




## THE CLUBHOUSE CALENDAR

FEBRUARY 2017

Days &amp; Hours of Operation:

Monday-Friday

8:30am-4:00pm

Monday Breakfast 8:30am-10:00am Food prep at 11am	Tuesday Breakfast 8:30am-10:00am Food Prep 11am	Wednesday MEMBERS MEETING- 10am Walk with Norm @ 1pm Food Prep 11am	Thursday Breakfast 8:30am-10:00am Food Prep 11am	Friday <i>Soup/Sandwiches</i> –Friday's @ 12pm (\$1.50 or \$2/month) Food Prep 11am
Cheque Day – Feb 22 <sup>nd</sup> CPP/OAS – Feb 24 <sup>th</sup>	Brenda from Interior Health will be in on Tuesday, Feb 28 <sup>th</sup> 9am -12pm She will be here to answer any questions relating to diabetes & test blood sugar levels	1 Banana Pancakes @ 9am Fajitas @ 11am Valentine Decorations @ 1pm	2 Cereal & Toast 8:30-10am REEISTENCE Training @ 10:30am Butter Chicken @ 11am Henna Tattoos @ 1pm	3 Sausages, Eggs & Hashbrowns @ 9am Vegetarian Chili @ noon Pool tournament @ 1pm
6 Omelettes & Bacon @ 9am Burgers & Carrot Fries @ 11am Dream catchers @ 1pm	7 Cereal & Toast 8:30-10am Spicy orange Chicken @ 11am Resume building with Kelly from Open Door Group 1pm	8 Yogurt, Fruit & Granola @ 9am Mexican Casserole @ 11am Tree of Life @ 1pm Smoking Cessation @ 1pm	9 Cereal & Toast 8:30-10am Chinese Food @ 11am DIY Kombucha kit 1pm	10 French Toast @ 9am Bean Soup @ noon Valentine Cards/Crafts & Cookies @ 1pm
13 Clubhouse closed for Family Day	14 Cereal & Toast 8:30-10am Spaghetti Lunch @ noon Karaoke/Valentines Party @ 1pm	15 Banana bread in a bowl @ 9am Meatloaf @ 11am Art with Darryl 9-12pm Cloth Bowl Warmers @ 1pm	16 Cereal & Toast 8:30-10am RESISTANCE Training @ 10:30am Homemade Chicken Strips & Fries @ 11am Beading @ 1pm	17 Breakfast Sandwich @ 9am Surprise Soup @ noon Rock Art with Nicole 1pm
20 Egg Breakfast cups @ 9am FCC Meeting @ 10am Chicken Quesadillas @ 11am Peanut Butter & Banana Ice Cream @ 1pm	21 Cereal & Toast 8:30-10am "Pizza Hut" recipe @ 11am Candle making @ 1pm	22 Eggs Benedict @ 10am Clubhouse closed at Noon	23 Cereal & Toast 8:30-10am Stew With Mo @ 11am Bingo @ 1pm	24 Creamy Italian baked eggs @ 9am Soup @ noon Mental health Journals @ 1pm
27 Crepes @ 9am Veggie Quiche with Mo @ 11am DIY Lanterns @ 1pm	28 Cereal & Toast 8:30-10am Diabetic Educ. 9am -12pm Stir Fry @ 11am LEADERSHIP MEETING/LUNCHEON 12pm	We will be able to help everyone out again this year with your taxes! Bring them in once you have received your T5007's, T4's etc.	Art with Darryl Wed, Feb 15 <sup>th</sup> 9-12pm This class will include: a canvas painting demo and wood burning art	Valentine's Day Dance & Karaoke! Join us on Valentine's Day @ 1:00pm for games, good tunes and great food!
<b>Quilting 9am -3pm</b> <b>Every Tuesday @ St. George's Church</b> <b>308 Royal Avenue, Kamloops</b> 	Join us every 2 <sup>nd</sup> Thursday at the Clubhouse for Low Impact Resistance Training @10:30am. Snap Fitness Instructors will be here to facilitate these groups. 			 Like our Facebook page!  Search: "CMHA Kamloops" to keep up with the latest news and CMHA events!  