



January 2020

CLUBHOUSE NEWSLETTER

Calendar Inside!

Brought to you by CMHA
Shuswap-Revelstoke

- THE LIBRARY – NOT JUST BOOKS
- A PERSONAL EXPERIENCE WITH COMMUNITY ENGAGEMENT
- SOCIAL REC
- ART CORNER
- MATCH THE PET & THE OWNER
- COMING TO YOU IN FEBRUARY
- and MORE

Our Culture, Our Community, Our Programs!



**“To accomplish great things,
we must not only act,
but also dream;
not only plan, but also believe.”
Anatole France**



SOCIAL REC



Swimming – Mondays January 6th, 13th, 20th and 27th – leave the clubhouse at 1:40pm – 3:30pm. Cost is \$1.00 per swim. Bring your bathing suit, towel.



4:00 - 7:30p

Rides home provided to participants living in town after drop-in activities.

Tuesdays



• **January 7th** – Join us in the Clubhouse for games and a snack!

• **January 21st** – Bowling and Pizza Night – \$6.00 See the bulletin board for the **Sign Up Sheet**.



• **January 28th** – Join us in the Clubhouse to Make a Meal – Cost is \$3.25. This activity and location may change depending on the renovation schedule. Stay tuned!

Friday Morning Stroll



9:30am

Enjoy a gentle stroll through the parks and streets closest to CMHA.

**BALANCE
FLEXIBILITY
CHAIR YOGA**

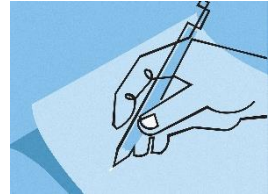
Chair Yoga – January 8th – Meet at the clubhouse at 10:10 or at the Okanagan Regional Library at 10:25. This is a free event. Rides will be provided.

“Approach the new year with resolve to find Opportunities hidden in each new day”

Michael Josephson

Journaling Come join our Journaling group each Friday morning, 10:30 – 11:00 in the Clubhouse.

“What a comfort is this journal. I tell myself to myself and throw the burden on my book and feel relieved.” — Anne Lister



Snowshoeing – Friday January 17, 31st, February 14th and 28th – 12:45 – 3:00pm. Come and enjoy the beauty of our local winter wonderland as we snowshoe on the

local trails. Cost is \$4.00 for each session. **Sign Up is Required.** Dress for the weather – warm clothes and boots, bring a hat and gloves or mitts.

Coming to you in February!!!

We are hoping to plan a fabulous winter outing in February!

Ideas:

- ➔ Silverstar's Tubetown
- ➔ H2O Water Park
- ➔ Sleigh Ride
- ➔ Other ???

Let staff know what you want to do for fun this winter and start saving some money so you don't have to miss out!

The clubhouse will also be planning for the ever popular **Snow Day** to take place in February.

For the dates & details on both of these fun activities look for an announcement in the February newsletter.

“Make your life a masterpiece; imagine no limitation on what you can be, have or do.”

Brian Tracy

**Happy New Year!
Learn from yesterday,
Live for today, hope for tomorrow.**

Albert Einstien

A Personal Experience with Community Engagement

Kathryn S

In keeping with our Newsletter Theme, "Community Engagement", I thought I would share my own experience with you.

As some of you know and perhaps have visited it yourself, the Salmon Arm Art Gallery just had a wonderful exhibit of nearly life size proportions, "McGuire Lake" or also known as "The Little Lake". Made by many local artists and headed up by two very talented artists, who also happen to be friends of mine, Melissa Nasby and Gwen Martinuk. Both of these artists have great skills in the fibre arts, particularly in Felting and Needle Felting. Gwen gave several demonstrations and guided people of all skills, in making the detailed Water Lilies, and Lily Pads, numerous frogs, butterflies, dragonflies, cat tails, as well as a fountain, and hanging vines. Melissa made the magnificent Great Blue Heron, which is life sized.

This led me to remembering a book that I have and which I thought many artists at CMHA may enjoy as well and try to follow for their own journey through Art and all it's wide variety of artistic endeavours. The book is entitled: "The Artist's Way - A Spiritual Path to Higher Creativity" and it is a type of workbook. For those of us that sometimes have the challenge of being in an "Artist's Slump", an often feared problem of not being able to think of one single thing to create or make, or even stuck in a rut. This book will inspire you and help you to try new-to-you things, adventures in Art. It guides you through several prompts or challenges to grow and explore. Suggestions of writing each day about what you want to try and exploring what is around you, in town, in your home, in nature, anywhere that may be out of your comfort zone, but, could still inspire and guide you in a new direction. It takes some dedicated work to go through this book, but, it is well worth the journey and guaranteed to help you find success in your own artistic world.

There have been copies in the Thrift Stores, the two used book stores in town, also, you could borrow it from our local library. Good Luck and have fun.

Book Information: ISBN 1-58542-146-4 pbk
ISBN 1-58542-147-2 Hardcover

"The Artist's Way - A Spiritual Path to Higher Creativity" by Julia Cameron



Happy New Year! Thank you for your continued support. We are grateful for our shoppers, donors and volunteers. Hudson Thrift Shoppe could not operate without you.

As we start 2020 and the new decade, we want to continue emphasizing our culture change to wellness. We value respect, diversity, communication, caring, acknowledgement, accountability, and teamwork.

If you are looking to gain skills or connect with others, reach out to Jackie at 250-832-8477, ext 107 for all store opportunities.



Shuswap Women who wine (but do something about it) have given CMHA so much. Bus passes, Askews gift cards and essential kits for those in need.

Thanks for all you do. You are deeply appreciated!

TVP & PARTICIPANT FUNDING CHEQUES



From now on cheques will be available from the CMHA Reception on Tuesday, Wednesday and Thursday mornings as well as Wednesday afternoons. Additionally, they can be picked up on cheque issue Thursday from 1:00 – 4:00pm. Due to unforeseen circumstances or holidays there may be some exceptions to the above times. If you are coming from out of town to pick up your cheque please feel free to call ahead to make sure that the office is open 250 832 8477. **Cheques will no longer be available for pick up from the Clubhouse.**

LORRIE C

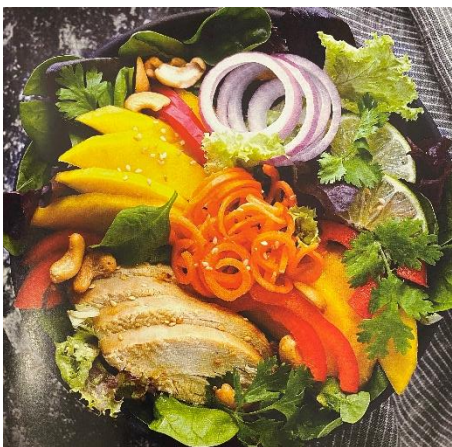
As some may already know, Lorrie C is scheduled to have knee surgery on January 15th. It is expected that Lorrie will be off for about 3 months. At this point we don't know who will fill in for Lorrie, but we know we will miss her! Lorrie, "we wish you a healthy and speedy recovery – we look forward to your return to the Clubhouse!"





Happy, Happy, Happy New Year 2020

2020, strong and steady! May this New Year bring new happiness, inspirations and goals in your life. May your new year be filled with the joy of a season where new beginnings flourish and happy memories are created. Many thanks to all those that make this kitchen program a success. May we have many more delightful times making meals and sharing stories over healthy meals together. You are ALL truly AMAZING !!!!!



Salad

- 1 large mango peeled sliced thinly
- 1 large bell pepper
- 1 cup grated carrots
- ½ cup thinly sliced onions
- 1/3 cup coarsely chopped cilantro
- 6 cups packed mixed greens
- 3 cooked medium chicken breasts, thinly sliced
- Chopped cashews

Sesame – Ginger Dressing

- ¼ cup sunflower
- 2 tbsp seasoned rice vinegar
- 2 tbsp dark sesame oil
- 1 tbsp soy sauce
- 2 tsp minced garlic
- ¼ tsp garlic
- ¼ tsp sea salt
- 1/8 tsp red pepper flakes

Makes 6 servings

Per Serving: 282 calories, 16 grams total fat, 17 grams protein, 21 grams carbohydrates, 40 grams cholesterol, 243 mg sodium



The kitchen still has cookie trays for sale:
Big ones \$20 and small ones \$10.



A wonderful time was had by all celebrating the lightness on the darkest time of the year. We turned off the lights and lit up our light sculptures, lanterns and candles for a magical afternoon sharing in the light and remembering the light we all have in us.

Thank you to Karen from the Art Group for coordinating making lanterns for the Christmas Dinner. Thank you to the other artists who joined Karen with this project.



Art Quest – Mon

Join the art group Monday afternoons. We will be starting the new year off working with mixed media and collage creating 'Memory Boxes'. A place to store your memories and enjoy for years to come. Cozy up with a warm drink



Art Studio – Thursdays 1:00 – 2:30pm

Art Studio happens in the Activity Room Thursday afternoons. Participants are invited to come work on their artworks or start a new project. Nanika will be happy to assist and get you started with available supplies.

Music Jam – Thursdays 1:00 – 2:30pm

Thursday afternoons in the Clubhouse there is an opportunity to get together with your instruments and play some music together, work on songs and/or sing along. We have an electric piano set up, music stands for your music and resources to print out music sheets if there is a particular song you would like to learn or sing along to. We continue to get new people joining the music jam, so don't be shy, give it a try.

Opportunities

Looking to Learn New Skills?

Cleaning Opportunities

Clubhouse and Meeting Room Floors
Clubhouse Lobby and Back Stairs
Clubhouse Bathrooms
Talk to Beckie

Thrift Shoppe Volunteers

Talk to Jackie

Kitchen Helpers

Talk to Rachael

Peer Mentors

Talk to Sara

Check the Bulletin Board for More Details

Participant Office Hours

*Hours & Location Subject to Change with Renovations
Stay Tuned*

Mondays 9:30am – 11:30am
Kim – Participant Liaison

Tuesdays 9:30am – 11:30am
Carol – Participant Funding Coordinator

Wednesdays 12:30pm – 2:30pm
Kim – Participant Liaison

Thursdays 9:30am – 1:30pm
Sara – Peer Support Coordinator

Fridays 9:30am – 11:30am
Nicola – Participant Funding Coordinator

The Library

“Not Just Books”

Barb P.

Have you been to the library lately? Are you a member? Over the past year, the library has gone through renovations and improvements. They have introduced many programs for the public, and all are FREE!

If you are looking for “something different” or a new activity, check out the library. If you are not sure where to start, the staff are very helpful and will assist you in setting up an account. They are a valuable resource for information and activities. The library has computers to access the internet, word processing, and to connect to free public Wi-Fi.

I think the best part of the library is their varied programs (again free). Try Chair Yoga on Wednesday mornings. Friday nights are Game Nights and a Knitting Circle. There is computer training for adults and seniors. How about learning to play the ukulele? There is a beginner’s workshop and a Ukulele Circle that happens on Tuesday afternoons.

There is so much more; it is difficult to mention it all. Check out the Library in person at the Piccadilly Mall, or go online at orl.bc.ca/salmon-arm. The phone number is 250 832 6161. Look for the library on Facebook – like it and get all the library news.

“Creativity Is Intelligence
Having Fun.”

– Albert Einstein



Drop In Fabric & Yarn

Fridays 1:00 – 3:00pm.

Anyone can use the craft room any day.

Jonathan is in the Wood Shop on Saturdays from 10:00am – 12 noon January 11th, 18th and 25th. There may be a change pending the upcoming Clubhouse renovation schedule. Please use the door (near the garbage dumpster) in the parking lot).



MEN'S GROUP

Meets in the Activity Room every other Friday at 1 pm. Join Jonathan and come say Hi and meet other fellow Clubhouse gentlemen January 10th and 24th. The location of the 24th meeting is subject to change pending the upcoming Clubhouse renovation schedule.



CMHA HEROES

Many thanks to Ross who often fills in when staff in the kitchen need an extra hand. Ross also fills in doing janitorial work when needed. Ross is now clearing our sidewalks of snow!

Thank You Ross for all you do – your efforts are noticed and you are appreciated!



THANK YOU! THANK YOU! THANK YOU!
For a Wonderful Evening

*Askews
 CMHA Board Members
 CMHA Staff
 Colleen Greig
 Gratiela Pachmann
 Jim Johnson
 United Church
 Shuswap Women who wine*



**JANUARY
 WHAT IS IT?**



Enter Your Guess
 With Your Name
 Contest Box
 located on a table in
 the
 Clubhouse

**DECEMBER'S
 CONTEST
 HELD OVER**

*Keep Your Guesses
 Coming*



Do We Have Your Current Contact Information?
Check with Carol or Nicola in Participant Services

Clubhouse Renos

There has been lots of talk about the upcoming renovations to the Clubhouse ... here is what we know ...



When are the renovations going to happen?

We are still looking at mid-January to the end of February.

Why don't we have a firm date yet?

We are still in negotiations with the insurer, discussions with the contractors, and looking at spaces to hold our clubhouse programs and connecting with community groups!

Why is it taking so long?

Because we are trying to get it right! We are using this golden opportunity to develop the space in to a Welcoming and Wellness Centre to provide more opportunities for "you" the participant!

How can I get more information, provide input and keep up to date on what is going on?

- Attend the Planning Circle sessions Wednesday at 1:00pm
- Talk to Shannon, Kim or Carol or any staff member about what is happening
- Check out the bulletin board for updates
- Provide Participant Services or Clubhouse Staff with your email address – we can keep you updated with an electronic copy of the clubhouse newsletters, renovation schedules, program changes, etc.



**IS PEER
 SUPPORT FOR
 YOU?**

Are you looking for someone to:

- talk to,
- come out to clubhouse activities with,
- go out to the movies, or
- attend other community activities with?

Peer Support may be for you.

Peer support mentors are clubhouse participants who have experienced a mental health issue, are doing well, and can understand where **you** are coming from.

**For more information talk to Sara
 Volunteer Peer Support Coordinator**

PARTICIPANT FUNDING



Applications Due: January 22
Meeting: January 29 at 1:30

Need funding to participate in an activity?
 See Carol – Tuesday mornings or
 Nicola – Friday mornings
 in the Participant Services Office
 9:30 am – 11:30am



Free Services at the Library
 To get a Free Library Pass, bring two pieces of identification with your name and address.

- Use a computer to access the internet, word processing, and online resources.
- Connect to free public Wi-Fi.
- Come to programs and learn new things or come and try new technology.
- Borrow books, movies, and more.
- Use Lynda.com to learn. Access is free with your Library Pass.
- Download eBooks, eMagazines, eNewspapers and audio Books.
- Stream Movies. Access is free with your Library Pass.
- Connect with library staff – they would love to answer your questions!

Seniors on Hudson



31 Hudson Ave NE
 250 832 3015

Carvers
Mount Ida Painters
Move with Music
Pool and Cards

Olena 250 803 9698

Tuesday Painting
 Ross 250 832 3579
Zen Meditation
 Vaughn 250 804 3139

5THAVE SENIORS CENTRE

170 5th Ave SE
 Phone: 250-832-1065
 5thaveseniors@gmail.com

The centre is completely run by volunteers, from the office staff to the kitchen facility to the board of directors. All of the activities which includes table tennis, pool, bridge, crib, canasta, dance, exercise classes, darts, floor curling and a very popular Friday morning Sing-a-long are coordinated by seniors who take the time to make the 5th Avenue Seniors Activity Centre a very special place for fellowship and recreation.



The following courses are taught by certified instructor(s) from the Canadian Mental Health Association. Subsidies are available – call the college for more information. Participant Funding is also available for clubhouse participants.

Applied Suicide Intervention Skills Training (ASIST)

- \$249.00 + GST
- March 4 and 5
- 8:30am – 4:30pm

ASIST is a two day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety.

Living Life to the Full

- \$189.00 + GST
- March 4 – April 22
- 6:00 – 8:00pm

Get ready for 12 hours that can change your life. Do you want to know how to feel better right now? This course introduces the principles of Cognitive Behavioural Therapy (CBT) and will help you understand how to re-frame negative thinking, approach anger and feelings of worthlessness and hopelessness, and learn skills to help you tackle life's problems.

Mental Health First Aid

- \$150.00 + GST
- May 7 and 8
- 8:30am – 4:30pm

Mental Health First Aid is the help provided to a person developing a mental health problem, experiencing the worsening of an existing mental health problem or in a mental health crisis. Just like physical first aid is provided until medical treatment can be obtained, MHFA is given until appropriate support is found or until the crisis is resolved.



Apply for Participant Funding – See Carol or Nicola Tues or Fri Mornings in Participant Services

Okanagan College - Continued

safeTALK

- \$45.00 + GST
- March 19
- 5:30 – 8:30pm

or

- May 5
- **5:30 – 8:30pm**

safeTalk is a half-day alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide do not truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTalk trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.



Walking Loop

Do you like to walk but find it too difficult outside? The Shaw Centre Walking Loop is the place for you. Get some friends together or put on your earbuds and listen to music while you walk the 200m loop around the Spectator Arena. There is elevator access for those who find stairs difficult. The Walking Loop is FREE; check website for availability.

Walking Program

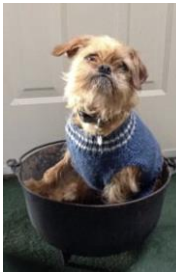
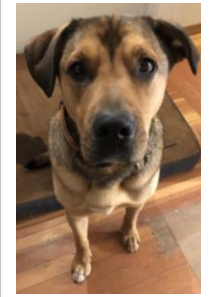
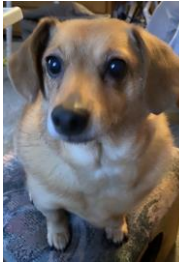
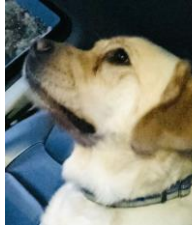
Check out the Beginner and Intermediate Self Directed Waling programs on our website www.salmonarmrecreation.ca These two programs outline how to start a walking program, how much and how often to walk each week as well as coaching tips along the way.

The **beginner program** is great for people that are just starting to put walking into their routine and the **intermediate program** is for people that are already doing some walking. It is recommended that you consult with your doctor before starting any new exercise program.

SASCU Recreation Centre / Shaw Centre

Aquafit, Badminton, Gym Pickleball, Racquetball and Squash Courts, Skating, Swimming and more! Check out the Winter 2020 Fun Guide – copy on the Clubhouse Bulletin Board or see Carol or Nicola for more information.

MATCH THE PET & THE OWNER?



- Beckie
- Carol
- Drea
- Evelyn
- Jenna
- Kathryn
- Kim
- Lorrie
- Nicola
- Shannon
- Susan



January 2020					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
		Jan 1, 2020 Clubhouse Closed New Year's Day Thrift Shoppe CLOSED	2 Clubhouse Open 9:00am - 3:00pm Thrift Shoppe 10:00am - 4:30pm	3 Clubhouse Open 9:00am - 3:00pm Thrift Shoppe 10:00am - 4:30pm Fabulous Fridays 2 for 1 Thrift Store Pork Chops with Mushroom Sauce & Mashed Potatoes 12 noon	4/5
			Happy New Year - d'oeuvres - 12 noon		
6 Peer Mentors Meeting 10:30am Broccoli Cheddar Soup and Bun - 12 noon Art Quest 1:00 - 2:30pm Swimming 1:40pm - 3:00pm	7 Coffee Talk - 9:00am Cranberry Chicken, Rice and Salad - 12 noon Clubhouse Closes 1:00pm Drop In - 4:00 - 7:30pm - Clubhouse - Games and a Snack - In Town Rides Home Available Sign Up Required	8 Coffee Talk - 9:00am Chair Yoga Leave the Clubhouse at 10:10am Mac & Cheese and Mixed Veggies - 12 noon Planning Circle 1:00pm	9 Peer Support Steering Committee Meeting 10:30am Sloppy Joes, Carrot Sticks and Cucumber Slices - 12 noon Art Studio 1:00 - 2:30pm Music Jam 1:00 - 2:30pm Bags in Motion - Repurposed Sewing - 1:30pm	10 Fabulous Fridays 2 for 1 Thrift Store Good News Fridays - 9:00am Morning Stroll - 9:00am Journaling - 10:30 - 11:00am Turkey Casserole and Hashbrowns - 12 noon Men's Group 1:00 - 3:00pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm	11/12 Saturday Woodshop 10:00am - 12 noon
13 Lentil Soup and Bun 12 noon Art Quest 1:00 - 2:30pm Swimming 1:40pm - 3:00pm	14 Coffee Talk - 9:00am Frittata and Salad 12 noon Clubhouse Closes 1:00pm NO DROP IN	15 Coffee Talk - 9:00am Hot Turkey Sandwich and Glazed Carrots - 12 noon Planning Circle 1:00pm No Connections This Month	16 Borscht and Bun 12 noon Art Studio 1:00 - 2:30pm Music Jam 1:00 - 2:30pm Bags in Motion - Repurposed Sewing - 1:30pm	17 Fabulous Fridays 2 for 1 Thrift Store Good News Fridays - 9:00am Morning Stroll - 9:00am Journaling - 10:30 - 11:00am Shepherd's Pie and Cream Corn - 12 noon Snowshoeing 12:45 - 3:00pm - \$4.00 Sign Up Required Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm	18/19 Saturday Woodshop 10:00am - 12 noon
Clubhouse Schedule Subject to Change Due to Renovations					
20 African Nut Stew and Bun 12 noon Art Quest 1:00 - 2:30pm Swimming 1:40pm - 3:00pm	21 Coffee Talk - 9:00am Waffles and Fruit 12 noon Clubhouse Closes 1:00pm Drop In - 4:00 - 7:30pm - Bowling & Pizza Night \$6.00 - In Town Rides Home Available Sign Up Required	22 Participant Funding Applications Due Coffee Talk - 9:00am Tuna Casserole and Mixed Veggies - 12 noon Planning Circle 1:00pm	23 Chilli and Corn Bread 12 noon Art Studio 1:00 - 2:30pm Music Jam 1:00 - 2:30pm Bags in Motion - Repurposed Sewing - 1:30pm	24 Fabulous Fridays 2 for 1 Thrift Store Good News Fridays - 9:00am Morning Stroll - 9:00am Journaling - 10:30 - 11:00am Spaghetti & Meat Sauce & Garlic Bread - 12 noon Men's Group 1:00 - 3:00pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm	25/26 Saturday Woodshop 10:00am - 12 noon
Clubhouse Schedule Subject to Change Due to Renovations					
27 French Onion Soup 12 noon Art Quest 1:00 - 2:30pm Swimming 1:40pm - 3:00pm	28 Coffee Talk - 9:00am Meatloaf, Potatoes and Mixed Veggies - 12 noon Clubhouse Closes 1:00pm Drop In - 4:00 - 7:30pm - Clubhouse - Make a Meal \$3.25 - In Town Rides Home Available Sign Up Required	29 Coffee Talk - 9:00am Beef & Veggie Stir Fry and Noodles - 12 noon Planning Circle 1:00pm Participant Funding Meeting - 1:30pm	30 Lazy Man's Cabbage Rolls - 12 noon Art Studio 1:00 - 2:30pm Music Jam 1:00 - 2:30pm Bags in Motion - Repurposed Sewing - 1:30pm	31 TVP Timesheets Due (Fri / Sat) Surprise Sale Thrift Shoppe Good News Fridays - 9:00am Morning Stroll - 9:00am Journaling - 10:30 - 11:00am Pizza and Birthday Cake 12 noon Snowshoeing 12:45 - 3:00pm - \$4.00 Sign Up Required Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm	1/2

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

AT A GLANCE



CLUBHOUSE CLOSED
New Year's Day

**Happy
 New Year!**

ARTQUEST
Mondays
 1:00-2:30pm
 Build Memory Boxes



SWIMMING



Mondays
January 5, 13, 20, 27
 1:40-3:30pm

DROP IN
TUESDAYS

**January 7 - Clubhouse
 Games & Snack**
**January 21 - Bowling &
 Pizza Night \$6.00 Sign Up**
**January 28 - Clubhouse
 Make a Meal \$3.25**



Planning Circle
Wednesdays
January 8, 15, 22, 29
 1:00-2:00pm

*Come Find Out What Is
 Happening with our
 transition in to a
 Welcoming and Wellness
 Centre and the
 Renovations*

JOURNALING



Fridays
 10:30-11:00am

FABRIC & YARN



Fridays
 1:30-3:00PM

SNOWSHOEING



Fridays
January 17 and 21
 12:45-3:00pm

Sign Up Required