



The Club October 2026

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

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

YA Only Groups
NOW EVERY
WEDNESDAY
AFTERNOON

Monday	Tuesday closed @ 3pm for program participants	Wednesday Open Some Evenings!	Thursday closed @ 3pm for program participants	Friday
Please call or text if you cannot make it to a program you signed up for.			1 10am Mindful Walking Group: Kanaka <u>11:00am About The Garden-</u> <u>Garden visit</u> 3:00pm Meditation Breathwork	2 9:30-4:00 New Member Orientations & 1-1 Appointments 10:30am: Men's Peer Social
5 11:00am Vocational Navigation 1-1 appointments 1pm Afternoon Baking \$2.00 - Pumpkin Shortcakes w/ Spiced Apples <u>2:00pm Music with MARK!</u>	6 10am Mindful Walking Group: MR Park 11:00am Janeen From Library 12:00am Kitchen Skills \$3.00: Broccoli & Cheddar Soup w/ Biscuits 1:00pm Cards Afternoon 3:00pm Chair Yoga	7 OPEN UNTIL 7:00pm 11:00am Member Meeting 2:00pm YOUNG ADULTS Boardgames & Videogames 3:30pm D&D Group	8 10:00am Chair Yoga <u>11:00am About The Garden-</u> <u>Garden Visit</u> 1:00pm Bowling @ Rev's w/ Shelina \$3.00 1pm Personal Growth Group: Rotating Topic 3:15pm Meditation Breathwork	9 CLUB OPEN @ 1:00pm 12:00-4:00 New Member Orientations & 1-1 Appointments
12 CLUB CLOSED HAPPY THANKSGIVING!	13 10am Mindful Walking Group: MR Park 12:00am Kitchen Skills \$3.00 Minestrone Soup 1:00pm Cards Afternoon 3:00pm Chair Yoga	14 <u>11:00am Art w/ Julie \$2.00</u> <u>Beading! Bring your own beads if you like.</u> <u>2:00pm YOUNG ADULTS-</u> <u>Wellness & Poetry w/ Kayla</u>	15 10am Mindful Walking Group: Kanaka <u>11:00am About The Garden-</u> <u>Garden CLEAN UP end of season</u> 3:00pm Meditation Breathwork	16 9:30-4:00 New Member Orientations & 1-1 Appointments 10:30am: Men's Peer Social 1:00pm Walk and Talk: local walk to Alouette River w/ Michael
19 11:00am Vocational Navigation 1-1 appointments 11:00am Walk at Grabenhorst Garden in Pitt Meadows 1pm Afternoon Baking \$2.00 - Single Serve Banana Bread <u>2:00pm Music with MARK!</u>	20 10am Mindful Walking Group: MR Park 12:00am Kitchen Skills \$3.00: Fall Root Veggie Soup 1:00pm Member Lead Planning Mtg. 3:00pm Chair Yoga	21 OPEN UNTIL 7:00pm CLUB OPEN @ 12pm  HALLOWEEN PARTY @ 3:00pm Dinner @ 5:00pm Chili & Rice \$3.00	22 10:00am Breakfast Outing: Bruce's Market 11:30am Beginners ASL w/ Mel 1:00pm Bowling @ Rev's w/ Shelina \$3.00 1pm Personal Growth Group: Rotating Topic 3:00pm Meditation Breathwork	23 9:30-4:00 New Member Orientations & 1-1 Appointments <u>11:00am Get Fit w/ Tammy</u> 11:00-12:30 WorkBC Career Coaching By appointment only 12:30-3:30 D&D Group
26 11:00am Vocational Navigation 1-1 appointments 12:00pm Video Game Hangout <u>2:00pm Music with MARK!</u>	27 12:00am Kitchen Skills \$3.00 Potato Leek Soup 1:00pm Cards Afternoon 3:00pm Chair Yoga	28 10:00am Crochet/Knitting Group <u>11am Get Creative w/ Arlee \$2.00</u> - Create your own Halloween Tote 2:00pm YOUNG ADULTS Kitchen Group: - Veggie Quesadillas \$3.00	29 <u>11:00am About The Garden-</u> <u>PUMPKIN CARVING! Bring your own pumpkin</u> 12:00pm Turkey Spatchcock Demonstration	30 9:30-4:00 New Member Orientations & 1-1 Appointments 10:30am: Men's Peer Social 10:00am-3:00pm Sources Advocacy By appointment only 12:30-3:30 D&D Group

Two Sides

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 small member led programs (invite only). 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

Staff are available by appointment on MONDAYS @ 11:00am:

Career Exploration Resume help Job Search

Volunteer Work Interview Prep TVP Access

WorkBC Career Coach on site every third Friday of the Month
Information on WorkBC disability services and 1-1 support

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. Please see website for referral.

PROGRAMS— by sign up only

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. **NEW: Walk and Talk— Local walk to Alouette River with Michael.** Some member led community groups have a cost. See posters at Club.
- 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
- Art Groups: Painting, crafting, and mixed media styles. Weekly member led groups on Wednesdays. May have cost.

Mental Health/Life skills/Vocational:

- **NEW: Dungeons & Dragons Group:** a therapeutic experience to narratively discover personal values and socialize. Connect w/ Connor to learn more.
- **Personal Growth Group:** Bi-Weekly Thursdays @ 1:00pm. A place to focus on inner-strength, self-acceptance, and resilience through learning and practicing self-compassion. New topic discussed each group.
- 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. Wednesday @ 10:00am
- Mindful Nature Walk! Walk at Maple Ridge Park Tuesdays and Kanaka Creek Thursday. Meet at club or at location. Sign up.
- Men's Peer Social Group. A welcoming space for relationship building, socialization and discussion. Bi-Weekly Tuesdays.
- Meditation Breathwork: Thurs @ 3:00pm. Alternate Tai Chi, Chi Gong and Coherent Breathing. **Club only open for participants.**
- Chair Yoga: Wednesdays @ 3:00pm. Gentle stretching and seated yoga. **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.
- **WorkBC Disability Career Coach on site every 3rd Friday for information and connection to WorkBC services.**

Young Adults Only (19-30) WEDNESDAYS AFTERNOONS— SEE YA POSTER

- Kitchen Group— Easy Cooking & Baking . Easy recipes for beginners in a small relaxed group. \$3.00
- **Wellness and Poetry Group:** a group dedicated to poetry and creative writing that encourages healing, emotional insight and growth.
- Social, Boardgame, and Video Game Afternoons: Come relax and meet some new people.

Advocacy/Income Assistance/Tenancy & Housing Issues:

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