CLUBHOUSE CALENDAR

November 2026

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

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 BY 11am**
10-11am Volunteer Run Specialty coffee or smoothies $1.50	**APPAREL SHOP OPEN** 9-2:30pm	**APPAREL SHOP OPEN** 9-2:30pm **10-11am Specialty coffee $1.50**	**APPAREL SHOP OPEN** 9-2:30pm	**10-11am Volunteer Run Specialty coffee or smoothies $1.50**
2 **Links To Employment** **10am Crib Tournament** Lunch Prep 11:30 – Veggie Burgers	3 10-3 Tax & Benefits Navigation **11am Baking with Emeka** 11-2 Quilting Group ***no pool***	4 **10am D&D with Nick** 10-12pm Art with Alime – Jewelry/ Drawing/ Painting Lunch Prep – 11:30am – BBQ Chicken Quesadillas	5 **Awareness Through Movement 11:30-12pm * closed group*** **10am Craft Fair Baking** Sign up at front desk	6 10am – Coffee & connection $3.00 Lunch @ 12:30pm – Chicken Alfredo **Karaoke 1pm**
9 **Links To Employment** **11am Members' Meeting** (Lunch for Participants @12) **12:30 Craft Fair Committee meeting – cake & coffee**	10 **10-2pm FREE Hearing Tests** *sign up at front desk* $5 GC! 10-3 Tax & Benefits Navigation 11-2 Quilting Group ***no pool***	11 Clubhouse CLOSED **Remembrance Day**	12  **11am Bingo** **10am Craft Fair Baking** Sign up at front desk	13 10am – Coffee & connection $3.00 Lunch @ 12:30pm – Spaghetti Bolognese **Karaoke 1pm**
16 **Links To Employment** FCC Meeting 10am Lunch Prep 11:30 – Grilled Cheese & Soup *11am 2SLGBTQIA+ Open Talk with Akalya & Rayne* Everyone welcome!	17 **12pm – Lunch 'n' Learn Budgeting Workshop & 1-2-1 help with Vicky** Lunch for attendees! ***sign up at front desk*** 11-2 Quilting Group ***no pool***	18 10-12pm Art with Alime – Christmas Card Making **10am Last day of D&D with Nick for 2026** Lunch Prep 11:30 – Butter Chickpeas & Rice	19 **10am Craft Fair Baking** Sign up at front desk **Awareness Through Movement 11:30-12pm * closed group*** **12:30pm Fire Drill** **Staff Meeting Closed at 1pm**	20 10am – Coffee & connection $3.00 Lunch @ 12:30pm – Perogies & Bacon **BOWLING at Falcon Lanes** 1pm Cost $5/person * Sign up at front desk* FCC Cheques ready to pick up
23  **11am Bingo** **Links To Employment** Lunch Prep 11:30 – BLT **1:30pm SWIM @YMCA $5** ***Sign up at front desk***	24 10-3pm Tax & Benefits Navigation **11am Baking with Emeka** 11-2 Quilting Group ***no pool***	25 **10am Stenberg College students' workshop (TBA)** 9-11am Chandra (Work BC) Lunch Prep – 11:30am – Loaded cheese bun **Karaoke 1pm**	26 **10am Craft Fair Baking** Sign up at front desk 1pm Craft Fair Preparation **BC Housing Support** **10-1130 am Jordy** **(250) 809 6804**	27 Christmas Craft Fair 10-2 ***Open to the community**** Concession available ***$3 hotdog, pop & chips**** **BAKING. CRAFTS. RAFFLE** **** Clubhouse open at 10am****

November 2026

Art with Alime
Come get creative with Alime during our open-ended craft morning on the 4th. Whether you choose to paint, draw, or make jewelry, it's sure to be a fun time! Alime will also be back on the 18th with a festive Christmas card making class.

Free Hearing Tests
Join us from 10-2:00pm on Tuesday, November 10th for a free hearing test. Free $5 gift cards will be given out to everyone who participates. Members are asked to sign-up at the front desk in advance.

Craft Fair Preparation
With the craft fair closely approaching, there will be lots of opportunities this month to help us prepare. Sign-up at the front desk to join us in baking yummy treats for the bake sale. We're also looking for help with last minute preparations on November 26th at 1:00pm.

Lunch 'n' Learn Budgeting Workshop
Join Vicky on Tuesday, November 17th for an informative workshop on budgeting skills and receive 1 on 1 help. Free lunch will be provided for attendees.

D&D
Nick will be joining us on November 18th for the last D&D session of the year. We'll be back in 2027!

Remembrance Day
The clubhouse will be closed on November 11th to honor those who fought for our freedom. The legion in Kamloops hosts a ceremony every year at 11:00am in Riverside Park. TRU will be hosting a ceremony from 10:30-11:15am at Old Main Student Street. Everyone in the community is welcome to attend.

2SLGBTQIA+ Open Talk
This month we are very fortunate to have Akayla & Rayne hosting an open discussion for us on the 2SLGBTQIA+ community. Come ask questions and learn more in a safe space! ***Everyone's Welcome!!***

Welcome!!
We are very excited to announce that two new students from Stenberg College, Nicolle and Jesus, will be joining us at the club until the end of December. Keep a look out for fun activites with them on the Calendar!

Important Dates:
Nov. 9: Members' Meeting (11:00am)
Nov 9: Craft Fair Committee Meeting - (12:30pm)
Nov. 11: Remembrance Day (Club Closed)
Nov. 19: Fire Drill (12:30pm)
Nov. 19: Staff Meeting (Closed 1:00pm)
Nov. 27 Christmas Craft Fair (10-2:00pm)