





Canadian Mental Health Association  
857 Seymour St.  
Kamloops, BC V2C 2H6  
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# CLUBHOUSE CALENDAR

## April 2025

Days & Hours of Operation  
**MONDAY – THURSDAY** 9:00AM-3:00PM  
**FRIDAY** 9:00AM-2:30PM  
Member's line # 250-828-2642

Monday	Tuesday	Wednesday	Thursday	Friday
<b>LUNCH SIGN UP 11-11:30am</b>	<b>Breakfast 9:15-10am</b>	<b>LUNCH SIGN UP 11-11:30am</b>	<b>Breakfast 9:15-10am</b>	<b>LUNCH SIGN UP 11-11:30am</b>
	<b>APPAREL SHOP OPEN 9-2:30pm</b>	<b>SMOOTHIE BAR</b> \$1.50 smoothie – 10-11am	<b>APPAREL SHOP OPEN 9-11:30am &amp; 12-2:30pm</b>	<i>The Beanery Café</i> \$1.50 coffee – 10-11am
31 March 9am Easter Colouring  Lunch Prep 11:30 – Grilled Cheese & Tomato Soup	1 9-10:30am Learn to CRIB w/ Joe  10:30am Baking  11-2pm Quilting/Sewing group	2 <u>Art with Alime 10-12pm</u> Lunch Prep 11:30am – Egg McMuffin 1pm Card Making	3 10-11am - Knitting Movement Class 11:30-12pm (Closed group)	4 <b>TECH SUPPORT w/ Jesse 10am</b> <u>Art with Alime 10-12pm</u> \$3.00 Lunch @ 12:30pm- Baked Potato & Salad Karaoke 1pm
7 10am Cupcake decorating w/ Shirley 11am Paracord Knot Tying w/Daniel Lunch Prep 11:30 – Nachos	8 9-10:30am Learn to CRIB w/ Joe  11-2pm Quilting/Sewing group <b>Fire Drill 2pm</b>	9 <u>Art with Alime 10-12pm</u> Lunch Prep 11:30am – Stir Fry BOWLING at Falcon Lanes 1pm Cost \$5/person	10 10-11am - Knitting Movement Class 11:30-12pm (Closed group)	11 <u>Art with Alime 10-12pm</u> Decorate Plant pots \$3.00 Lunch @ 12:30pm – Taco Salad Karaoke 1pm
14 <u>FCC Meeting 10am</u> Easter Egg Hunt – every day this week! Lunch Prep 11:30 - Veggie Fritters & Tzatziki	15 9-10:30am Learn to CRIB w/ Joe  10:30am Baking  11-2pm Quilting/Sewing group	16 <u>Art with Alime 10-12pm</u> Finish decorating Plant pots Lunch Prep 11:30am – Pizza Bagels  1pm	17 10-11am - Knitting Movement Class 11:30-12pm (Closed group) Spring Potted plant <b>FCC Cheques Ready to pick up</b>	18  <b>CLUBHOUSE CLOSED</b>
21 <b>National Volunteer Week!</b> <b>CLUBHOUSE CLOSED</b>	22 9-10:30am Learn to CRIB w/ Joe Volunteer Appreciation Lunch 12-1pm 11-2pm Quilting/Sewing group	23 <u>Art with Alime 10-12pm</u> Lunch Prep – 11:30am - Burger & Onion Rings Karaoke 1pm	24 10-11am - Knitting Movement Class 11:30-12pm (Closed group) <b>Staff Meeting - Closed at 1pm</b>	25 <u>Art with Alime 10-12pm</u> Pool Tournament 10:30am \$3.00 Lunch @ 12:30pm – Sandwich & yogurt parfait Karaoke 1pm
28 11am Members' Meeting (Lunch for Meeting Participants) 12:30 – Chicken Pot Pie	29 9am CRIB Tournament *Prizes* 10:30am Baking 11-2pm Quilting/Sewing group	30 <u>Art with Alime 10-12pm</u> Lunch Prep – 11:30am – Egg Salad Buns 12pm Walk to Kamloops Museum & Kochi Bao Food Truck Personal Taxes Due	 We are hoping to go to The Paramount Theatre for a Thursday afternoon Matinee this month! DATE/ MOVIE TBA *See Front Desk for more info*	

## **CLUBHOUSE NEWS**

### **AWARENESS THROUGH MOVEMENT GROUP**

Join instructor Colleen for a gentle movement class with a short meditation on Thursdays from 11:30-12pm. We close the doors and turn off the lights to create a quiet and peaceful environment. If you've never tried this class before why not check it out?

### **FILE YOUR TAXES**

You still have time to file your 2024 taxes at The Clubhouse (CVITP Program). To qualify for this free service income limit is \$35,000 for individuals & \$45,000 for couples. **Taxes are due on April 30, 2025.**

### **CHANGES TO APPAREL SHOP**

Clubhouse members are now able to access the apparel shop twice a week from April 1. Please note that on Tuesdays you may have to walk around to the back to avoid kitchen programming. Thank you, Dan & Nicole for organizing all the donations to make shopping easier!

### **KARAOKE**

We love to hear you sing! Join us every Friday again in April for Karaoke!

### **ESTR STUDENT - SIERRA**

We look forward to welcoming a TRU ESTR (Education and Skills Training) student, Sierra to the Clubhouse in April. Sierra will be here from 10-2pm on Monday, Wednesday and Friday until May. Welcome, Sierra!

### **WELCOME CORINNA**

Corinna will be joining the volunteer crew at The Clubhouse to make sure it sparkles and shines! Corinna will be here on Wednesdays in April – please say hello if you see her.

### **FCC FUNDING**

It's time to get your FCC funding applications in for the new fiscal year. If you would like some help applying for up to \$175 to benefit YOUR mental health, let one of the Clubhouse Staff know and we can help you apply or pick up a copy of the application at the reception.

### **LUNCHES**

**Sign up for lunches is 11-11:30am.** We cannot accommodate late arrivals. Please note that lunch is not available for members who are bowling as there is not enough time to eat/do a chore and get to bowling on time.

### **LEARN TO CRIB**

Joe (member) will be here every Tuesday to teach us how to play crib. We will have a crib tournament at the end of the month with prizes! All levels welcome – come and have some fun! Do you have a skill you'd like to share with Clubhouse members? Let Christina know!

### **VOLUNTEER APPRECIATION**

We will be having a volunteer appreciation lunch for the community and peer volunteers who dedicate their time to help make the Clubhouse a wonderful place to be!

### **ART CLASSES IN APRIL**

April 4: Jewelry Making  
April 11: glass mosaics on flower pots  
April 16: Finishing flower pots  
April 25: Acrylic + Watercolour Painting

### **Important Dates for April**

**April 4 – GST**

**April 16 (for May 2025) – Income Assistance**

**April 21<sup>st</sup>-27 National Volunteer Week**

**April 27 – Boogie The Bridge**