pool at Chillibowl Lanes (Sign up by 2pm Tuesday)

Thursdays (No programs Nov 6th)

10:30 am - Goal Setting (Sign-Up by 2pm Tuesday, no program nov 6)
Various Times - Young Adults (Schedule on Page 3)

Fridays

10am- Morning Board Games and Coffee (Sign up by 2pm Thursday)
1pm - Teaching Kitchen at the Clubhouse (Sign up by 3pm Thursday)
2pm -Karaoke at the Clubhouse. (Sign up by 2pm Thursday)

Events and Outings

Please sign up in advance as space is limited.

Nov 13th - 1pm - Exploring Your 5 Senses - Fire and smores at **Mcdonald Park** - Join us at Mcdonald park as we learn about mindfulness and how engaging your senses can help keep you grounded in the present. **We will be leaving the clubhouse at 1pm and returning by 3pm. Please sign up by Nov 5th at 2pm.**

Nov 27th - 1pm - Exploring Your 5 Senses - **Cook a meal at cheamview** - Join us at Cheamview as we explore our 5 senses and cook a meal together. **Sign up by Nov 19th at 2pm.**

Young Adults Program

Groups activities happen at Cheamview, in the community or virtually on Thursdays.
Please sign up by 4pm the preceding Wednesday.

This program is specifically for members 19 - 30 years of age.

If you have any questions please call 604-792-7803, text 604-792-7803 or email
Daveherie.ccs@gamil.com

All Cheamview staff member are also available for one-on-one support by appointment.

November 6th

No Program this week.

November 13th

1pm-2:30pm

Ya with EPI

Snacks and SAD

We will be having a discussion about Seasonal Affective Disorder (SAD) and strategies to deal with it and there will be snacks. Please sign up in advance.

November 20th

12:45pm-2:30pm

Join us for a walk at the Vedder river. We will be leaving clubhouse at 12:45pm.
Back by 2:30pm. Dress for the weather. Please sign up in advance.

November 27th

1:30pm-3:30pm

Board Games and Pizza

Join us for a game and some pizza. Please sign up in advance so we can choose a game that will work best for the people who will be there.

Remember to Sign up!

Phone, text, or message

us on Facebook ahead of

time so we know to

expect you!



Lest We Forget.

Cheamview Social/Recreational

Baking at the Clubhouse - Tuesdays 11am This group is for anyone, whether you are a complete newbie or a master baker. Please sign up by 12pm Monday.

Live Laugh Learn - Tuesdays 1pm Social, recreational, and educational gatherings weekly with different topics and activities. There is a waitlist and space is limited. Call Dave for more information.

Young Adults Thursdays all day One-on-one support available by appointment all day. Contact Dave. There is a different event each week. Please look at the Young Adults calendar on page 3

Shooting Pool at Chillibowl Lanes - Wednesdays 2:30pm Join Dave and some other members for an hour of pool. Please sign up by 2pm Tuesday and let us know if you need a ride or if you will be meeting Dave at Chillibowl.

Karaoke at the Clubhouse - Friday at 2pm - Come sing with us and some MHSU staff at the clubhouse. We have all the supplies. Show us what you've got in a supportive space. Please sign up by 2pm Thursday.

Cheamview Mental Health / Life Skills

Your Life and Recovery Journey - Mondays at 10am - If you have been waiting for us to offer YLaRJ in person again this is your chance. We are partnering with the Chilliwack Mental Health Office to offer this round of the group. The group will be starting on November 3rd and happen on Mondays until December 1st. There is limited space available. Please sign up by October 31st.

Chair Yoga and a Light Lunch - Mondays at 1pm-

Chair Yoga and a Healthy Breakfast - Wednesday at 10am - Chair yoga is a great way to work on your flexibility. So, if you feel like you have been stiff and inflexible lately, or just want to get out and move your body safely, try some chair yoga. Also, there will be breakfast for people who participate. Please sign up in advance.

Goal Setting, Online - Thursday at 10:30am - In this group we will discuss how to set goals using the SMART goal model. The group will discuss our goals, barriers to achieving them, developing new to make our goals more achievable and much more.. Please sign up by 2pm Tuesday so we can send you the invite.

Exploring Your 5 Senses in person - November 16th and 27th - 1pm - This program will teach people how to use their 5 senses as a mindfulness practice. This is a good technique to remain grounded in the present and can be used to cope with feelings of anxiety. Please review the second page of the calendar for specifics on what will be happening. Please remember to sign up by 2pm on the preceding Wednesday.

Teaching Kitchen Fridays at 1pm Limited space is available for in-person participation. Please sign up by 3pm Thursday if you wish to participate.

Cheamview Pre-Employment

TVP Program - Are you already volunteering, or interested in getting started? The TVP program can help offset the costs and get you a little money for your time. Contact Dave for more details.

General Employment Support - Every day during regular business hours. Clubhouse staff can help with: Resumes, Cover Letters, Online Job Applications, Job Search, Interviews, and help you feel more employment ready in general. Even if you are just thinking about work, we would gladly help you. Call staff to set up a 1-on-1 appointment.

Cheamview Resources

Naloxone: Please connect with us if you are interested in Naloxone training or are in need of a Naloxone kit.

Supplies available at the Clubhouse: Naloxone Kits, Feminine Hygiene (including pads, tampons, liners), Hand soap

One-on-One Computer Support or Usage: Please contact the Clubhouse to schedule one-on-one computer support or to use one of our computers for job/housing search or personal connections/interest.

Pre employment services: Staff are available for 1-on-1 pre employment support every day during regular hours. Connect with staff to schedule a time to: build a resume, create an indeed account, learn about other employment resources, or support with applying for school.