

CLUBHOUSE NEWSLETTER

Calendar Inside

Traditions

Ahhhh, Christmas is coming. It is sure to be a busy time filled with many colorful activities including a myriad of customs and traditions that we commonly associate with Christmas here in North America.

Santa Claus, mistletoe, tinsel, candy canes, yule logs and brightly colored Christmas stockings are all traditional symbols that we see portrayed in the quintessential Christmas scene. Do you share a turkey dinner with your close family or friends? Decorate an evergreen tree in your living room? Do you wrap presents in bright paper and leave them under the tree for a loved one? These are some common and stereotypical Christmas rituals observed in North America.

Maybe you do all of these or something completely different. The rituals we enact and the symbols we choose to incorporate into our Christmas celebrations are our traditions. These traditions often reflect who we are, where we are from, and most certainly, our family of origin. They connect us to our past, our culture, our heritage, and can bring about profound feelings of nostalgia and connectedness to memories of Christmases gone by and to those we long to be near at this special time of year. They give us a sense of belonging and a way to express what is important to us.

Christmas Word Search

L	A	T	C	F	O	O	D	O	G	P	I	U	H	E
E	B	L	R	C	A	T	N	A	S	O	S	Y	P	S
M	D	E	J	A	X	S	C	A	R	O	L	S	E	I
I	U	U	M	X	D	K	A	S	E	I	K	O	O	C
J	H	E	T	V	L	I	V	M	X	F	B	U	W	R
L	Y	S	N	I	D	F	T	V	T	D	J	I	I	E
N	H	D	X	G	T	U	E	I	H	S	Z	K	K	X
N	J	X	C	D	K	A	C	S	O	U	I	B	C	E
E	X	W	L	Y	S	M	R	N	D	N	K	R	T	J
M	F	A	M	I	L	Y	E	G	V	N	S	L	H	M
W	S	Y	A	D	I	L	O	H	Q	N	E	Z	Y	C
O	W	R	E	E	D	N	I	E	R	F	C	I	X	P
N	S	L	I	B	A	B	I	H	V	S	O	L	R	R
S	Z	G	N	I	T	I	S	I	V	P	G	J	U	F
W	S	G	I	V	I	N	G	C	I	O	M	K	E	B

But what happens when our traditions no longer seem to fit who we are or where we are at in our lives? Perhaps we find ourselves stressed while trying to maintain our time-honored traditions when the means to do so are simply beyond our capacity, either financially, physically or emotionally, or when they simply no longer have meaning to us. Feelings of grief, guilt, shame, disloyalty and disillusionment can result when we abandon or break these traditions, but feelings of emptiness, anxiety, anger and frustration can arise when we feel trapped by the expectations and or obligations of old family traditions that no longer serve us. Could there be a compromise here? Absolutely!

Honestly, there can often feel like a lot of pressure to participate in rituals and ceremonies that don't feel fulfilling and meaningful for us during the holiday season, but why stay stuck in traditions that we inherited and may have had no part in choosing. There are so many ways we can be inspired to create new or modify existing traditions for ourselves as adults! Take what you have loved from the past and leave the rest. Think about what you've seen on TV or at a friend's house. Would you like to make that part of a new tradition or add it to an old one, making it your very own in a fresh and unique way? Modify and adjust until they feel just right for you, for this moment in your life. Feel the freedom. Enjoy!

- | | | |
|----------|------------|-----------|
| Carols | Christmas | Cookies |
| Exercise | Family | Food |
| Friends | Giving | Gratitude |
| Holidays | Reindeer | Santa |
| Snowmen | Traditions | Visiting |



How much do you really know about reindeer?

If you're familiar with the poem 'Twas *The Night Before Christmas* and *Rudolph the Red-Nosed Reindeer*, then you probably know all about the famous reindeer that help Santa with his one-night worldwide gift delivery every holiday season. But other than their names, how much do you really know about reindeer?

1. Santa searches all over the far north for his reindeer recruits. When he comes to North America, he knows that we also call them "caribou." True False
2. Male reindeer are called "bulls" and females are called "cows." What are baby reindeer called?
 Fawns Calves
3. While reindeer antlers are growing, they look soft and fuzzy. They're covered in a material that supplies oxygen and nutrients called ... Velvet Felt
4. Sometimes Santa has to fly over bodies of water to deliver gifts. But he doesn't worry, his reindeer can swim if they ever fell into the water. True False
5. If you ask the reindeer to smile for a picture, you're going to get a rather goofy looking grin - they don't have any upper teeth in the front of their mouths! True False
6. Both male and female reindeer grow antlers. So Santa's reindeer could really be either male or female. Which one do you think they are? Male Female
7. It's popular to leave carrots out for Santa's reindeer, but that's not really what they eat. Since they live in the arctic tundra, what they really like to snack on is ... Reindeer Moss Mistletoe
8. You may know the story of Rudolph, the reindeer that led Santa's sleigh through the foggy night using the bright red light of his shiny nose. Could there really be reindeer with red noses? I think so No
9. Everyone loves brave little Rudolph, the red-nosed reindeer. But is he one of Santa's reindeer from the 'Twas Night Before Christmas poem? Yes, he led the sleigh No, he was added later
10. What are the names of Santa's 8 reindeer? Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner and Blitzen Dasher, Dancer, Prancer, Nixon, Comet, Cupid, Blonner and Blitzen



Looking for Crocheters, Knitters, Quilters and Wanna Be's

Do you crochet, knit or quilt? Would you like to learn? Come down to the Clubhouse anytime in January and February and create an 8" x 8" square to contribute a creation to a crocheted, knitted and quilted project. For every square you contribute, your name will go in to a draw for the completed quilt. Examples – create one square get 1 entry, contribute 3 squares get 3 entries towards the draw!

Learn a new skill this winter or help someone learn a new skill. Look for the poster to sign up if you are interested in learning how to crochet, knit or quilt or put your name down if you are willing to teach someone. Squares can be completed anytime at the Clubhouse or at home. Clubhouse participants and staff are welcome to participate!

All supplies will be provided.

Opportunities ... We currently have incentive opportunities at the Thrift Shoppe.

Are you looking to learn skills in a retail setting? We offer till training, customer service, sorting, pricing and much more! For more information, talk to Robyn or Lonnie.

The store is also looking for swampers to help with the Vernon Run. This position comes with a honourarium. If interested, talk to Paivi or Robyn.

Women's Group

For whatever reason attendance at the Women's Group has dropped off. Is the first Wednesday of the month at 1:00pm the wrong time? Is there a better weekday? Should we meet on a morning before lunch? Are you looking for different topics? Let Kim know your ideas.



The art group has been enjoying making their own personalised holiday cards and small gifts from bookmarks to ornaments.

Thank you to Daniel for your beautiful artwork on the front window of the Thrift store, looks great!

This month, get your hands dirty with clay building. This free activity will happen at the Inclusive Art Studio with participants leaving the Clubhouse at 1:00pm on Monday December 3rd and 17th. Sign up is required.

We will also be having another workshop coming up with artist Iris Dito, who will lead us through making a completed art work using instant coffee as a medium. Check in with Nanika or see the poster in the Clubhouse for time and date in the New Year.

Connections Delight

Oh what fun we had during November's Connections! Clubhouse was filled with chatter and laughter making this an evening to remember...We had some impromptu games and more laughter and silliness...Then of course there was the mouth-watering meal that everyone enjoyed. Included below is the dessert recipe that many requested.

Thanks to our Peer Support Program for hosting this light-hearted event! Be sure to join us for the next Connections on December 12th... this will be a Christmas special!

Pineapple Delight

Crust: In a medium bowl, combine 2 cups graham cracker crumbs and ½ c melted butter or margarine. Press the mixture into an 8x8 or 9x9 baking pan. Bake for 10 minutes at 325 degrees, then cool completely.

Filling: In a separate bowl, mix the following ingredients with an electric mixer until smooth:

½ c butter or margarine, softened
1 ½ c icing sugar
1 egg
1 tsp vanilla

Once this mixture has cooled completely, spread it over the crust and bake for 15 minutes at 325 degrees, then remove and let cool completely.

Topping:

2 c whipping cream (make sure to whip it first; alternately you could use Cool Whip or Dream Whip)
1 14 oz. can crushed pineapple

Prepare your whipped cream of choice. If using a carton of whipping cream, beat the cream in a medium bowl until it is thick and stiff. You may want to add 2 tbsp of white sugar and 1 tsp vanilla for sweetness and flavour, though we didn't do this for the Connections dinner. Drain the juice from the canned, crushed pineapple. Mix the whipped cream and pineapple together and spread evenly over the cooled filling. Refrigerate till ready to serve. Yum!

December: |dē-'sēm-bər| -n.

A month of lights, snow, and feasts. A time to make amends, and tie up loose ends. A time to finish what you started and hope that your dreams come true.

Participant Funding

Note that this month participant funding applications are due December 12th and the Meeting will be December 19th (earlier than usual because of the holiday season).

From the Kitchen

The Best Rolled Sugar Cookies

1 ½ c Butter, softened
2 c White sugar
4 Eggs
1 t Vanilla extract
5 c All purpose flour
2 t Baking powder
1 t Salt

Directions

1. In a large bowl cream together butter and sugar until smooth. Beat in eggs and vanilla. Stir in the flour, baking powder, and salt. Cover, and chill dough for at least one hour (or overnight).
2. Preheat oven to 400 degrees F (200 degrees C). Roll out dough on floured surface ¼ to ½ inch thick. Cut into shapes with any cookie cutter. Place cookies 1 inch apart on ungreased cookie sheets.
3. Bake 6 to 8 minutes in preheated oven. Cool completely.
4. Ice and decorate if desired.

Hudson Thrift Shoppe

Time to start shopping for those ugly Christmas sweaters ;)

Friday is Fabulous at the Thrift Shoppe! 2 for 1 on December 7th, 14th, 21st and the Bag Sale on December 28th & 29th. Come on in and bag yourself some spectacular deals! Watch for weekly Pop Up Sales on all store merchandise.

Silent auction is also underway. Come bid on some great gift giving ideas.

Christmas Shopping On a Budget – 8 Easy Tips

1. Make a shopping list, including who you want to buy gifts for.
2. Set a spending limit. Remember, it's the thought that counts, not how much you spend.
3. Pay in cash. This will help you stay in your budget.
4. Shop by yourself, you will spend less.
5. 'Tis the season to give, not buy things for yourself.
6. Shop for sales at discount stores and thrift stores...Hudson Thrift Shoppe has gift certificates for the thrift shoppers in your life.
7. Don't go crazy on the kids. How many toys can a child play with at once?
8. Buy a combined gift, for example buy a board game for the kids to share.

Christmas is a time to spend with loved ones. Keep it simple so you can enjoy this time of year.

Thrift Shoppe Holiday Hours

Dec 24 10:00am – 2:00pm Dec 31 10:00am – 2:00pm
Dec 25 & 26 Closed Jan 1 Closed





Social Rec

Fitness Matters: Walking group on Mondays and Fridays at 1:30-2:30 rain or shine. Free activity with transportation provided. Toonie swim will resume in January.

Clubhouse Christmas Activities:

Wednesdays 2:00-4:00

- December 5th- Building gingerbread houses
- December 12th - Creating Christmas center pieces
- December 19th- Christmas movie and popcorn

Tuesday, December the 11th- Sedna- Caravan Theatre - Tickets on sale now, \$16.00 each. The actual ticket price is \$36.75, but we are able to offer this event for you at \$16.00 thanks to Group Funding. Transportation provided. Meet at the clubhouse at 2:30.

Wednesday December 12th- Connections- 5:00-8:00- Free dinner and activities in the clubhouse

Thursday, December 13th- Christmas Light Tour. Meet at the clubhouse at 3:00- Free event - transportation provided. Sign up required

December 27th & 28th - Games, Pool, Movies- 9:00am – 3:00pm.

Drop-in- No Drop-in this month.

Journaling: Every Friday in the clubhouse*** 10:30-11:00. Free event.

***December 14th the journaling group will meet at the clubhouse at 10:20 and travel together to Chester's café for journaling and a cinnamon bun. Please bring money for any refreshments you want. Transportation provided.

One of the ways to deal with any overwhelming emotion is to find a healthy outlet in which to express yourself, which makes a journal a helpful tool in managing your mental health. Journaling can help:

- Manage anxiety
- Reduce stress
- Cope with depression



Notes for keeping our CMHA Building cleaner over the winter.

Stamp the snow and wet off your boots BEFORE opening the door and walking in.

- This will help stop the floors from being slippery.
- Also, will reduce the amount of de-icer and mud coming into our place.
- People that change their footwear will not get wet feet. Take your cleats off your boots while on the mat in the lobby.
- Chair is provided in the Clubhouse Lobby to sit on.
- Place cleats in container provided.
- Removing the cleats will help minimize damage to our floors.

Hang your coat in the closet while in the Clubhouse.

- Your coat will not be falling off the back of a chair and dragging on the dirty floor.
- Your coat will not be an obstacle for people to trip over.

10 Ways to Stay Healthy During the Cold and Flu Season

- Wash your hands frequently, especially after blowing your nose, coughing, sneezing, being with ill people and especially before you eat
- Sneeze into your arm or the crook of your elbow, AVOID YOUR HAND – if you sneeze in your hand germs get spread around every time you touch something (Examples: Door handles, railings, elevator push buttons, keyboards, chairs, light switches)
- If you use tissues for coughs and sneezes, dispose of them immediately and appropriately
- Avoid sharing objects
- Avoid touching your nose, mouth and eyes
- Get enough sleep and avoid getting "run down"
- Reduce stress
- Eat right and get regular exercise
- Avoid crowds and keep your distance from people whom you know are ill
- If you are sick, avoid contact with the frail, very young and elderly
- If you are sick ... stay home.

Human Rights and Social Determinants of Mental Health

CMHA BC division has undertaken a project on the topic of human rights and social determinants of mental health. The focus is on the social exclusion/inclusion and the health impacts people experience when navigating public systems designed to support social determinants of health – income supports, housing, employment etc.

Our branch is going to host a focus group, and thus, we are looking for individuals who would like to be part of this and share of their experiences of mental health issues, problematic substance use or poverty. Time commitment from you would be 2-3 hours one morning or afternoon in January 2019. If this interests you, please talk to Paivi.

How Much Do You Really Know About Reindeer (Answers)

1. Santa searches all over the far north for his reindeer recruits. When he comes to North America, he knows that we also call them “caribou.” True - Reindeer and caribou are just two names for the same animal. The word “reindeer” is usually used to describe them when they're domesticated - like those in Lapland that are used to pull sleds. The word “caribou” is used mostly in North America to describe the wild variety.

2. Male reindeer are called “bulls” and females are called “cows.” What are baby reindeer called? Calves - Although reindeer and caribou are relatives of deer, they're much more like their other relatives, domestic cattle, when it comes to their names. Just like cattle, they have names like bull, cow, and calf instead of buck, doe, and fawn like their deer cousins.

3. While reindeer antlers are growing, they look soft and fuzzy. They're covered in a material that supplies oxygen and nutrients called ... Velvet - Both male and female reindeer grow antlers which are shed every year, allowing new ones to grow again. While the bony appendages are growing, they need a lot of nutrients. These are provided by a soft-looking covering that is called velvet, most likely because that is what it looks like. When the antlers have finished growing, the velvet dries and falls off.

4. Sometimes Santa has to fly over bodies of water to deliver gifts. But he doesn't worry, his reindeer can swim if they ever fall into the water. True - Reindeer are very strong swimmers and can swim easily and quickly around 6.5 km/h, and even 10 km/h if needed. A migrating herd of reindeer won't hesitate to swim across a large lake or broad river so Santa doesn't have to worry if any of his reindeer fall into water - they'll just swim their way to land.

5. If you ask the reindeer to smile for a picture, you're going to get a rather goofy looking grin - they don't have any upper teeth in the front of their mouths! True - Surprisingly, reindeer only have teeth on the bottom of their mouths in the front. On the top, they have a very hard bony plate that helps them grind up their food. All those pictures you've seen of reindeer with big toothy grins are probably ones wearing dentures!

6. Both male and female reindeer grow antlers. So Santa's reindeer could really be either male or female. Which one do you think they are? Female - Male and female reindeer shed their antlers at different times of the year. The males shed theirs in early December while the female shed theirs in the summer, keeping their thinner antlers throughout the winter. So, if the pictures and stories are to be believed and Santa's crew has antlers at the end of December for his big flight, then those must be lady reindeer pulling his sleigh.

7. It is popular to leave carrots out for Santa's reindeer, but that's not really what they eat. Since they live in the arctic tundra, what they really like to snack on is ... Reindeer Moss - Reindeer are plant eaters and love to eat reindeer moss, which is a type of lichen found in the arctic tundra. Lichen is a combination of algae and fungus and is one of the few things that can grow in the tundra's constant frosty conditions.

8. You may know the story of Rudolph, the reindeer that led Santa's sleigh through the foggy night using the bright red light of his shiny nose. Could there really be reindeer with red noses? I think so - Some reindeer actually have red noses! There's a group of reindeer native to Arctic regions in Alaska, Canada, Greenland, Russia and Scandinavia that have noses with a distinct red colour. The colour is due to a dense group of blood vessels in their nose that regulate their body temperature to keep them from freezing in extreme temperatures.

9. Everyone loves brave little Rudolph, the red-nosed reindeer. But is he one of Santa's reindeer from the 'Twas Night Before Christmas poem? No, he was added later - When Clement Clark Moore wrote his poem 'Twas The Night Before Christmas back in 1823 and gave names to all of Santa's reindeer, Rudolph was not part of the group of 8 that were pulling the tiny sleigh. The story of Rudolph, the red-nosed reindeer that helped Santa out on that foggy night, was not told until 1939, over 100 years later!

10. What are the names of Santa's 8 reindeer? In the poem, 'Twas The Night Before Christmas, Clement Clark Moore writes about hearing Santa call out his reindeer by name: More rapid than eagles his coursers they came, And he whistled, and shouted, and called them by name: “Now, Dasher! Now, Dancer! Now, Prancer, and Vixen! “On, Comet! O, Cupid! On, Dunder and Blixem”. Over the years, Dunder and Blixem have been changed to Donner and Blitzen.

Giving from the Heart by Lori R

As we come upon the holiday season there will be giving. Giving comes in so many ways.

- I myself for many years have baked banana loaves. My friends love them.
- I also pick someone I see struggling and put a box of food for them.

Recently I learned that when we **give**, the brain has a positive effect on serotonin, endorphins and dopamine which increase when we are **giving**. We are giving joy, happiness and content...

All the best of the holiday season from Lori R and Sara in Peer Support.



Join Us Tuesday and Wednesday Mornings

9:00 – 10:00am

to chat about ideas and suggestions for the Clubhouse

what is happening in the community

occasional guest speakers

visit with clubhouse participants and staff



FRIDAY DECEMBER 14

Starting at 1:00pm

Clubhouse

Proceeds to Clubhouse Programs

If you are doing any Christmas Baking and would like to contribute any goodies to the bake sale, you are welcome to bring your baking in on

December 13th or 14th



DECEMBER'S WHAT IS IT?

Enter your December guess along with your name and contact information into the "What Am I Box" in the Clubhouse to win a small prize.



Congratulations to Forrest who guessed a "Pop Bottle" last month. 12 guesses were received with 3 correct answers. Thanks for playing!



Christmas Tea

***Friday December 21st
1:00pm***

***Finger Sandwiches, Cookies & Squares
\$3.25 - The Tea Replaces Lunch***

High Tea Attire Welcomed

***Gift Exchange
for Those Who Wish to Participate
(\$5.00 Maximum)***

peer Support



PEERS WANTED

Looking To

Have a Conversation

Go Out for a Coffee, a Walk, a Movie

There are Peer Mentors that want to meet you!

For More Information Talk to Sara or Lori.



WEDNESDAY

JANUARY 2nd - 12 noon

**Horderves, Appetizers
Finger Foods
Clubhouse**



Silent Auction

Remember to Check Out the Auction in the Thrift Shoppe

DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
3	4	5	6	7	8/9
Wellness BINGO - 9:30am Woodshop - 10:30am - 12:00pm Chicken with Cranberry Glaze and Rice - 12:00pm Art Quest - Free Clay Workshop - Inclusive Art Studio - Leave Clubhouse at 1:00pm - Sign Up Required Walking - 1:30pm	Coffee Talk - 9:00am Stew and Cornbread - 12:00pm Clubhouse Closes 1:00pm No Drop-In	Coffee Talk - 9:00am Grilled Cheese and Salad - 12:00pm Gingerbread Houses - 2:00pm	Clubhouse Closed ALL DAY	Good News Fridays - 9:00am Journaling - 10:30 - 11:00am BBQ Chicken & Veggies - 12:00pm Fabric and Yarn - 1:30pm Walking - 1:30 - 2:30pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	*NEW* Saturday Woodshop - 10:00am - 12:00pm
10	11	12	13	14	15/16
Woodshop - 10:30am - 12:00pm Shepard's Pie and Salad - 12:00pm Art Quest - 1:30pm Walking - 1:30pm	Coffee Talk - 9:00am Chicken Fingers and Roasted Veggies - 12:00pm Clubhouse Closes 1:00pm Caravan Theatre - Leave Clubhouse at 2:30pm No Drop-In	Participant Funding Applications Due Coffee Talk - 9:00am Green Pea Soup and Bun - 12:00pm Christmas Centerpieces - 2:00pm Connections - 5:00pm Rides Home Available	Stretching - 9:30am Free Lunch Chili Cook Off 11:30am - 1:00pm at WorkBC <i>No Lunch at Clubhouse</i> Art 101 - 1:30pm Christmas Lights Tour - 3:30pm - 5:00pm - Sign Up Required	Good News Fridays - 9:00am Journaling - 10:30 - 11:00am Pizza - 12:00pm Christmas Bake Sale - 1:00pm Fabric and Yarn - 1:30pm Walking - 1:30 - 2:30pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	*NEW* Saturday Woodshop - 10:00am - 12:00pm
17	18	19	20	21	22/23
Woodshop - 10:30am - 12:00pm Fish and Chips - 12:00pm Art Quest - Free Clay Workshop - Inclusive Art Studio - Leave Clubhouse at 1:00pm - Sign Up Required Walking - 1:30pm	Coffee Talk - 9:00am Scalloped Potatoes and Pork Chop - 12:00pm Clubhouse Closes 1:00pm No Drop-In	Coffee Talk - 9:00am Kabobs & Greek Salad - 12:00pm Participant Funding Meeting - 12:30pm Movies at the Clubhouse - 2:00pm	Stretching - 9:30am Lasagna and Garlic Toast - 12:00pm Art 101 - 1:30pm	Good News Fridays - 9:00am Journaling - 10:30 - 11:00am <i>The Christmas Tea at 1:00pm Replaces Lunch</i> Christmas Tea - \$3.25 Sandwiches & Goodies Gift Exchange - 1:00pm Gift Exchange Optional Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	*NEW* Saturday Woodshop - 10:00am - 12:00pm
24	25	26	27	28	29/30
CLUBHOUSE OPEN 9:00am - 3:00pm Beef Stir Fry with Chow Mein Noodles - 12:00pm Clubhouse Closes at 3pm Thrift Shoppe Hours 10:00am - 2:00pm	Clubhouse Closed CHRISTMAS DAY	Clubhouse Closed BOXING DAY	CLUBHOUSE OPEN 9:00am - 3:00pm Games, Pool, Cards, Etc. Salmon Cakes and Pan Fries - 12:00pm Clubhouse Closes at 3pm	TVP Timesheets Due (Fri / Sat) BBQ & Birthday Cake - 12 noon	
31	January 1	2	3	4	5/6
CLUBHOUSE OPEN 9:00am - 3:00pm Woodshop - 10:30am - 12:00pm Surprise Soup & Bun - 12:00pm Clubhouse Closes at 3pm Thrift Shoppe Hours 10:00am - 2:00pm	Clubhouse Closed NEW YEAR'S DAY	Coffee Talk - 9:00am Happy New Year - Welcome Back Hors d'oeuvres, Appetizers & Finger Foods - 12:00 noon	Stretching - 9:30am TBA Art 101 - 1:30pm	Good News Fridays - 9:00am Journaling - 10:30 - 11:00am TBA Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm Fabulous Friday Sale at the Thrift Shoppe	*NEW* Saturday Woodshop - 10:00am - 12:00pm

A reminder that Lunch is at 12 noon - Please call 250 832 0655 before 10:00am to reserve your lunch

AT A GLANCE

CLAY BUILDING



Inclusive Art Studio
Monday
December 3rd and 17th
Leaving Clubhouse at
1:00pm
Free - Sign Up Required

GINGERBREAD HOUSES



Wednesday
December 5th - 2:00pm

CHRISTMAS DINNER



Thursday December 6th
Doors Open at 4:45pm
5th Avenue Seniors
Centre

CARAVAN FARM THEATRE PRESENTS ... SEDNA



Tuesday December 11th
Leaving Clubhouse at
2:30pm
For Tickets See Lorrie

CHRISTMAS CENTRE PIECES



Wednesday
December 12th - 2:00pm

FREE LUNCH CHILLI COOK OFF



December 13th
11:30am - 1:00pm
WorkBC

MOVIES



At the Clubhouse
Wednesday
December 19th - 2:00pm

CHRISTMAS TEA



& Optional Gift Exchange
\$5.00 Gift Maximum
Friday
December 21st - 1:00pm

HAPPY NEW YEAR & WELCOME BACK



Wednesday
January 2nd - 12:00pm
Luncheon Hors d'oeuvres
Appetizers & Finger
Foods

Woodworking



Join Jonathan Saturday mornings - December 8th, 15th, 22nd, January 5th for Woodworking between 10:00am and 12 noon. Enter through the parking lot door near the garbage bins. Stewart will continue his Woodshop sessions Monday mornings between 10:30am and noon.

Opportunity - Reception

We currently have incentive opportunities in Reception.

Are you looking to learn skills in an office environment? For more information, talk to Lorrie.