

# PROGRAMS AND ACTIVITIES

## Seniors Activity Group Ehi (SAGE)

*Tuesdays, 9:30 to 11:30 am*

Fun is the focus of SAGE. Share humour, refreshments and conversation in an inclusive group with a special place in its hears for people with dementia and their caregivers. The primary focus is social activities—but there are plenty of opportunities to share vital information and resources.



## CEED Centre Art Group

*Tuesdays, 1:00 to 3:00 pm*

Artists of all abilities come together to paint or draw and share great conversation as well as teach each other. Bring your own art supplies—we supply the tables, chairs and drop cloths.



## Wednesday Community Discussions

*Wednesdays, 10:00 am to 12:00 noon*



Join us for an informal group chat about topics on your mind. It's a great way to find out what's going on and how to connect to the community. Coffee and light snacks are supplied.



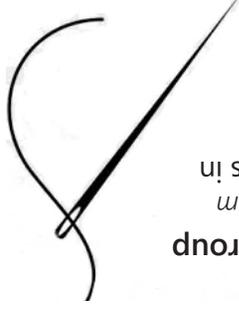
## Pancakes and Jammie'

*Bimonthly, 3rd Sunday  
10:30 am to 2:00 pm*

Join us for a great breakfast (by donation) and recite your favorite slam poetry or jam with some musicians—or just look at art on the wall and listen to the beat.

## CEED Centre Sewing Group

*Thursdays, 5:00 to 7:00 pm*  
Join host Elise and friends in creative sewing projects.



## Community Computers

*Tuesdays and Wednesdays*

*10:00 am to 4:30 pm*

Use our free Internet, computers, printer and IP phone.



## Community Gardens

Members sign up for garden plots on a first-come, first-served basis. Share organic gardening tips in one of our three locations.



## Velorganix

—*Youth Eco-Employment*— Youth (16-24) provide pickup and delivery services using an electric cargo trike. Call us for schedules and rates.



## CEED Centre Podcasts

—*Local Stories*—

We are developing a series of podcasts to tackle complex issues affecting our local area. Check our website for the latest show or connect with us to write or produce a show.



## OUR MISSION

To be social innovators in Maple Ridge and Pitt Meadows connecting people to their community and helping them share sustainable practices so that all living beings can thrive.



## NEIGHBOURHOOD HOUSE

We operate the CEED Centre Neighbourhood House as a drop-in community center for our own free weekly programs and those of other groups. Originally a one-room kindergarten built by Japanese-Canadian pioneers in the 1920s on the Haney Nokai site, it was moved to its current location in 1989 where we maintain it as a nationally registered heritage building.



## VALUES

- a community should be built “from the inside out” by mobilizing the talents, skills and knowledge of its people, organizations and institutions
- all human endeavours should fit within the earth’s natural carrying capacity
- all people should be treated with dignity and respect, standing equal and valued in the eyes and deeds of the community

## JOIN



Your \$15 annual membership helps to support free programs, services, activities and outreach. Membership is open to individuals.



## VOLUNTEER

Find an activity with us that fits your volunteer interests. If we don’t do it yet, you can take a leadership role.

## DONATE



As a registered charity, we welcome your monetary contributions, in-kind donations and legacy gifts.



## DROP IN

Please visit the CEED Centre Neighbourhood House or attend one of our free weekly programs to connect to our inclusive community.

## LEARN



We offer workshops on diverse topics ranging from gardening and farming to natural building and art. Check in to see what’s on offer.

### CEED Centre Neighbourhood House

11739 223 Street

Maple Ridge, BC V2X 5X8

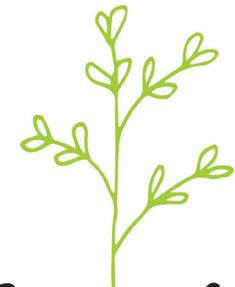
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## SOCIAL INNOVATORS



# CEED CENTRE SOCIETY

CONNECT. ENGAGE. GROW.