

November 2019

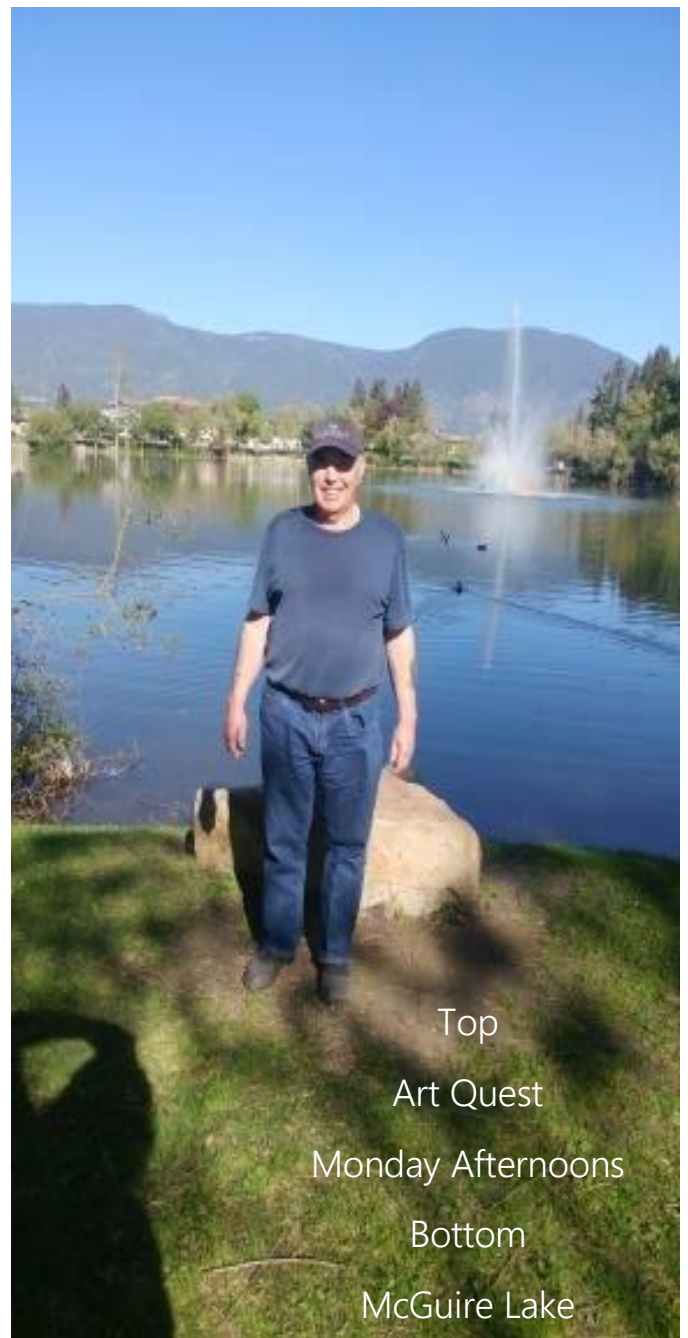
CLUBHOUSE NEWSLETTER

Calendar Inside!

Brought to you by CMHA
Shuswap-Revelstoke

- THE BENEFITS OF PARTICIPANT FUNDING
- PEER MENTOR TRAINING
- OKANAGAN RAWesome
- SOCIAL REC
- ART CORNER
- PEER SUPPORT
- PET SUPPORT
- CHRISTMAS DINNER – NEW DATE AND LOCATION
- and MORE

Our Culture, Our Community, Our Programs!



Top
Art Quest
Monday Afternoons
Bottom
McGuire Lake



SOCIAL REC



4:00 -
7:30pm

Morning Walk



Friday
Mornings at 9:30-10:00.

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

Join us for **Wellness Bingo**
Monday, November 4th, 9:30-10:00 am.



Journaling



Come join our journaling group each Friday morning, 10:30 – 11:00 in the Clubhouse. *“Your Journal is like your best friend, you don't have to pretend with it, you can be honest and write*

exactly how you feel” — Bukola Ogunwale



November 5th- Clubhouse Activity: Lasagne Dinner Night. Come and co-create a delicious lasagne dinner and dine with friends. Cost is \$3.25 with in town rides home provided. **Sign-up required.**

November 19 – Walleyball is back!!! Please remember to wear comfy athletic wear, clean gym shoes and bring a water bottle. Meet at the Clubhouse. Cost is \$3.00 each. **Sign up required.** In town rides home will be provided.



November 26th – Clubhouse activity. Show & Tell – Bring an item that is meaningful to you and share your story. **Christmas Crafts –** enjoy your creative side! This is a free event with in town rides home provided.

wednesday night Connections

November 13- 4:30-7:30- Come and enjoy a wonderful home cooked meal that we can prepare and serve together. A fun activity with

friends to follow. This is a free event with rides home provided at the end of the evening.

Swimming – Thursday, November 7th, 14th, 21st & 28th 1:00-3:00pm. Meet in the clubhouse and catch a ride to the pool. Cost is \$2.00 per swim.



Art Gallery – Friday, November 15th 1:00-2:30. Meet at the Clubhouse. The Little Lake, a community felted fibre exhibition celebrating the historic McGuire Lake located in downtown Salmon Arm. This two-year project brought together nearly 200 fibre artists and their contributions to create a miniature version of McGuire Lake inside the Art Gallery.

Mindfulness

Mindfulness sessions will resume in the New Year!

CLOSED



Tuesday November 11, 2019 – All Day
Tuesday November 26 – 8:30am – 4:00pm
(Open for Drop In – Tues Nov 26 – 4 – 7:30pm)
Wednesday November 27 – 8:30am – 1:00pm

If you have forgotten the language of gratitude, you'll never be on speaking terms with happiness.



The Benefits of Participant Funding

Kathryn

Hello Friends! If you are wondering if you should apply for Participant Funding, take a bit of advice, try it out, it is fun!! As a member of CMHA you can apply for funding for all sorts of things: Tai Chi, a class at Okanagan College, quilting, etc. There are all sorts of opportunities out there for all of us.

I had always wanted to take a Metal Working Class to up my skills in Jewellery Making and last year I was told of a course through Okanagan College. It was held in the evening for several weeks at the Salmon Arm High School as they are equipped for just about everything there in their Metal Working Shop. The instructor was Mitch and he has had years of experience and numerous skills as an Instructor at the High School, he is now retired. All the supplies were included in the fee and there was a charge for anything extra that you wanted. The CMHA Participant Funding provided me with most of the funds needed for the course and I topped it up with the rest. Going out at night in the winter was a bit of a challenge but, completely worth all the effort. The only drawback I found was my lack of strength (due to health reasons, strength is limited), but, I didn't let that hold me back. My enthusiasm for learning something new overcame any disabilities. I have found that if you keep your mind and hands occupied you can overcome all kinds of things. So in that way this course was a huge benefit. Not only did it improve my skills, it gave me something to look forward to each week. That is huge when you may be suffering from depression etc. The other benefit was meeting and sharing with likeminded artists. I met several people that I connected with and we were able to help each other if one of us was behind in the class a bit, or if we were just not "getting it". There are so many talented artisans in this town. As an artist we sometimes hide out and just do our thing so meeting others can be a challenge at times. When taking a class like this one, you show up, and put in your best efforts, which is all we can do. Plus you find out there are others out there with the same misgivings, so you make new friends on that level too.

The other class that I took was last winter with my friend Carol, on Stained Glass. It was with the same instructor, Mitch and was held in his home studio for a weekend. Again, what a wonderful experience. Having a friend to share it with made it even more special. Sometimes the idea of going to a workshop might stop you before you even start. But, if you never give it a try you will never find out how much fun it is. If you want to take a workshop like the Stained Glass one, ask around at CMHA to see if someone would like to attend with you, a sort of buddy system. It works! You will have double the fun when you share it with a friend. Carol and I came away with an amazing piece of Stained Glass Art after those two days. We were exhausted of course, but, a good tired. If Mitch ever offers this class again, I plan on signing up as his knowledge and passion for Stained Glass is amazing and contagious. Plus his home Studio is an Artist's dream come true.

Peer Support

Sara, Peer Support Coordinator

Activity Ideas for November



Remembrance Day Ceremonies, movies, brisk walks, Christmas craft fairs, winter market, swimming, gym, coffee chats, and of course check out the Clubhouse calendar!



Why Volunteer at Hudson Thrift Shoppe?

Jackie

Volunteering can help reduce stress and keep you mentally stimulated while providing a sense of purpose. Volunteering can help you make friends, learn new skills, advance your career, and even feel happier and healthier.

By Volunteering at the Thrift Store, You will not only volunteer skills but also learn new ones through our clubhouse Wellness Center.

Volunteering in the store can build your resume by gaining experience in areas like:

- Developing customer service skills
- Marketing skills
- Sorting and displaying merchandise
- Working as a team or independently
- Learning cashier skills (working the till, accepting cash, making change, using the debit machine etc.)
- Relationship building
- Interpersonal communication skills. Volunteering connects you to others
- Volunteering is good for your mind and body
- Volunteering can advance your career
- Volunteering brings fun and fulfillment to your life

Volunteer your skills to be part of the poshest Thrift Shoppe in Salmon Arm. If you are interested in volunteering drop in to the Thrift Shoppe and ask for Jackie to discuss the opportunities available.

Fabulous Friday 2 for 1 Sales continue every week with the \$4.00 Bag Sale on the last Friday of the Month. Remember to bring your own bags! Cloth bags are available for purchase for \$4.00 at the till. These reusable bags are made by volunteers and are repurposed from donated materials.

TVP & PARTICIPANT FUNDING CHEQUES



Cheques will be available Wednesday afternoons and Thursday mornings at the CMHA Administration office. Reception will hand them out. Anthony is in on Wednesday afternoons and Carol will be there on Thursday mornings.



Remembrance Day is a yearly memorial day on November 11 to remember those who died in military service, and honour those who served in wartime and the anniversary of the Armistice agreement of 1918 that ended the First World War.

Rachael



Creamy Vegetable Soup

- 5 cups of chopped fresh or frozen vegetables: broccoli, carrots, peas, celery, green beans, corn and any other vegetables that you would like to add.
- 3 TBSP butter
- 1/2 cup diced onion
- 1/4 cup flour
- 1 tsp sage
- 1/2 tsp herb-blend all-purpose seasoning
- 1 tsp salt
- 1/2 tsp pepper
- 4 1/2 cups broth
- 1 1/2 cups milk
- 1/2 cup Parmesan cheese

Here's how you make this recipe for Creamy Vegetable Soup:

1. Melt 3 tablespoons of butter in sauce pan. Add the onion, seasonings, and flour.
2. Whisk in 1 cup of broth.
3. Heat until bubbling; add the vegetables and another 2 cups of broth to the mix. Cover and cook on medium heat for about 10-15 minutes, until vegetables are soft.
4. Add remaining broth and/or milk. Stir until mixed well, then cover and simmer for 15-20 minutes and enjoy your delicious creamy vegetable soup.

“...no one is born a great cook, one learns by doing.” — Julia Child



A free **FoodSafe** certification course is being offered Tuesday November 26th and Wednesday November 27th from 8:30 am – 12:30pm. *Sign up is required.* See sign up sheet in the Clubhouse.

Anyone who is or is wanting to volunteer in the kitchen should sign up for this course.



Hurray we did it! We finished up the painting of the table top for 4th Avenue. and the cover for the pool table. Thank you to all of you who added your artistic flare.

A special thanks to Trent for putting all the pieces of the cover together.

It's been a fun month of art making, thank you to those of you who participated in the 'breaking down the walls' series, it was wonderful to see you all in the creative spirit.

Art Quest – Mondays 1:00 – 2:30pm

We will be starting a series of art works based on the theme of 'lighting the darkness'. No art experience necessary just an openness to try! Come check it out to learn more, see you there. Join Kathryn on Monday November 18th and 25th to create a Macramé project.



Art Studio – Thursdays 1:00 – 2:30pm

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 djembe drums, an electric piano, music stands, 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?

Thrift Shoppe Volunteers
Talk to Jackie

Kitchen Helpers
Talk to Rachael

Peer Mentors
Talk to Sara

Pet Support



Sara
My Pet
Joebird is
an African
Grey Parrot
with a mind
of his own.
We think he
is around 16
years old
and he

could live for up to 60 years old.

This cheeky bird doesn't only mimic he actually thinks about what he wants to say.

He lives with my Dad and keeps him company. They whistle and talk back and forth together. It's neat to have a pet you can actually talk to.

Joebird has such funny sayings. If we have company he greets people with a "Hello Company" and a "see ya later" when people leave.

Whenever I am down and out I visit Joebird and he makes me feel so much better. He really makes me laugh. He has so many different voices.

Pets are such a positive therapy no matter what kind of pet you have.

Joebird is part of our family. We have a really neat outdoor monkey cage for him which he loves in the Summer but African Greys are a tropical bird and need a fair amount of heat so he is indoors now for the winter.

I can go on and on about this awesome bird. I feel like he and my Dad are soulmates. We have had him for a few years now. We take great care of him and he is such a happy bird!!

If anyone wants to hear more about this hilarious bird I am happy to tell you some funny stories.

That is Pet Support for this month.

MY CAT TIGGER

Kim



You know the saying, animals pick you? In this case it is so true. Tigger started out just coming by for a snack at my house and as time went on his owner got a dog and a grandchild neither of which pleased him. So he decided to move in with me! That was more than 2 years ago.

"Cats are connoisseurs of comfort." — James Herriot



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. 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 November 8th and 22nd.

OKANAGAN RAWesome

Deliciousness Alert! Mark Thursday, November 7th, on your calendar. Afke, from Okanagan Rawsome, is returning to Clubhouse to make an affordable and ridiculously tasty recipe for you to enjoy. Feel free to drop in to help prepare, chop, cook etc. **This is a free lunch**, thanks to Group Funding.



PEER SUPPORT

Peer Support Training Grief and Bereavement module is scheduled for **November 14th from 9:00am – 4:00pm.** **Peer Support**

Mentor's Meeting is scheduled for Thursday **November 21st at 10:30am.**

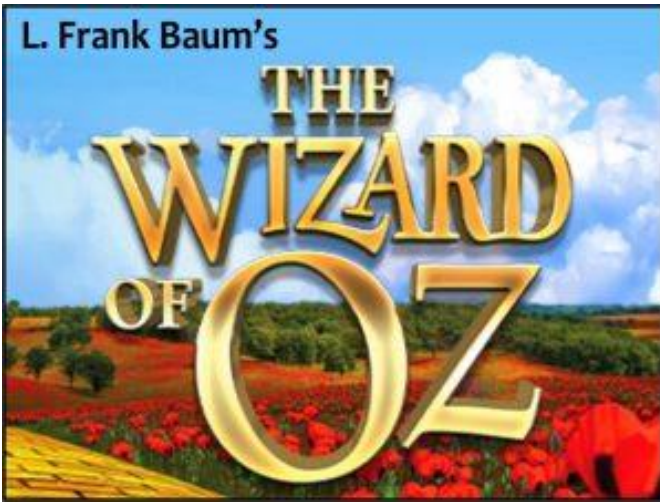
CMHA HEROES

Many thanks to all who volunteer at CMHA ... you are appreciated!

"The best way to find yourself is to lose yourself in the service of others."

Mahatma Gandhi





The Wizard of Oz - Nov 22 to Dec 8

By L. Frank Baum

With Music and Lyrics by Harold Arlen and E. Y. Harburg
Background Music by Herbert Stothart
Dance and Vocal Arrangements by Peter Howard
Orchestration by Larry Wilcox
Adapted by John Kane for the Royal Shakespeare Company
Based upon the Classic Motion Picture owned by Turner Entertainment Co. and distributed in all media by Warner Bros.
Directed by James Fagan Tait

One of the most beloved family musicals of all time comes to Shuswap Theatre. Join Dorothy and Toto, along with their new friends, the Cowardly Lion, The Tin Man and Scarecrow as they follow the yellow brick road to find the Wizard of Oz, whom they are sure will help Dorothy get back to Kansas. Along the way they face many challenges – a wicked witch, flying monkeys and sleep inducing plants – but together they find the resources to carry on.

Enjoy the songs including *Over The Rainbow*, *Ding Dong the Witch Is Dead*, *If I Only Had a Brain*, *We're Off to See the Wizard*, *The Merry Old Land of Oz* and more.

Shuswap Theatre is thrilled to announce a **Relaxed Performance** of **The Wizard of Oz** on **Sunday, December 1st at 1:30pm**. This performance will be modified in order to welcome those who have been diagnosed with **Autism Spectrum Disorder, sensory sensitivities, dementia, or parents with very young children (3 and under)**.

A relaxed performance is a growing trend among theatres, and the aim is to create an inclusive theatrical experience. In a relaxed performance, certain elements of the production, including expectations around audience behaviours, are "relaxed" so that those who might not be able to attend a typical evening of theatre can feel welcome.

For example, the theatre is opened up a little earlier so patrons have extra time to enter and become acquainted with the building. The house lights stay on, yet dimmed, so the auditorium is never in the dark. Loud noises are minimized or eliminated. Patrons can move about or speak as they need to. A video feed is set up in the lobby so that those who may feel overwhelmed in the auditorium can leave, and watch the rest of the performance on the screen. A quiet area is set up for those may wish to take a break. We will have partners from Community Living BC on hand to provide support to individuals who request it. In addition, we will offer a tour of the theatre the week before the performance so individuals and their families can become familiar with the auditorium, washrooms, lobby, stage, and backstage ahead of their theatre experience.

The actors, creative, and production team at Shuswap Theatre are very excited to offer this relaxed performance to the community - our first ever. We anticipate that the *Wizard of Oz* will sell out and we encourage those who wish to buy a ticket for the relaxed performance to do so **as soon as possible**. We are working hard to reduce barriers for this performance and have priced tickets for the relaxed performance accordingly.

4 Tickets are available from Lorrie, in the Clubhouse, at a cost of \$7.00 on a first come – first serve basis. Additional tickets are on sale at shuswaptheatre.com or can be bought in person at Intwined Fibre Arts at 161 Hudson Street.

Tickets Are Selling Fast!

Relaxed Performance Prices – December 1st Only:

Adult \$15 Seniors \$13 Students \$8 Children \$5

Regular Performances:

Adult \$28 Seniors \$26 Students \$15 Children \$10

Seniors are 65+, Children are 12 & under

*Thursdays – Pay What You Can
Cash Only At the Door*



*You've always
had the power
my dear, you just
had to learn
it for yourself.*

*"It's not where you go,
it's who you meet along the way".*



Top to Bottom

Gardom Lake

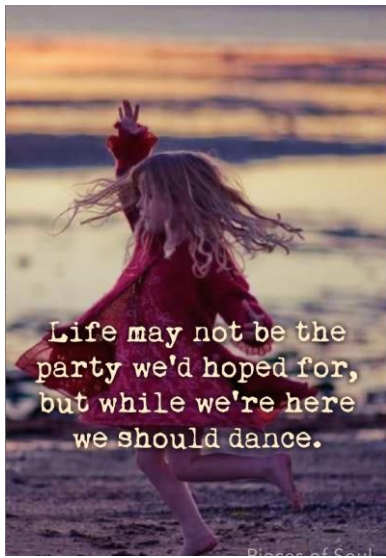
Kangaroo Creek Farm

Kangaroo Creek Farm / Scandia



Motivation is something that has to come from within. Someone can help you light the fire. But you've got to keep it burning. Cherish that flame. Don't let anyone blow it out. You're in control of how bright you shine.

Cassey Ho



Life may not be the party we'd hoped for, but while we're here we should dance.

**NOVEMBER
WHAT IS IT?**



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

**September's Contest
Bottom Tip of Running Shoe**

2 Guesses
1 Correct Answer

Cookie Awarded To Sherry!

Keep Your Guesses Coming



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



This year's Christmas Party we are changing things up!

New Date and New place!

United Church Hall

450 Okanagan Ave SE (Behind City Hall)

Tuesday, December 17

5:00pm

Looking forward to seeing everyone at our new venue.



PARTICIPANT FUNDING



Applications Due: November 20
Meeting: November 27 at 1:30

Need funding to participate in an activity?
See Carol - Tuesday mornings,
in the Participant Services Office

November 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
28	29	30	31	Nov 1	2/3
Twice Baked Potatoes, Ham & Pickles - 12 noon Art Quest - 1:00pm How to Talk to People so People Will Listen - 1:00pm	Coffee Talk - 9:00am Pumpkin Soup and Bun 12 noon Clubhouse Closes 1:00pm Drop In - 4:00 - 7:30pm Pumpkin Carving at the Clubhouse - In town rides home provided	Coffee Talk - 9:00am Chicken Quesadilla 12 noon Planning Circle 1:00 - 2:00pm Activity Rm Food Skills 1:00 - 4:00pm	Halloween Surprise 12 noon Art 101 - 1:00pm Music Jam - 1:00pm Swimming - 1:00 - 3:00pm Bags in Motion - Repurposed Sewing - 1:30pm	Fabulous Fridays 2 for 1 Thrift Store Good News Fridays - 9:00am Morning Stroll 9:00 - 9:30am Journaling 10:30 - 11:00am Meatloaf & Mash Potatoes - 12 noon Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm	Saturday Woodshop 10:00am - 12 noon
4	5	6	7	8	9/10
Wellness Bingo - 9:30am Glory Bowl - 12 noon Art Quest - 1:00pm How to Talk to People so People Will Listen - 1:00pm	Coffee Talk - 9:00am French Onion Soup 12 noon Clubhouse Closes 1:00pm Drop In - 4:00 - 7:30pm Lasagna Dinner (\$3.25) at the Clubhouse - Sign Up Required - In town rides home provided	Coffee Talk - 9:00am Pork and Beans 12 noon Planning Circle 1:00 - 2:00pm Activity Rm Food Skills 1:00 - 4:00pm	Cooking with Afke - Okanagan Rawsome Peer Support Steering Committee Meeting 10:30am Free Lunch with Afke of Okanagan Rawsome 12 noon Art 101 - 1:00pm Music Jam - 1:00pm Swimming - 1:00 - 3:00pm Bags in Motion - Repurposed Sewing - 1:30pm	Fabulous Fridays 2 for 1 Thrift Store Good News Fridays - 9:00am Morning Stroll 9:00 - 9:30am Journaling - 10:30 - 11:00am Taco Salad 12 noon Men's Group - 1:00pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm	Saturday Woodshop 10:00am - 12 noon
11	12	13	14	15	16/17
Clubhouse Closed Remembrance Day	Coffee Talk - 9:00am African Nut Stew 12 noon Clubhouse Closes 1:00pm No Drop In	Coffee Talk - 9:00am Sloppy Joes 12 noon Planning Circle 1:00 - 2:00pm Activity Rm Food Skills 1:00 - 4:00pm Connections - 5:00pm Rides Home Available	Peer Support Training - 9:00am - 4:00pm Hospice Chilli & Corn Bread 12 noon Art 101 - 1:00pm Music Jam - 1:00pm Swimming - 1:00 - 3:00pm Bags in Motion - Repurposed Sewing - 1:30pm	Fabulous Fridays 2 for 1 Thrift Store Good News Fridays - 9:00am Morning Stroll 9:00 - 9:30am Journaling - 10:30 - 11:00am Pizza 12 noon Art Gallery Tour 1:00pm - 2:30pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm	Saturday Woodshop 10:00am - 12 noon
18	19	20	21	22	23/24
Schwarties Casserole 12 noon Art Quest - 1:00pm Macramé	Coffee Talk - 9:00am Grilled Cheese and Tomato Soup - 12 noon Clubhouse Closes 1:00pm Drop In - 4:00 - 7:30pm Walleyball (\$3.00) Meet at the Clubhouse - Sign Up Required - In town rides home provided	Participant Funding Applications Due Coffee Talk - 9:00am PAC - 10:30am Pasta and Meat Sauce 12 noon Planning Circle 1:00 - 2:00pm Activity Rm Food Skills 1:00 - 4:00pm	Peer Mentor Meeting 10:30 - 11:30am Chicken Chow Mein 12 noon Art 101 - 1:00pm Music Jam - 1:00pm Swimming - 1:00 - 3:00pm Bags in Motion - Repurposed Sewing - 1:30pm	Fabulous Fridays 2 for 1 Thrift Store Good News Fridays - 9:00am Morning Stroll 9:00 - 9:30am Journaling - 10:30 - 11:00am Chicken Soup and Sandwich - 12 noon Men's Group - 1:00pm Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm	Saturday Woodshop 10:00am - 12 noon
25	26	27	28	29	30/1
Rueben Sandwich & Salad - 12 noon Art Quest - 1:00pm Macramé	Clubhouse Closed 8:30am - 4:00pm Food Safe 8:30am - 12:30pm No Lunch Today Drop In - 4:00 - 7:30pm Show and Tell & Christmas Crafts at the Clubhouse - In town rides home provided	Clubhouse Closed 8:30am - 1:00pm Food Safe 8:30am - 12:30pm Coffee Talk - 9:00am No Lunch Today No Planning Circle Today Food Skills 1:00 - 4:00pm Participant Funding Meeting - 1:30pm	Hamburger Stew & Cornbread - 12 noon Art 101 - 1:00pm Music Jam - 1:00pm Swimming - 1:00 - 3:00pm Bags in Motion - Repurposed Sewing - 1:30pm	TVP Timesheets Due (Fri / Sat) Bag Sale Thrift Shoppe Good News Fridays - 9:00am Morning Stroll 9:00 - 9:30am Journaling - 10:30 - 11:00am BBQ & Birthday Cake 12 noon Fabric and Yarn - 1:30pm Clubhouse Closes at 3pm	Saturday Woodshop 10:00am - 12 noon

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

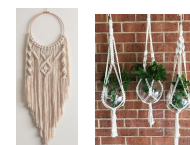
AT A GLANCE



CLUBHOUSE CLOSED
Remembrance Day
Tuesday November 11

and
November 26
 8:30am - 4:00pm
Open for Drop In
November 27
 8:30am - 1:00pm

ART QUEST MONDAYS
November 18th and 25th
 Macramé



November 5, 19, 26
 4:00pm



Planning Circle
Wednesdays
November 6, 13, 20
 1:00 - 2:00pm

wednesday night
Connections
November 13 - 5:00pm



Swimming Thursdays
November 7, 14, 21, 28
 Leave Clubhouse at 1:00pm



Bags in Motion
Repurposed Sewing
Thursdays 1:30pm



FRIDAY MORNING
STROLL 9:00 - 9:30am

FITNESS FRIDAYS
WITH WILSON



Leave Clubhouse at 10:00am

FRIDAY JOURNALING
 10:30 - 11:00am



FRIDAY MENS GROUP
November 8 & 22
 1:00 - 3:00pm

ART GALLERY
Friday, November 15th
 1:00 - 2:30pm

