



# The Club September 2025

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

Monday—Thursday 9:30am– 4:00pm  
Evening Hours: Weds 10 & 24 9:30am-7:00pm  
Fridays: No Drop-In. Appointments or group activity only

**YA Only Groups**

11 & 25 @ 11am  
24 @ 5pm

| Monday                                                                                                                                                                                                                    | Tuesday<br>Open at 12:30 on the 16th & 23rd<br>closed @ 3pm for program participants                                                                                                                                                                                            | Wednesday                                                                                                                                                                                                                                                                    | Thursday<br>closed @ 3pm for program participants                                                                                                                                                                 | Friday                                                                                                                                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1<br><b>Club Closed</b><br><br><b>Labour Day</b>                                                                                                                                                                          | 2<br>10:00am Mindful Walking Group<br><br>11:00am Janeen from Library<br><br>3:00pm Gentle Stretching                                                                                                                                                                           | 3<br>9:30am <b>Therapeutic Gardening</b><br><br>12:30pm <b>Art Group:</b><br>• <u>Open Ended Art w/ Rebecca</u><br>2:00pm <b>Chess &amp; Boardgames!</b>                                                                                                                     | 4<br>10:00am Mindful Walking Group<br><u>11am About The Garden</u><br>• <b>Garden Visit</b><br>1:00pm Go with the FLOW<br>3:00pm Mindful Meditation                                                               | 5<br>9:30-4:00 New Member Orientations & 1-1 Appointments<br><br>2:00pm <b>BOYZ in the HOOD:</b><br>Men's Peer Social                                                                                                                                                                        |
| 8<br>9:30am <b>Walking Group w/ Shayna</b><br>• <b>Call Shayna for more info</b><br><br>11:00am Tech Help– By appointment<br>12:30pm <b>Dried Flower Workshop</b><br><br><u>2:00pm Music with MARK!</u>                   | 9<br>10:00am Mindful Walking Group<br><u>11:00am Member Meeting</u><br><br>1:00pm Kitchen Skills \$3.00<br>• <b>French Toast Muffins</b><br><br>3:00pm Life Dance w/ Ayelet                                                                                                     | 10<br><b>Open till 7:00pm</b><br>9:30am <b>Therapeutic Gardening</b><br>11:00am Vocational Navigation<br>• <b>Community Resources for Employment Readiness</b><br><u>12:30pm Art Group: \$3.00</u><br>• <u>Acrylic Ring or Pendant Making w/ Julie</u><br>4:30pm Movie Night | 11<br>10:00am Mindful Walking Group<br><br><u>11am About The Garden</u><br>• <b>Garden Visit</b><br><b>1:00pm Go with the FLOW (YA ONLY)</b><br><br>3:00pm Chi Gong Meditation                                    | 12<br><br>9:30-4:00 New Member Orientations & 1-1 Appointments                                                                                                                                                                                                                               |
| 15<br>9:30am <b>Walking Group w/ Shayna</b><br>• <b>Call Shayna for more info</b><br>10:00am Tech Help– By appointment<br><br>11:00am– 1:00pm<br>• <b>Food Skills Session 1</b><br><br><u>2:00pm Music with MARK!</u>     | 16<br><b>CLUB OPEN @ 12:30</b><br>9:30-12:00 <b>Diabetes Self Management</b><br>• <b>Session 1</b><br>10:00am Mindful Walking Group<br>• <b>Meet out front of Club</b><br>1:00pm Kitchen Skills: \$3.00<br>• <b>Healthy Baking w/ Shannon</b><br><u>3:00pm Zumba w/ Rebecca</u> | 17<br>9:30am <b>Therapeutic Gardening</b><br>11:00am Vocational Navigation<br>• <b>Working/ Student Loans &amp; PWD</b><br><u>12:30pm Art Group: \$2.00</u><br>• <u>Wall Hanging Art w/ Kayla</u><br><br><u>2:00pm Chess &amp; Boardgames!</u>                               | 18<br><br><u>12:00pm About The Garden</u><br>• <b>Jean Pumpkin Craft</b><br><br>1:00pm Go with the FLOW<br><u>1pm Beginners Sign Language w/ Mel</u><br><br>3:00pm Tai Chi Meditation                             | 19<br><br>9:30-4:00 New Member Orientations & 1-1 Appointments<br><br>2:00pm <b>BOYZ in the HOOD:</b><br>Men's Peer Social                                                                                                                                                                   |
| 22<br>9:30am <b>Walking Group w/ Shayna</b><br>• <b>Call Shayna for more info</b><br><br>10:00am Tech Help– By appointment<br><br>11:00am– 1:00pm<br>• <b>Food Skills Session 2</b><br><br><u>2:00pm Music with MARK!</u> | 23<br><br><b>CLUB CLOSED</b><br><br><b>AGENCY</b><br><br><b>AGM</b>                                                                                                                                                                                                             | 24<br><b>CLUB OPEN @ 12:30</b><br>9:30-12:00 <b>Diabetes Self Management</b><br>• <b>Session 2</b><br><br><u>1:00pm Get Creative w/ Arlee: \$2.00</u><br>• <u>Flower Presses</u><br><u>5:00pm YOUNG ADULTS Ice Cream &amp; PAINT NIGHT w/ Tatyana</u>                        | 25<br>10:00am Mindful Walking Group<br><u>11:00am Group Leads: Planning Meeting</u><br><br><b>1:00pm Go with the FLOW (YA ONLY)</b><br><br><u>1:00pm Bowling at REV's w/ Shellina</u><br>• <u>\$4.00 per game</u> | 26<br>9:30-4:00 New Member Orientations & 1-1 Appointments<br><br><u>11:00am Transit Travel w/ Susanne:</u><br>• <u>Pottery Group Outing– See Poster</u><br><u>11:00am Club Fit w/ Tammy</u><br>• <u>Meet At Clubhouse</u><br><b>10-3pm Sources Advocacy</b><br>• <b>By Appointment Only</b> |
| 29<br>9:30am <b>Walking Group w/ Shayna</b><br>• <b>Call Shayna for more info</b><br>10:00am Tech Help– By appointment<br>11:00am– 1:00pm<br>• <b>Food Skills Session 3</b><br>2:00pm <b>Art Therapy w/ Charlotte</b>     | 30<br><br><b>Club Closed</b><br><br><b>National Day for Truth and Reconciliation</b>                                                                                                                                                                                            | <div> <b>Clubhouse is available to MEMBERS ONLY</b><br/>Referral from a Mental Health Professional is needed to join.         </div>                                                                                                                                         |                                                                                                                                                                                                                   | <div> </div>                                                                                                                                                                                                                                                                                 |

## 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 :)

### Pre-employment & Volunteering

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

## PROGRAMS– please sign up

### Social/Recreational:

- **NEW: 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.
- **NEW! Chess & Boardgames Club–** all levels welcome. Wednesdays bi-weekly @ 2:00pm.
- **Mindful Nature Walk!** Kanaka Creek. Meet at club. Tuesdays & Thursdays @ 10:00am
- **About The Garden:** Join Jo-Lynn and Susanne for a weekly group 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: 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/Vocational:

- **NEW: Go with the FLOW:** All about your mental health and wellness. Every other Wednesday is for Young Adults only.
- **NEW: Tech help–** 1-1 support for basic computer skills or help with a new phone/tablet. Bring device. Mondays @ 10:00am
- **NEW: Vocational Navigation:** Weekly information sessions around a variety of vocational topics. Wednesdays @ 11:00
- **Men's Peer Social Group.** A welcoming space for relationship building, socialization and discussion. Bi-Weekly.
- **Therapeutic Gardening Group:** Wednesdays 9:30 @ Community Garden. Call Lauren 604-476-7165/Shayna 604-467-7303
- **Mindfulness Room open! Book your orientation w/ staff. If you have been orientated then come enjoy the space**
- **Art Therapy** w/ Charlotte. Monthly group where we will explore emotions, find joy, and celebrate ourselves.
- **Body Movement & Gentle Stretching:** Intro to Tai Chi, Chair Yoga, Stretching and other forms of body movement. Many groups are member led– all levels welcome. Tuesdays @ 3:00pm. **Please note Club space will be open only for participants Tuesdays 3:00pm-4:00pm.**
- **Meditation Group:** Intro to mindfulness and meditation practices with alternating Chi Gong/Tai Chi 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.