

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

Jul-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



Education	Meetings
Meal Programs	Training
Fitness	Recreation
Fire Drill	Clubhouse CLOSED
FRIDAY	POW delivery

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Hours of Operation	1	2	3	4	Friday Hours of Operation	5
9:00-10:00am	CLUBHOUSE CLOSED Happy Canda Day!	Cereal & Toast \$1.00	Cooked Breakfast	Cereal & Toast \$1.00	9:00-10:00am	Cereal & Toast \$1.00
9:00-11:00am		Garden maintenance	Members Meeting 9:30am	Guest speaker- ATEC services 9am	9:00-11:00am	Rock N' Gem Show 10-11am
10:00-11:00am		Egg salad sandwiches	Chefs salad	sausage cassarole	10:00-11:00am	Beef tacos
11:00-1:00		Continue vision boards	Canvas painting	1pm walk to Art Gallery	11:00-1:00	Canning Cherries
12:00-1:00pm					12:00-1:00pm	
1:00-3:00pm					1:00-2:30pm	
Hours of Operation	8	9	10	11	Friday Hours of Operation	12
9:00-10:00am	Cereal & Toast \$1.00	Cereal & Toast \$1.00	Cooked Breakfast	Clubhouse CLOSED for the day	9:00-10:00am	Cereal & Toast \$1.00
9:00-11:00am	Canvas painting at Prince Charles Park 10am	Epson salts/aromatherapy	Backyard clean-up & Gardening	Meet at Clubhouse @ 9am for hike to Peterson Creek	9:00-11:00am	Kim in from Open Door Group 9-3pm
10:00-11:00am	Spanish rice	Cajun chicken salad	BBQ burgers & Smokies	12pm Lunch at Pizza King	10:00-11:00am	Vegetarian pizza
11:00-1:00pm		Homemade Beets & Sweets chips	Learn about the new affordable transportation option		11:00-1:00pm	BINGO 1pm
12:00-1:00pm	POW DELIVERY				12:00-1:00pm	
1:00-3:00pm					1:00-2:30pm	
Hours of Operation	15	16	17	18	Friday Hours of Operation	19
9:00-10:00am	Cereal & Toast \$1.00	Cereal & Toast \$1.00	Cooked Breakfast	Cereal & Toast \$1.00	9:00-10:00am	Cereal & Toast \$1.00
9:00-11:00am	FCC meeting 10-12pm	Dehydrating fruit	Info session- "what is a VAT" BC housing	9:30am walk to Art Gallery	9:00-11:00am	Sewing bean bags with Kennedy
10:00-11:00am	Homemade mac & cheese	Quiche	Sausage & Rice Skillet	Personality type test	10:00-11:00am	Tuna melts
11:00-1:00pm	Candle Making	Bocci @ Prince Charles Park 1pm	Bowling at Falcon Lanes cost \$2.00/person * Must sign up	Canning pickled eggs	11:00-1:00pm	Afternoon baking
12:00-1:00pm					12:00-1:00pm	
1:00-3:00pm					1:00-2:30pm	
Hours of Operation	22	23	24	25	Friday Hours of Operation	26
9:00-10:00am	Cereal & Toast \$1.00	Cereal & Toast \$1.00		Clubhouse CLOSED until 12:30pm	9:00-10:00am	Cereal & Toast \$1.00
9:00-11:00am	10am visit to Gardengate to pick up produce	Diabetic Education 9-10am	Eggs & Pancake Brunch 10am	Smoothies 1pm	9:00-11:00am	Clay art
10:00-11:00am	BLT sandwiches	Chili dogs	FIRE DRILL 11am	Tye Dying 1:30pm	10:00-11:00am	Chicken ceasar wraps
11:00-1:00pm	Beading	Wood burning art	Clubhouse CLOSED @12pm		11:00-1:00pm	Pool Tournament 1pm
12:00-1:00pm	POW Delivery				12:00-1:00pm	
1:00-3:00pm					1:00-2:30pm	
Hours of Operation	29	30	31			
9:00-10:00am	Cereal & Toast \$1.00	CLUBHOUSE CLOSED- Staff tranning	Cooked Breakfast	Kamloops Rock N' Gem Show 2019 Dates: July 4th-7th from 10am-8pm Location: Coast Kamloops hotel & Conference Centre. Phone: (403) 598-5724 Free to all ages	Attention registered P.O.W participants- Produce on Wheels will be delivering produce every second Monday, starting July 8th	
9:00-11:00am	1pm- "The dark side of self improvement" TED TALK		Heads up game! 10-11am			
10:00-11:00am	Chicken taco salad		Cheese/tomato panini's			
11:00-1:00pm			Smoking Cessation with Jaqueline 1pm			
12:00-1:00pm	Karaoke 1-2:30pm					
1:00-3:00pm						



