



Monday	Tuesday Club closed @ 3pm for program participants	Wednesday	Thursday Club closed @ 3pm for program participants	Friday
	<b>1</b> 11:00am Janeen from the Library <ul style="list-style-type: none"> <li>CHOCOLATE Armchair Travel</li> </ul> 3:00pm Chair Yoga for Mindfulness	<b>2</b> 11:00am Member Meeting- Come share your suggestions and ideas! 1:30pm Jeopardy!	<b>3</b> 10:00am Walking Group 11am About The Garden <ul style="list-style-type: none"> <li>Garden Visit</li> </ul> 2:00pm Music Theory Group w/ Kevin 3:00pm Mindful Meditation Group	<b>4</b> <b>No Drop-In Visits- Appointments or group activity only</b> 9:30-4:00 New Member Orientations & 1-1 Appointments
<b>7</b> 9:30am Walking Group w/ Shayna <ul style="list-style-type: none"> <li>Call Shayna for more info</li> </ul> 10:00am Wellness Journaling 11:00am Meals to Go Prep 1:00pm Music with MARK!	<b>8</b> 11:00am Yarn & Yak 12:00pm Kitchen Skills: \$4.00 <ul style="list-style-type: none"> <li>Shakshuka w/ Ayelet</li> </ul> 3:00pm Intro to Qigong (Chi gong)	<b>9</b> <b>Open until 7:00pm</b> 12:30pm Open Ended Art w/ Rebecca 3:30pm Spring Celebrations Around the World w/ Jenni-Lynn & Ayelet	<b>10</b> 10:00am Walking Group 11am About The Garden <ul style="list-style-type: none"> <li>Garden Visit</li> </ul> 11:00am Indigenous Crafts w/ Dominique 3:00pm Mindful Meditation Group	<b>11</b> <b>No Drop-In Visits- Appointments or group activity only</b> 9:30-4:00 New Member Orientations & 1-1 Appointments 1:00pm Men's Peer Support Group
<b>14</b> 9:30am Walking Group w/ Shayna <ul style="list-style-type: none"> <li>Call Shayna for more info</li> </ul> 10:00am Wellness Journaling 11:00am Kitchen Skills: \$2.00 <ul style="list-style-type: none"> <li>Pizza Muffins w/ Ayelet</li> </ul> 1:00pm Music with MARK!	<b>15</b> 11:00am Yarn & Yak 1:00pm Epsom Salt Craft w/ Jenni-Lynn 3:00pm Intro Life Dance w/ Ayelet	<b>16</b> 11:00am Ask an OT Gardener Group w/ Lauren- Bring your questions! 1:00pm Music Trivia w/ Ayelet	<b>17</b> 10:00am Walking Group 11am About The Garden <ul style="list-style-type: none"> <li>Spring Garden Decoration</li> </ul> 2:00pm Music Theory Group w/ Kevin 3:00pm Mindful Meditation Group	<b>18</b> <b>Club Closed</b> <b>Good Friday</b>
<b>21</b> <b>Club Closed</b> <b>Easter Monday</b>	<b>22</b> 11:00am Yarn & Yak 12:00pm Kitchen Skills: \$2.00 <ul style="list-style-type: none"> <li>Pineapple Upside Down Cake for 1</li> </ul> 2pm How to Give without Shopping w/ Dara 3:00pm Chair Yoga for Mindfulness	<b>23</b> <b>Club Closed @ 3:30pm</b> 10:00am Recipe Swap and Meal Planning 12:30pm Vision Boards w/ Rebecca	<b>24</b> 10:00am Walking Group 11:00am Indigenous Crafts w/ Dominique 11:00am Member lead Planning Meeting 3:00pm Mindful Meditation Group	<b>25</b> <b>No Drop-In Visits- Appointments or group activity only</b> 9:30-4:00 New Member Orientations & 1-1 Appointments 1:00pm Men's Peer Support Group 10-3pm Sources Advocacy <ul style="list-style-type: none"> <li>By Appointment Only</li> </ul>
<b>28</b> 9:30am Walking Group w/ Shayna <ul style="list-style-type: none"> <li>Call Shayna for more info</li> </ul> 10:00am Wellness Journaling 1:00pm Chicken Soup for the Soul Reading w/ Ammie 2:00pm Art Therapy w/ Charlotte	<b>29</b> 10:00am Volunteer Fair at Library <ul style="list-style-type: none"> <li>Meet at Clubhouse to walk there</li> </ul> 11:00am Yarn & Yak 12:00pm Kitchen Skills: \$4.00 <ul style="list-style-type: none"> <li>Vietnamese Salad Rolls w/ Jenni-Lynn</li> </ul> 3:00pm Intro to Tai Chi	<b>30</b> <b>Open until 7:00pm</b> 12:30pm Get Creative w/ Arlee <ul style="list-style-type: none"> <li>Painted/Decorated Herb Pots</li> </ul> 4:00pm Karaoke & Appies \$3.00 <ul style="list-style-type: none"> <li>Special Guest Alexandria 4:30-6:30</li> </ul>	<div style="border: 2px solid purple; border-radius: 15px; padding: 10px; background-color: yellow;"> <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> </div>	

## 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 Jim:

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

To learn more about volunteering and our Therapeutic Volunteer Program please contact Sarah or Simonne.

Staff are available to help you look for work/volunteering!  
Please reach out :)

### ADDITIONAL RESOURCES:

- Fraser Health Crisis Line: 604-951-8855
- Crisis Centre BC: Call or Text 9-8-8
- KUU-US Indigenous Crisis Line Society: 1-800-588-8717
- Metis Crisis Line: 1-833-638-4722
- Maple Ridge Mental Health Centre: 604-476-7165
- Community Services: 604-467-6911
- The Foundry: 604-380-3133
- BCCDC Harm Reduction Info: <https://towardtheheart.com/>

## PROGRAMS– please sign up

### Welcome our

#### Social/Recreational:

- **NEW: KARAOKE EVENING**– Join us for a Karaoke night every month lead by professional singer Alexandria.
- **NEW: Thursday Walking Group.** Meet at club for a local walkabout. Rain or shine :) **FAIRWEATHER ONLY**
- **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 group

#### Mental Health/Life skills:

- **NEW: Art Therapy w/ Charlotte.** Monthly group where we will explore emotions, find joy, and celebrate ourselves.
- **NEW! Men's peer support group.** A welcoming group for relationship building, socialization and discussion. Bi-Weekly.
- **Mindfulness Room open!** Book your orientation w/ staff. If you have been orientated then come enjoy the space
- Chair Yoga for Mindfulness & Intro to Tai Chi– gentle stretching groups– all levels welcome. Tuesdays @ 3:00pm. **Please note Club space will be open only for participants Tuesdays 3:00pm-4:00pm.**
- Wellness Journaling: Explore different self discovery journaling styles! Mondays @ 10:00am
- Mindful Meditation Group: Intro to mindfulness and meditation practices. Thursdays @ 3:00pm
- 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.