

# Cheamview Clubhouse

8916 Mary Street  
Chilliwack, BC V2P4J4  
[www.creativecentresociety.org](http://www.creativecentresociety.org)

## April 2026 Program Calendar

### Clubhouse Hours

Monday to Friday  
Closed April 3, 6, 10  
8:30am - 4:30pm  
Closed 12 -12:30pm

### How to connect with us virtually

**Call:** 604-792-5287

**Text:** 604-302-3759

**Facebook:** [www.facebook.com/cheamview](http://www.facebook.com/cheamview)

**Email:** Dave - [daveherie.ccs@gmail.com](mailto:daveherie.ccs@gmail.com)

Shelley - [shelleyduncan.ccs@gmail.com](mailto:shelleyduncan.ccs@gmail.com)

Jordan - [jordanb.ccs@gmail.com](mailto:jordanb.ccs@gmail.com)

Funding provided by:



Creative Centre Society For Mental Wellness



# Cheamview Program Schedule April 2026

## Mondays (Closed Apr. 6th)

10am - Chair Yoga and Breakfast at the Clubhouse (Sign up by 4pm Friday)  
12:45pm - Afternoon trip to the Fraser River (Sign up by 4pm Friday)  
1:45pm - Activities at Cedar Ridge (Closed Group)

## Tuesdays

11am - Baking at the Clubhouse (Sign up by 12pm Monday)  
1pm - Live Laugh Learn (Closed Group)  
2:30pm - Music therapy at the IPU (Closed Group)

## Wednesdays

1pm - Smart Renter (Closed Group Starts Apr. 8th, sign by Apr 6th at 4pm )  
2:30pm - Minecraft (Online, Sign up by Tuesday at 4pm)

## Thursdays

10am - Coffee, Crochet, and Conversation (In-person sign up by 2pm Wednesday. Starts Apr. 9th)  
2pm - Music Therapy ( In-person, Sign up by 2pm Wednesday)  
Various Times - Young Adults (Schedule on Page 3)

## Fridays (Closed Apr. 3rd + 10th)

10am- 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.**

### Fire at McDonald Park April 13th - 12:45pm -

Join Shelley for a fire and snacks at McDonald Park. We will be leaving the clubhouse at 12:45 pm and returning by 3:30 pm. Good times will be had by all. If you want to come, please sign up by 4 pm, Thursday the 9th.

### Coffee, Crochet, and Conversation Meeting

#### April 9th - 10am-

If you would like to join the Coffee, Crochet, and Conversation group, come have a coffee and meet everyone.



# 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@gmail.com](mailto:Daveherie.ccs@gmail.com)

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

April 2nd  
Member Meeting  
1pm-2pm

Come share some of your ideas for YA events that you would like to do in the next six months.

April 9th  
Mini Golf with EPI  
1pm-3:30pm

We will be meeting up with some YAs from EPI for a round of mini golf. We will be leaving the clubhouse at 1pm and returning by 3:30pm.

April 16th  
Cultural Centre / Art Gallery  
1pm-2pm

Come with us to check out the art gallery and learn about the cultural centre.

April 24th. This is a Friday!  
Castle Fun Park with Abbyhouse.

1:30pm-3:30pm

Come with us and meet up with the Abbyhouse young adults. We will buy you a \$20 game card that you can use for mini golf or games.

April 30th  
Vedder River Walk

1pm-3pm

Join us for a walk along the Vedder River. We will leave at 1pm and start our walk at Peach Rd.

Remember to Sign up!

Phone, text, or message  
us on Facebook ahead of

time so we know to

expect you!



# Cheamview Social/Recreational

**Afternoon Trip to the Fraser River - Mondays 12:45pm** Join us for a trip down to the river. We will spend some time enjoying nature. You can choose to walk around, or have a seat and chill out. If you like looking for rocks you can do that too. Please sign up by the end of the day on the preceding Friday.

**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. We will also make a post on our clubhouse members Facebook group so you can learn a new recipe from home.

**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

**Minecraft - Wednesdays 2:30pm** Join Dave online for some Minecraft with other members. You will need a device with Minecraft Bedrock edition installed and an internet connection. This is a chance to meet other local Minecraft players from home. Contact Dave for more information about how to join.

**Karaoke at the Clubhouse - Friday at 2pm** - Come sing with us 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

**Chair Yoga and a Healthy Breakfast - Mondays 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.

**Smart Renter - Wednesdays at 1pm** - Come learn about what your rights and responsibilities are as a renter. This group will happen over 4 sessions starting on April 8th. This is a closed group, please sign up by April 6th.

**Music Therapy - Thursdays at 2pm** - In this group we will explore how we can use music as a wellness tool and how to choose a song to that will help you the most. Participants will have a chance to pick at least one song, and the group will listen. Please sign up by Wednesday at 2pm.

**Teaching Kitchen Fridays at 1pm** Limited space is available for in-person participation. Please sign up by 3pm Thursday if you wish to participate. We will also make a post on our clubhouse members Facebook group so you can learn a new recipe from home.

# 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.

# Income Tax Support

**Chilliwack Resource Centre** - 9181 Main St. Unit 215 Chilliwack

Phone 604-702-9595 Email [cwkrc@shaw.ca](mailto:cwkrc@shaw.ca), [www.cwkresourcecentre.ca](http://www.cwkresourcecentre.ca)

Open Monday, Tues, Wed, Thurs 9 am to 1 pm.

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**Seniors Resources Society / The Community Volunteer Income Tax Program** - Open to anybody. 2 locations:

Cottonwood Mall near Dollar Store. Mon - Fri 10am - 2pm.

Evergreen Hall, Mon, Wed, Thur, Fri - 10am - 2pm.

First come first serve. Donations are encouraged, but not mandatory.