

Cheamview Clubhouse

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

June 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

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

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Creative Centre Society For Mental Wellness



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Cheamview Program Schedule June 2026

Mondays

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

Wednesdays

1pm - Teaching Kitchen Foods of The world (In-Person, Sign up by 12pm Tuesday)
 1pm - Your Life and Recovery Journey (In-person, Closed Group, Starts June 10th, Sign up by June 8th)
 2:30pm - Minecraft (Online, Call to get information on how to join, No group June 17th)

Thursdays

10am am - Coffee, Crochet, and Conversation (Drop-in Wednesday)
 2pm - Pickleball (In-person, Sign up by 2pm Wednesday)
 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.

June 17th - Bridal Falls picnic and Hike - 12:45 - 3pm

Join us for a trip to Bridal Falls for a picnic. There will be food and snacks for everyone. If you want to pack your own snacks feel free. You might decide to take it easy or you might want to join some people who hike up to the falls.



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.

June 4th

Visit the new Abbotsford Clubhouse 1pm-3pm

1pm-3pm

Leave Cheamview at 1pm to go check out the rebuilt Abbotsford Clubhouse. We'll play some games while we're there too!

June 11th

Driving range with EPI

1:15pm-3pm

Come with us to the driving range and whack a few balls. We will bring the clubs and buy everyone a bucket of balls. This is open to all skill levels, so you don't have to be the next Tiger Woods to come. We will leave the clubhouse at 1:15pm

June 18th

Walk along the Vedder River

1pm-2:30pm

Come with us for a nice walk in nature. We will leave the clubhouse at 1pm and head to the river access by the Vedder Crossing bridge. If you want to meet us there let us know you are planning to come, or sign up for a ride.

June 25th

Pickleball

2pm-3:30pm

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. We will be going with people who are not young adults.

Remember to Sign up!

Phone, text, or message

us on Facebook ahead of

time so we know to

expect you!



Cheamview Social/Recreational

Seniors 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.

Pickleball - Thursdays 2pm Join Jordan for some pickleball in the community. This game is only as competitive as you make it. The group is open to all skill levels from beginners to expert. We can all learn together. Please sign up by 2pm Wednesday as space is limited.

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, there will be breakfast for people who participate. Please sign up in advance.

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.

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.

Your Life and Recovery Journey - Wednesdays 1pm - This group is for anyone looking to gain some tools to help them manage their mental health more effectively, develop strategies to help them recognize when they are doing well and when things might be starting to break down and what to do if things are beginning to get rocky. This group consists of one session a week for four weeks starting on June 10th and ending July 8th. Please sign up by contacting the clubhouse or through your MHSU Case Manager.

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.