



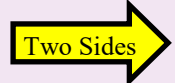
The Club December 2025

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

Monday—Thursday 9:30am– 4:00pm
Evening Hours: Pause on Evenings this month
Fridays: No drop in socials. Appointments or invite only

YA Only Groups
(19-30)
December 12th

Monday	Tuesday	Wednesday	Thursday	Friday
NOTE: We have 2 member meetings this month 1st & 8th	closed @ 3pm for program participants	CLUB IS OPEN AT 11:30 TUESDAYS AND THURSDAYS December 9, 11, and 16	closed @ 3pm for program participants	No Drop in visits. Small invite only groups or orientations/1-1 appts.
1 11:00am Vocational Navigation: • by appt. 11:00am Member Meeting– Free Christmas Coffee or Hot Choc. <u>2:00pm Music with MARK!</u>	2 10:00am Mind Wellness (invite only) 10:00am Mindful Walking Group 12:30pm Kitchen Skills \$3.00 • Minestrone Soup 3:00pm Isometric Strength Training	3 10:00am Wellness Journaling 11:00am Armchair Travel w/ Janeen 12:30pm Art Group w/ Julie \$2.00 • Homemade Air Freshener 3:00pm Mindful Meditation	4 10:00am Mind Wellness (invite only) 12:00pm About The Garden- • Garden clean up 12pm Beginners Sign Language w/ Mel 3:00pm Tai Chi	5 9:30-4:00 New Member Orientations & 1-1 Appointments 2:00pm BOYZ in the HOOD: Men's Peer Social
8 11:00am Member Meeting– Special Guests Shayna & Cassandra 12:00pm LUNCH \$3.00– Cheesy Egg Melts w/ Fries 12:00pm PITCH IN KITCHEN– Make Lunch for Member Meeting 12:30 Get Creative w/ Arlee \$2.00 • Christmas Decorations 2:00pm Music with MARK!	9 10:00am Mind Wellness (invite only) 10:00am Mindful Walking Group 12:00pm Kitchen Skills • Unstuffed cabbage rolls 3:00pm Chair Yoga	10 Annual Clubhouse Christmas Dinner & Stand Up For Mental Health Show Tickets \$5.00 Ticket sales end December 5th Doors Open @ 4pm Dinner @ 5pm Comedy Show to follow	11 10:00am Mind Wellness (invite only) Club Closed @ 1:00pm CLS Christmas Event Doors open @ 2:00pm Dinner @ 3:00pm	12 9:30-4:00 New Member Orientations & 1-1 Appointments 12:00pm Easy Baking Group– Home-made Brownies! Young Adults Only
15 11:00am Vocational Navigation: • by appt. 11:30pm Member Leads: Planning Meeting <u>2:00pm Music with MARK!</u>	16 10:00am Mind Wellness (invite only) 10:00am Mindful Walking Group 12:00pm Kitchen Skills \$3.00 • Gingerbread Cookies 3:00pm Isometric Strength Training	17 CLUB CLOSED AGENCY CHRISTMAS STAFF EVENT	18 12:00pm About The Garden- • Blue Jean Christmas Ornaments w/ home-made apple cider 1:00pm A Cribbage Afternoon– come challenge your friends at the club 3:00pm Chi Gong Meditation	19 9:30-4:00 New Member Orientations & 1-1 Appointments 10:30am Transit Travel w/ Susanne: • Homesense @ Meadowtown Mall 11:00am Get Fit w/ Tammy • Meet At Clubhouse 2:00pm BOYZ in the HOOD: Men's Peer Social
22 11:00am Vocational Navigation: • by appt. <u>2:00pm Music with MARK!</u>	23 10:00am Mindful Walking Group 12:00pm Kitchen Skills \$3.00 • Christmas Cookie Decorating w/ Ayelet 3:00pm Chair Yoga	24 10:00am Wellness Journaling 1:00pm Christmas Movie, Popcorn & Hot Chocolate!	25 CLUB CLOSED MERRY CHRISTMAS! 	26 CLUB CLOSED BOXING DAY
29 11:00am Vocational Navigation: • by appt.	30 1pm Bowling @ Rev's w/ Shellina \$3.00 3:00pm Isometric Strength Training	31 10:00am Wellness Journaling 12:30pm Art w/ Kayla • Vision Boards for 2026 3:00pm Mindful Meditation	1 CLUB CLOSED HAPPY NEW YEAR! 	2 9:30-4:00 New Member Orientations & 1-1 Appointments 2:00pm BOYZ in the HOOD: Men's Peer Social



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, 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**

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.**
- **Pitch in Kitchen: Monthly group making lunch for our members at the club!**
- **About The Garden: Join Jo-Lynn and Susanne for a bi-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 @ 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:

- **NEW: Vocational Navigation: 1-1 support around where to start with work, school, or future career ideas!**
- **NEW: Wellness Journaling– Join us for a weekly exploration of journaling styles and self reflection. Wednesdays @ 10:00am**
- **YOUNG ADULTS ONLY: One & Done Cooking and Simple Baking . Easy recipes for beginners in a small relaxed group. Young Adults Only (19-30). Every other Friday.**
- **Mindful Nature Walk! Meet at club. Walk at Kanaka Creek. Tuesdays @ 10:00am**
- **Men's Peer Social Group. A welcoming space for relationship building, socialization and discussion. Bi-Weekly Fridays.**
- **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.**
- **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) Tuesdays @ 3:00pm. Club only open for participants.**
- **Mindful Meditation: Intro into mindfulness through guided and silent seated meditation. Wednesdays @ 3:00pm**
- **Kitchen Skills: Learn some basic recipes and build up your confidence in the kitchen! Weekly Group. May have a cost.**

Advocacy/Income Assistance/Tenancy & Housing Issues:

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

Clubhouse is available to MEMBERS ONLY

Referral from a Mental Health Professional is needed to join.