


Canadian Mental Health Association  
857 Seymour St.  
Kamloops, BC V2C 2H6  
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# CLUBHOUSE CALENDAR

## March 2024

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Payment for Friday lunches due by 11:30am- day of  	<b>NEEDING SUPPORT WITH ELECTRONIC DEVICES?</b> iPad, tablet, android, laptop? Come in Thursday's @1:30pm for tech. support with Steve	<b>Please note:</b> The Apparel Shop will be closed for the duration of food preparation programs. Kitchen space is reserved for participants only.	File your 2023 taxes with The Clubhouse (CVITP Program) To qualify for this FREE service income limit is \$35,000 for individuals & \$45,000 for couples.	<b>1</b> <i>The Beanery Café</i> <b>\$1.50 coffee – 10-11am</b> <b>Art Class w. Alime 10-12pm</b> <b>\$3.00 Lunch @ 12:30pm-Grilled Cheese &amp; Soup</b>
<b>4</b> Pool Tournament 10:30am Members Meeting 12pm Pizza lunch @1pm for Members Meeting Participants	<b>5</b> <b>Breakfast 9:15-10am</b> <b>Tai Chi (Closed group)</b> <b>10-10:30am</b> <b>Quilting/Sewing group 10:30-2pm</b> Haystack cookies 1-2:30pm	<b>6</b> <i>The Beanery Café</i> \$1.50 coffee – 10-11am Learn to Cricut <b>Art Class w. Alime 10-12pm</b> <b>Lunch Prep 12-1pm- Crepes</b>	<b>7</b> <b>Breakfast 9:15-10am</b> <b>Awareness Through Movement</b> <b>11:30-12pm (Closed group)</b> Baking 1-2:30pm	<b>8</b> <i>The Beanery Café</i> <b>\$1.50 coffee – 10-11am</b> <b>Art Class w. Alime 10-12pm</b> <b>\$3.00 Lunch @ 12:30pm- Fish &amp; chips</b>
<b>11</b> WEBINAR – Relationships, Family & Mental Health 10am <b>Lunch Prep 12-1pm- Ramen</b> <b>veggies Stirfry</b> <b>Community Kitchen Meeting</b> <b>1:30pm</b>	<b>12</b> <b>Breakfast 9:15-10am</b> <b>Tai Chi (Closed group)</b> <b>10-10:30am</b> <b>Quilting/Sewing group 10:30-2pm</b> Peanut butter cookies 1-2:30pm	<b>13</b> <i>The Beanery Café</i> \$1.50 Coffee– 10-11am <b>Art Class w. Alime 10-12pm</b> <b>Lunch Prep 12-1pm- Shrimp</b> <b>Fried Rice</b> <b>1:00 – 2:00pm Karaoke</b>	<b>14</b> <b>Breakfast 9:15-10am</b> <b>Awareness Through Movement</b> <b>11:30-12pm (Closed group)</b> <b>Staff Meeting- Clubhouse</b> <b>CLOSED at 1pm</b>	<b>15</b> <i>The Beanery Café</i> \$1.50 coffee- 10-11am <b>Art Class w. Alime 10-12pm</b> <b>\$3.00 Lunch @ 12:30pm- Pizza</b> <b>bagels</b> <b>BINGO 1:15pm</b>
<b>18</b> <b>FCC Meeting 10am</b> Board Games <b>Lunch Prep 12-1pm-</b> <b>Meatballs with Rice</b> <b>Clubhouse Fire Drill 2pm</b>	<b>19</b> <b>Breakfast 9:15-10am</b> <b>Tai Chi (Closed group)</b> <b>10-10:30am</b> <b>Quilting/Sewing group 10:30-2pm</b> Bannock 1-2:30pm	<b>20</b> <i>The Beanery Café</i> \$1.50 coffee – 10-11am Learn to Cricut <b>Art Class w. Alime 10-12pm</b> <b>Lunch Prep 12-1pm- Spaghetti</b>	<b>21</b> <b>Breakfast 9:15-10am</b> <b>Pool Tournament 10:00am</b> <b>Awareness Through Movement</b> <b>11:30-12pm (Closed group)</b> <b>Community Kitchen Cooking 1pm</b>	<b>22</b> <i>The Beanery Café</i> \$1.50 coffee- 10-11am <b>Art Class w. Alime 10-12pm</b> <b>\$3.00 Lunch @ 12:30pm-</b> <b>Pinwheel sandwiches</b> FCC Cheques ready for pick-up
<b>25</b> <b>Jeopardy with TRU</b> <b>Nursing Students</b> <b>11-12pm</b> <b>Lunch Prep 12-1pm- Eggs</b> <b>Benedict</b>	<b>26</b> <b>Breakfast 9:15-10am</b> <b>Tai Chi (Closed group)</b> <b>10-10:30am</b> <b>Quilting/Sewing group 10:30-2pm</b> Cookies 1-2:30pm	<b>27</b> <i>The Beanery Café- Specialty</i> <b>Easter Coffee (FREE) 10-11am</b> Learn to Cricut <b>Art Class w. Alime 10-12pm</b> <b>Lunch Prep 12-1pm- Greek</b> <b>pasta salad</b>	<b>28</b> <b>Breakfast 9:15-10am</b> <b>Awareness Through Movement</b> <b>11:30-12pm (Closed group)</b> <b>Bowling at Falcon Lanes</b> <b>1:30pm. Cost \$5/person</b>	<b>Clubhouse is CLOSED</b> <b>for Good Friday &amp;</b> <b>Easter Monday</b> <b>March 29<sup>th</sup> &amp; April 1<sup>st</sup></b>