




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

## April 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p><b>1</b>  <u>CLUBHOUSE CLOSED</u>            Happy Easter!</p> 	<p><b>2</b>            Breakfast 9:15-10am  <b>Tai Chi (Closed group)</b>            10-10:30am            Quilting/Sewing group 10:30-2pm            Cookies 1-2:30pm</p>	<p><b>3</b>            The Beanery Café            \$1.50 coffee – 10-11am            Learn to Cricut  <u>Art Class w. Alime 10-12pm</u>  <b>Lunch Prep 12-1pm</b>-Taco Salad</p>	<p><b>4</b>            Breakfast 9:15-10am  <b>Awareness Through Movement</b>            11:30-12pm (Closed group)            Baking 1-2:30pm</p>	<p><b>5</b>            The Beanery Café            \$1.50 coffee – 10-11am  <u>Art Class w. Alime 10-12pm</u>  <b>\$3.00 Lunch @ 12:30pm</b>-            Spaghetti &amp; meatballs</p>
<p><b>8</b>            Members Meeting 11am            Lunch @12pm for            Members Meeting            Participants  <i>Clubhouse Fire Drill 2pm</i></p>	<p><b>9</b>            Breakfast 9:15-10am  <b>Tai Chi (Closed group)</b>            10-10:30am            Quilting/Sewing group 10:30-2pm            Brownies 1-2:30pm</p>	<p><b>10</b>            The Beanery Café            \$1.50 coffee – 10-11am            Learn to Cricut  <u>Art Class w. Alime 10-12pm</u>  <b>Lunch Prep 12-1pm</b>- caesar            salad</p>	<p><b>11</b>            Breakfast 9:15-10am  <b>Awareness Through Movement</b>            11:30-12pm (Closed group)            Baking 1-2:30pm</p>	<p><b>12</b>            The Beanery Café            \$1.50 coffee – 10-11am  <u>Art Class w. Alime 10-12pm</u>  <b>\$3.00 Lunch @ 12:30pm</b>- Egg            McMuffin Sandwiches</p>
<p><b>15</b>  <u>FCC Meeting 10am</u>  <b>Lunch Prep 12-1pm</b>- Greek            salad/Pita bread            Bowling at Falcon Lanes            2pm. Cost \$5/person  <b>(Must Sign-up)</b></p>	<p><b>16</b>            Breakfast 9:15-10am  <b>Tai Chi (Closed group)</b>            10-10:30am            Quilting/Sewing group 10:30-2pm            Peanut butter cookies            1-2:30pm</p>	<p><b>17</b>            The Beanery Café            \$1.50 Coffee– 10-11am  <u>Mosaics w. Alime 10-12pm</u>  <b>Lunch Prep 12-1pm</b>- Chili  <b>1:00 – 2:00pm Karaoke</b></p>	<p><b>18</b>            Breakfast 9:15-10am  <b>Awareness Through Movement</b>            11:30-12pm (Closed group)  <i>Staff Meeting- Clubhouse</i>  <b>CLOSED at 1pm</b></p>	<p><b>19</b>            The Beanery Café            \$1.50 coffee- 10-11am  <u>Art Class w. Alime 10-12pm</u>  <b>\$3.00 Lunch @ 12:30pm</b>- Pitas  <b>BINGO 1:15pm</b>            FCC Cheques ready for pick-up</p>
<p><b>22</b>            Board Games  <b>Lunch Prep 12-1pm</b>- Poutine            Depression 101- Centre for            Addictions &amp; Mental Health            (CAMH) online            1:30pm</p>	<p><b>23</b>            Breakfast 9:15-10am  <b>Tai Chi (Closed group)</b>            10-10:30am            Quilting/Sewing group 10:30-2pm            Muffins 1-2:30pm</p>	<p><b>24</b>            The Beanery Café            \$1.50 coffee – 10-11am            Learn to Cricut  <u>Art Class w. Alime 10-12pm</u>  <b>Lunch Prep 12-1pm</b>- Grilled            Chicken wraps</p>	<p><b>25</b>            Breakfast 9:15-10am            Pool Tournament 10:00am  <b>Awareness Through Movement</b>            11:30-12pm (Closed group)            Volunteer Appreciation Pizza            luncheon 12:30pm</p>	<p><b>26</b>            The Beanery Café            \$1.50 coffee- 10-11am  <u>Art Class w. Alime 10-12pm</u>  <b>\$3.00 Lunch @ 12:30pm</b>- Ham &amp;            cheese croissants</p>
<p><b>29</b>            Pool Tournament 10:30am  <b>Lunch Prep 12-1pm</b>- Alfredo            Mental Health 101- Centre            for Addictions &amp; Mental            Health (CAMH) online            . 1:30pm</p>	<p><b>30</b>            Breakfast 9:15-10am  <b>Tai Chi (Closed group)</b>            10-10:30am            Quilting/Sewing group 10:30-2pm            Gardengate Visit/Volunteering            1-3pm</p>	 <p>Join us for a tour &amp; volunteering            at Gardengate Tues, April 30<sup>th</sup></p>	<p>Kamloops Boogie the Bridge Event            April 28<sup>th</sup>, 2024 at Riverside Park</p> 	<p><b>National Volunteer            Week April 21<sup>st</sup> - 27<sup>th</sup></b></p>
				<p><b>Personal taxes due date –            April 30<sup>th</sup> 2024</b></p>