

Kamloops Clubhouse Calendar

JUNE

Open Monday-Friday
8:30-4:00pm



Canadian Mental Health Association
Kamloops

857 Seymour St, Kamloops B.C V2C 2H6
Telephone #250-374-0440 Fax # 250-374-8718
Web page: www.kamloops.cmha.bc.ca
Email: Kamloops@cmha.bc.ca

Education/Training	Meetings
Meal Programs	Guest Speakers
Fitness	Recreation

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
					1	
9:00-10:00am		Quilting Program every Tuesday 9:00-2:00pm @ 308 Royal Avenue			Cereal & Toast \$1.00	 CMHA Kamloops
9:00-11:00am					Garden Maintenance	
10:00-11:00am					Soup & Sandwiches \$1.00	
11:00-1:00pm					Sewing Tote bags with Kennedy	
	4	5	6	7	8	
9:00-10:00am	Cereal & Toast \$1.00	Cereal & Toast \$1.00	Egg in a Hole	Cereal & Toast \$1.00	Cereal & Toast \$1.00	
9:00-11:00am	Art with Finn	Pottery Glazing (Part 2)	Estr Program Guest Speaker	Mental Health talk with Amy	Garden Maintenance	
10:00-11:00am					Team Lead Meeting Pizza	
11:00-1:00pm	Chicken Caesar Salad	Skip-Bo Tournament	Bakinjg with Rob	DIY Hockey Shirts	BINGO	
1:00pm	C.H.O.M.P Meeting					
	11	12	13	14	15	
9:00-10:00am	Cereal & Toast \$1.00	Cereal & Toast \$1.00	Scones & Fruit	Cereal & Toast \$1.00	Cereal & Toast \$1.00	Join us for the annual South Hills Hockey Challenge on June 13th! The Clubhouse will be CLOSED @9:30am 
9:00-11:00am	Art With Finn	Work BC Speakers 10:30-11:30am	South Hills Hockey Challenge 10am-2pm	Peanut butter pie	Garden Maintenance	
10:00-11:00am				Meatloaf	Hoagies \$1.00	
11:00-1:00pm	Steak Wraps	Sloppy Joes		YMCA Swim \$3.00	Ping Pong Tourney	
1:00pm	Naloxone Training	Naloxone Training				
	18	19	20	21	22	
9:00-10:00am	Cereal & Toast \$1.00	Cereal & Toast \$1.00	Potato Pancakes	Cereal & Toast \$1.00	Cereal & Toast \$1.00	RIDE DON'T HIDE! JUNE 24th See staff to Register! 
9:00-11:00am	Art with Finn FCC Meeting 10am	Crossing Bridges Art tour 10-12pm			Crossing Bridges Art tour 10-12pm	
10:00-11:00am					BLT Sandwiches	
11:00-1:00pm			Walk to Riverside Park with Team Leads	Rock Climbing @ 1-3pm \$10.00/person, must sign up!		
	25	26	27	28	29	
9:00-10:00am	Cereal & Toast \$1.00	Cereal & Toast \$1.00	Potato Pancakes	Cereal & Toast \$1.00	Cereal & Toast \$1.00	
9:00-11:00am	Art with Finn	Members Meeting	Brunch! Egg & sausages	Diabetic Education	Garden Maintenance	
10:00-11:00am				C.H.O.M.P Cooking Group-No Lunch at the Clubhouse	Chili \$1.00	
11:00-1:00pm	Shepards Pie	Baked Avocado Tacos	Clubhouse Closed at Noon			
1:00pm			Walk to Riverside with Team Leads	YMCA Swim \$5.00		

