

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

CLUBHOUSE CALENDAR

September 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>
2 CLUBHOUSE CLOSED- Labour Day	3 Clubhouse CLOSED Volunteering at Gardengate Meet there at 1pm Address: 915 Southill St.	4 The Beanery Café \$1.50 coffee – 10-11am <u>Art Class w. Alime 10-12pm</u> Lunch Prep 12-1pm- Homemade pizza	5 Breakfast 9:15-10am Awareness Through Movement 11:30-12pm (Closed group) Baking 1-2:30pm	6 The Beanery Café \$1.50 coffee – 10-11am <u>Art Class w. Alime 10-12pm</u> \$3.00 Lunch @ 12:30pm- Burritos BINGO 1:15PM
9 Members Meeting 11am Lasagna & garlic toast @12pm (for Meeting Participants) Board Games 1:15pm	10 Breakfast 9:15-10am Quilting/Sewing group 10:30-2pm Baking 12-1pm <i>Clubhouse Fire Drill 2pm</i>	11 The Beanery Café \$1.50 coffee – 10-11am <u>Art Class w. Alime 10-12pm</u> Lunch Prep 12-1pm- Poutine Bowling at Falcon Lanes 2pm. Cost \$5/person	12 13 <u>PSR Conference at TRU- CLUBHOUSE CLOSED</u>	
16 FCC Meeting 10am Lunch Prep 12-1pm- Chicken Caesar wraps Pool Tournament 1pm	17 Breakfast 9:15-10am Quilting/Sewing group 10:30-2pm Walk to "La Diperie" for ice cream- leave Clubhouse at 1pm	18 The Beanery Café \$1.50 Coffee– 10-11am <u>Art Class w. Alime 10-12pm</u> <i>Closed for staff training at 12:30pm</i>	19 Breakfast 9:15-10am Awareness Through Movement 11:30-12pm (Closed group) <i>Staff Meeting- Clubhouse CLOSED at 1pm</i>	20 The Beanery Café \$1.50 coffee- 10-11am <u>Art Class w. Alime 10-12pm</u> \$3.00 Lunch @ 12:30pm- hot dogs FCC Cheques ready for pick-up
23 Picnic & Games at Prince Charles Park 10–2pm (Volunteers needed, please see staff)	24 Breakfast 9:15-10am Quilting/Sewing group 10:30-2pm Baking 1-2:30pm	25 The Beanery Café \$1.50 coffee – 10-11am <u>Art Class w. Alime 10-12pm</u> Lunch Prep 12-1pm- Butter chicken	26 Breakfast 9:15-10am Awareness Through Movement 11:30-12pm (Closed group) Bannock prep 1pm Visit to the Art Gallery 1pm	27 The Beanery Café \$1.50 coffee- 10-11am <u>Art Class w. Alime 10-12pm</u> Bannock & Chili 12:30pm Acknowledgement of Truth & Reconciliation- drumming 1pm
30 CLUBHOUSE CLOSED- NATIONAL DAY FOR TRUTH & RECONCILIATION		WORLD SUICIDE PREVENTION DAY – snacks, walk & shirts given to the first 250 attendees -- Saturday, September 7 th Time: 10am-12pm Location McArthur Island	<u>Art with Alime Schedule:</u> Sept 4 th - Jewelry/keychains, Sept 6 th - Fabric Painting, Sept 11 th - Cards, Sept 13 th - Collages, Sept 18 th - Watercolors, Sept 20 th - Mosaics, Sept 25 th - Jewelry, Sept 27 th - Paint pours	Please see staff for Produce on Wheels (P.O.W) DELIVERY dates 