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

Kamloops

Canadian Mental
Health Association

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

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	Education	Meetings Training Recreation			
	Meal Programs				
	Fitness				
	Fire Drill	Clubhouse CLOSED			
	FRIDAY	POW delivery			
ration	5				
1	Cereal & Toast \$1.00	PAYDATES:			
<u> </u>	Rock N' Gem Show 10-11am	GST- July 5th, 2019			
n		CPP/OAS-July 29th			
	Beef tacos	PWD/Income assistance-			
1	Canning Cherries	July 24th			
1	J				
ration	12	Guest Speakers in			
1	Cereal & Toast \$1.00	from ATEC-			
1	Kim in from Open Door Group	Aboriginal Training			
n	9-3pm	& Employment			
n	Vegetarian pizza	Centre.			
1	BINGO 1pm	Thursday, July 4th			
1	Billeo Ipili	at 9am			
ration	19	at sain			
1	Cereal & Toast \$1.00				
1	Sewing bean bags with				
n	Kennedy				
<u>''</u> n	Tuna melts	Kamloops is proud			
<u>''</u> 1	Tulia lileits	to present the 26th			
!					
1	Afternoon baking	season of music in the park~ July 1st-			
ration		season of music in the park~ July 1st- August 31st!			
ration	26	the park~ July 1st- August 31st!			
1		the park~ July 1st- August 31st! Nightly performances			
1	26	the park~ July 1st- August 31st!			
n n	26 Cereal & Toast \$1.00 Clay art	the park~ July 1st- August 31st! Nightly performances begin at 7pm every night at the Rotary Bandshell in			
n n	26 Cereal & Toast \$1.00	the park~ July 1st- August 31st! Nightly performances begin at 7pm every night at the Rotary			
n n	26 Cereal & Toast \$1.00 Clay art	the park~ July 1st- August 31st! Nightly performances begin at 7pm every night at the Rotary Bandshell in			
n n	26 Cereal & Toast \$1.00 Clay art Chicken ceasar wraps	the park~ July 1st- August 31st! Nightly performances begin at 7pm every night at the Rotary Bandshell in			
n n	26 Cereal & Toast \$1.00 Clay art Chicken ceasar wraps Pool Tournament 1pm	the park~ July 1st- August 31st! Nightly performances begin at 7pm every night at the Rotary Bandshell in			
	26 Cereal & Toast \$1.00 Clay art Chicken ceasar wraps Pool Tournament 1pm Attention registered P.O.W	the park~ July 1st- August 31st! Nightly performances begin at 7pm every night at the Rotary Bandshell in			
n n n	26 Cereal & Toast \$1.00 Clay art Chicken ceasar wraps Pool Tournament 1pm Attention registered P.O.W participants- Produce on	the park~ July 1st- August 31st! Nightly performances begin at 7pm every night at the Rotary Bandshell in			
n n	26 Cereal & Toast \$1.00 Clay art Chicken ceasar wraps Pool Tournament 1pm Attention registered P.O.W	the park~ July 1st- August 31st! Nightly performances begin at 7pm every night at the Rotary Bandshell in			

MONDAY 1	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	
1						
_	2	3	4	Friday Hours of Operation	5	
	Cereal & Toast \$1.00	Cooked Breakfast	Cereal & Toast \$1.00	9:00-10:00am	Cereal & Toast \$1.00	
	Garden maintenance	Members Meeting 9:30am Guest s	Guest speaker- ATEC services	9:00-11:00am	Pack N' Gam Shaw 10 11am	,
CLUBHOUSE CLOSED	Garden maintenance	Members Meeting 5.30am	9am	10:00-11:00am	ROCK IN GEITI SHOW 10-11am	
Happy Canda Day!	Egg salad sandwiches	Chefs salad	sausage cassarole	11:00-1:00	Beef tacos	PW
	Continue vision hoards	Canvas painting	1pm walk to Art Gallony	12:00-1:00pm	Canning Cherries	' '
	Continue vision boards Canvas painting 1pm waik to Art Galler		Tpill walk to Art dallery	1:00-2:30pm	Carrilling Cherries	
8	9	10	11	Friday Hours of Operation	12	c
Cereal & Toast \$1.00	Cereal & Toast \$1.00	Cooked Breakfast	Clubhouse CLOSED for	9:00-10:00am	Cereal & Toast \$1.00	
Canvas painting at Prince	Encon calts/aromathorany	Packyard cloan up & Gardoning	the day	9:00-11:00am	Kim in from Open Door Group	Α
Charles Park 10am	Lp3011 Salt3/ al Olliatherapy	Backyard clean-up & Gardening	Meet at Clubhouse @ 9am	10:00-11:00am	9-3pm	
Spanish rice	Cajun chicken salad	BBQ burgers & Smokies	for hike to Peterson Creek	11:00-1:00pm	Vegetarian pizza	
	Homemade Beets & Sweets	Learn about the new affordable	12nm Lunch at Bizza King	12:00-1:00pm	RINGO 1pm	Т
POW DELIVERY	chips	transportation option	12pm Lunch at Fizza King	1:00-2:30pm	Вичестрии	
15	16	17	18	Friday Hours of Operation	19	
Cereal & Toast \$1.00	Cereal & Toast \$1.00	Cooked Breakfast	Cereal & Toast \$1.00	9:00-10:00am	Cereal & Toast \$1.00	
FCC meeting 10-12pm	Dehydrating fruit		9:30am walk to Art Gallery	9:00-11:00am	Sewing bean bags with	
	, -	nousing	Personality type test	10:00-11:00am	Kennedy	к
Homemade mac & cheese	Quiche	Sausage & Rice Skillet	Pasta salad	11:00-1:00pm	Tuna melts	to
Candle Making	Bocci @ Prince Charles Park	Bowling at Falcon Lanes cost	Canning nickled eggs	12:00-1:00pm	Afternoon baking	S
candic Making	1pm	1pm \$2.00/person * Must sign up		1:00-2:30pm	Arternoon baking	tl
22	23	24	25	Friday Hours of Operation	26	
Cereal & Toast \$1.00	Cereal & Toast \$1.00		Clubbouse CLOSED until	9:00-10:00am	Cereal & Toast \$1.00	Ni
10am visit to Gardengate to	Diabetic Education 9, 10am		9:00-11:00am	Clayart	b	
pick up produce	Diabetic Education 9-10am			10:00-11:00am	Clay art	n
BLT sandwiches	Chili dogs	FIRE DRILL 11am	Smoothies 1pm	11:00-1:00pm	Chicken ceasar wraps	
Beading	Wood burning art	Clubbouse CLOSED @12pm	Tve Dving 1:30nm	12:00-1:00pm	Pool Tournament 1nm	
POW Delivery		Ciabiloade C2GC2B @ 12pm	170 57116 1.306111	1:00-2:30pm	1 doi rodinament 1pm	
29	30	31				
Cereal & Toast \$1.00		Cooked Breakfast	Kamloops Rock N' Gem Sho	w 2019	•	
1pm- "The dark side of self	CLUBHOUSE CLOSED- Staff tranning		Dates: July 4th-7th from 10am-8pm Location: Coast Kamloops hotel & Conference Centre.		· ·	_
improvement" TED TALK					9	
Chicken taco salad		taff tranning Cheese/tomato panini's Phone: (403) 598-572 Smoking Cessation with Free to all ages		Phone: (403) 598-5724 Free to all ages		
Karaoke 1-2:30pm						
Karauke 1-2.30pm		Jaqueline 1pm				
	8 Cereal & Toast \$1.00 Canvas painting at Prince Charles Park 10am Spanish rice POW DELIVERY 15 Cereal & Toast \$1.00 FCC meeting 10-12pm Homemade mac & cheese Candle Making 22 Cereal & Toast \$1.00 10am visit to Gardengate to pick up produce BLT sandwiches Beading POW Delivery 29 Cereal & Toast \$1.00 1pm-"The dark side of self improvement" TED TALK	CLUBHOUSE CLOSED Happy Canda Day! Begg salad sandwiches Continue vision boards Regg salad sandwiches Coreal & Toast \$1.00 Epson salts/aromatherapy Epson salts/aromatherapy Cajun chicken salad Homemade Beets & Sweets chips 15 16 Cereal & Toast \$1.00 FCC meeting 10-12pm Dehydrating fruit Homemade mac & cheese Quiche Bocci @ Prince Charles Park 1pm 22 23 Cereal & Toast \$1.00 10am visit to Gardengate to pick up produce BLT sandwiches Beading POW Delivery 29 Cereal & Toast \$1.00 1pm- "The dark side of self improvement" TED TALK Chicken taco salad CLUBHOUSE CLOSED- Staff tranning	CLUBHOUSE CLOSED Happy Canda Day! Egg salad sandwiches Continue vision boards Canvas painting 8 9 10 Cereal & Toast \$1.00 Cereal & Toast \$1.00 Canvas painting at Prince Charles Park 10am Spanish rice Cajun chicken salad Homemade Beets & Sweets Chips POW DELIVERY The Cereal & Toast \$1.00 Cereal & Toas	CLUBHOUSE CLOSED Happy Canda Day! Garden maintenance Egg salad sandwiches Continue vision boards Colubhouse CLOSED for the day Meet at Clubhouse Clubse @ 9am for hike to Peterson Creek Learn short the new affordable transportation option Learn short here at Clubhouse Close Senders in the day Coreal & Toat St.00 Coreal & Toat	CLUBHOUSE CLOSED Happy Canda Day! Garden maintenance Members Meeting 9:30am Guest speaker_ATEC services 9:00-11:00am 9:00-10:00am 1:000-11:00am 1:000-11:00am	CLUBHOUSE CLOSED Happy Canda Day! Cereal & Toast \$1.00 Garden maintenance Members Meeting 9:30am Gest speaker- ATEC services Sam 1:00-1:00am 1:00-1:00am Beck N' Gem Show 10-11am South to Art Gallery 1:00-2:30pm Cereal & Toast \$1.00 For meeting 10-12pm Dehydrating fruit Candle Making Cereal & Toast \$1.00 Cooked Breakfast Cooked Breakfast Cooked Breakfast Cereal & Toast \$1.00 Toal Clubhouse @ Sam In froil 1:00-1:00am Cereal & Toast \$1.00 Cereal & Toast \$1.00 For meeting 10-12pm Dehydrating fruit Candle Making Cereal & Toast \$1.00 Cereal & Toast \$1.00 Cereal & Toast \$1.00 Cereal & Toast \$1.00 Cooked Breakfast Cooked Breakfast Cooked Breakfast Cooked Breakfast Cereal & Toast \$1.00 Cooked Breakfast Cooked Breakfast Cereal & Toast \$1.00 Cereal & Toast