



MERRITT CLUBHOUSE CALENDAR

FEBRUARY 2017

<p align="center">Wednesday Coffee Time Daily @ 9:00am Breakfast Daily Lunch prep 11:00am Daily</p>	<p align="center">Friday Coffee Time Daily @ 9:00am Breakfast Daily Lunch Prep 11:00am Daily</p>	<p align="center">Days & Hours of Operation: Wednesday & Friday 9:00am-3:00pm Merritt.clubhouse@cmha.bc.ca</p>	
<p align="center">1 Spaghetti & Caesar Salad Current Events & Book Discussion 10-10:30</p>	<p align="center">3 Lasagne & Garlic Bread</p>	<p>Centennial Hockey Games Please see staff for tickets!</p>  <p>February 1st vs. Penticton February 3rd vs. West Kelowna February 7th vs. Vernon February 18th vs. Trail Smoke Eaters February 24th vs. West Kelowna Warriors</p>	
<p align="center">8 Chicken Mushroom Crepes Bingo Work on Mandela's</p>	<p align="center">10 Stew and Biscuits Looming</p>	<p>Yoga at the Civic Centre Every Friday 12:15-1:00pm Mats are provided Please see staff for yoga punch card</p> 	<p align="center">Members please remember to return your canning jars and we are collecting more as well as used candles.</p>
<p align="center">15 Chicken Cutlets & Rice Candle Meditation 10:30-11:00 Guest Speaker Doris Bruno from DARP will be doing a presentation on safe housing & addictions-11:45am</p>	<p align="center">17 Samosa Workshop Member's meeting 12:00pm Learn to use the sewing machine with Julie 11:00am</p>	<p>Cheque day: February 22nd OAS/CPP: February 24th</p>	
<p align="center">22 Clubhouse open at 10:30am for staff meeting Acrylic Painting 10-2 Chilli Stuffed Potatoes</p>	<p align="center">24 Rock Tumbling 11am Make your own pizza</p>	<p>#TalkToday is teaming up with the Merritt Centennials on Saturday, Feb 18th There will be a CMHA information booth on site & puck drop @ 7:00pm! **Please notify staff if you are interested in attending!</p> <p>#Talk Today is a mental health education program designed to for the BC Hockey League players, families and coaches to learn more about mental health and increase their skills to help players who may need support related to mental illness/addictions.</p>	