

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>1:00pm Gentle Yoga w/ Renee</p> <p>2:00pm: Game of Pool</p> <p>2:30pm Money Smart Series– sign up</p> <p>Club Closed 4:00-6:30 for group</p>	<p>2</p> <p>10:00am: Coffee & Crocheting</p> <p>11:00am Art Group:</p> <ul style="list-style-type: none"> • Button Bouquets <p>2pm Mindfulness Group @ The Club</p> <p>5pm Movie & Popcorn</p>	<p>3</p> <p>9:30-4:00 1-1 Appointments & Orientations</p> <p>9:30 Supported Employment</p> <p>10:30 Meals on Wheels</p> <p>1:00pm Afternoon Movie!</p>
<p>6</p> <p>9:30 Supported Employment</p> <p>9:30am Walking Group w/ Shayna</p> <ul style="list-style-type: none"> • Meet in front of ACT Centre <p>10:00am Journaling</p> <p>11:00am Tai Chi Intro</p> <p>12:00pm Muffin Monday</p> <p>1pm Music with MARK!</p>	<p>7</p> <p>10:00am: Coffee & Colouring</p> <p>10:00am: Member Meeting</p> <p>11:00am: Kitchen Skills:</p> <ul style="list-style-type: none"> • Basic Scones– Sweet & Savoury <p>1:00pm STICKS! w/ Brian</p> <p>1:30pm Bowling @ Rev's- \$4.00 Sign up</p>	<p>8</p> <p>10:00am: Healthy Living Series:</p> <ul style="list-style-type: none"> • Self Compassion <p>1:00pm Gentle Yoga w/ Renee</p> <p>2:00pm: Game of Pool</p> <p>2:30pm Money Smart Series– sign up</p> <p>Club Closed 4:00-6:30 for group</p>	<p>9</p> <p>10:00am: Coffee & Crocheting</p> <p>11:00am Art Group:</p> <ul style="list-style-type: none"> • Shower Steaming Tablets <p>2pm Mindfulness Group @ The Club</p> <p>5pm Open Games Night!</p>	<p>10</p> <p>9:30-4:00 1-1 Appointments & Orientations</p> <p>9:30 Supported Employment</p> <p>10:30 Meals on Wheels</p> <p>1:00pm Linked In learning</p>
<p>13</p> <p>9:30 Supported Employment</p> <p>9:30am Walking Group w/ Shayna</p> <ul style="list-style-type: none"> • Meet in front of ACT Centre <p>10:00am Journaling</p> <p>11:00am Line Dancing Intro</p> <p>12:00pm Muffin Monday</p> <p>1pm Music with MARK!</p>	<p>14</p> <p>10:00am: Coffee & Colouring</p> <p>11:00am: Kitchen Skills:</p> <ul style="list-style-type: none"> • Red Velvet Cake & Cupcake Decorating w/ Danielle <p>1:00pm: VALENTINE'S BINGO w/ Ammie</p> <p>1:30pm Bowling @ Rev's- \$4.00 Sign up</p>	<p>15</p> <p>10:00am: Healthy Living Series:</p> <ul style="list-style-type: none"> • Healthy Boundaries <p>1:00pm Gentle Yoga w/ Renee</p> <p>2:00pm: Game of Pool</p> <p>2:30pm Money Smart Series– sign up</p> <p>Club Closed 4:00-6:30 for group</p>	<p>16</p> <p>10:00am: Coffee & Crocheting</p> <p>11:00am Art Group:</p> <ul style="list-style-type: none"> • Landscape Acrylic Painting <p>1:00pm Mindful Photography</p> <p>2pm Mindfulness Group @ The Club</p> <p>5pm Young Adults</p> <ul style="list-style-type: none"> • Trivia/Games/snacks 	<p>17</p> <p>9:30-4:00 1-1 Appointments & Orientations</p> <p>9:30 Supported Employment</p> <p>10:30 Meals on Wheels</p> <p>2:00pm Member Lead Planning Group</p>
<p>20</p> <p>CLUB CLOSED</p> <p>FAMILY DAY</p>	<p>21</p> <p>10:00am: Coffee & Colouring</p> <p>11:00am: Kitchen Skills:</p> <ul style="list-style-type: none"> • Guys in the Kitchen <p>1:00pm: Pictionary!</p> <p>1:30pm Bowling @ Rev's- \$4.00 Sign up</p>	<p>22</p> <p>10:00am: Healthy Living Series:</p> <ul style="list-style-type: none"> • How to unravel our Inner Critic <p>1:00pm Gentle Yoga w/ Renee</p> <p>2:00pm: Game of Pool</p> <p>2:30pm Money Smart Series– sign up</p> <p>Club Closed 4:00-6:30 for group</p>	<p>23</p> <p>CLUB CLOSED @ 4pm</p> <p>10:00am: Coffee & Crocheting</p> <p>11:00am Art Group:</p> <ul style="list-style-type: none"> • Soap Stone Carving (continued) <p>12:30pm NEW Member Meet & Mingle Lunch (FREE)</p> <p>1:00pm Janeen from Library– Armchair Travel to CHINA!</p> <p>2pm Mindfulness Group @ The Club</p>	<p>24</p> <p>9:30-4:00 1-1 Appointments & Orientations</p> <p>9:30 Supported Employment</p> <p>10:30 Meals on Wheels</p> <p>10-3pm: SOURCES Advocacy</p> <ul style="list-style-type: none"> •By appointment only
<p>27</p> <p>9:30 Supported Employment</p> <p>9:30am Walking Group w/ Shayna</p> <ul style="list-style-type: none"> • Meet in front of ACT Centre <p>10:00am Journaling</p> <p>11:00am Tai Chi Intro</p> <p>12:00pm Muffin Monday</p> <p>1pm Music with MARK!</p>	<p>28</p> <p>CLUB CLOSED</p> <p>STAFF TRAINING</p>		<p>Please sign up for any specific programs you would like to attend.</p> <p>Drop in welcome throughout the day if you just want to hang!</p>	<p>Sensory Room open for orientations and booking!</p> <p>Connect with staff to learn more.</p>

HOW TO CONNECT

Phone: 604-467-0544 or 604-340-6902
Email: theclub@comservice.bc.ca

VIRTUAL PROGRAMS

Connect with Staff for Meeting ID & password

- Recovery College: Virtual Mental Health & Wellness Courses.
For more details ask staff. To sign up:
<https://recoverycollegecalgary.ca/courses/>
- Member Meeting: Plan club programs, ideas/feedback.
- One to One appointments available through ZOOM.

Supported Employment & Volunteering

To learn more about our supported employment program and other work related programs/workshops please connect with Rob:
rleggett@comservice.bc.ca or 604-467-0544

To learn more about volunteering and our Therapeutic Volunteer Program please contact Sarah:
ssalem@comservice.bc.ca or 604-467-0544

ADDITIONAL RESOURCES:

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

IN PERSON PROGRAMS

See staff for more information. Please call or email to sign up for any program listed on front of calendar.
You may also use the space anytime if you are not interested in the program being offered.

- Tuesday afternoon bowling group @ Rev's . \$4.00 per game/shoes. Starting February 7th @ 1:30
- NEW: New Member Meet & Mingle Luncheon– Free lunch for our new members! Last Thursday of the month @ 12:30.
- NEW: Sensory Room open! Book your orientation w/ staff. If you have been orientated then come enjoy the space :)
- NEW: Money SMART w/ Miwa & Lauren– Learn how to take control of your finances! Wednesdays @ 2:30 through Feb.
- NEW: Gentle Yoga w/ Renee- Every Wednesday @ 1:00pm. All levels of mobility welcome.
- Young Adults Group: Variety of social & wellness groups. For those 19-30
- Member Lead Planning Group: For those interested in pursuing a leadership role at the club.
- Music Group: Come join Mark for an acoustic jam & singing session.
- Goal Planning: 1-1 appointments with staff to explore personal goals (Fridays)
- Member Meeting: Discuss/plan club programs & offer ideas/feedback
- WRAP: Wellness Recovery Action Plan (offered throughout the year)
- RST: Recovery Support Training (offered annually)
- Wellness Journaling: Explore different self discovery journaling styles!
- Mindfulness Group: Introduction course to meditation practices.
- Healthy Living Series: Join us as we explore the wellness domains: Emotional, Physical, Environment, Social, Spiritual.
- Sources Advocate: for help with Income Assistance, Renter Rights, and Accessing Disability Benefits. Please sign up.

PROGRAMS in the COMMUNITY

Please sign up directly or connect with Club staff

- Monday Walking Group w/ Shayna: Meet in front of ACT Centre: Call to sign up 604-467-7303
- Thursday Mindfulness Group w/ Miwa & Sarah @ Clubhouse for Winter months: Call to sign up 604-476-7163
- Mindful Gardening @ Community Garden. ON HOLD UNTIL SPRING
- Monthly Happenings w/ FVRL: Jannen joins us to explore what's new at the Library @ Clubhouse.

COMMUNITY GARDEN LOCATED @ Pioneer Park 11824 230th Street– NO WASHROOM ON SITE