

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please sign up for any specific programs you would like to attend. Drop in welcome throughout the day if you just want to hang!</p>	<p>Sensory Room open for orientations and booking! Connect with staff to learn more.</p>		<p>1 10:00am: Coffee &amp; Conversation 11:00am Art Exploration: • Marble Art (painting) 1:00pm Summer Smoothies! \$ 2.00 2pm Mindfulness Group @ Pioneer Park 3pm Gluten Free Baking! \$3.00 4:00pm Games</p>	<p>2 Orientations and 1-1 appointments available  1:00pm Afternoon Movie  Supported Employment and Volunteering- See Back of Calendar</p>
<p>5 <b>Supported Employment</b> 9:30am Walking Group w/ Shayna • Meet in front of ACT Centre  10:00am Wellness Journaling 11:00am Easy Stretch 12pm Member Meeting 1pm Music with MARK!</p>	<p>6 10:00am: Coffee, Colouring &amp; Self Care • Self-care wheel discussion  11:30am: Kitchen Skills: \$3.00 • Meatball Subs  1:00pm: BINGO w/ Ammie 1:30pm Bowling @ Rev's- \$4.00 Sign up</p>	<p>7 10:30am Therapeutic Gardening • Meet @ Pioneer Park 1:00pm Gentle Yoga 2:30pm Book Club  2-4pm YA Group • Polymer Clay Creations 4pm BBQ &amp; Movie!! \$3.00</p>	<p>8  <b>CLUB CLOSED</b>  <b>Agency Training</b></p>	<p>9 Orientations and 1-1 appointments available  1:00pm Afternoon Movie  Supported Employment and Volunteering- See Back of Calendar</p>
<p>12 <b>Supported Employment</b> 9:30am Walking Group w/ Shayna • Meet in front of ACT Centre 10:00am Wellness Journaling  11:00am Club Newsletter Group! 12pm Member Meeting &amp; BBQ \$3.00 1pm Music with MARK!</p>	<p>13 10:00am: Coffee, Colouring &amp; Self Care • Bath bombs &amp; Hygiene  11:30am: Kitchen Skills: \$3.00 • Greek Salad 1:00pm Pictionary! 1:30pm Bowling @ Rev's- \$4.00 Sign up</p>	<p>14 10:30am Therapeutic Gardening • Meet @ Pioneer Park 11:00am Tie Dye @ Pioneer Park! 1:00pm Gentle Yoga 2:30pm Book Club 2-4pm YA Group • Paper Bead Making 4pm BBQ &amp; Movie!! \$3.00</p>	<p>15 10:00am: Coffee &amp; Conversation 11:00am Art Exploration: • Aromatherapy Bracelets 1:00pm Summer Smoothies! \$ 2.00 2pm Mindfulness Group @ Pioneer Park  3pm Gluten Free Baking! \$3.00 4:00pm Games</p>	<p>16 Orientations and 1-1 appointments available 10-3pm: SOURCES Advocacy •By appointment only  2:00pm Member Lead Planning Group Supported Employment and Volunteering- See Back of Calendar</p>
<p>19 <b>Supported Employment</b> 9:30am Walking Group w/ Shayna • Meet in front of ACT Centre  10:00am Wellness Journaling 11:00am Easy Stretch 1pm Music with MARK!</p>	<p>20 10:00am: Coffee, Colouring &amp; Self Care • Write &amp; Throw  11:30am: Kitchen Skills: \$3.00 • Hawaiian Tacos 1:00pm: BINGO w/ Ammie 1:30pm Bowling @ Rev's- \$4.00 Sign up</p>	<p>21 10:30am Therapeutic Gardening • Meet @ Pioneer Park 1:00pm Gentle Yoga 2:30pm Book Club  2-4pm YA Group • Mixed Media 4pm BBQ &amp; Movie!! \$3.00</p>	<p>22 10:00am: Coffee &amp; Conversation 11:00am Art Exploration: • Friendship bracelets  1:00pm Summer Smoothies! \$ 2.00 2pm Mindfulness Group @ Pioneer Park 3pm Gluten Free Baking! \$3.00  <b>CLUB CLOSED @ 4:00pm</b></p>	<p>23 Orientations and 1-1 appointments available  1:00pm Naloxone Info Session  1:30pm Afternoon Movie!  Supported Employment and Volunteering- See Back of Calendar</p>
<p>26 <b>Supported Employment</b> 9:30am Walking Group w/ Shayna • Meet in front of ACT Centre 10:00am Wellness Journaling  11:00am Easy Stretch 1pm Music with MARK!</p>	<p>27 10:00am: Coffee, Colouring &amp; Self Care • Mindfulness &amp; Candle Decorating  11:30am: Kitchen Skills: \$3.00 • Guys in the Kitchen! 1:00pm: KAREOKE! 1:30pm Bowling @ Rev's- \$4.00 Sign up</p>	<p>28 10:30am Therapeutic Gardening • Meet @ Pioneer Park 1:00pm Gentle Yoga 2:30pm Book Club 2-4pm YA Group • Painted Rock Cactus 4pm BBQ &amp; Movie!! \$3.00</p>	<p>29 10:00am: Coffee &amp; Conversation 11:00am Art Exploration: • Rock Painting 1:00pm Janeen from Library- Armchair Travel &amp; Library Info session. 2pm Mindfulness Group @ Pioneer Park 3pm Gluten Free Baking! \$3.00 4:00pm Games</p>	<p>30 Orientations and 1-1 appointments available  1:00pm Afternoon Movie  Supported Employment and Volunteering- See Back of Calendar</p>

## HOW TO CONNECT

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

**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:

**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!  
Please reach out :)

## 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.

- **NEW: Art Exploration: A new art project every week. Thursdays @ 11:00am.**
- **NEW: Book Club! Join us weekly for iced coffee/cookies and discussion of our weekly reading. Wednesdays.**
- **NEW: Sensory Room open! Book your orientation w/ staff. If you have been orientated then come enjoy the space :)**
- **NEW: Coffee, Colouring & Self Care: Weekly group focusing on a variety of self care topics. Tuesdays @ 10:00am.**
- **NEW: Gluten Free Baking group! Yummy goodies all gluten free. Every Thursday @ 3:00pm. \$3.00**
- Young Adults Group: Variety of social & wellness groups. Wednesdays. 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.
- Member Meeting: Discuss/plan club programs & offer ideas/feedback
- WRAP: Wellness Recovery Action Plan (offered throughout the year in Club & Community)
- Wellness Journaling: Explore different self discovery journaling styles!
- Tai Chi Intro/Gentle Stretch: Beginners intro to mindful body movement. Mondays @ 11:00am.
- Mindfulness Group: Intro to mindfulness and meditation practices. Thursday @ 2:00pm– Pioneer Park. Bring a blanket.
- Sources Advocate: for help with Income Assistance, Renter Rights, and Accessing Disability Benefits. Please sign up.
- Armchair Travels/Whats happening at our Library: Join Janeen for an educational trip! New destination monthly.

## 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
- Therapeutic Gardening @ Community Garden. Wednesdays @ 10:30am. Call for more info or to sign up: Lauren OT 604-476-7165, Shayna Rec Therapist 604-467-7303, Sarah 604-467-0544
- Monthly Happenings w/ FVRL: Jannen joins us to explore what's new at the Library @ Clubhouse.
- Mindful Meditation: Every Thursday @ 2:00pm in Pioneer Park. Bring a blanket or chair.

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