


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

July 2024

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>1 Canada Day- Clubhouse CLOSED</p> 	<p>2 Breakfast 9:15-10am Quilting/Sewing group 10:30-2pm Baking 1-2:30pm</p>	<p>3 <i>The Beanery Café</i> \$1.50 coffee – 10-11am <u>Art Class w. Alime 10-12pm</u> Lunch Prep 12-1pm- Soft tacos</p>	<p>4 Breakfast 9:15-10am Awareness Through Movement 11:30-12pm (Closed group) Baking 1-2:30pm</p>	<p>5 <i>The Beanery Café</i> \$1.50 coffee – 10-11am <u>Art Class w. Alime 10-12pm</u> \$3.00 Lunch @ 12:30pm- Ham & cheese croissants</p>
<p>8 Thai Chi w. Forrest 9-10am (closed program) Members Meeting 11am Pizza Lunch @12pm (for Meeting Participants)</p>	<p>9 Breakfast 9:15-10am Quilting/Sewing group 10:30-2pm Baking 12-1pm Clubhouse Fire Drill 2pm</p>	<p>10 <i>The Beanery Café</i> \$1.50 coffee – 10-11am <u>Art Class w. Alime 10-12pm</u> Lunch Prep 12-1pm- Greek Salad 1:00 – 2:00pm Karaoke</p>	<p>11 Breakfast 9:15-10am Awareness Through Movement 11:30-12pm (Closed group) Baking 1-2:30pm</p>	<p>12 <i>The Beanery Café</i> \$1.50 coffee – 10-11am <u>Art Class w. Alime 10-12pm</u> \$3.00 Lunch @ 12:30pm- BBQ Smokies & salad</p>
<p>15 FCC Meeting 10am Lunch Prep 12-1pm- Loaded nachos Board Games 1:15pm</p>	<p>16 Breakfast 9:15-10am Quilting/Sewing group 10:30-2pm Baking 1-2:30pm</p>	<p>17 <i>The Beanery Café</i> \$1.50 Coffee– 10-11am <u>Art Class w. Alime 10-12pm</u> Lunch Prep 12-1pm-Mushroom Stroganoff Mental Health Talk w. Karina 1pm</p>	<p>18 Breakfast 9:15-10am Awareness Through Movement 11:30-12pm (Closed group) Baking 1-2:30pm</p>	<p>19 <i>The Beanery Café</i> \$1.50 coffee- 10-11am <u>Art Class w. Alime 10-12pm</u> \$3.00 Lunch @ 12:30pm- Grilled cheese/soup FCC Cheques ready for pick-up</p>
<p>22 Thai Chi w. Forrest 9-10am (closed program) Lunch Prep 12-1pm- Veggie wraps BINGO 1:15pm</p>	<p>23 Breakfast 9:15-10am Quilting/Sewing group 10:30-2pm Baking 1-2:30pm Bowling at Falcon Lanes 2pm. Cost \$5/person</p>	<p>24 <i>The Beanery Café</i> \$1.50 coffee – 10-11am <u>Art Class w. Alime 10-12pm</u> Lunch Prep 12-1pm- Chicken Salad Clubhouse Jeopardy! 1:15pm</p>	<p>25 Breakfast 9:15-10am Awareness Through Movement 11:30-12pm (Closed group) Staff Meeting- Clubhouse CLOSED at 1pm</p>	<p>26 <i>The Beanery Café</i> \$1.50 coffee- 10-11am <u>Art Class w. Alime 10-12pm</u> \$3.00 Lunch @ 12:30pm- Chicken Fajitas Live music w. Gary! 1-2pm</p>
<p>29 Lunch Prep 12-1pm- Garden salad & Garlic bread Pool Tournament 10:00am</p>	<p>30 Breakfast 9:15-10am Quilting/Sewing group 10:30-2pm Baking 1-2:30pm</p>	<p>31 <i>The Beanery Café</i> \$1.50 coffee – 10-11am <u>Art Class w. Alime 10-12pm</u> Lunch Prep 12-1pm- Spaghetti</p>	<p>Art with Alime Schedule July 3rd Mosaics, July 5th Flower pots July 10th Jewelry Making, July 12th Magnet's, July 17th Vison boards, July 19th Paint pours, July 24th Painting, July 26th Keychains, July 31st Mosaics</p>	