

Monday	Tuesday	Wednesday	Thursday	Friday
Open @ 10:30—Morning for Yoga Only	closed @ 3pm for program participants		closed @ 3pm for program participants	No Drop Ins- Appointments or group only
2 9:30am Walking Group w/ Shayna • Call Shayna for more info 10:00am Chair Yoga for Mindfulness  1:00pm Music with MARK!	3 10:00am Mindful Walking Group 11:00am Janeen from the Library • Library Info Session 12:00pm Kitchen Skills: \$3.00 • Salad Series: Chickpea Caesar Salad 3:00pm Chi Gong	4 Open till 7:00pm 10:00am Tech Help- drop in 11:00am Therapeutic Gardening 12:30pm Art Group: \$2.00 • Bracelet Beading w/ Julie 4:30pm Karaoke w/ Alexandria!!	5 11am About The Garden • Garden Visit 1:00pm Local Walkabout 2:00pm Music Theory Group w/ Kevin  3:00pm Mindful Meditation Group	6 9:30-4:00 New Member Orientations & 1-1 Appointments  2:00pm BOYZ in the HOOD: Men's Peer Social
9 9:30am Walking Group w/ Shayna • Call Shayna for more info 10:00am Chair Yoga for Mindfulness 11:00am Member Meeting  1:00pm Music with MARK!	10  CLUB CLOSED  STAFF TRAINING	11 10:00am Tech Help- drop in  11:00am Therapeutic Gardening  12:30pm Open Ended Art w/ Rebecca	12 11am About The Garden • Pinecone Wind Chimes \$2.00  1:00pm Local Walkabout  3:00pm Mindful Meditation Group	13 9:30-4:00 New Member Orientations & 1-1 Appointments  11:00am Club Fit w/ Tammy • Meet At Clubhouse
16 9:30am Walking Group w/ Shayna • Call Shayna for more info 10:00am Chair Yoga for Mindfulness  1:00pm Music with MARK!	17 11:00am Yarn & Yak  1:00pm Kitchen Skills: \$3.00 • Salad Series: Orzo Greek Salad  3:00pm Intro to Hawaiian Dancing w/ Rebecca	18 Open till 7:00pm 11:00am Therapeutic Gardening 11:00am Tea Lattes w/ Dara \$2.00  12:00pm Play with Procrastination: Make Procrastination work for you.—w/Dara  12:30pm Tea Cup Candle Making w/ Tayana \$2.00  4:00pm Movie Night	19 11am About The Garden \$2.00 • Indoor Garden Planting & water propagation discussion  2:00pm Music Theory Group w/ Kevin  1:00pm Local Walkabout  3:00pm Mindful Meditation Group	20 9:30-4:00 New Member Orientations & 1-1 Appointments  2:00pm BOYZ in the HOOD: Men's Peer Social
23 9:30am Walking Group w/ Shayna • Call Shayna for more info 10:00am Chair Yoga for Mindfulness  1:00pm Music with MARK!	24 10:00am Mindful Walking Group 11:00am Yarn & Yak  12:00pm Kitchen Skills \$3.00 • Salad Series: Cowboy Caviar  3:00pm Tai Chi	25 Club Closed @ 3:30pm 10:00am Tech Help- drop in  11:00am Therapeutic Gardening  12:30pm Get Creative w/ Arlee \$2.00 • Create Using Shells & Rocks	26 10:00am Member lead Planning Meeting 11am About The Garden • Garden Visit  1:00pm Bowling at REV'S w/ Shelina • \$4.00 per game  3:00pm Mindful Meditation Group	27 9:30-4:00 New Member Orientations & 1-1 Appointments 10:00am Transit Travel w/ Susanne: • Meet at clubhouse  10-3pm Sources Advocacy • By Appointment Only
30 9:30am Walking Group w/ Shayna • Call Shayna for more info 10:00am Chair Yoga for Mindfulness 2:00pm Art Therapy w/ Charlotte	1  Club Closed  Canada Day!	Clubhouse is available to MEMBERS ONLY Referral from a Mental Health Professional is needed to join. (ie) Maple Ridge Mental Health Centre, Social Worker or Psychiatrist		

## 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, 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. If you are having difficulties getting started at The Club– small Friday groups might be a great option for you :)

## 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

### Social/Recreational:

- NEW: Walking Groups! Tuesdays @ 10:00am (Mindful Nature Walk) & Thursdays @ 1:00pm (Local Walkabout) Meet at Club- FAIRWEATHER ONLY
- NEW: About The Garden: Join Jo-Lynn and Susanne for a weekly group that is ALL ABOUT GARDENING!
- NEW: Member led Community Groups: Every other Friday. Meet at Club first. GET FIT w/ Tammy– group walk to Leisure Centre gym. Transit Travel w/ Susanne– group bus trip to local spots.
- 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: Call to sign up 604-467-7303
- Member Lead Planning Group: Planning session for those offering member-led programming.
- Art Exploration: Painting, crafting, and mixed media styles. Weekly group with some member led groups.

### Mental Health/Life skills:

- NEW: Tech help– Drop in 1-1 support for learning basic computer skills or help with a new phone/tablet. Bring device.
- NEW: Art Therapy w/ Charlotte. Monthly group where we will explore emotions, find joy, and celebrate ourselves.
- NEW! Men's Peer Social Group. A welcoming space for relationship building, socialization and discussion. Bi-Weekly.
- NEW: Therapeutic Gardening Group: Wednesdays @ 11:00am. Contact Lauren 604-476-7165 or Shayna 604-467-7303
- Mindfulness Room open! Book your orientation w/ staff. If you have been orientated then come enjoy the space
- Intro to Tai Chi & Chi Gong: gentle stretching groups– all levels welcome. Tuesdays @ 3:00pm. **Please note Club space will be open only for participants Tuesdays 3:00pm-4:00pm.**
- Chair Yoga For Mindfulness: A gentle and accessible beginners yoga with a mindfulness approach. **Mondays @ 10:00am. Please note Club space is open only to Yoga Participants 9:30-10:30am on Mondays.**
- Mindful Meditation Group: Intro to mindfulness and meditation practices. Thursdays @ 3:00pm. **Please note Club space will be open only for participants Thursdays 3:00pm-4:00pm.**
- 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 in September.

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

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