


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

CLUBHOUSE CALENDAR **December 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> Sign up for lunch by 11:30am	<u>Tuesday</u>	<u>Wednesday</u> ART with Alime 10-12pm	<u>Thursday</u>	<u>Friday</u> ART with Alime 10-12pm
2 Members Meeting 11am (Lunch for Meeting Participants at 12:30) Quiche & Caesar Salad Cookie Decorating 1:15pm	3 Breakfast 9:15-10am Raiyan VAT support 9:30-12 Christmas Wrapping @ Aberdeen Mall 10am to 3:30pm Board Games 11am	4 <i>The Beanery Café</i> \$1.50 coffee – 11-12pm ART 10-12pm Christmas Cards Lunch Prep 12-1pm- <i>Carrot Ginger Soup & Garlic toast</i> Karaoke 1:30pm	5 Breakfast 9:15-10am Awareness Through Movement 11:30-12pm (Closed group) Christmas Hamper Shop (2 volunteers needed), please see staff	6 <i>The Beanery Café</i> \$1.50 coffee – 11-12pm ART 10-12pm Ornaments \$3.00 Lunch @ 12:30pm – <i>Breakfast Hash</i> Pool Tournament 1pm
9 Raiyan VAT support 9:30-12 11:30-12:30 Lunch Prep <i>Naan Bread Pizza</i> Drop off Christmas Hamper	10 Breakfast 9:15-10am Christmas Wrapping @ Aberdeen Mall 10am to 3:30pm Card games and hot chocolate 11am	11 <i>The Beanery Café</i> \$1.50 coffee – 11-12pm ART 10-12pm Wreath Making Lunch Prep 12-1pm- <i>Leftovers</i> CHRISTMAS SWEATER Bowling at Falcon Lanes 2pm. Cost \$5/person	12 Breakfast 9:15-10am Awareness Through Movement 11:30-12pm (Closed group) Baking 1-2pm	13 <i>The Beanery Café</i> \$1.50 coffee – 11-12pm ART 10-12pm Jewelry Making \$3.00 Lunch @ 12:30pm – Southwest Chicken Salad Karaoke 1:30pm
16 FCC Meeting 10am 11:30 -12:30 Lunch Prep <i>Chicken Pot Pie & buttered veggies</i> Join us for Holiday Photos at 1pm. Prints will be available Dec 19 th	17 Breakfast 9:15-10am Christmas Wrapping @ Aberdeen Mall 10am to 3:30pm Staff Meeting – Clubhouse CLOSED at 11am	18 <i>The Beanery Café</i> \$1.50 Coffee– 11-12pm ART 10-12pm Acrylic Painting <i>Lunch Prep 12-1pm- Cheese Tortellini & tomato sauce</i> Karaoke 1:30pm	19 Breakfast 9:15-10am Raiyan VAT support 9:30-12 Festive BINGO 11am <i>Clubhouse</i> Fire Drill 2pm 	20 Christmas Luncheon United Steelworkers Annual Christmas Luncheon at The Clubhouse! 11:30-1pm Christmas Wrapping @ Aberdeen Mall 10am to 3:30pm

 Raiyan, Subsidy and housing specialist, will be at the clubhouse to help!
 Tuesday 3rd 9:30-12
 Monday 9th 9:30-12
 Thursday 19th 9:30-12

The Clubhouse will be **CLOSED**
 December 23rd – January 5, 2025
Happy Holidays from us all!

The Clubhouse Quilters will be offering
Gift wrapping at Aberdeen Mall
 December:
 3rd, 10th, 17th & 20th
 Cost is by donation
 Come and say hi! They will have a table set up near Marshall's

