

December 2019

# CLUBHOUSE NEWSLETTER

Calendar Inside!

Brought to you by CMHA  
Shuswap-Revelstoke

- SURVIVING THE HOLIDAYS
- CHRISTMAS ACTIVITIES
- HOLIDAY SCHEDULE
- SOCIAL REC
- ART CORNER
- WELCOME NICOLA
- CHRISTMAS CRAFT
- CHRISTMAS DINNER – NEW DATE AND LOCATION
- and MORE

Our Culture, Our Community, Our Programs!

ALONE, WE CAN  
DO SO LITTLE  
TOGETHER,  
WE CAN  
DO SO MUCH.

"ACHIEVING EXCELLENCE TOGETHER"



WHAT DOES IT MEAN TO HOLD  
SPACE FOR SOMEONE?

It means that we are willing to walk alongside another person in whatever journey they're on Without judging them, making them feel inadequate, trying to fix them or trying to impact the outcome.

When we  
HOLD SPACE for other people,  
we open our hearts, offer  
unconditional support, and let  
go of judgement and control.

Heather Plett



# SOCIAL REC



## Christmas Activities

### Tuesday- December 10<sup>th</sup>

- Decorating the Clubhouse for Christmas- 9:30am – 11:00am. Come and help us dress the clubhouse up for the holiday season. Maybe we could even sing some Christmas Carols while we are doing it!

### Tuesday – December 17

- Christmas Dinner – This is a free Christmas Dinner! Join us at the United Church Hall (corner of Okanagan Avenue and 5<sup>th</sup> Street SE). Doors Open at 4:45pm. In town rides home available.

### Wednesdays 9:30am

- December 4<sup>th</sup> – Christmas Guessing Game
- December 11<sup>th</sup> – Christmas Bingo
- December 18<sup>th</sup> – Christmas Trivia Game



**CHRISTMAS SHOPPING  
TRIP TO VERNON**

**THURSDAY DECEMBER 12**  
**9:30am – 2:30pm**

**SIGN UP REQUIRED**

### Friday- December 20<sup>th</sup>

- Christmas movie in the Clubhouse 1:00 – 3:00pm. A refreshment will be provided.



locker.

**Swimming** – Mondays December 2<sup>nd</sup>, 9<sup>th</sup> and 16<sup>th</sup> – leave the clubhouse at 1:40pm – 3:30pm. Cost is \$1.00 per swim. Bring your bathing suit, towel and money for the



**ITS THE  
MOST  
wonderful  
TIME  
OF THE  
YEAR**



**4:00 -  
7:30pm**



**December 3** – This Tuesday will be the only drop in for the month of December. As we bring another fabulous year of Drop-in to a close we are going out for nachos!! Cost will be \$3.25 each. We will return to the clubhouse for some board games to wrap up the evening. *Sign up required* and rides home within Salmon Arm will be provided.



**December 11<sup>th</sup> 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.

### Friday Mornings 9:30-

**10:00.**

## Morning Walk



Enjoy a gentle stroll through the parks and streets closest to CMHA. Walking can help your mental health.

Studies show it can help reduce anxiety, depression, and a negative mood. It can also boost self-esteem and reduce symptoms of social withdrawal. To experience these benefits, aim for 30 minutes of brisk walking or other moderate intensity exercise three days a week.

## Journaling



Come join our journaling group on Friday December 6<sup>th</sup> at Blue Canoe Café - leaving the Clubhouse at 10:00am. On Friday December 13<sup>th</sup> and 20<sup>th</sup> Journaling will be from 10:30 – 11:00 in the Clubhouse. *"In the journal I do not just express myself more openly than I could to any person; I create myself."* Susan Sontag

**Kindness is like snow  
It beautifies everything it covers!**

Kahlil Gihran



For some of us the Christmas Holidays can be a challenge and they can bring mixed emotions. Feeling depressed or anxious is not unusual during the holiday season. The pressures of measuring up, making special meals, buying gifts or exchanging gifts, shopping, or family matters can add up. The following are a few suggestions or tips to help make them a bit easier.

1. Keep your regular routine. Try and do whatever you normally do. Meetings, exercise, going out with a friend, regular meals.
2. Think in moderation. Try not to overindulge in food and drink that might make you feel worse after the initial pleasure it brings.
3. Be realistic. Try not to expect the "perfect" holiday. That pressure is sure to let you down if it doesn't measure up to your expectations.
4. Stay connected. Try to spend time with family and friends who know you well and accept you for who you are. Ask for help when you need it.
5. Don't be alone. This is similar to number 4. If you think you will be alone, then make arrangements to meet with someone or volunteer to help others.
6. Focus on today, not yesterday. Try to leave old habits with family behind and be more in the present of who you are today.
7. Just say NO. If you feel the pressure of being asked to do too much, it is perfectly OK to say NO. If you need help, ask for it. Real friends and family will always understand.
8. Ask for help. If the pressure is too much, ask for help. It is always OK to ask for help. Whether it is with shopping, food preparation, entertaining, getting together with friends and family and doing the chore together can all lighten the load for everyone.
9. Let go of guilt. If you can't do everything you want, then let it go, it is normal to not do everything on your list. Shorten the list to a more reasonable one for you.
10. Finally, BE GOOD TO YOURSELF. If you are feeling down or anxious, take the time to pamper yourself. Remember this is your holiday, try to make it what you want first.



Fabulous Friday 2 for 1 Sales continue every week with the 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.

Check out the Calendar for the Thrift Shoppe Holiday Hours.



Have you checked out the Silent Auction Items out at the Thrift Shoppe? The current auction closes on December 9<sup>th</sup>!



A community volunteer who started creating bags out of Thrift Shoppe recycled material, has created kids rompers out of materials that were donated through the Thrift Shoppe. She has raised money for a local boy and his family that will have some significant medical costs. The volunteer raised \$1000.00 in a week!

This is a great example of CMHA community engagement leading to making hearts just a little lighter through a difficult time. Reuse, Repurpose, Recycle!

### 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 – 3:30pm. 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.**

### CMHA KITCHEN

There's lots of laughter in the kitchen,  
which makes the food taste great ...

Lots of variety on the plate,  
Hurry in and don't be late ...

There are delicious cookies  
and cakes that Deb bakes,  
Tea and coffee to help you wake ...

And the wonderful staff  
who help create,  
the good food at the CMHA ...

*By One of the Volunteer Cooks*

# KITCHEN goodies



## Easy Tomato Soup

- 4 tbsp unsalted butter
- ½ large onion, cut into large wedges
- 1 28 oz can tomatoes peeled or crushed
- 1 ½ c water, low sodium vegetable stock, chicken or beef stock
- ½ tsp fine sea salt, or more to taste

### Optional

- Add garlic and basil to taste

### Directions

1. Melt butter over medium heat in a Dutch oven or large sauce pan
2. Add onion wedges, water, can of tomatoes with their juices, and ½ teaspoon of salt (garlic and basil if desired). Bring to a simmer. Cook, uncovered, for about 40 minutes. Stir occasionally and add additional seasonings as needed.
3. Blend the soup, then season to taste. The soup doesn't need to be ultra-smooth, some texture is a nice touch. An immersion blender does make quick work of this, or you can use a blender. If you use a regular blender, it is best to blend in batches and not to fill the blender as much as you usually would since the soup is so hot. We like to remove the centre insert of the lid and cover it with a kitchen towel while blending – this helps to release some of the steam and prevents the blender lid from popping off (which can be a big, hot mess).
4. Top with shredded cheese if desired. Serve with a bun, garlic toast or grilled cheese!

When it snows, you  
have two choices:  
shovel or make  
snow angels.

UNKNOWN



With heartfelt  
Sympathy

ROBERT  
LANGLANDS

KAYLA  
LEONTOWICZ

JENNY  
SAHM

the  
*Art*  
CORNER



### Art Quest – Mondays 1:00 – 2:30pm

Come be part of a series of art works based on the theme of “Lighting the Darkness.” You will learn how to build your own light sculptures and lanterns out of paper. The sessions run on Mondays Dec 2, 9 and 16. We'll celebrate “Lighting up the Darkness” with our lanterns ahead of the winter solstice on Thursday December 19 – 3:30 – 5:00pm.

December will also be an opportunity to make your own small gifts and cards for the holidays.

### Art Studio – Thursdays 1:00 – 2:30pm

Participants are invited to come and work on their own artworks – bring yours from home or start a new one. Nanika will be around to answer any questions and provide assistance.

### Music Jam – Thursdays 1:00 – 2:30pm



## Drumming Circle

Get in the groove on Thursday December 12<sup>th</sup> 1:00 – 3:00pm and join our “Drum Circle.” Goldie, our guest instructor, will be leading us through the basics and will have everyone drumming in no time. Drums will be provided for this workshop – no experience is necessary. **Sign up is required as we can only accommodate 10 people.**

Music jam continues on Thursday afternoons. This is a popular event with participants who like to sing and play instruments, as well as ones who like to listen and tap their toes. Come join the fun!

“Pursue what catches your heart, not what  
catches your eyes.”

– Roy T. Bennett

## 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*



### 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 December 7 and 14. 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 December 13. Men's Group will

resume on January 10, 2020.



### CMHA HEROES

Many thanks to Brian who faithfully empties the dishwasher in the mornings and takes out the garbage in the Clubhouse at CMHA ... you are appreciated!

**No act of kindness, no matter how small, is ever wasted.**

– Aesop



### Welcome Nicola



Nicola is the newest member of Participant Services team – she is joining Carol as a Volunteer Participant Funding Coordinator.

Nicola started on November 8<sup>th</sup> and will be in the office on Fridays from 9:30 to 11:30am.

### Participant Office Hours

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



December 23 8:30am – 4:30pm – Clubhouse  
 10:00am – 4:30pm – Thrift Shoppe

December 24 9:00am – 1:00pm – Clubhouse  
 10:00am – 12:00pm – Thrift Shoppe

**December 25 Closed – Christmas Day**  
**December 26 Closed – Boxing Day**

December 27 9:00am – 3:00pm – Clubhouse  
 10:00am – 4:30pm – Thrift Shoppe

December 30 9:00am – 3:00pm – Clubhouse  
 10:00am – 4:30pm – Thrift Shoppe

December 31 9:00am – 1:00pm – Clubhouse  
 Closed – Thrift Shoppe

**January 1 Closed – New Year's Day**

January 2 9:00am – 3:00pm – Clubhouse  
 10:00am – 4:30pm – Thrift Shoppe

January 3 9:00am – 3:00pm – Clubhouse  
 10:00am – 4:30pm – Thrift Shoppe



**New Date and New place!**

**United Church Hall**

**450 Okanagan Ave SE**  
(Corner of Okanagan and 5<sup>th</sup> Street SE)

**Tuesday, December 17**

**5:00pm**

*Looking forward to seeing everyone at our new venue.*



**DECEMBER  
WHAT IS IT?**



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

**November's  
Contest**

**Bread (Cube)**

14 Guesses  
3 Correct Answers

*Cookie Awarded To  
Jenna!*

*Keep Your Guesses  
Coming*



**Please Note: There will not be a "FRIENDS AT CHRISTMAS DINNER" this year.**



**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



**CHRISTMAS TEA**

**Friday December 20**

**12 noon**

**\$3.25**

You are invited to enjoy  
finger sandwiches, tea and  
Christmas Cookies

*An optional Gift Exchange  
will follow lunch. Gifts  
should be good for a man or  
women and not exceed a*



**Clubhouse Renos**



The source of flooding has finally been addressed and we are in the process of moving to the actual renovations with new flooring, paint etc. This is great news! The timing is also wonderful as this gives us an opportunity to develop the space as we transform into a wellness centre. We are looking at temporary spaces from mid-January to the end of

**PARTICIPANT FUNDING**



**Applications Due: December 11**  
**Meeting: December 18 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 – 11:30 am

December 2019					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
2	3	4	5	6	7/8
	Coffee Talk - 9:00am	Coffee Talk - 9:00am		Fabulous Fridays 2 for 1 Thrift Store Good News Fridays 9:00am Morning Stroll - 9:30am	Saturday Woodshop 10:00am - 12 noon
		Christmas Guessing Game - 9:30 am	Peer Mentor's Meeting 10:30am	Journaling at Blue Canoe Cafe 10:00 - 11:00am	
Tomato Cheddar Soup & Bun - 12 Noon Art Quest - 1:30pm Swimming - 1:40 - 3:30pm	Beef Stew and Baked Bread - 12 noon <b>Clubhouse Closes 1:00pm</b>	Vegetable Currie and Rice 12 noon Planning Circle 1:00pm	Lasagna and Garlic Toast 12 noon Art 101 - 1:30pm Music Jam - 1:30pm Bags in Motion - Repurposed Sewing - 1:30pm	Chicken Fingers and Pan Fries - 12 noon Fabric and Yarn - 1:30pm <b>Clubhouse Closes at 3pm</b>	
	Drop In - 4:00 - 7:30pm Nachos - Bring \$3.25 & Extra Money for Beverages - In Town Rides Home Available <b>Sign Up Required</b>				
9	10	11	12	13	14/15
Thrift Shoppe Silent Auction Closes	Coffee Talk - 9:00am Clubhouse Christmas Decorating 930 - 11:30am	Participant Funding Applications Due Coffee Talk - 9:00am		Fabulous Fridays 2 for 1 Thrift Store Good News Fridays 9:00am Morning Stroll - 9:30am	Saturday Woodshop 10:00am - 12 noon
		Christmas Bingo - 9:30am	Christmas Shopping Trip to Vernon 9:30am - 2:30pm <b>Sign Up Required</b>	Journaling 10:30 - 11:00am	
Sausage Penne - 12 noon	Manicotti and Salad - 12 noon <b>Clubhouse Closes 1:00pm</b>	Chair Yoga 10:15 - 11:30am Salad and Pick a Lunch out of the Freezer - 12 noon Planning Circle 1:00pm	Stir Fry Chicken and Rice 12 noon	Fish, Chips and Coleslaw 12 noon	
Art Quest - 1:30pm Swimming - 1:40 - 3:30pm		Connections - 5:00pm Rides Home Available	Art 101 - 1:30pm Drumming Workshop 1:30pm Bags in Motion - Repurposed Sewing - 1:30pm	Men's Group - 1:00pm Fabric and Yarn - 1:30pm <b>Clubhouse Closes at 3pm</b>	
	<b>NO DROP IN</b>				
16	17	18	19	20	21/22
	<b>Clubhouse Closed Prepping for Christmas Dinner</b>	Coffee Talk - 9:00am		Fabulous Fridays 2 for 1 Thrift Store Good News Fridays 9:00am Morning Stroll - 9:30am	
		Christmas Trivia Game 9:30am	Chicken and Mango Salad 12 noon	Journaling 10:30 - 11:00am Christmas Tea (Finger Sandwiches & Goodies) - 12 noon <b>Optional Gift Exchange to Follow Lunch Christmas Movie 1:00pm - 3:00pm</b>	
Pomegranate Mandarin Salad with Avocado and Feta - 12 noon	<b>Closed No Lunch</b>	Turkey Soup and Bun - 12 noon		Fabric and Yarn - 1:30pm <b>Clubhouse Closes at 3pm</b>	
Art Quest - 1:30pm Swimming - 1:40 - 3:30pm	<b>CHRISTMAS DINNER Doors Open at 4:45pm - United Church Hall Corner of Okanagan Ave and 5th Street SE NO DROP IN</b>	Planning Circle 1:00pm Participant Funding Meeting - 12:30pm	Art 101 - 1:30pm Music Jam - 1:30pm Bags in Motion - Repurposed Sewing - 1:30pm		
23	24	25	26	27	28/29
<b>Clubhouse Open 8:30am - 4:30pm</b> Thrift Shoppe 10:00am - 4:30pm	<b>Clubhouse Open 9:00am - 1:00pm</b> Thrift Shoppe 10:00am - 12:00pm	Coffee Talk - 9:00am		<b>TVP Timesheets Due (Fri / Sat)</b> <b>Clubhouse Open 9:00am - 3:00pm</b> Thrift Shoppe 10:00am - 4:30pm Bag Sale Thrift Shoppe	
	Coffee Talk - 9:00am	<b>Clubhouse Closed Christmas Day Thrift Shoppe CLOSED</b>	<b>Clubhouse Closed Boxing Day Thrift Shoppe CLOSED</b>		
Ham and Pea Soup 12 noon	BLT and Veggie Sticks 12 noon <b>Clubhouse Closes 1:00pm</b>			Pizza and December Birthday Cake - 12 noon	
	<b>NO DROP IN</b>				
30	31	Jan 1, 2020	2	3	4/5
<b>Clubhouse Open 9:00am - 3:00pm</b> Thrift Shoppe 10:00am - 4:30pm	<b>Clubhouse Open 9:00am - 1:00pm</b> Thrift Shoppe <b>CLOSED</b>	<b>Clubhouse Closed New Year's Day Thrift Shoppe CLOSED</b>	<b>Clubhouse Open 9:00am - 3:00pm</b> Thrift Shoppe 10:00am - 4:30pm	<b>Clubhouse Open 9:00am - 3:00pm</b> Thrift Shoppe 10:00am - 4:30pm Fabulous Fridays 2 for 1 Thrift Store	
Broccoli and Cauliflower Gratin Mac and Cheese 12 noon	Hamburger Soup 12 noon		Happy New Year - hors d'oeuvres - 12 noon	TBA - 12 noon	
	<b>NO DROP IN</b>				

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**  
Christmas Day  
Boxing Day  
New Year's Day

DECEMBER  
**CHECKOUT ALL THE CHRISTMAS ACTIVITIES!**

Merry Christmas  
**CHRISTMAS DINNER**  
Tuesday December 17  
United Church  
Doors Open 4:45pm  
Corner of Okanagan Avenue and 5th Street SE



**CHRISTMAS TEA & Optional Gift Exchange**  
Friday December 20  
12 noon

**LIGHTING THE DARKNESS**



**MONDAY DEC 29, 16**  
Build light sculptures and lanterns

**CELEBRATE LIGHTING THE DARKNESS**  
**THURSDAY DECEMBER 19**  
3:30-5:00pm



**December 3 - 4:00pm**



**Planning Circle Wednesdays**  
December 4, 11, 16  
1:00-2:00pm



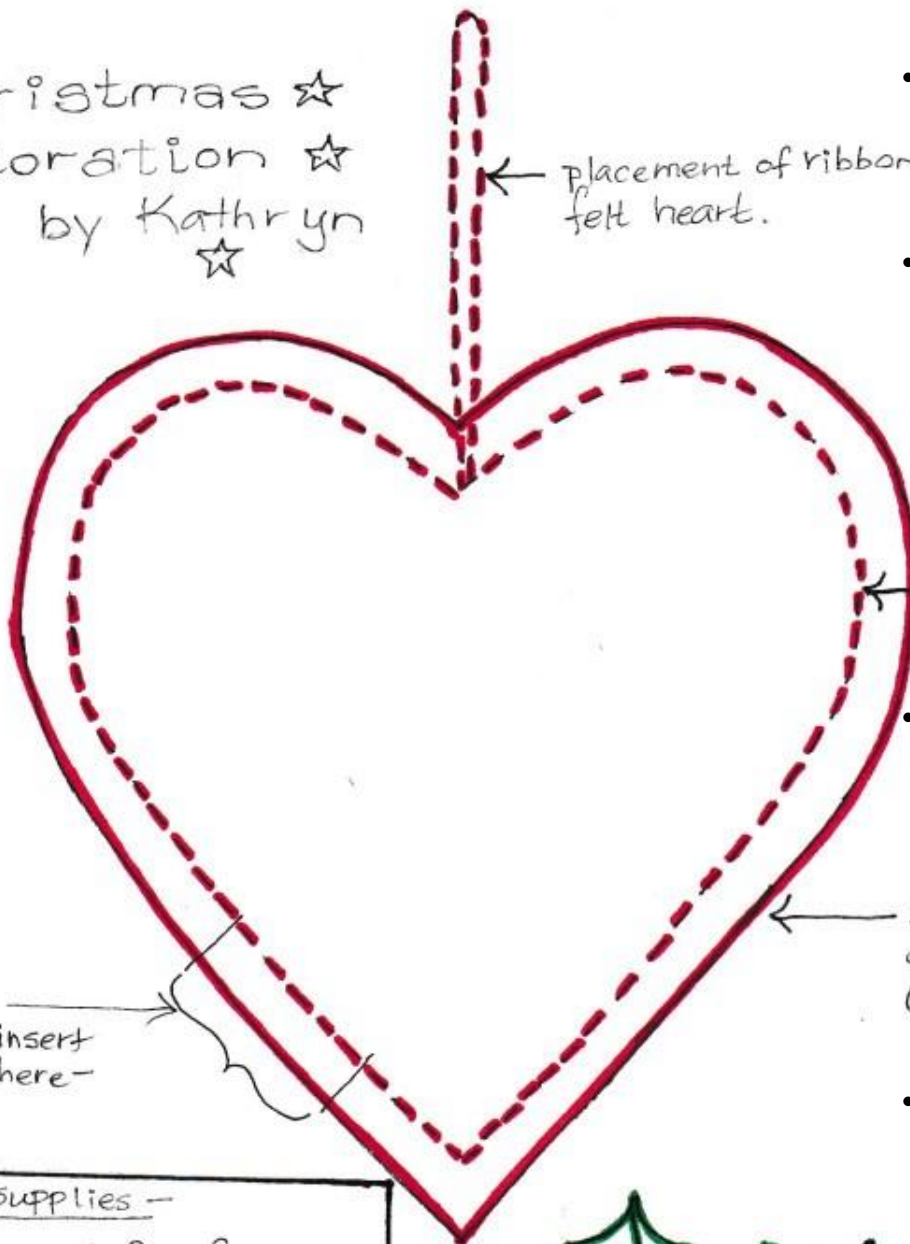
**December 11 - 5:00pm**

Drumming Circle  
**Thursday December 12th**  
1:00-3:00pm

☆ Christmas ☆  
 ☆ Decoration ☆  
 by Kathryn ☆

Directions

- Cut two pieces of felt (or fabric of your choice).
- Trace design on the front of one piece of the felt or fabric, then embroider, (or paint) green for leaves red French knots for Holly berries.



← placement of ribbon to hang your felt heart.

← seam allowance.

- Place wrong sides of felt together (for fabric place right sides together). Sew on dotted line, leaving a 1" opening (to insert stuffing, don't over stuff). If using fabric, turn the right side out.

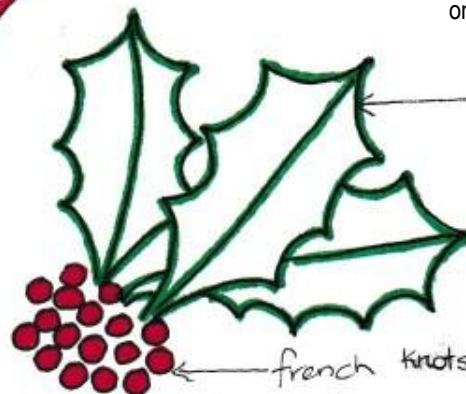
← cut 2 pieces of felt for the heart (or fabric)

leave a 1" opening to insert stuffing - here -

- Stuff with a small piece of stuffing, stitch folded piece of ribbon on the top where shown on the pattern. Stitch closed.

- supplies -

- 2 squares of fun felt (from Dollar store)
- thread to match felt
- embroidery thread green & red
- sewing needle
- pins
- tracing paper
- small bit of stuffing
- 8 inches of 1/4" ribbon



← outline in green

← french knots in red

If you would need or want help with this decoration project stop by the Yarn and Craft group Friday afternoons 1:00 - 3:00pm and ask for Kathryn I am happy to help!



