

Cheamview Clubhouse

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

July 2026 Program Calendar

Clubhouse Hours

Monday to Friday
8:30am - 4:30pm
Closed 12 -12:30pm
Closed July 1st

How to connect with us virtually

Call: 604-792-5287

Facebook: www.facebook.com/cheamview

Email: Dave: daveherie.ccs@gmail.com

Cell: 604-302-3759

Shelley - shelleyduncan.ccs@gmail.com

Cell: 604-850-4813

Jordan - jordanb.ccs@gmail.com

Cell: 604-556-6572

Funding provided by:



Creative Centre Society For Mental Wellness



Cheamview Program Schedule July 2026

Mondays

10am - Chair Yoga and Breakfast (In-person, Sign up by 4pm Friday)
 12:45pm - 3pm Seniors Coffee and Wellness Social (Drop-in)
 1:45pm - Music and Wellness at Cedar Ridge (Closed Group)

Tuesdays

9:30am - Wellness Walk by the River (Sign up by 4pm Friday)
 11am - Baking (In- person, Sign up by 12pm Monday)
 2:30pm - Music Therapy at the IPU (Closed Group)

Wednesdays

1pm - Teaching Kitchen Foods of The world (In-Person, Sign up by 12pm Tuesday)
 1pm- Wellness Through Leisure (In-person, Closed Group, Starts July 22, Sign up by July 20th)
 2:30pm - Minecraft (Online, Call to get information on how to join)

Thursdays

10am am - Coffee, Crochet, and Conversation (Drop-in)
 Various Times - Young Adults (Schedule on Page 3)

Fridays

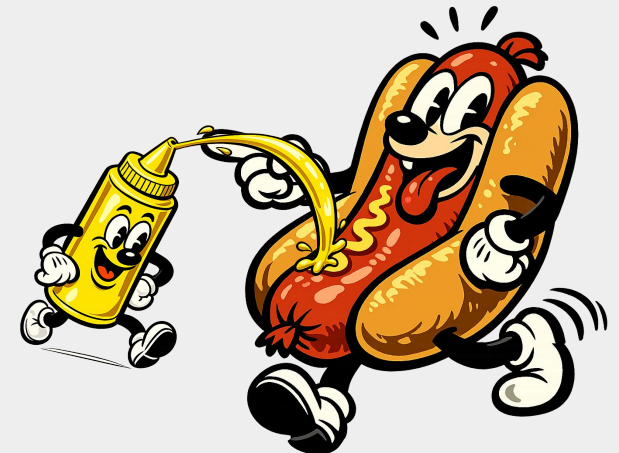
10am- Board Games and Coffee (Drop-in)
 1pm - Teaching Kitchen at the Clubhouse (Sign up by 3pm Thursday)
 2pm - Karaoke at the Clubhouse (Drop-in)

Events and Outings

Please sign up in advance as space is limited.

July 15th - National Hot Dog Day BBQ for Mental Wellness
- 12:45 - 3pm

July 15th is National Hot Dog Day. Join us for a hot dog BBQ in the yard to support your mental wellness. There will be conversations and good times had by all. Please sign up by the end of the day on July 10th so we have an idea of how many wieners to buy.



Young Adults Program

Groups activities happen at Cheamview, in the community or virtually on Thursdays.

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.

July 10th
Ice Cream and River Walk with EPI
1pm-2:30pm

We will be leave the clubhouse and head to Banter Ice Cream at 1pm to meet up with EPI. There Participants can get cone and then we will walk along the Vedder River. Please sing up by 4pm Wednesday.

July 16th
What is Wellness and Where do I Get Some?
1 -2:30 PM

Learn about wellness and different ways to gain and maintain it. We will share some free online resources you are able to access as a clubhouse client.

July 23rd
Painting and Iced Tea Social at Mission Clubhouse
Time: TBD

We will be heading to the Mission Clubhouse to meet up with members from other communities for some painting and iced tea. Please sign up by 4pm Wednesday.

July 30th
Mindfulness intro or Refresher
1 - 2pm

Join Dave to learn how mindfulness can be used in your daily life to as a tool to support your mental wellness. Or, maybe you have learned about it before and need a refresher.

Remember to Sign up!

Phone, text, or message
us on Facebook ahead of

time so we know to

expect you!



Cheamview Social/Recreational

Seniors Coffee and Wellness Social - Mondays 12:45pm - 3pm If you are someone 55+ looking to meet other people in the community, come to the clubhouse for a coffee or tea and chat. We will also discuss other resources in the community and help connect with the Seniors Resources Society.

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.

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. No signup required.

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,

Wellness Walk - Tuesdays 9:30am - Join us for a morning walk along the Vedder River to help support your mental wellness. We will be leaving in the morning to avoid the heat of the afternoon and discussing the beneficial effects nature and exercise have on your overall wellness. Please sign up by 4pm the preceding Friday as space for transportation is limited.

Teaching Kitchen, Foods of the World- Wednesdays at 1pm - Join Shelley on a trip to flavour town as you prepare a meal from a different country each week. Participants will watch a short video about the country featured that week and then work together to prepare a regional dish. Space is limited, please sign up by 12pm Tuesday.

Wellness Through Leisure- Wednesdays 1pm - Are you interested in learning how leisure plays an important role in your wellness? Discover your unique leisure interests, explore strategies to overcome barriers to leisure participation, set your own leisure and wellness goals, and find leisure resources available at home, in your community, and through your personal supports. If you answered yes to any of these, this group may be for you.

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.

Workplace Experience Opportunity

All funding for the positions are provided in partnership with United Way British Columbia. People interested in applying must be receiving BCEA, disability assistance, or equivalent Indigenous federal assistant and who are not currently receiving WorkSafe benefits. All positions are low intensity 200 hour positions. Successful applicants will receive a maximum of \$3,000 paid over the course of the 200 hours. If you are interested or have any questions please:

Phone 604-792-5287, email: creativecentresociety@gmail.com, or fax 604-850-1190

Work Experience Placement 1 and 2 (Property Maintenance)

About the Opportunity

Our organization is hosting a supportive, short-term work experience placement to help individuals build practical skills in a friendly, low-stress environment. This position focuses on light, routine building maintenance and cleaning tasks. We offer step-by-step guidance, gentle pacing, and a supportive team environment. No previous maintenance experience is required.

Workplace Experience Placement 3 (Clubhouse Peer Liaison)

About the Opportunity

Our organization is hosting a supportive, short-term work experience placement to help individuals build practical skills in a friendly, low-stress environment. This position focuses on being a kind, supportive person who will greet new and existing clients. Encouraging new clients to participate in programs by being a familiar face. And connect with staff and new clients to share how the clubhouse has been positive for you in your recovery. No previous peer support experience support required.