Cheamview

CLUBHOUSE

November 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

NOVEMBER CLOSURES

November 11th - Remembrance Day

CONTACT US

Call: 604-792-5287
Facebook: www.facebook.com/cheamview

Dave	daveherie.ccs@gmail.com	Cell: 604-302-3759
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FUNDING PROVIDED BY:

Creative Centre Society For Mental Wellness | fraserhealth | British Columbia Gaming Commission | BC HOUSING

Cheamview Program Schedule November 2026

Mondays

10am - Chair Yoga and Breakfast (In-person, Sign up by 4pm Friday)
1pm - Virtual Practice Interviews (Virtual or in-person by appointment)
1:45pm - Music and Wellness at Cedar Ridge (Closed Group)

Tuesdays

10am - Wellness Walk by the River (Sign up by 4pm Friday)
1pm - Baking at the Clubhouse (In-person, Sign up by 3pm Monday)
2:30pm - Music Therapy at the IPU (Closed Group)

Wednesdays (Closed Nov. 11th)

1pm - Pre-Holiday Jitters Support group at the Clubhouse (Drop-in)
2:30pm - Minecraft (Online, Call to get information on how to join)

Thursdays

10am - Coffee, Crochet, and Conversation (Drop-in, No Program Nov. 19th)
1pm - Resume Review (In-Person, By Appointment)
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

Chilliwack Christmas Craft Market
Nov 20th
1:45 pm - 3:30 pm

Come with us to the Christmas Craft Market. Maybe you are one of those people who buys gifts a month in advance, or you want some ideas for gifts. Maybe you just feel like getting out of the house and doing something in the community. There are so many reasons to join us. We will pay for you to get in and provide transportation from the Clubhouse to the market and back. We will be leaving the clubhouse at 1:45 and return by 3:30. Sing up in advance as space is limited.



Young Adults Program

Group 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 members are also available for one-on-one support by appointment.

Remember to Sign up!

Phone, text, or message us on Facebook ahead of time so we know to expect you!

Nov. 5th

Pool hall at Chillibowl Lanes

Time: 2-3:30pm

Come with us to play some pool at Chillibowl Lanes. All skill levels are welcome. We will be leaving the clubhouse at 2pm .

Nov. 12th

Lunch and Learn with EPI at Cheamview Clubhouse

Time: 2-4pm

We will be making soup with other young adults from Chilliwack then discussing mental health and wellness.

Nov 19th

Trip to the Odlum Brown Art Gallery

Time: 1-2pm

Come explore the art gallery with us. We will be viewing the Iryna Kharina “Head in the Clouds” exhibit We will be leaving the clubhouse at 1pm.

Nov 26th

Bowling at Chillibowl Lanes

Time: 1-2:30pm

Come knock ‘em down at the bowling alley. We will be leaving the clubhouse at 1pm.



Cheamview Social/Recreational

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 - Fridays 2pm Karaoke is back by popular demand. Join us in the newly fabulized basement as we sing our hearts out. If you are nervous about singing, come and listen. The group is open to all skill levels, all that matters is that we have fun.

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 at 10am - 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.

Baking - Tuesdays at 1pm - Join Shelley in the Cheamview kitchen and bake some yummy treats. Each week will be something different. Maybe you will bake an old favourite or discover a new recipe to try at home.

Pre-Holiday Jitters Support Group st the Clubhouse - Wednesdays at 1pm
Are you feelings no so great about the upcoming holiday season and want to talk to other people who feel the same way? Join us at the clubhouse as we commiserate about the upcoming season and unpack some of the things that come along with it. We will talk about different strategies you can use to maintain your wellness and help connect one another to a group of people with similar feelings.

Cheamview Pre-Employment

Virtual Practice Interviews - Mondays at 1pm - 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.

Resume Review - Thursdays by Appointment Starting at 1pm - A well formatted resume is an important part in your quest for employment. If you feel like yous needs some updating, or maybe you just need one, book an appointment with Jordan. He will help you build your resume or just give it a little facelift.

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.