


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

CLUBHOUSE CALENDAR

Days & Hours of Operation
MONDAY – THURSDAY 9:00AM-3:00PM
FRIDAY 9:00AM-2:30PM
 Member's line # 250-828-2642

June 2023

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>WED, June 7th join us at Riverside Park! Members are encouraged to bring chairs or a blanket. Refreshments and pizza will be provided. Must sign up for the pizza lunch by June 5th</p>	<p>FREE Counselling is available to CMHA clients Please contact, Julie Clark for more details & to book an appointment. Counsellingwithjulie09@gmail.com #250 318-7292</p>		<p>1 Breakfast 9:15-10am Gardening 10am Awareness Through Movement 11:30-12pm Skills for Mental Health 1-2pm CMHA Case Manager (Caleb) 10-2pm</p>	<p>2 <i>The Beanery Café</i> \$1.50 coffee - 9:30-10:30am Art Class w. Alime 10-12pm \$3.00 Lunch 1pm- Yogurt Parfaits 1:00-2:15pm Karaoke</p>
<p>5 Breakfast muffins- \$1.50 Walk the track at TCC 10:30-11:30am (meet at Clubhouse 10am) Lunch Prep 12-1pm- Poutine Diamond Painting 1:30pm</p>	<p>6 Breakfast 9:15-10am Baking 10-11am Quilting/Sewing 10am – 3pm (pool table closed during quilting)</p>	<p>7 Breakfast muffins- \$1.50 Art Class w. Alime 10-12pm Learn to Circuit 11-12pm Pizza at Riverside Park! (meet at the tennis courts 12:30pm) CLUBHOUSE CLOSED @12pm</p>	<p>8 Breakfast 9:15-10am Gardening 10am Awareness Through Movement 11:30-12pm Skills for Mental Health 1-2pm CMHA Case Manager (Caleb) 10-2pm</p>	<p>9 <i>The Beanery Café</i> \$1.50 coffee - 9:30-10:30am Art Class w. Alime 10-12pm \$3.00 Lunch 1pm- Tacos Jeopardy (Prizes) 1:30pm</p>
<p>12 Breakfast muffins- \$1.50 Community Kitchen Mtg. 10 am Lunch Prep 12-1pm- B.E.L.T's Diamond Painting 1:30pm Mini Golf at McArthur Island (leave Clubhouse at 1:15pm)</p>	<p>13 Breakfast 9:15-10am Baking 10-11am Quilting/Sewing 10am – 3pm (pool table closed during quilting)</p>	<p>14 Breakfast muffins- \$1.50 Art Class w. Alime 10-12pm Learn to Circuit 11-12pm Lunch Prep 12-1pm- Sloppy Joes & Salad BINGO 1:30pm</p>	<p>15 Breakfast 9:15-10am Gardening 10am Awareness Through Movement 11:30-12pm Skills for Mental Health 1-2pm CMHA Case Manager (Caleb) 10-2pm</p>	<p>16 <i>The Beanery Café</i> \$1.50 coffee - 9:30-10:30am Art Class w. Alime 10-12pm Father's Day Brunch \$3.00 <i>Waffles, Whip Cream & Bacon</i> 12:30pm</p>
<p>19 Breakfast muffins- \$1.50 FCC meeting 10am <u>11am Member's Meeting</u> Lunch Prep 12-1pm- Eggs Benedict Diamond Painting 1:30pm</p>	<p>20 Breakfast 9:15-10am Baking 10-11am Quilting/Sewing 10am – 3pm (pool table closed during quilting)</p>	<p>21 Breakfast muffins- \$1.50 Art Class w. Alime 10-12pm Learn to Circuit 11-12pm Lunch Prep 12-12:30pm- Chicken Caesar Salad Fire Drill 2pm</p>	<p>22 Staff Meeting- Clubhouse CLOSED until 10:15am Awareness Through Movement 11:30-12pm Skills for Mental Health 1-2pm CMHA Case Manager (Caleb) 10-2pm</p>	<p>23 <i>The Beanery Café</i> \$1.50 coffee - 9:30-10:30am Art Class w. Alime 10-12pm \$3.00 Lunch 1pm- Perogies & Sausages <i>FCC Cheques ready for Pick-up</i></p>
<p>26 Breakfast muffins- \$1.50 Community Kitchen Cooking 9am Lunch Prep 12-1pm- Chicken Strips & Fries Diamond Painting 1:30pm</p>	<p>27 Breakfast 9:15-10am Dehydrating Fruit 10am Quilting/Sewing 10am – 3pm (pool table closed during quilting)</p>	<p>28 Breakfast muffins- \$1.50 Art Class w. Alime 10-12pm Learn to Circuit 11-12pm Lunch Prep 12-1pm- Greek Salad, Pita & Tzatziki</p>	<p>29 Breakfast 9:15-10am Gardening 10am Awareness Through Movement 11:30-12pm Skills for Mental Health 1-2pm CMHA Case Manager (Caleb) 10-2pm</p>	<p>30 <i>The Beanery Café</i> \$1.50 coffee - 9:30-10:30am Art Class w. Alime 10-12pm \$3.00 Lunch at 1pm- Alfredo Pasta & Garlic Bread</p>