

Cheamview Clubhouse

8916 Mary Street
Chilliwack, BC V2P4J4
www.creativecentresociety.org

March 2026 Program Calendar

Clubhouse Hours

Monday to Friday

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

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



Cheamview Program Schedule March 2026

Mondays

10am - Chair Yoga and Breakfast at the Clubhouse (Sign up by 4pm Friday, No program Mar. 16)
12:45pm - Afternoon trip to the Fraser River (Sign up by 4pm Friday, No Program Mar. 16th)
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 - Your Life and Recovery Journey (Closed Group)
2:30pm - Pool at Chillibowl Lanes (Sign up by 2pm Tuesday)

Thursdays

10am - Drop-in-coffee (Except March 19th)
2pm - Boundaries (Online - Sign up by Tuesday at 2pm, no program Mar 5th)
Various Times - Young Adults (Schedule on Page 3)

Fridays

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.

BC Outdoor Show - March 13th - 1pm -

Join us for a couple of hours at the BC Outdoor show. There are lots of things to look at, draws to enter. We will pay for you to get in. Please remember to bring some cash if you want to buy any snacks or anything else. Sign up by Wednesday March 11th. We will be leaving the clubhouse at 1pm and returning by 3pm.



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

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

March 5th
Sushi Lunch Out
1pm-2:30pm

Join us for a sushi lunch. We will be heading to a local sushi place. Maybe you have had sushi before or you might be a first timer. We will be there to help you on your sushi journey. We will cover the cost up to \$20.

March 12th
Income Tax info Session
1pm-2pm

Learn about different ways to do your income tax, and resources available in the community. It's (mostly) easy these days!

March 19th
Swimming Pool with EPI
1pm-3pm

Come for a swim at the leisure centre. We will be going with the Young Adults from EPI. You could also jump in the hot tub or sit in the sauna. We will cover the cost of your pool pass.

March 26th
River walk
1pm-2:30pm

Walk along the Vedder river. Get some fresh air and exercise. Dress for the weather!

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

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 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.

Your Life and Recovery Journey - Wednesday 1pm - 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 February 18th and happen on Wednesdays until March 18th. There is limited space available. Please sign up by February 13th.

Boundaries, Online - Thursdays at 2pm - In this group we will discuss personal boundaries. Areas in our lives we can set boundaries around, like personal space, our time and energy, etc. And how saying “No” is okay. Please sign up by the end of the day on Friday

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, www.cwkresourcecentre.ca

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

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.