

Canadian Mental Health Association
857 Seymour St.
Kamloops, BC V2C 2H6
Phone: 250-374-0440; Fax: 250-374-8718

CLUBHOUSE CALENDAR

May 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
LUNCH SIGN UP 11-11:30am	Breakfast 9:15-10am	LUNCH SIGN UP 11-11:30am	Breakfast 9:15-10am	LUNCH SIGN UP 11-11:30am
	APPAREL SHOP OPEN 9-2:30pm	SMOOTHIE BAR \$1.50 smoothie – 10-11am	APPAREL SHOP OPEN 9-11:30am & 12-2:30pm	<i>The Beanery Café</i> \$1.50 coffee – 10-11am
 <p>May 5-11 Theme: Unmasking Mental Health Living with a mental health or substance use challenge is hard enough; masking can make it even harder. Living with mental health challenges often forces people to hide behind a “mask” to protect themselves from judgment and discrimination. But the heavier the stigma, the heavier the mask becomes, and the more isolated we feel. Let’s break the stigma!</p>			1 10-11am - Knitting 11:30-12pm Movement Class (Closed group)	2 TECH SUPPORT w/ Jesse 10am <u>Art with Alime 10-12pm</u> \$3.00 Lunch @ 12:30pm- Soup & Garlic Toast Karaoke 1pm
5 10am Paracord with Daniel 930-1230 Raiyan Subsidy Support Lunch Prep 11:30 – Tacos	6 9-10am Crib Quilters’ Meeting 11am 11-2pm Quilting/Sewing group	7 <u>Art with Alime 10-12pm</u> “Unmasking mental health” Mask Decorating Lunch Prep 11:30am – Charcuterie snack plate 1pm Hot Chocolate & gratitude	8 Climate Action Summit CLUBHOUSE CLOSED 10am Clubhouse members trip to MacArthur Park for games & picnic (Turn over for more info)	9 <u>Art with Alime 10-12pm</u> \$3.00 Lunch @ 12:30pm – Cold cuts & potato salad Karaoke 1pm
12 10am Paracord Fundraising Meeting Lunch Prep 11:30 – Burger & Onion Rings 1pm BINGO	13 9-10am Crib 11am Baking with Lynda 11-2pm Quilting/Sewing group 1pm Plant outside flower pots	14 <u>Art with Alime 10-12pm</u> Lunch Prep 11:30am – Perogies BOWLING at Falcon Lanes 1pm Cost \$5/person	15 930-1230 Raiyan Subsidy Support 10-11am - Knitting 11:30-12pm Movement Class (Closed group)	16 <u>Art with Alime 10-12pm</u> \$3.00 Lunch @ 12:30pm – Crispy Chicken Caesar Salad Karaoke 1pm
19 CLUBHOUSE CLOSED Victoria Day	20 9-10am Crib 11-2pm Quilting/Sewing group Fire Drill 2pm	21 <u>Art with Alime 10-12pm</u> Lunch Prep – 11:30am – BLT Tax Superclinic 1-3pm	22 10-11am - Knitting 11:30-12pm Movement Class (Closed group) Staff Meeting - Closed at 1pm	23 <u>Art with Alime 10-12pm</u> \$3.00 Lunch @ 12:30pm – Sundried tomato pesto pasta salad Karaoke 1pm
26 FCC Meeting 10am 930-1230 Raiyan Subsidy Support 11am Members’ Meeting (Lunch for Meeting Participants @1230)	27 9am onwards - Crib Tournament *Prizes* 11am Baking with Lynda 11-2pm Quilting/Sewing group	28 <u>Art with Alime 10-12pm</u> Lunch Prep – 11:30am – Chili Dogs 1pm Karaoke 2pm Bubble Tea & gratitude	29 10-11am - Knitting 11:30-12pm Movement Class (Closed group) FCC Cheques Ready to pick up	30 CLUBHOUSE CLOSED Join us at The Sandman Centre to cheer us on for the Amazing Race to Inclusion event 9-12pm!

CLUBHOUSE NEWS

MAC PARK TRIP MAY 8

The Clubhouse will be closed on May 8 for a climate action summit but we will be meeting Clubhouse members at Macarthur Island Park for some games and a picnic. Please sign up at the front desk so we know how many people are interested in coming along and we can plan how many snacks to bring!

SUPERCLINIC

Don't miss the opportunity to join the Superclinic on Wednesday, May 21 from 1-3pm. We will have a CRA benefits outreach officer on site to assist with accessing individuals CRA accounts and tax information. During this time, you can apply for government benefits and subsidies, make changes to personal information and set up an online account. CRA can also issue tax slips for years not filed and provide notice of assessments.

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. Applications are processed

in the order they are received and if you were to submit an application in May, the approximate cheque date will be October.

HOUSING SUBSIDY SUPPORT

Raiyan is a CMHA employee who works with the Supplement Rent Subsidy Program (SRSP). His primary focus is supporting individuals who are already housed in market-rate housing by providing rental subsidies. This financial support helps bridge the gap between high housing costs and low incomes, making it more feasible for individuals to maintain stable, long-term housing. Once clients are approved for the program and successfully housed, he maintains ongoing support by checking in with them every two weeks.

"At the clubhouse, I meet with various people who have different housing needs. While I may not be able to directly assist with every situation due to the scope of my role, I'm always committed to guiding individuals toward the appropriate resources or supports that can help. I support individuals in determining their eligibility for subsidy under the SRSP by helping them understand the necessary connections and criteria. For those exploring other options, such as supportive housing, I provide guidance and assist with the required

paperwork to join the waitlist. Additionally, I complete VAT assessments for clients when needed." Raiyan is in on May 5, 15 and 26.

AMAZING RACE TO INCLUSION

The Clubhouse will be closed on Friday May 30 as the staff will be taking part in the Amazing Race to Inclusion downtown. We will be at The Sandman Centre at 9am, come and cheer us on if you'd like!

WELCOME, JARET!

We are pleased to be able to host a 2nd year practicum student from Douglas College from May 12 to the end of June. Thank you for joining us in giving him a warm welcome!

ART CLASSES WITH ALIME

May 2: Hand Sewing
May 7: Making Masks
May 9: Mother's Day Cards
May 16: Flower Pots
May 23: Jewelry Making
May 30: Acrylic/Watercolour Painting

Important Dates for May

May 4: Star Wars Day (May the 4th be with you)
May 5: Red Dress Day March
May 10 & 17: GardenGate Plant Sales 9:00am to 1:00pm 915 Southill St.
May 11 – Mother's Day
May 19 – Victoria Day (closed).