

CLUBHOUSE CALENDAR

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

August 2025

Days & Hours of Operation
MONDAY – THURSDAY 9:00AM-3:00PM
FRIDAY 9:00AM-2:30PM
Member's line # 250-828-2642

Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH SIGN UP 11-11:30am	Breakfast 9:15-10am	LUNCH SIGN UP 11-11:30am	Breakfast 9:15-10am	LUNCH SIGN UP 11-11:30am
Have you got the ARCH Pass? It's time to re-new!	APPAREL SHOP OPEN 9-2:30pm	SMOOTHIE BAR \$1.50 smoothie – 10-11am	APPAREL SHOP OPEN 9-11:30am & 12-2:30pm	SMOOTHIE BAR \$1.50 smoothie – 10-11am
CLUBHOUSE CLOSED BC DAY 	5 9am ARCH PASS renewals 11-2pm Quilting/ Sewing group!  1pm BINGO	6 9:30 Kamloops Farmers' Market 930-1230 Raiyan Subsidy Support <u>Art with Alime 10-12pm</u> Lunch Prep 11:30am – Mediterranean Pasta Salad	7 10am Trip to Westsyde Petting Zoo & Picnic. (leave Clubhouse around 930am) Please sign up at the front desk so we know how many lunches to make!	8 TECH SUPPORT w/ Jesse 10am <u>Art with Alime 10-12pm</u> \$3.00 Lunch @ 12:30pm – Loaded Sandwich & chips Karaoke 1pm
11 930-1230 Raiyan Subsidy Support Lunch Prep 11:30 – Burger & Sweet potato Fries	12 Riverside Park Trip /Beach Day Please sign up at front desk! Leaving Clubhouse at 10am 11-2pm Quilting/Sewing group	13 <u>Art with Alime 10-12pm</u> Lunch Prep 11:30am – Crispy Chicken Caesar Salad Karaoke 1pm 1-3pm *Produce on wheels*	14 9:30am Board Game Come and try Hues & Cues! 11:30-12 Qi Gong with Forrest	15 <u>Art with Alime 10-12pm</u> \$3.00 Lunch @ 12:30pm – Cabbage Roll Soup & pudding  Karaoke 1pm
18 <hr/> FCC Meeting 10am Lunch Prep 11:30 – Ham & Cheese Croissant 1pm Specialty Teas & Gratitude	19 9am ARCH PASS renewals 11-2pm Quilting/Sewing group 2:30pm Fire Drill	20 <u>Art with Alime 10-12pm</u> Lunch Prep – 11:30am – Loaded Nachos Try our salsa recipes and vote for which one we bring to the Salsa Challenge!	21 9:30am Crib Tournament 11:30-12 Qi Gong with Forrest 12:30 Salsa Team Prep	22 Clubhouse open 9-11am only SALSA CHALLENGE @ Garden Gate 12:30-3pm. Come and cheer on The Clubhouse and VOTE for us! Food, fun and door prizes. Free event!
25 11am Members' Meeting (Lasagna Lunch for Meeting Participants @1230) FCC Cheques Ready to pick up	26 930-1230 Raiyan Subsidy Support 11-2pm Quilting/Sewing group	27 <u>Art with Alime 10-12pm</u> Lunch Prep – 11:30am – Bacon, Lettuce, Tomato Sandwich 1-3pm *Produce on wheels*	28  BOWLING at Falcon Lanes 11am Cost \$5/person Staff Meeting - Closed at 1pm	29 <u>Art with Alime 10-12pm</u> \$3.00 Lunch @ 12:30pm – Sweet & Sour Meatballs on rice Erika from BC Housing Noon-2:30 (Flip the page to find out more) Karaoke 1pm

CLUBHOUSE NEWS

ARCH PASS

ARCH is a subsidy program that helps people access City facilities and programs.

Applying for KamPASS, the City's affordable transit program, is done through the ARCH application.

Do you qualify?

You must be a permanent resident of Kamloops and meet ONE (1) of the options below:

1. Receive Income Assistance from the Ministry of Social Development and Poverty Reduction (MSDPR)
2. Have an annual income that is below the Statistics Canada Low Income Guidelines (see Application Form for Low Income Guidelines)
3. Receive a Canadian Pension or Long-term Disability that is below the Low Income Guidelines

We can process ARCH applications at The Clubhouse. Please bring in the information required (see above) so we can get you signed up!

HOUSING SUPPORT

Erika from BC Housing will be dropping by the **last Friday of the month** from noon. She is an outreach worker who helps people with housing. While at the clubhouse she will be able to answer housing questions and provide information on housing resources.

ART CLASSES WITH ALIME

Aug 8 Notebook Making

Aug 15 Friendship Bracelets

Aug 22 NO CLASS – Salsa Challenge!

Aug 29 Hand Sewing

SALSA CHALLENGE – AUG 22

We will take part in the 19th annual Salsa Challenge at Garden Gate. The Clubhouse will be closed from 11am to allow as many members as possible to support the event! Try all the salsas – vote for your favourite and let's see if we can bring home the impressive Salsa Cup! Door Prizes, snacks and fun, all to be had on Aug 22 12:30 -3pm

COFFEE BAR ETIQUETTE

Please make sure you put your dirty cups in the dishwasher.

Please do not leave cups on tables/coffee bar. Let's work together to make sure the space is kept clean and organized.

QI GONG WITH FORREST

Forrest will lead us through a Qi Gong class on Aug 14 & 21. Qi Gong is a Chinese mind-body practice that combines movement, breathing techniques, and focused intention to cultivate and balance vital energy (qi) within the body.

Important Dates for August

Aug 4 BC Day – Clubhouse closed

Aug 13 Produce on Wheels

Aug 22 Salsa Challenge @ Garden Gate. Clubhouse CLOSED from 11am to attend. Please join us!

Aug 25 FCC Cheques ready

Aug 27 Produce on Wheels