




# Merritt Clubhouse Calendar

Open Monday, Wednesday & Thursday	 Canadian Mental Health Association Kamloops	Jul-19	1990 Chapman Rd. Merritt, BC Telephone #250-280-3753 Web page: www.kamloops.cmha.bc.ca Email: merritt.clubhouse@cmha.bc.ca		Clubhouse CLOSED	Education
			Volunteering	Meetings		
			Meal Programs	Training		
			Fitness	Recreation		
Monday Hours	MONDAY	Wednesday & Thursday Hours	WEDNESDAY	THURSDAY	Income Assistance Paydate- July 24th OAS/ CPP Paydate- July 29th GST- July 5th	
Open 1:00-5:00pm	<b>Clubhouse Closed- Happy Canada Day!</b> 	Open 10:30-2:30pm	Canvas painting	Crafting	Are you interested in busking in Merritt? It is now <b>FREE!</b>  The city of Merritt has recently amended its busking/street performing policy to allow all buskers to obtain a license from the City of Merritt for Free!	
			Clubhouse sandwiches	Salad & Garlic bread		
			Lunchtime Yoga 12-1:15pm @ the Civic Centre	Swimming at Aquatic Centre 1-2:30pm		
Monday Hours	8	Wednesday & Thursday Hours	10	11		
Open 1:00-5:00pm	Tour of Museum 1:30pm	Open 10:30-2:30pm	Walk to the Coldwater River	BINGO 11am		
	Coffe, tea & snacks		Picnic lunch @ Coldwater River	Quinoa, avocado salad		
	Canning 3-5pm		Lunchtime Yoga 12-1:15pm @ the Civic Centre	Swimming at Aquatic Centre 1-2:30pm		
Monday Hours	15	Wednesday & Thursday Hours	17	18		
Open 1:00-5:00pm	Learn more about volunteer opportunities- Rockin' River Music Fest! 1pm	Open 10:30-2:30pm	Tour of Merritt Community Gardens 11am	Sewing re-usable shopping bags	<b>Merritt Summer Nights Market</b> June 28th-August 30th, every Friday night 6-9pm in Downtown Merritt! There will also be Open Mic Night every Friday at the Kekuli Cafe and music in Spirit Square for everyone to enjoy!	
	Coffee at Mandolins 3pm		Picnic lunch	Vegetable Frittata		
	<b>Members meeting 3:30pm</b>		Lunchtime Yoga 12-1:15pm @ the Civic Centre	Swimming at Aquatic Centre 1-2:30pm		
Monday Hours	22	Wednesday & Thursday Hours	24	25		
Open 1:00-5:00pm	Information session on Vulnerability Assessment Tool (VAT )	Open 10:30-2:30pm	Bake Vegan Lemon Loaf 11am	Bocci in the yard 11am		
	Coffe, tea & snacks		Mediterranean wraps	Members Appreciation BBQ		
	Canning 3-5pm		Lunchtime Yoga 12-1:15pm @ the Civic Centre	Swimming at Aquatic Centre 1-2:30pm		
Monday Hours	29	Wednesday & Thursday Hours	31			
Open 1:00-5:00pm	Garage App- registering your bike!		Tour of Museum 1:30pm	<b>Crisis Line Suport Numbers:</b> <b>#1-800-SUICIDE</b> - for individuals who are/or know someone who is having thoughts of suicide. <b>#310-6789 (Mental Health)</b> -emotional support, information, & resources		
	Coffe, tea & snacks		Vegetable spring rolls			
	Canning 3-5pm		Lunchtime Yoga 12-1:15pm @ the Civic Centre			

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