

The Club August 2025

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

Monday—Thursday 9:30am– 4:00pm
Evening Hours: Weds 13 & 27 9:30am-7:00pm
Fridays: No Drop-In. Appointments or group activity only

Two Side

Monday	Tuesday	Wednesday	Thursday	Friday
	closed @ 3pm for program participants		closed @ 3pm for program participants	No Drop Ins- Appointments or group only
Clubhouse is available to MEMBERS ONLY Referral from a Mental Health Professional is needed to join.				
4 Club Closed Happy BC Day!	5 10:00am Mindful Walking Group 11:00am Member Meeting 1:00pm Kitchen Skills \$2.00 <ul style="list-style-type: none">Carrot Cake Cupcakes 3:00pm Chair Yoga	6 9:30am Therapeutic Gardening 11:00am Origami w/ Brayden	7 10:00am Local Walkabout 11am About The Garden <ul style="list-style-type: none">Garden Visit 12:30pm Healthy Living Group <ul style="list-style-type: none">Learning about me 3:00pm Mindful Meditation	8 9:30-4:00 New Member Orientations & 1-1 Appointments 12:00pm Board Game Club
11 9:30am Walking Group w/ Shayna <ul style="list-style-type: none">Call Shayna for more info 11:00am Tech Help <ul style="list-style-type: none">Intro to tech presentation w/ Brayden 1:00pm Music with MARK!	12 10:00am Mindful Walking Group 1:00pm Kitchen Skills: \$3.00 <ul style="list-style-type: none">Tofu Tacos 3:00pm Gentle Stretching	13 Open till 7:00pm 9:30am Therapeutic Gardening 11:00am Origami w/ Brayden 12:30pm Art Group: 2 items for \$3.00 <ul style="list-style-type: none">Open Ended Beading Group w/ Julie 3:00pm Chess Club 4:30pm Movie Night	14 10:00am Local Walkabout 11am About The Garden \$2.00 <ul style="list-style-type: none">Jean Pocket Flower Craft 12:30pm Healthy Living Group <ul style="list-style-type: none">What is self compassion? 2:00pm Music Theory Group w/ Kevin 3:00pm Chi Gong Meditation	15 Club Closed
18 9:30am Walking Group w/ Shayna <ul style="list-style-type: none">Call Shayna for more info 11:00am How to Start Saving Money w/ Dara 11:00am Tech Help <ul style="list-style-type: none">Intro to tech presentation w/ Brayden 12:00pm Iced London Fogs \$2.00 1:00pm Music with MARK!	19 10:00am Mindful Walking Group 11:00am Janeen from Library 1:00pm Kitchen Skills \$3.00 <ul style="list-style-type: none">Healthy Habits Baking Session w/ Shannon 3:00pm Intro Ballet w/ Rebecca	20 9:30am Therapeutic Gardening 11:00am Origami w/ Brayden 12:30pm Art Group: <ul style="list-style-type: none">Open Ended Art w/ Rebecca 2:00pm Indoor Planting 101	21 10:00am Group Leads: Planning Meeting 12:30pm Healthy Living Group <ul style="list-style-type: none">My own self care 1pm Beginners Sign Language w/ Mel 3:00pm Mindful Meditation	22 9:30-4:00 New Member Orientations & 1-1 Appointments 2:00pm BOYZ in the HOOD: Men's Peer Social 12:00pm Board Game Club
25 9:30am Walking Group w/ Shayna <ul style="list-style-type: none">Call Shayna for more info 11:00am Tech Help <ul style="list-style-type: none">Intro to tech presentation w/ Brayden 2:00pm Art Therapy w/ Charlotte	26 Summer BBQ & Karaoke 12:00pm Cheeseburgers & Chips \$3.00	27 Open till 7:00pm 9:30am Therapeutic Gardening 10:00am Human Canine Bonds: <ul style="list-style-type: none">Presentation w/ Ayelet 11:00am Origami w/ Brayden 12:30pm Get Creative w/ Arlee \$2.00 <ul style="list-style-type: none">Rock Painting 3:00pm Chess Club 4:30pm Movie Night	28 11am About The Garden <ul style="list-style-type: none">Garden Visit 12:30pm Healthy Living Group <ul style="list-style-type: none">Self love vs. self care 1:00pm Bowling at REV'S w/ Shelina <ul style="list-style-type: none">\$4.00 per game 2:00pm Music Theory Group w/ Kevin 3:00pm Chi Gong Meditation	29 9:30-4:00 New Member Orientations & 1-1 Appointments 11:00am Transit Travel w/ Susanne: <ul style="list-style-type: none">Local trip for pedicures \$40.00 11:00am Club Fit w/ Tammy <ul style="list-style-type: none">Meet At Clubhouse 10-3pm Sources Advocacy <ul style="list-style-type: none">By Appointment Only

HOW TO CONNECT

Phone: 604-467-0544
Text: 604-340-6902
Email: 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:

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 !

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 Walking Group Shayna 604-467-7303
- Wednesday Therapeutic Gardening Lauren 604-476-7165

PROGRAMS– please sign up

Social/Recreational:

- NEW: Walking Groups! Tuesdays @ 10:00am (Mindful Nature Walk) & Thursdays @ 10:00am (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.
- NEW! Chess Club– all levels welcome. Wednesdays bi-weekly @ 3:00pm.
- 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
- Group Leads Planning Meeting: 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: Healthy Living Group: Join us as we discuss different topics related to health and wellness. Weekly on Wednesdays.
- NEW: Tech help– 1-1 support for learning basic computer skills or help with a new phone/tablet. Bring device. Please sign up. Space is limited each week. Mondays @ 10:00am
- 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 @ 9:30am. 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 & Chair Yoga: gentle stretching groups– all levels welcome. Tuesdays @ 3:00pm. **Please note Club space will be open only for participants Tuesdays 3:00pm-4:00pm.**
- Mindful Meditation Group: Intro to mindfulness and meditation practices with alternating Chi Gong Meditation. 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.