






MERRITT CLUBHOUSE CALENDAR

JUNE 2017

<p><u>Wednesday</u> Breakfast Daily from 9:00-10:00am Lunch Prep 11:00am</p>	<p><u>Friday</u> Breakfast Daily from 9:00-10:00am Lunch Prep 11:00am</p>	<p><u>Hours of Operation:</u> Wednesday & Friday 9:00am-3:00pm Email: merritt.Clubhouse@cmha.bc.ca</p>
	<p>2</p>  <p><u>Clubhouse Closed</u></p>	<p><u>Yoga at the Civic Centre</u> Every Friday 12:15-1:00pm Matts are provided Please see staff for yoga punch card</p> 
<p>7 Tacos Acrylic painting</p>	<p>9 Greek Salad Popcorn/movie</p>	<p><i>New this month!</i> Lunch is available to all members for the cost of \$1.00 for members participating in meal preparation, lunch is <i>FREE!</i></p>
<p>14 Members meeting @ 10am Pork Chops & rice</p>	<p>16 Composting info-session Pizza</p>	 <p>Computer/internet access is available to all members during Clubhouse hours!</p>
<p>21 <i>Cheque Day</i> Guest Speaker-Pardeep in from Kamloops Brain injury Association @ 10:00am Bacon and eggs cups</p>	<p>23 Chicken, pineapple, celery salad Painting clay pots</p>	 <p>Guest Speaker, Pardeep will be joining at the Clubhouse on Wed, June 21st @ 10:00am to talk about services/supports offered in Merritt</p>
<p>28 CPP/OAS Cheque Day Tuna melts Strawberry jam</p>	<p>30 Strawberry waffles with whip cream Manicure/pedicure</p>	<p>Want to learn more about composting? Fri, June 16th we will be sharing tips and tricks on how to compost effectively!</p>