


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

CLUBHOUSE CALENDAR

November 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>
 <p>NEWS</p> <p>Please note NEW earlier lunchtime on Mondays</p>	<p><u>ART WITH ALIME</u></p> <p>Nov 6: Making Felt Poppies Nov 8: Drawing/paint pours Nov 13: Jewelry Making Nov 15: Vision Boards/ Collaging</p>	<p>November 20: Hydrodipping November 22: Clay November 27: Jewelry Making November 29: Glass Mosaics</p>	<p>Raiyan will be here to help with housing subsidy & VAT support 3 times this month!</p> <p>Friday 8 - 9:30-12:30 Tues 12 - 9:30-12:30 Mon 25 - 9:30-12:30</p>	<p>1</p> <p>The Beanery Café \$1.50 coffee – 11-12pm Art Class w. Alime 10-12pm \$3.00 Lunch @ 12:30pm- Squash Soup & Sandwich</p>
<p>4</p> <p>Members Meeting 11am Chicken Pot Pie (Lunch for Meeting Participants at 12:30) Board Games 1:15pm</p>	<p>5</p> <p>Breakfast 9:15-10am Quilting/Sewing group 10:30-2pm Baking 1-2:30pm Backyard cleanup</p>	<p>6</p> <p>The Beanery Café \$1.50 coffee – 11-12pm Art Class w. Alime 10-12pm Lunch Prep 12-1pm- Fiesta Lasagna Bowling at Falcon Lanes 2pm. Cost \$5/person</p>	<p>7</p> <p>Breakfast 9:15-10am Awareness Through Movement 11:30-12pm (Closed group)</p>	<p>8</p> <p>The Beanery Café \$1.50 coffee – 11-12pm Raiyan – VAT/Subsidy Support Art Class w. Alime 10-12pm \$3.00 Lunch @ 12:30pm- Loaded Baked Potatoes & Salad</p>
<p>11</p> <p><u>Clubhouse CLOSED</u></p> <p><u>Remembrance Day</u></p>	<p>12</p> <p>Breakfast 9:15-10am Raiyan – VAT/Subsidy Support Quilting/Sewing group 10:30-2pm Clubhouse Fire Drill 2pm</p>	<p>13</p> <p>The Beanery Café \$1.50 Coffee– 11-12pm Art Class w. Alime 10-12pm Lunch Prep 12-1pm- Breakfast Burritos</p>	<p>14</p> <p>Breakfast 9:15-10am Awareness Through Movement 11:30-12pm (Closed group) Baking 1-2:30pm</p>	<p>15</p> <p>The Beanery Café \$1.50 coffee- 11-12pm Art Class w. Alime 10-12pm \$3.00 Lunch @ 12:30pm- Cheesy leek pasta bake</p>
<p>18</p> <p>FCC Meeting 10am Lunch Prep 11:30-12:30 Naan Bread Pizzas Decorate for Christmas Karaoke 1:30pm</p>	<p>19</p> <p>Breakfast 9:15-10am Raiyan 9:30-12:30 VAT/Housing Quilting/Sewing group 10:30-2pm Baking 1-2:30pm</p>	<p>20</p> <p>The Beanery Café \$1.50 coffee – 11-12pm Art Class w. Alime 10-12pm Lunch & Learn w/ Matthew “Conflict Resolution” Tortellini Soup & garlic bread</p>	<p>21</p> <p>Breakfast 9:15-10am Awareness Through Movement 11:30-12pm (Closed group) Staff Meeting- Clubhouse CLOSED at 1pm</p>	<p>22</p> <p>The Beanery Café \$1.50 coffee- 11-12pm Art Class w. Alime 10-12pm \$3.00 Lunch @ 12:30pm- BBQ Chicken Quesadillas FCC cheques ready for pick-up</p>
<p>25</p> <p>Raiyan VAT/Subsidy Support Lunch Prep 11:30-12:30 Goulash</p> <p style="background-color: #c8e6c9;">Bring in items for Christmas Hamper this week!</p>	<p>26</p> <p>Breakfast 9:15-10am Quilting/Sewing group 10:30-2pm TCC walk with Matthew 10am Baking 1-2:30pm</p>	<p>27</p> <p>The Beanery Café \$1.50 coffee – 11-12pm Art Class w. Alime 10-12pm Lunch Prep 12-1pm- Pesto Pasta Salad</p>	<p>28</p> <p>Breakfast 9:15-10am Awareness Through Movement 11:30-12pm (Closed group)</p>	<p>29</p> <p>The Beanery Café \$1.50 coffee – 11-12pm Art Class w. Alime 10-12pm \$3.00 Lunch @ 12:30pm- Tacos BINGO 1:15PM</p>