

Cheamview Clubhouse

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

May 2026 Program Calendar

Clubhouse Hours

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

Closed 12 -12:30pm
Closed May 18th

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 May 2026

Mondays (Closed May 18th)

10am - Chair Yoga and Breakfast (In-person, 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 (In-person, Sign up by 12pm Monday)
1pm - Live Laugh Learn (Closed Group)
2:30pm - Bus Skills with the IPU (Closed Group)

Wednesdays

1pm - Smart Renter (In-person, Sign up by 12pm Tuesday)
2:30pm - Minecraft (Online, Sign up by Tuesday at 4pm, No group May 27th)

Thursdays

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

Fridays

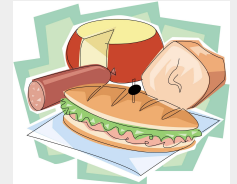
10am- Board Games and Coffee (Sign up by 2pm Thursday)
1pm - Teaching Kitchen at the Clubhouse (Sign up by 3pm Thursday)
2pm - Karaoke at the Clubhouse (Sign up by 2pm Thursday)

Events and Outings

Please sign up in advance as space is limited.

Cultus Lake Picnic - May 20th - 12:45pm - 3pm

Come with us to Cultus Lake for a picnic. We will bring all the stuff to make sandwiches, snacks and drinks. Sign up by 12pm on the 18th. Space is limited.



Career Conversation - May 27th - 2pm - 4pm

Join us for a conversation about working, employment resources, job market information and much more. Bryson the Vocational Counselor will be here with some guest speakers.

There will be snacks and drinks. Please sign up the end of the day on May 22nd.

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.

May 8th (This is a Friday)

Hike with EPI

1pm-3pm

Join us for a hike at the Cultus Lake golf club. We will be leaving the Clubhouse at 1pm. Return from the hike by 3pm. Bring water and dress for the weather!

May 14th

Pickleball

1pm-2:30pm

Come play some Pickleball. This is for any skill level. We can all learn together or if you have played before, feel free to teach us.

May 21st

Trip to the Mall

1pm-2:30pm

Lets travel back to the 90s and go to the mall. You can window shop or real shop if you have some spending money. The clubhouse will even buy a treat for everyone who joins.

May 28th

Boccee Ball at the Park

1pm - 2:30pm

This is a low impact all-terrain lawn bowling game for two to eight players. We will leave the clubhouse at 1pm to drive to the park. We will return by 2:30.

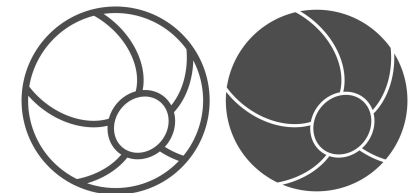
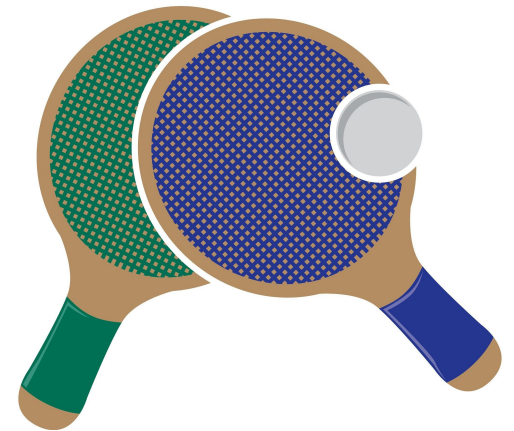
Remember to Sign up!

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. Bring some questions and we can provide information during the group or in a following session.

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, 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.