



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p><b>Club Closed</b></p> <p><b>HAPPY CANADA DAY!</b></p>	<p>2</p> <p>11:00am: Open Arts &amp; Crafts</p> <p>1:30pm Bowling @ Rev's- \$4.00 Sign up</p>	<p>3</p> <p>11:00am Art Exploration:</p> <ul style="list-style-type: none"> <li>Coping Cards</li> </ul> <p>1:00pm Chair Yoga for Mindfulness</p>	<p>4</p> <p>10:00am Coffee &amp; Journaling</p> <p>11:00am Walking Group- Member Led</p> <p>10:00am Therapeutic Gardening (sign up)</p> <p>2pm Mindful Meditation Group</p> <p>3:00pm Music Theory Group: member led</p>	<p>5</p> <p><b>No Drop-In Visits- Appointments or group activity only</b></p> <p>9:30-4:00 New Member Orientations &amp; 1-1 Appointments</p> <p>1:00-2:30pm: Substance Use Activity Group. (19-30 Young Adults)</p>
<p>8</p> <p>9:30am Walking Group w/ Shayna</p> <ul style="list-style-type: none"> <li>Call Shayna for more info</li> </ul> <p>10:00am Therapeutic Gardening</p> <ul style="list-style-type: none"> <li>Meet at Garden (sign up)</li> </ul> <p>1:00pm STORE SHOP</p> <p>1pm Music with MARK!</p>	<p>9</p> <p>11:00am Clubhouse MEMBERS MEETING- FREE LUNCH: Come share your ideas &amp; Vote for summer evening programming!</p> <p>1:00pm ICED COFFEE GROUP: \$2.00</p> <ul style="list-style-type: none"> <li>Iced Caramel Macchiato w/ coffee whip</li> </ul> <p>1:30pm Bowling @ Rev's- \$4.00 Sign up</p>	<p>10</p> <p><b>OPEN UNTIL 7:00pm</b></p> <p>11:00am Art Exploration:</p> <ul style="list-style-type: none"> <li>Beaded Wind Chimes</li> </ul> <p>1:00pm Chair Yoga for Mindfulness</p> <p>4:00pm Soap Stone Carving</p>	<p>11</p> <p>10:00am Coffee &amp; Journaling</p> <p>11:00am Walking Group- Member Led</p> <p>10:00am Therapeutic Gardening (sign up)</p> <p>2pm Mindful Meditation Group</p> <p>3:00pm Music Theory Group: member led</p>	<p>12</p> <p><b>No Drop-In Visits- Appointments or group activity only</b></p> <p>9:30-4:00 New Member Orientations &amp; 1-1 Appointments</p> <p>11am Teaching Kitchen w/ Ray \$3.00</p> <p>1:00pm Self Care Discussion:</p> <ul style="list-style-type: none"> <li>Self Soothing and Coping Cards</li> </ul>
<p>15</p> <p>9:30am Walking Group w/ Shayna</p> <ul style="list-style-type: none"> <li>Call Shayna for more info</li> </ul> <p>10:00am Therapeutic Gardening</p> <ul style="list-style-type: none"> <li>Meet at Garden (sign up)</li> </ul> <p>11:00am FREE BBQ LUNCH @ Community Garden</p> <p>1pm Music with MARK!</p>	<p>16</p> <p>11:00am Kitchen Skills: \$3.00</p> <ul style="list-style-type: none"> <li>Summer Salads: Homemade Caesar</li> </ul> <p>11:00am Janeen from Library: Introduction to Poetry- styles and sharing</p> <p>1:30pm Bowling @ Rev's- \$4.00 Sign up</p>	<p>17</p> <p>11:00am Clubhouse Member Leads:</p> <ul style="list-style-type: none"> <li>Planning Meeting</li> </ul> <p>12:00pm ICE CREAM SUNDAE BAR!</p> <ul style="list-style-type: none"> <li>Healthy options available \$2.00</li> </ul> <p>1:00pm Open Ended Art Group: Let your creativity go wild! Member led</p>	<p>18</p> <p>10:00am Coffee &amp; Journaling</p> <p>11:00am Walking Group- Member Led</p> <p>10:00am Therapeutic Gardening (sign up)</p> <p>2pm Mindful Meditation Group</p> <p>3:00pm Music Theory Group: member led</p>	<p>19</p> <p><b>No Drop-In Visits- Appointments or group activity only</b></p> <p>9:30-4:00 New Member Orientations &amp; 1-1 Appointments</p>
<p>22</p> <p>9:30am Walking Group w/ Shayna</p> <ul style="list-style-type: none"> <li>Call Shayna for more info</li> </ul> <p>10:00am Therapeutic Gardening</p> <ul style="list-style-type: none"> <li>Meet at Garden (sign up)</li> </ul> <p>1pm Music with MARK!</p>	<p>23</p> <p>11:00am Kitchen Skills: \$3.00</p> <ul style="list-style-type: none"> <li>Summer Salads: Plant Based Taco Salad</li> </ul> <p>1:00pm ICED COFFEE GROUP: \$2.00</p> <ul style="list-style-type: none"> <li>Mocha Frap w/ oat milk</li> </ul> <p>1:30pm Bowling @ Rev's- \$4.00 Sign up</p>	<p>24</p> <p><b>OPEN UNTIL 7:00pm</b></p> <p>1:00pm Chair Yoga for Mindfulness</p> <p>4:00pm Surprise Evening- vote for what you'd like to do at our member meeting on July 9th!!</p>	<p>25</p> <p>10:00am Coffee &amp; Journaling</p> <p>11:00am Walking Group- Member Led</p> <p>10:00am Therapeutic Gardening (sign up)</p> <p>2pm Mindful Meditation Group</p> <p>3:00pm Music Theory Group: member led</p>	<p>26</p> <p><b>No Drop-In Visits- Appointments or group activity only</b></p> <p>9:30-4:00 New Member Orientations &amp; 1-1 Appointments</p> <p>11am Teaching Kitchen w/ Ray \$3.00</p> <p>10-3pm: SOURCES Advocacy</p> <ul style="list-style-type: none"> <li>By appointment only</li> </ul>
<p>29</p> <p>9:30am Walking Group w/ Shayna</p> <ul style="list-style-type: none"> <li>Call Shayna for more info</li> </ul> <p>10:00am Therapeutic Gardening</p> <ul style="list-style-type: none"> <li>Meet at Garden (sign up)</li> </ul> <p>1pm Music with MARK!</p>	<p>30</p> <p>11:00am Kitchen Skills: \$3.00</p> <ul style="list-style-type: none"> <li>Summer Salads: Greek Salad</li> </ul> <p>1:00pm BINGO!! member led</p> <p>1:30pm Bowling @ Rev's- \$4.00 Sign up</p>	<p>31</p> <p>1</p> <p>1:00pm Chair Yoga for Mindfulness</p> <p>2:00pm Craft Time with Arlee:</p> <ul style="list-style-type: none"> <li>Nail Polish Dip Art</li> </ul>	<p><b>Clubhouse is available to MEMBERS ONLY</b></p> <p>Referral from a Mental Health Professional is needed to join.</p> <p>(ie) Maple Ridge Mental Health Centre, Social Worker or Psychiatrist</p>	

## HOW TO CONNECT

Phone: 604-467-0544  
Text: 604-340-6902  
Email: [theclub@comservice.bc.ca](mailto:theclub@comservice.bc.ca)

### A note about Fridays:

Fridays are open for purposeful visits: orientations, 1-1 appointments with staff or if you are joining one of our a small member led programs. No drop in visits on Fridays. Fridays are great for some of our new members that maybe have some anxiety around large groups.

## Supported Employment & Volunteering

To learn more about our supported employment program and other work related programs/workshops please connect with Rob:

**The Club's SE team works Monday & Friday with occasional additional shifts. See Rob to learn how to join the team.**

To learn more about volunteering and our Therapeutic Volunteer Program please contact Sarah or Laurie:

**The Club's Supported Volunteering Position (MEALS ON WHEELS) takes place Fridays. Please ask to be placed on waitlist.**

Staff are available to help you look for work/volunteering !

### ADDITIONAL RESOURCES:

- Fraser Health Crisis Line: 604-951-8855 or 1-877-820-7444
- National Suicide Crisis Hotline: 988
- HealthLink BC: 811
- Community Services: 604-467-6911
- Maple Ridge Mental Health Centre: 604-476-7165
- Maple Ridge Recreation Therapy 604-467-7303
- The Foundry: 604-380-3133
- BCCDC Harm Reduction Info: <https://towardtheheart.com/>

## PROGRAMS– please sign up

### Social/Recreational:

- **NEW: Walking Group:** Member led summer walking group. Meet at club for a walk around the community. Thurs @ 11 am
- **NEW: Music Theory Group:** for those interested in Music Theory or learning how to read sheet music. Thurs @ 3pm
- Book Club! On hold through Summer. Resumes in September.
- Member Meeting: Discuss/plan club programs & offer ideas/feedback
- What's happening at our Library: Join Janeen for an educational trip! This month is a POETRY group.
- Monday Morning Walking Group w/ Shayna: Meet in front of ACT Centre: Call to sign up 604-467-7303
- Member Lead Planning Group: For those interested in pursuing a leadership role at the club.
- Bowling @ Rev's: Every Tuesday@ 1:30pm. Meet at Clubhouse. \$4:00
- Art Exploration: Painting, crafting, and mixed media styles. All levels of artists welcome! Weekly group with some member led groups– Craft time with Arlee and Open Ended Art Group.

### Mental Health/Life skills:

- **NEW– Therapeutic Gardening Group:** Mondays & Thursdays @ 10:00am Call to sign up and learn more: Lauren OT 604-476-7165, Shayna Rec Therapist 604-467-7303, Laurie Club Facilitator 604-467-0544
- **NEW– Substance Use Activity Group.** Social & supportive conversation for young adults 19-30 wanting to reduce/eliminate substance use. Please sign up with Mandy 672-771-0014
- Mindfulness Room open! Book your orientation w/ staff. If you have been orientated then come enjoy the space
- Chair Yoga for Mindfulness– chair yoga with gentle stretching. Wednesdays @ 1:00pm
- Wellness Journaling: Explore different self discovery journaling styles! Thursdays @ 10:00am
- Mindful Meditation Group: Intro to mindfulness and meditation practices. Thursday @ 2:00pm.
- Kitchen Skills: Learn some basic recipes and build up your confidence in the kitchen! Weekly Group. May have a cost.
- Food Sense: 6 sessions where we learn how to cook healthy food on a budget. Offered in the Summer.
- Your Life & Recovery Journey: explore your wellness, create strategies or plans to help you stay well and pursue the life you want.. Group to be offered July! Please sign up

### Advocacy/Income Assistance/Tenancy & Housing Issues:

- **Sources Advocate:** for help with Income Assistance, Renter Rights, and Accessing Disability Benefits. Please sign up.