

THE CLUBHOUSE CALENDAR

NOVEMBER 2017

Days & Hours of Operation:

Monday-Friday

8:30am-4:00pm

| Monday Breakfast 9-10am Cost \$1.00 Food prep at 11am | Tuesday Breakfast 9-10am Cost \$1.00 Quilting @ Royal Ave. 9-2pm Food Prep 11am | Wednesday Breakfast @9am MEMBERS MEETING- 10am Food Prep 11am | Thursday Breakfast 9-10am Cost \$1.00 Food Prep 11am | Friday Breakfast 9-10am Cost \$1.00 Soup/Sandwiches –Friday's @ 12pm (\$1.00 or \$2/month) |
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| <p><i>Flu shots are being offered at the Clubhouse Friday, November 10th</i></p>  | <p>On Nov 21st @ 10am Visit Kamloops mobile supervised injection service. Meet the staff and take a tour of the RV that provides vital services in our community!</p> | <p>1</p> <p>Breakfast Wraps @ 9:00am Roasted Veggie Lasagna@ 11:00am Homemade Poppies @1pm</p> | <p>2</p> <p>Cereal & Toast @ 9- 10 am Resistance Training @10:30am Mexican Pinto Beans @ 11:00 am Wire Wrapping Jewelry@1pm</p> | <p>3</p> <p>Cereal & Toast @ 9-10:00 am Veggie Tortellini Soup@ noon Bath Bombs @1pm</p> |
| <p>6</p> <p>Cereal & Toast @9-10am Shrimp and Bean Salad @ 11am ART WITH FINN 9-11am <u>Computer support with Brad 11-1pm</u></p> | <p>7</p> <p>Cereal & Toast @9-10am Quilting @ Royal Ave. 9-2pm Sweet Potato and Bean Quesadillas@11:00 am</p> | <p>8</p> <p>Sausage and Eggs @9:00am Baked Teriyaki Chicken @11am In house Craft/Bake Sale <i>*prices will vary*</i></p> | <p>9</p> <p>Cereal @ Toast 9- 10am Yoga @ 10:15am Baked Spaghetti @11am Handmade Candle Holders @1pm</p> | <p>10</p> <p>Cereal & Toast 9 - 10am Flu Shots @ 9:30am Turkey Chili @ noon Candle Making @1pm</p> |
| <p>13</p>  <p>CLUBHOUSE CLOSED FOR REMEMBRANCE DAY</p> | <p>14</p> <p>Cereal & Toast @ 9:00am- 10am Tacos @11am Quilting @ Royal Ave. 9-2pm Wood Burning @1pm</p> | <p>15</p> <p>Breakfast Sandwiches @ 9:00am Macaroni and Cheese@11am Canvas Painting @1pm</p> | <p>16</p> <p>Cereal & Toast @ 9:00am -10am Resistance Training @10:30 Inside/Outside Boxes@11am</p> | <p>17</p> <p>Cereal & Toast @ 9:00am -10am Pea Soup @ noon Pool Tournament @1pm (Prizes)</p> |
| NATIONAL ADDICTIONS AWARENESS WEEK November 12th-18th | | | | |
| <p>20</p> <p>Cereal & Toast @ 9:00am-10am FCC Meeting @10am Fresh Tomato Soup @11am ART WITH FINN 9-11am <u>Computer support with Brad 11-1pm</u> Karaoke @1pm</p> | <p>21</p> <p>Cereal & Toast @ 9-10am Tour of SCS RV at Crossroads 10am Pasta salad & garlic toast @11am</p> | <p>22</p> <p>French Toast Brunch @ 10am Cheque Day CLOSED AT NOON</p> | <p>23</p> <p>Cereal & Toast @9-10am Yoga @ 10:15am 3 Bean Enchiladas @11am Clay Molding @1pm</p> | <p>24</p> <p>Cereal & Toast @9-10am Potato Minestrone@ noon Baking @1pm</p> |
| <p>27</p> <p>Cereal & Toast @ 9-10am Ribs @11am Learn to Knit/Crochet @1pm</p> | <p>28</p> <p>Cereal & Toast @ 9-9:30am Meatloaf @11am Team Leadership meeting/luncheon! 12pm T-Shirt Painting @1pm</p> | <p>29</p> <p>Bacon and Eggs @9am Taco Casserole @11am Make your own Calendar @1pm</p> | <p>30</p> <p>Cereal & Toast @ 9:00am -10am Resistance Training @10:30am Curry Vegetables and Rice @11am Christmas Crafts @1pm</p> | <p>Join us for Yoga! Lucas, our yoga instructor is in every 2nd Thursday 10:15-11am</p> <p><i>*please note you must be on time if you wish to participate in this class*</i></p> |

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