

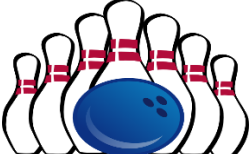




# MERRITT CLUBHOUSE CALENDAR

## NOVEMBER 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 &amp; Friday 9:00am-3:00pm Email: <a href="mailto:merritt.clubhouse@cmha.bc.ca">merritt.clubhouse@cmha.bc.ca</a></p>
<p><b>1</b> Shepard's pie Flus shots 9-4pm @ the Civic Centre Sit Fit Class 10-11am @ the Civic Centre Learn to make Christmas Candles 10am</p>	<p><b>3</b> Hamburger soup &amp; pumpkin pie Volunteering discussion with Terry 10am</p>	<p> Join us for Yoga every 2<sup>nd</sup> Friday at the Civic Centre, Sit fit classes are also available on Mondays! Please see staff for more details or contact the Civic Centre 250.315.1050</p>
<p><b>8</b> Build you own pizza Members meeting 11am BINGO 1pm</p>	<p><b>10</b> Shepard's pie Yoga at the Civic Centre 12:15-1:00pm Learn to sew with Terry @ noon</p>	<p>Lunch is available to all members for \$1.00 If members are participating in preparation, lunch Is <i>FREE!</i></p>
<p><b>15</b> Quiche Computer basics workshop 11am Quilt Christmas stockings-with Quinn @ noon</p>	<p><b>17</b> Chicken rice stir fry Beginner Yoga- DVD</p>	<p> Computer/internet access is available to all members during Clubhouse hours!</p>
<p><b>NATIONAL ADDICTIONS AWARENESS WEEK November 12<sup>th</sup>-18<sup>th</sup></b></p>		
<p><b>22</b> Staff meeting-Clubhouse opens at 10:30am Mushroom caps/Caesar salad Sit Fit Class 10-11am @ the Civic Centre Pine cone flowers</p>	<p><b>24</b> Pork with apple sauce/potatoes Yoga at the Civic Centre 12:15-1:00pm Handmade Christmas Cards</p>	<p><b>Cheque day: November 22<sup>nd</sup></b> <b>OAS/ CPP : November 28<sup>th</sup></b> Crisis Line # 1-888-353-2273</p>
<p><b>29</b> Soup/grilled cheese Bowling at Nicolanes 1pm ** Cost is \$2.00/person, please sign up! **</p> <p></p>	<p> This year's flu shot offers protection against two influenza A viruses (an H1N1 and an H3N2 virus) and one influenza B virus</p>	<p> Lest We Forget</p>

