



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 9:30am Walking Group w/ Shayna • Call Shayna for more info</p> <p>10:00am Coffee &amp; Journaling</p> <p>1pm Music with MARK!</p>	<p>3 11:00am Armchair Travels w/ Janeen • December Celebrations</p> <p>12:30pm Kitchen Skills: \$2.00 • Shortbread Cookies &amp; Butter Tarts</p>	<p>4 12:30pm Open Ended Art w/ Rebecca</p> <p>2:30pm Chair Yoga for Mindfulness</p>	<p>5 10am About The Garden • Visit to the Community Garden</p> <p>12:00pm Cultural Event w/ Aastha: • Tastes of India</p> <p>2pm Mindful Meditation Group 3:00pm Music Theory Group w/ Kevin</p>	<p>6 <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>9 9:30am Walking Group w/ Shayna • Call Shayna for more info</p> <p>1pm Music with MARK!</p>	<p>10 <b>1:00pm Friends &amp; Family Event</b></p> <ul style="list-style-type: none"> <li>Bring one Family member or friend for a special holiday social! Pie and hot chocolate. Please sign up.</li> </ul>	<p>11 12:30pm Get Crafty w/ Arlee! • Christmas Ornaments &amp; Crafts</p> <p>2:30pm Chair Yoga for Mindfulness</p>	<p>12 <b>Club Closed</b>  <b>Staff Event</b></p>	<p>13 <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>16 9:30am Walking Group w/ Shayna • Call Shayna for more info</p> <p>10:00am Coffee &amp; Journaling</p> <p>1pm Music with MARK!</p> <p>1:15-2:45 Pickle Ball w/ Shayna! • Meet at Rec Centre- Sign Up 604-467-7303</p>	<p>17 11:00am Kitchen Skills: \$2.00 • Lemon Cranberry Loaf</p> <p>11am About The Garden • Centerpiece Making</p> <p>1:00pm Life Skills: • Coping during the Holidays</p>	<p>18 <b>Club open @ 4:30pm</b></p> <p>The Club's Annual Christmas Dinner</p> <p>5:00pm-7:30pm Dinner Served at 5:30pm <b>Please sign up</b></p> 	<p>19 11:30am Yarn &amp; Yak (Crocheting/Knitting)</p> <p>3:00pm Music Theory Group w/ Kevin</p> <p>4:00pm Lights @ Lafarge Lake w/ Shayna • COST: Your bus fare. Meet at Leisure Centre Lobby. Sign up- 604-467-7303</p>	<p>20 <b>No Drop-In Visits- Appointments or group activity only</b></p> <p>10-3pm Sources Advocacy • By Appointment Only</p>
<p>23 9:30am Walking Group w/ Shayna • Call Shayna for more info</p> <p>10:00am Coffee &amp; Journaling</p> <p>1:00pm Chicken Soup for the Soul Reading w/ Ammie</p> <p>2:00pm Art Therapy w/ Charlotte</p>	<p>24 <b>Club Closed @ 12:00pm</b></p> <p>Free Muffins, Coffee &amp; Hot Chocolate!</p> <p>10am About The Garden • Indoor Planting @ Clubhouse</p>	<p>25 <b>Club Closed</b>  <b>Merry Christmas</b></p>	<p>26 <b>Club Closed</b>  <b>Boxing Day</b></p>	<p>27 <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>30 9:30am Walking Group w/ Shayna • Call Shayna for more info</p> <p>10:00am Coffee &amp; Journaling</p> <p>1pm Music with MARK!</p>	<p>31 <b>Club Closed @ 12:00pm</b></p> <p>Free Muffins, Coffee &amp; Hot Chocolate!</p>			<p><b>Clubhouse is available to MEMBERS ONLY</b> Referral from a Mental Health Professional is needed to join. (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: Music Theory Group: for those interested in Music Theory or learning how to read sheet music. Thurs @ 3pm
- NEW: Yarn & Yak– Crocheting and knitting group. All levels welcome! Thursdays @ 11:30
- NEW: About The Garden: Join Jo-Lynn and Susanne for a weekly group that is ALL ABOUT GARDENING! Some groups to take place at our Community Garden.
- Member Meeting: Discuss/plan club programs & offer ideas/feedback
- 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.
- 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 w/ Rebecca.

### Mental Health/Life skills:

- NEW: Monthly event with Faith Summers! Faith is a certified Earth Medicine Practitioner that offers culture based activities such as dream catchers, medicine pouches, healing circles. Open to all. RESUMES IN JANUARY
- NEW: Art Therapy w/ Charlotte. Monthly group where we will explore emotions, find joy, and celebrate ourselves. Last Monday of each month 2:00pm-3:00pm.
- 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 @ 2:30pm
- Wellness Journaling: Explore different self discovery journaling styles! Mondays @ 10:00am
- Mindful Meditation Group: Intro to mindfulness and meditation practices. Thursdays @ 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 annually.

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

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