

Cheamview Clubhouse

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

August 2026 Program Calendar

Clubhouse Hours

Monday to Friday

8:30am - 4:30pm

Closed 12 -12:30pm

Closed August 3rd

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



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Cheamview Program Schedule August 2026

Mondays (Closed Aug 3rd)

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)
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 (No programs Aug. 7th)

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.

**August 7th - Annual
Clubhouse Trip to the
Chilliwack Fair - 12:45 - 3pm**

Come one, come all to the Chilliwack Fair. This will be the 8th annual clubhouse excursion to the fair. There are lots of animals to see, or pet. There is food, rodeo events, music, and good vibes. We will cover the entrance fee, please bring cash or a card if you want to purchase anything extra. Please sign up as space is limited.



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.

Aug 6th
Music Therapy
1pm-2:30pm

Come discover how to use music as a therapeutic tool. Dave will help guide you on your music journey as we all take turns choosing songs to help us enjoy our day a little more.

Aug 13th
Community walk
1 -2:30 PM

Join us for a walk from the clubhouse to district 1881. We you can get a drink once we get there.

Aug 20th
No program

Aug 27th
Tap-ins putting course at Cultus lake
1 - 4pm

Come play some outdoor mini golf at Cultus Lake. We will be leaving the clubhouse at 1pm and returning by 4pm. All skill levels are welcome. We will provide transportation, please remember to sign up.

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.

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.

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.