

Open Monday-Thursday 8:30-3pm & Friday's 8:30-2:30pm

# Jun-19



**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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Education	Meetings
						Meal Programs	Training
						Fitness	Recreation
						Fire Drill	Clubhouse CLOSED
						FRIDAY	Income Assistance/PWD
<b>Hours of Operation</b>					<b>Friday Hours of Operation</b>		<b>Paydate- June 26th</b>
9:00-10:00am	The Quilting program will be closing for the summer- last day is June 25, 2019	Kim from Open Door Group will now be in every second Tuesday if you wish to make an appointment. Kim will be working on vision boards with members on June 25th for those who wish to participate!	The Clubhouse will be CLOSED during the South Hills Hockey challenge on Wed, June 5th. Hope to see everyone there! Address: 200-945 Southhill Street	Learn more about services and supports offered by the TRU Community Legal Clinic on Thursday, June 20th @10am!	9:00-10:00am	Please note: The Clubhouse closes at 2:30pm every Friday.	OAS/CPP paydate- June 26th
9:00-11:00am					9:00-11:00am		
10:00-11:00am					10:00-11:00am		
11:00-1:00					11:00-1:00		
12:00-1:00pm					12:00-1:00pm		
1:00-3:00pm					1:00-2:30pm		
<b>Hours of Operation</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>Friday Hours of Operation</b>	<b>7</b>	
9:00-10:00am	Cereal & Toast \$1.00	Cereal & Toast \$1.00	South Hills Hockey Challenge & BBQ 10-2pm at South Hills Psychiatric Rehabilitation Centre	Cereal & Toast \$1.00	9:00-10:00am	CLUBHOUSE CLOSED for the day	
9:00-11:00am	Art with Finn 9-10:30pm	T-shirt transfers shirts for S.H Hockey tournament		Members Meeting 9:30am	9:00-11:00am	8:30-10:30- Riverside walk * meet at Clubhouse	
10:00-11:00am	Lunch at Prince Charles Park 11:30am	Chili Dogs		Backyard BBQ	10:00-11:00am	Bowling at Falcon Lanes 11:30am- Pizza lunch @12:30pm	
11:00-1:00pm		Quilting 9-2:30pm @Royal Ave		Afternoon Gardening at the Clubhouse- Plant vegetables	11:00-1:00pm		
12:00-1:00pm					12:00-1:00pm		
1:00-3:00pm					1:00-2:30pm		
<b>Hours of Operation</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>Friday Hours of Operation</b>	<b>14</b>	
9:00-10:00am	Cereal & Toast \$1.00	Cereal & Toast \$1.00	Bacon & eggs	Cereal & Toast \$1.00	9:00-10:00am	Cereal & Toast \$1.00	
9:00-11:00am	Art with Finn 9-10:30pm	Kim in from Open Door Group (9-3pm)	Brittany's last day Wed, June 12th (AOL student)	9:30am walk to the Art Gallery	9:00-11:00am	Learn to make hot sauce!	
10:00-11:00am					10:00-11:00am		
11:00-1:00pm	Spaghetti & Meatballs	Veggie & Rice Stir fry	Chicken Ceasar salad	Spanish Rice	11:00-1:00pm	Loaded baked potatoes	
12:00-1:00pm	MyCRA account- info. session with Brittany 1pm	Quilting 9-2:30pm @Royal Ave.	Painting Wooden furniture at Clubhouse 12:30pm	1pm- tour/info. Session of Dental at the Seed	12:00-1:00pm	BINGO 1pm	
1:00-3:00pm		Canning salsa 1-3pm			1:00-2:30pm		
<b>Hours of Operation</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>Friday Hours of Operation</b>	<b>21</b>	
9:00-10:00am	Cereal & Toast \$1.00	Cereal & Toast \$1.00	Yogurt parfaits	Cereal & Toast \$1.00	9:00-10:00am	Cereal & Toast \$1.00	
9:00-11:00am	Art with Finn 9-10:30pm		Stretch for health class at the YMCA 10-10:50am	10am- Guest speakers from TRU Community Legal clinic	9:00-11:00am	National Indigenous peoples Day @ Riverside Park 10-3pm This is a FREE event!	
10:00-11:00am	FCC meeting 10-11:30am	Quilting 9-2:30pm @Royal Ave.	Sub sandwiches	Poutine	10:00-11:00am		
11:00-1:00pm	Pasta salad	Lasagne		Afternoon baking	11:00-1:00pm		
12:00-1:00pm	Yonana sundaes	Canning strawberry Kiwi Jam	<b>POW deadline</b>		12:00-1:00pm		
1:00-3:00pm					1:00-2:30pm		
<b>Hours of Operation</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>Friday Hours of Operation</b>	<b>28</b>	
9:00-10:00am	Cereal & Toast \$1.00	Staff Meeting- Clubhouse Closed until 10:30am		Cereal & Toast \$1.00	9:00-10:00am	Cereal & Toast \$1.00	
9:00-11:00am	Art with Finn 9-10:30pm		Fruit smoothies & omelettes 10am	9:30am walk to the Art Gallery	9:00-11:00am	Mental Health Ted Talk 1pm	
10:00-11:00am					10:00-11:00am		
11:00-1:00pm	Hot beef sandwiches	Quesadillas	<b>FIRE DRILL 11am</b>	Quiche	11:00-1:00pm	Perogies & sausages	
12:00-1:00pm	Karaoke	Kim in from Open Door Group (1-3pm) * Vision Boards!	Clubhouse CLOSED @12pm	Pool Tournament 1pm	12:00-1:00pm	Guest speakers in from BC Schizophrenia Society 1pm	
1:00-3:00pm					1:00-2:30pm		

National Indigenous Peoples Day @Riverside Park!  
Friday, June 28th 10-3pm EVERYONE WELCOME!  
\*Drumming, Singing, Jigging, Bannock & much

