



# The Club January 2026

22768 119th Avenue, Maple Ridge B.C. V2X-4L2

Monday—Thursday 9:30am– 4:00pm  
Fridays: No drop in socials. appointments, small group invite, or individual mindfulness work.

**YA Only Groups**  
(Ages 19-30)  
16, 23, 30  
@ 1:00pm

Monday	Tuesday	Wednesday	Thursday	Friday
	closed @ 3pm for program participants	closed @ 3pm for program partici-	closed @ 3pm for program participants	No Drop in visits. Small invite only groups or orientations/1-1 appts.
	CLUB OPEN @ 12:30 January 13, 20, 27		1 <b>CLUB CLOSED</b> <b>HAPPY NEW YEAR!</b>	2 CLUB OPEN FOR DROP IN SOCIAL VISITS  12:00pm Movie & Popcorn
5 11:00am Vocational Navigation w/ Jim: by appointment  <u>2:00pm Music with MARK!</u>	6 10:00am Mindful Walking Group 1pm Kitchen Skills • Creamy Tomato Gnocchi  2pm Boys in the hood- Men's Peer Social 3:00pm Mindful Meditation	7 10:00am Wellness Journaling  11:00am Janeen from the Library  3:00pm Chair Yoga	8 10:00am Mindful Walking Group 11:00am Baking Basics \$2.00 • Cinnamon Roll Muffins <u>11:00am About The Garden- Garden visit</u> <u>1:00pm Beginners Sign Language w/ Mel</u> 3:00pm Tai Chi Meditation	9 9:30-4:00 New Member Orientations & 1-1 Appointments  
12 10am PITCH IN KITCHEN- French Toast bake for Member Meeting 11:00am Member Meeting  12:00pm LUNCH \$3.00 French Toast Bake <u>2:00pm Music with MARK!</u>	13 <b>CLUB OPEN @ 12:30</b> 9:30-12:00 Diabetes Self-Management-invite only 10:00am Mindful Walking Group 1pm Kitchen Skills \$3.00 • Biscuits and Gravy  3:00pm Mindful Meditation	14 10:00am Wellness Journaling  <u>12:30pm Art Group</u> • Open Ended Art w/ Rececca  3:00pm Isometric Strength Training	15 10:00am Mindful Walking Group 11:00am Baking Basics\$2.00 • Easy Soft Pretzels  1:00pm A Cribbage Afternoon- come challenge your friends at the club 3:00pm Chi Gong Meditation	16 9:30-4:00 New Member Orientations & 1-1 Appointments  1pm YOUNG ADULTS • Kitchen Group- Easy Lasagna Roll- Ups \$3.00
19  <b>CLUB CLOSED</b>	20 <b>CLUB OPEN @ 12:30</b> 9:30-12:00 Diabetes Self-Management-invite only 10:00am Mindful Walking Group 1pm Kitchen Skills \$3.00 • Coconut Curry Lentils 2pm Boys in the hood- Men's Peer Social 3:00pm Mindful Meditation	21 10:00am Wellness Journaling  <u>2pm Art Group w/ Julie \$2.00</u> • DIY Polymer Clay Beads	22 10:00am Mindful Walking Group 11:00am Baking Basics \$2.00 • Savoury Veggie Breakfast Muffins <u>11:00am About The Garden- \$2.00</u> • Valentines Inspired Door Decor 2:00pm Member Leads: Planning Meeting 3:00pm Tai Chi Meditation	23 9:30-4:00 New Member Orientations & 1-1 Appointments  1pm YOUNG ADULTS: Crafting Through Anxiety w/ Kayla \$2.00 <u>11:00am Get Fit w/ Tammy</u> • <u>Meet At Clubhouse</u>
26 11:00am Vocational Navigation w/ Jim: by appointment  <u>2:00pm Music with MARK!</u>	27 <b>CLUB OPEN @ 12:30</b> 9:30-12:00 Diabetes Self-Management-invite only 10:00am Mindful Walking Group  <b>CLUB CLOSED @ 2:00pm</b>	28 10:00am Wellness Journaling  <u>12:30pm Art Group</u> • Free for all Crafting w/ Arlee craft whatever you'd like!  3:00pm Isometric Strength Training	29 10:00am Mindful Walking Group 11:00am Baking Basics \$2.00 • Homemade Artisan Crackers  3:00pm Chi Gong Meditation	30 9:30-4:00 New Member Orientations & 1-1 Appointments <u>11:30am Transit Travel w/ Susanne:</u> • Lunch @ Red Robins 10-3pm Sources Advocacy 1pm YOUNG ADULTS: • Wellness and Poetry Group

## HOW TO CONNECT

Phone: 604-467-0544

Text: 604-340-6902

Email: [theclub@mrpmcs.ca](mailto:theclub@mrpmcs.ca)

### A note about Fridays:

Fridays are open for purposeful visits: orientations, individual mindfulness work, appointments with staff or if you are joining one of our a small member led programs (invite only). No drop in visits on Fridays. Fridays are great for some of our new members that maybe have some anxiety around large groups. If you are having difficulties getting started, small Friday groups might be a great option for you :)

### Pre-employment & Volunteering

The Club provides vocational navigation- helping members to access community based employment programs and job readiness training.

Staff are available by appointment for support with career planning, job search, resume creation, and interview preparation.

Staff can also help clubhouse members look for volunteering positions or access the Therapeutic Volunteer Program .

### 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/>
- Monday 9:30am Walking Group      Shayna 604-467-7303

**Clubhouse is available to MEMBERS ONLY**

Referral from a Mental Health Professional is needed to join.

## PROGRAMS– please sign up

### Social/Recreational:

- Member led Community Groups: Meet at Club first.. GET FIT w/ Tammy– group walk to Leisure Centre gym. Transit Travel w/ Susanne– group bus trip to local spots.. Bowling At Rev's w/ Shelina. Some have a cost. See posters at Club.
- About The Garden: Join Jo-Lynn and Susanne for a bi-weekly group on Thursdays that is ALL ABOUT GARDENING!
- Member Meeting: Discuss/plan club programs & offer ideas/feedback, plan next months calendar.
- Monday Morning Walking Group w/ Shayna: Meet in front of ACT Centre @ 9:30am: Call to sign up 604-467-7303
- Group Leads Planning Meeting: Planning session for those offering member-led programming.
- Art Groups: Painting, crafting, and mixed media styles. Weekly member led groups on Wednesdays. May have cost.

### Mental Health/Life skills/Vocational:

- Vocational Navigation: 1-1 support around where to start with work, school, or future career ideas! See Jim to learn more.
- Wellness Journaling– Join us for a weekly exploration of journaling styles and self reflection. Wednesdays @ 10:00am
- Mindful Nature Walk! Meet at club. Walk at Kanaka Creek. Tuesdays & Thursdays @ 10:00am
- Men's Peer Social Group. A welcoming space for relationship building, socialization and discussion. Bi-Weekly Fridays.
- Art Therapy w/ Charlotte. Monthly group where we will explore emotions, find joy, and celebrate ourselves.
- Tai Chi and Chi Gong Thursdays @ 3:00pm. **Club only open for participants.**
- Isometric Strength Training (Intro to exercises that involves muscle engagement without movement) and Chair Yoga (gentle seated stretching) Wednesdays @ 3:00pm. **Club only open for participants.**
- Mindful Meditation: Mindfulness through guided & seated meditation. Tuesdays @ 3:00pm. **Club only open for participants.**
- Kitchen Skills & Basic Baking: Learn some simple recipes and build up your confidence in the kitchen! May have a cost.
- Mindfulness room available to be booked throughout the day. If you would like an orientation to the space let us know.

### Young Adults Only (19-30) Fridays @ 1:00pm

- One & Done Cooking and Simple Baking . Easy recipes for beginners in a small relaxed group.
- Wellness and Poetry Group: a group dedicated to poetry and creative writing that encourages healing, emotional insight and growth.
- Crafting through Anxiety w/ Kayla: a low pressure group to learn how crafting can be used as a tool for anxiety relief.

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

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