



Cheamview

— CLUBHOUSE —

September 2026

— PROGRAM CALENDAR —



8916 Mary Street, Chilliwack, BC V2P4J4



www.creativecentresociety.org



CLUBHOUSE HOURS

Monday to Friday

8:30am - 4:30pm

Closed 12 - 12:30pm



SEPTEMBER CLOSURES

September 7 (Labour Day) and the
30th (National Day for Truth and
Reconciliation)



CONTACT US

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FUNDING PROVIDED BY:



Creative Centre Society
For Mental Wellness



fraserhealth



BRITISH
COLUMBIA
Gaming Commission



BC HOUSING

Cheamview Program Schedule September 2026

Mondays (Closed Sept 7th)

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 - Virtual Wellness Conversation (online - Sign-up by 3pm Monday)(No group Sep 8th)
2:30pm - Music Therapy at the IPU (Closed Group)

Wednesdays (Closed Sept 30th)

10am - Painting at the clubhouse (Drop-in)
2:30pm - Minecraft (Online, Call to get information on how to join)

Thursdays

10am am - Coffee, Crochet, and Conversation (Drop-in) (No program Sep 24th)
12:45 - 1:30pm - Mindfulness Meditation (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)
2:30pm- Virtual Practice interviews (online by Appointment)

Events and Outings

Please sign up in advance as space is limited.

Sept 24th

BC Crime Stoppers
Anti-Fraud Presentation
9:30-11am

Come for a presentation on how to spot potential fraud. This would be good for anyone to attend so they can learn to avoid fraudulent phone calls, texts and emails. Please let us know that you are coming so we can make sure there are enough seats.

CRIME 
STOPPERS®

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.

Sep 3rd
Vedder River Walk
1pm-2:30pm

Join us for a walk along the Vedder River. We will be leaving the clubhouse at 1pm and our walk will start at the Vedder Crossing bridge. Dress for the weather.

September 10th
Trip to the Chilliwack Cultural Center and Odlum Brown art gallery
1 -2:30 PM

Come check out some amazing art and get updated on events coming to town at the Chilliwack Cultural Center. We will be leaving the clubhouse at 1pm. Let us know if you will be coming or if you want to meet us there.

September 17th
Serenity Stay and Play Cafe
1pm-4pm

We will be playing some board games at Serenity Cafe. We will be leaving the clubhouse at 1pm.

September 24th
Work planning session
1pm-2pm

Are you looking for work? What's holding you back? What are the next steps? Come brainstorm with other clubhouse members about how to find work or vent about how hard it is or both.
There will also be pizza!

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.

Painting - Wednesdays 10am - Join us for some painting. We have watercolour, oil and acrylic paints. You can feel free to finish your painting and take it with you after one visit, or choose to work on it over a few sessions.

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.

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.

Virtual Wellness Conversation - Tuesdays 11am Join us online to learn about and different wellness tools and strategies that will help you build or maintain your overall wellness. Please contact us by the end of the day Monday so we can email you the link.

Mindfulness Meditations 12:45 - 1:30 pm - Join us for a guided meditation in-person at the clubhouse. You do not have to sign up to attend and the group is open to all skill levels. We will discuss the benefits of meditating and the actual meditation will start at 1pm.

Cheamview Pre Employment

Practice Interviews - Friday at 2:30pm - If you are nervous about going to a job interview and would like to practice your interview skills make an appointment with Jordan. He will ask you the kinds of questions an employer may ask in an interview to get you used to the process. Please contact him to make an appointment or for more details.

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.

TVP Program - Are you already volunteering, or interested in getting started? The TVP program can help offset the costs and get you a little money for your time. Contact Dave for more details.