Canadian Mental Health Association
857 Seymour St.
Kamloops, BC V2C 2H6
Phone: 250-374-0440; Fax: 250-374-8718; Members Line: 250-828-2642

THE CLUBHOUSE CALENDAR

AUGUST 2020

Current Hours of Operation:
Monday-Friday
10am-10:50am, 11am-11:50am
12pm-12:50pm, 1pm-1:50pm

Monday	Tuesday	Wednesday	Thursday	Friday
WELCOME BACK!	**Sign up for a time slot** registerforclubhouse@cmha.bc.ca **or 250-374-0440 ext.102**			
3 **CLUBHOUSE CLOSED** **BC Day**	4 Crossing Bridges Outreach ART WITH SHAY 9 am – 10:30 am	5	6 **Produce On Wheels Pick Up** ***Mindfulness w/ Pat*** ***11 am – 11:30 am***	7 BINGO! **12pm – 1:45pm**
10	11 Crossing Bridges Outreach ART WITH SHAY 9 am – 10:30 am	12 **YARD CLEAN UP**	13 **Produce On Wheels Pick Up** ***Mindfulness w/ Pat*** ***11 am – 11:30 am***	14
17 **Virtual FCC Meeting** @ 10am	18 Crossing Bridges Outreach ART WITH SHAY 9 am – 10:30 am	19	20 **Produce On Wheels Pick Up** ***Mindfulness w/ Pat*** ***11 am – 11:30 am***	21 BINGO! **12pm – 1:45pm**
24	25 Crossing Bridges Outreach ART WITH SHAY 9 am – 10:30 am	26 Walking Group 10am **Please call to sign up**	27 **Produce On Wheels Pick Up** ***Mindfulness w/ Pat*** ***11 am – 11:30 am***	28 *KARAOKE* **12pm – 1:45pm**
31	**Breakfast** available 10am & 11am time slots **Lunch** available 12pm & 1pm time slots	*Please contact us for PWD application support*	*Do you have your **FoodSafe**? If YES, Please contact us for volunteer opportunities!!!!*	*Diabetic Education & Smoking Cessation COMING BACK SOON*