



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

January 2025

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<p>6 Take down Christmas Décor</p> <p>Lunch Prep 12-1pm- Hot dogs & sweet potato fries</p>	<p>7 Breakfast 9:15-10am</p> <p>Quilting/Sewing group 10-2pm</p> <p>Board games 11am</p>	<p>8 <i>The Beanery Café</i> \$1.50 coffee - 9:30-10:30am Art with Alime 10-12pm Lunch Prep 12-1pm- Chicken Caesar Salad</p>	<p>9 Breakfast 9:15-10am</p> <p>Awareness Through Movement 11:30-12pm (Closed group)</p> <p>Raiyan 9:30-12:30 Subsidy Support</p>	<p>10 <i>The Beanery Café</i> \$1.50 coffee - 9:30-10:30am Art with Alime 10-12pm \$3.00 Lunch @ 12:30pm- Stew Karaoke 1pm</p>
<p>13 Members Meeting 11am (Lunch for Meeting Participants at 12:30 - Lasagna) 12:30 Erika Street School Info Session – all welcome!</p>	<p>14 Breakfast 9:15-10am</p> <p>Quilting/Sewing group 10-2pm</p> <p>Make pizza rolls with Lynda! 11am</p>	<p>15 <i>The Beanery Café</i> \$1.50 coffee - 9:30-10:30am Art with Alime 10-12pm Lunch Prep 12-1pm- Tuna Melt BOWLING * NEW TIME* 1pm</p>	<p>16 Breakfast 9:15-10am</p> <p>Awareness Through Movement 11:30-12pm (Closed group) POOL Tournament 1pm 🏆*PRIZES*🏆</p>	<p>17 <i>The Beanery Café</i> \$1.50 coffee - 9:30-10:30am Art with Alime 10-12pm \$3.00 Lunch @ 12:30pm – Loaded Baked Potato & salad</p>
<p>20 FCC Meeting 10am</p> <p>Lunch Prep 12-1pm- BBQ Chicken Quesadilla</p> <p>Smoothie Meeting 10am Raiyan 9:30-12:30 Subsidy Support</p>	<p>21 Breakfast 9:15-10am</p> <p>Quilting/Sewing group 10-2pm</p> <p>Card games & hot chocolate 11am</p>	<p>22 <i>The Beanery Café</i> \$1.50 coffee - 9:30-10:30am Art with Alime 10-12pm Lunch Prep 12-1pm – Fettuccine Alfredo Musical Jeopardy 1pm</p>	<p>23 Breakfast 9:15-10am</p> <p>Awareness Through Movement 11:30-12pm (Closed group)</p> <p>Staff Meeting Closed at 1pm</p>	<p>24 <i>The Beanery Café</i> \$1.50 coffee- 9:30-10:30am Art with Alime 10-12pm \$3.00 Lunch @ 12:30pm – Soup & Sandwich FCC Cheques ready for pick-up</p>
<p>27 Lunch Prep 12-1pm- chicken pesto pasta Salad</p> <p>Bake cookies with Florence 10am</p>	<p>28 Breakfast 9:15-10am</p> <p>Quilting/Sewing group 10-2pm</p> <p>Tea Party 1pm (Prep at noon) Raiyan 9:30-12:30 Subsidy Support</p>	<p>29 <i>The Beanery Café</i> \$1.50 coffee - 9:30-10:30am Art with Alime 10-12pm Lunch Prep 12-1pm- Smokies & potato salad Karaoke 1pm</p>	<p>30 Breakfast 9:15-10am</p> <p>Awareness Through Movement 11:30-12pm (Closed group)</p> <p>Fire Drill 1:30pm</p>	<p>31 <i>The Beanery Café</i> \$1.50 coffee- 9:30-10:30am Art with Alime 10-12pm \$3.00 Lunch @ 12:30pm- Spaghetti & meatballs</p>
<p>ART with Alime (Wednesday & Friday 10-12) Jan 8: Mixed Media collaging/vision boards Jan 10: Clay Jan 15: Jewelry Making Jan 17: felt patches/ flower sewing Jan 22: acrylic painting/ paint pours Jan 24: Clay Jan 29: Jewelry Making Jan 31: Glass Mosaics</p>		<p> Raiyan, Subsidy and housing specialist, will be at the clubhouse to help! Thurs 9, Mon 20, Thurs 28 9:30-12:30</p>	<p>Smoothie Bar coming in 2025! Join us for a meeting on Monday Jan 20 at 10am to find out more, share your ideas and learn more!</p>	<p></p>