



Canadian Mental  
Health Association  
Shuswap-Revelstoke  
*Mental health for all*



## CLUBHOUSE NEWSLETTER

# 2019

### Calendar Inside

# Learning Together

Last summer Clubhouse and the peer support program experienced an exciting learning opportunity with a workshop from PeerNetBC. PeerNetBC is a Vancouver based non-profit organization whose passion is to help people make connections. They do this by providing training, resources and support to peer-led initiatives, like our peer support program.

We are happy to announce that PeerNetBC is coming back to Clubhouse later this month.

Last year's workshop centered on peer support values, facilitation and mentorship, as well as on diversity, anti-oppression and inclusion. This year we will focus on resilience, empowerment and well-being in our community. Clubhouse programming is in transition and looking to offer more wellness oriented workshops where you can better address your personal strengths and resiliency. PeerNet can help with this transition. They have great expertise in building understanding on how to create spaces and practices that are inclusive. We also want to learn more of their peer-led approaches to work, as well as placing more emphasis on community connections.

Connectedness is one of the most fundamental aspects of our lives. People who have good, strong connections to others have improved physical and mental health and emotional well-being. Communities where people are connected are healthier places. A healthy community provides its members a multitude of opportunities to interact, share knowledge and exchange experiences. We at Clubhouse want to focus on partnerships and community connections in order to provide improved services, resources and support. We want to foster opportunities to learn from each other and enhance our community and promote wellness. After all, everyone deserves to feel well.

If you are interested in participating in the PeerNetBC workshop, see Paivi or Shannon. The workshop is on Tuesday, July 30.



### **Beach Day – Tuesday July 23!**

Pack your bathing suit, towel, hat and any beach toys that you have and join us for this fun day at Herald's Park.

Swimming, of course, is optional. If you just want to get out of town and enjoy socializing in good company, do not hesitate to sign-up. Sign-up sheet is in Clubhouse. This event is FREE and includes the picnic with its many goodies. Come one, come all!

## Mindfulness

Mindfulness is a way of paying attention to what is happening right now, by **observing what is going on inside** (your thoughts, feelings and physical sensations) **and outside** (your interactions and surroundings) **with an open mind and without judgement.**

Documented studies have shown that kindness and compassion have all sorts of positive side effects. They lead to increased happiness and good feelings, a strengthened immune system, and healthier heart, in addition to more positive interactions and relationships. Mindfulness has been proven effective in managing stress, anxiety and depression, which can interfere with our ability to be kind, and can negatively impact our relationships and our performance at school or at work.

### Want to learn more about Mindfulness?

Join Lorrie  
Thursdays  
July 4, 11, 15, and August 1  
9:00 – 9:30am  
Clubhouse Meeting Room



# THANK YOU



# VOLUNTEERS



Thanks to the many walkers, riders, volunteers, donors, sponsors and staff who made the 2019 Ride Don't Hide campaign a huge success. Over 30,800 has been raised to date. Donations will continue to be accepted until July 12th!



**Drop In: Gardom Lake Outing** We apologize for the incorrect date regarding the outing to Gardom Lake. The date wasn't meant to be in June, but somehow it got into the June calendar. Kayaking, fishing and picnicking at Gardom Lake is still in the plans ... sometime in August. Stay tuned!



## Social Rec

- **Nature Walk.** Come out and enjoy the beauty of nature, great conversations and plenty of laughter with friends while we explore some of the local trails. Transportation provided and there is no cost. Wear comfortable walking shoes and bring a water bottle and bug repellent. Please sign up in the clubhouse.
  1. July 10<sup>th</sup>: 9:00-2:00 - Kalamalka Rail Trail and swim-Please sign up in the clubhouse. Bag lunch is available for \$3.25
  2. July 24<sup>th</sup>: 9:30-11:00 - Bird Sanctuary
  3. July 31<sup>st</sup>: 9:30-11:00 - Coyote Park Trails
- **Morning stroll.** Fridays 9:00-9:30. A short gentle walk around McGuire Lake, the wharf or around town.
- **Games in clubhouse.** Wednesday, July 3, 24 & 30<sup>th</sup> meet at 1:00 and bring your favorite game to teach us!
- **Tour West Gate Market.** Friday July 19<sup>th</sup> 1:30-3:00. This is a free event with transportation provided. Please sign up in the clubhouse.
- **Connections.** July 17<sup>th</sup>, 5:00-7:30-Come and join us in the clubhouse for a beautiful home cooked meal & great conversation followed by some lively fun and games. This is a free event with rides home provided at the end of the evening.
- **Trip to Enderby Farmer's Market and swim in Shuswap River.** Friday July 26<sup>th</sup> at 11:00-3:00 Visit the amazing Open Air Market followed by a picnic and swim in the Shuswap River in Enderby. Picnic lunch is optional, cost is \$3.25. Transportation provided. Please sign up in the clubhouse.
- **Drop In:**
  1. **July 9.** Canoe Beach!!! Swimming, bocce, Frisbee.....FUN! This is a free event with transportation provided. Leaving the Clubhouse at 3:30pm. Please sign up so we know how many vehicles will be required.
- **Journaling.** Come join our journaling group each Friday morning, 10:30-11:00. "What a comfort is this journal. I tell myself to myself and throw the burden on my book and feel relieved." Anne Lister.
- **Mindfulness.** Thursday July 4<sup>th</sup>, 11<sup>th</sup> and 18<sup>th</sup> – 9:00 to 9:30am. Join us in the clubhouse as we explore mindfulness as a practice that can positively impact our mental and physical wellbeing.



In case you haven't heard ...Robyn has moved to Alberta and Jackie Chanda has taken on the store manager position. Jackie first came to CMHA as an Okanagan College practicum student two years ago. Last summer Jackie was with us again working as a summer student with Shannon and Denise B. and their programs. Congratulations Jackie and welcome!

If you are a store volunteer, please join Jackie for the next store meeting on July 10 at 1:30 pm.

If you'd like to be a store volunteer or know more of the store volunteer opportunities, talk to Jackie or Paivi. By volunteering in the store, you can build your resume by gaining experience in areas like:

- Developing customer service skills
- Sorting and displaying merchandise
- Working as a team and independently
- Learning cashier skills (working the till, accepting cash, making change, using the debit machine etc.)

Fabulous Fridays continue with 2-for-1 sales, followed by the ever popular \$4 Bag Sale on the last Friday of the month. Please note that the store donation bin is now closed on Saturdays.



Community Garden. Would you like to enjoy the satisfaction that can be found in growing one's own food? Meet Rachael at the clubhouse at 9:30 on

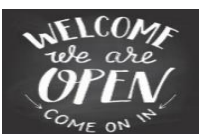
Tuesday July 2 & 9. Bring appropriate footwear, gloves and water to drink. We will soak up the early morning sunshine and reap the benefits of what we sow....literally. This is a free event and transportation is provided. Sign up in the clubhouse.



Monday wood shop is on hold for now, but Saturdays are open starting July 6<sup>th</sup>, 10:00am to 12:00 noon. Please enter through the activity room door (glass door at the back parking lot).



Crafts are on Fridays from 1:00 – 3:00pm. Anyone can use the craft room on any day.



**CMHA  
CLUBHOUSE HOURS**

Mondays, Wednesdays, Thursdays 8:30 – 4:30.  
Tuesdays 8:30 – 1 pm. Drop-In nights 4:00 – 7:30.  
Fridays 8:30 – 3 pm. Note: The Clubhouse will be Closed All Day July 1<sup>st</sup>, July 16<sup>th</sup> and July 30<sup>th</sup>.

## Peer Support

The Peer Support Mentors are reminded that the meetings are vital – July 18<sup>th</sup> at 10:30am is the next meeting – mark it down on your calendar! If there is an extraordinary circumstance and you are unable to attend, please be sure to call Sara or Lorrie in advance and let them know.

Wondering what to do with your peer this summer?

- Check out the many activities in the Clubhouse
  - Social Rec
  - Art Corner
  - Wood Shop
  - Monthly Calendar
  - Posted on the Bulletin Boards
- Community Activities
  - Shuswap Farm and Craft Market – Tuesdays and Fridays 8:00am – 12:30pm Salmon Arm Fair Grounds
  - Wednesday on the Wharf 6:45 – 8:30pm at Marine Peace Park
  - Westgate Outdoor Market – Fridays 9:00am – 1:00pm 2090 10<sup>th</sup> Ave SW
  - Downtown Live at the Ross Street Plaza Friday afternoons 12:30pm – 2:00pm
  - R.J. Haney Heritage Village – Dinner Theatre, High Tea and More, 751 Highway 97B – call 250 832 5243 for more information
  - Salmon Arm Art Gallery – 70 Hudson Ave NE – open Tuesday to Saturday 11:00am – 4:00pm
  - Vintage Car Club of Canada – July 13 – 10:00am – 3:00pm, Marine Peace Park
  - Roots and Blues – August 15<sup>th</sup> to 18<sup>th</sup>, Fair Grounds
  - Salmon Arm Fair – September 6<sup>th</sup> – 8<sup>th</sup>



Beckie says “Thank You” to the mysterious benefactor who ordered the lovely bee friendly t-shirt for me. That was very thoughtful of you. The bonus is the t-shirt came with a package of sunflower seeds, which have been planted all over my property for my bees to gather nectar when they grow.



A big thank you to Afke Zonderland of Okanagan Raswsome for helping to prepare the vegetarian lunch on June 13 and providing the healthy Crisps! Also a heartfelt thank you for contributing a portion of each sale to CMHA – Shuswap Revelstoke.

### What Would You Like to Eat for Lunch

Rachael is looking for your input on what you would like to see the Kitchen cook for lunch in the Clubhouse. A suggestion box is now available. Be sure to add your recipes and suggestions ... be it an old favourite or something new!

### Interested in Learning New Skills?

Interested in volunteering in the Kitchen? Interested in learning how to prepare meals, learn new recipes, more about food safety? Kitchen Volunteers eat free the day they help prepare the meal. Talk to Rachael about opportunities in the Kitchen.

### Rhubarb Custard Bars

#### Crust

2 c flour  
¼ c sugar  
1 c butter

Combine flour and sugar, cut in butter. Spread on a 13" x 9" x 2" baking pan.

#### Filling

2 c sugar  
½ c flour  
1 c whipping cream  
3 eggs  
5 c rhubarb, chopped ¼ inch thick

Whip all together. Spread rhubarb over crust. Pour whipped ingredients over rhubarb. Bake at 350 F for 40 – 45 minutes or until custard is set. Cool.

#### Topping

6 oz cream cheese, softened  
½ c sugar  
½ tsp vanilla  
1 c whipping cream, whipped

Use electric beaters to cream cheese, sugar and vanilla until smooth. Fold in whipped cream. Spread over cooled custard, cover and chill. Store in fridge.

\*If bars are still warm, serve topping on side or serve with ice cream instead of the topping.

### Honey Mustard & Herb Roasted Chicken

#### Marinade

¼ c liquid honey  
¼ c grainy Dijon mustard  
3 tbsp freshly squeezed lemon juice  
1 tbsp balsamic vinegar  
1 tbsp olive oil  
2 tsp minced garlic  
2 tsp each minced fresh thyme and rosemary  
1 tsp grated lemon zest  
½ tsp sea salt  
¼ tsp freshly ground black pepper

5 large bone-in chicken thighs, skin on  
(About 1 ½ lbs / 680 g)

5 large chicken drumsticks (1 ¼ lbs / 567 g)  
1 small lemon, thinly sliced

### Kitchen (continued)

Whisk together all marinade ingredients in a small bowl or measuring cup. Place chicken pieces in a large, heavy-duty, re-sealable plastic bag. Turn several times to coat chicken evenly with marinade. Refrigerate for at least 3 hours.

Preheat oven to 375 F. Coat a 9 x 13 inch baking pan or casserole dish with cooking spray (or line with foil). Arrange chicken pieces in pan and pour marinade over chicken. Make sure chicken pieces aren't overlapping. Scatter lemon slices over top. Bake in preheated oven for 45 minutes, or until chicken is cooked through and slightly browned on top. Makes 5 servings.



### Awakening the Spirit Art Show

Congratulations to the five amazing artists – Eiko, Daniel, Karen, Sherri and Stephen who participated in 'Awakening the Spirit' art show in Vernon.

### Music Jam



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.

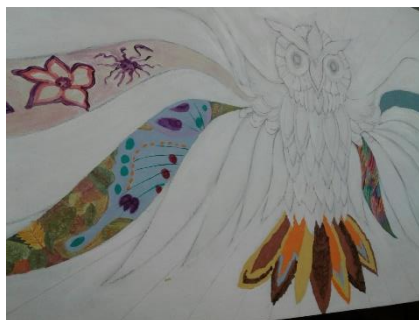
### Art Studio

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.

### Art Quest

Yard Art – Join Carol on July 8<sup>th</sup> and 15<sup>th</sup> to create some fun Yard Art ... start collecting your glass wares and other materials to make and decorate a bird feeder, planter or other fund art! Check out the poster in the Clubhouse and Activity Room.

Japanese Calligraphy - A special guest, visiting from Japan, will be joining us on July 29<sup>th</sup> from 1:00 – 3:00pm to teach the art of Japanese Calligraphy.



### Table Top Dresser for 4<sup>th</sup> Ave

We are still working on the art piece table top. This is a group project – please feel free to join in. Stop by and see the progress!

## FRAUDS AND SCAMS

by Carol



I attended an informative session in June "Be Safe, Be Smart, Be Informed to avoid Scams and Fraud. Some key messages, tips and information ...

- Keep all personal documents in a secure place. If you don't need them, do not carry your birth certificate, passport or Social Insurance Number card.
- Never tell another person your PIN or account passwords and take care to cover your hand when entering your PIN at bank machines and when making store purchases.
- Safely dispose of old bills and statements - shredding is best.
- Do not click on pop-up windows or respond to e-mails, open attachments or go to website links sent by people you do not know. Your bank or credit union will not send you anything by e-mail unless you ask them to.
- Never give out your credit card, bank account, or personal information to someone over the phone, at the door, or over the internet unless you know the person or organization you are dealing with, or you made the contact.
- Do not sign an agreement or contract to buy anything without giving yourself time to think it over. If a salesperson insists that an "offer" is "time limited" and you must decide that moment, it is probably better not to buy.
- Be suspicious if someone you don't know asks you to send them money or a cheque, or to return money they "accidentally" sent you.
- Before hiring someone or agreeing to have work done on your home, ask for proof of identity and references and check them out.
- Banks, Utility Companies, Governments (local, regional, provincial, federal) and / or legitimate businesses will not ask for payment in the form of gift cards, iTune cards, bit coins, etc.
- If you are unsure of who you are talking to, and if they are legit, ask for their name and telephone number and you can call them back. Note – the Country Code for Canada is 1 ... be suspicious of other country codes.



Be aware of the language and expressions con artists use in their "pitches"

- "I take cash only" – a legitimate business person would not likely refuse alternate forms of payment.
- "This is your last chance / today only" – why is this offer so limited? If the offer is that good, it will likely be available tomorrow or the day after.
- Something for Nothing – anytime you are offered something for nothing, you usually get nothing.
- Confidentiality – be suspicious of a deal that depends on not telling anyone else. What is the reason for secrecy?
- Internet Scams – strangers do not email out of the blue and ask you to help them with found money or large sum that need to be moved to Canada.
- Get-Rich Quick Schemes – any "deal" should be looked into carefully.
- Contests – beware of the "you have won" pitch. Generally, the contests are fake and are used to entice you to part with your money.
- Leftover Material – be extremely careful of the "just passing by" home repairman. The leftover material offered may be stolen or defective.

Charities – All legitimate charitable organizations are registered with the government.

- Ask for their registration number and contact the Canada Revenue Agency to verify the registration number.
- Decide ahead of time what charities you want to support.
- Be wary of telephone campaigns – do not give your credit card information over the phone. Find out how much of the money actually goes to the charity.
- Do not give money or credit card information at the door – ask them to leave information as to where you can mail your donation or make a business address where you can make an in person donation
- Be firm, hang up or close the door!

The (CRA) Canada Revenue Agency will never:



- Ask for personal information by email or text message
- Request payment by prepaid credit card
- Share your tax information with another person or organization, unless you have agreed that it can be shared
- Leave personal information on an answering machine
- Threaten or use nasty language!



**TUESDAY  
JULY 23<sup>rd</sup>**

**MARK YOUR CALENDAR**



**BEACH DAY**

**Herald Provincial Park**

**LEAVE CLUBHOUSE AT 9:30AM**

**Free Picnic & Snacks**

**Sign Up Required  
Watch for the Sign Up Poster**

**Remember Your**

- ✓ Hat
- ✓ Sunscreen
- ✓ Bathing Suit
- ✓ Towel
- ✓ Beach Toys
- ✓ Water
- ✓ Sunglasses
- ✓ ???



**TUESDAY  
AUGUST 27<sup>th</sup>**

**Yippee! We are going to Scandia!**

Leave the Clubhouse at 1:00 - return at 7:30

**Cost: \$13.00**

**Includes 1 round of mini golf, 6 tokens  
and Go-Karts**

***Please note that tickets for this event  
will be on sale July 8<sup>th</sup>  
and are non-refundable.***

We are limited to a total of 9 participants and the event will be cancelled if there are less than 5 participants signed up.

Transportation is provided. Please purchase your ticket in the clubhouse from any of the staff.

**JULY'S  
WHAT IS IT?**



**Enter Your Guess  
With Your Name**

**Contest Box  
located on a table  
in the  
Clubhouse**

**June's Contest  
Top of a Highlighter  
Pen**

13 Guesses  
1 Correct Answer

Congratulations  
**M-J**  
See the Kitchen for  
Your Free Cookie

**Keep Your Guesses  
Coming**



**PEER SUPPORT**

**Is Peer Support  
For You?**

Are you looking for someone to talk to? Come to clubhouse activities with? Go out to the movies or other community activities? 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 Available  
No Meeting in July**

**Applications Due: August 21  
Meeting: August 28 at 12:45pm**

This Fiscal Year Funding Has Been Approved for Aquafit Passes, Bowling, Fitness Passes, Flute Lessons, Golf Passes, Gym Passes, Karate, Movement Through Awareness Pool Passes, Tai Chi, Yoga

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

# July 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT / SUN
<p style="text-align: center;"><b>AT A GLANCE</b></p> <p><b>CLUBHOUSE CLOSED</b> July 16 Staff Training July 23 After Leaving for Beach Day Herald Park</p> <p>July 30 PeerNetBC Workshop</p> <p><b>Nature Walks</b> <b>Rail Trail &amp; Swim</b> Tuesday July 10 9:00am - 2:00pm <i>Sign Up Required</i> <b>Bag Lunch Available \$3.25</b></p> <p><b>Bird Sanctuary</b> Tuesday July 24 9:30 - 11:00am</p> <p><b>Coyote Park Trails</b> Tuesday July 31 9:30 - 11:00am</p> <p style="text-align: center;"><b>Drop In</b></p> <p><b>Canoe Beach</b> Tuesday July 9 3:30 - 7:30pm <i>Sign Up Required</i></p> <p style="text-align: center;"><b>No Participant Funding Meeting in July</b></p> <p style="text-align: center;"><i>Next Participant Funding Meeting - August 28</i> <b>Applications Due August 21</b></p>			4	5	6/7
8	9	10	11	12	13/14
Wellness Bingo - 9:30am	Coffee Talk - 9:00am  Community Garden - 9:30am	Coffee Talk - 9:00am  Nature Walk - Rail Trail & Swim - 9:00 - 2:00pm Bag Lunch Available For \$3.25 <i>Sign Up Required</i>	Mindfulness 9:00 - 9:30am  Stretching - 9:30am  Peer Support Steering Committee Meeting - 10:30am	Fabulous Fridays 2 for 1 Thrift Store Good News Fridays - 9:00am  Morning Stroll 9:00 - 9:30am  Journaling 10:30 - 11:00am	Saturday Woodshop 10:00am - 12 noon
Spaghetti & Garlic Bread - 12 noon  Art Quest - 1:30pm Yard Art	BBQ Ribs - 12 noon  <b>Clubhouse Closes 1:00pm</b>  Drop In - Canoe Beach - <i>Sign Up Required</i> 3:30 - 7:30pm Rides Home Available	Fish and Chips - 12 noon  Thrift Shoppe Meeting - 1:30pm	Indian Chicken Drumsticks and Roasted Veggies - 12 noon  Art 101 - 1:30pm Music Jam - 1:30pm Bags in Motion - Repurposed Sewing - 1:30pm	Grilled Mediterranean and Ham and Mushrooms Pizzas - 12 noon  Fabric and Yarn - 1:30pm  <b>Clubhouse Closes at 3pm</b>	
15	16	17	18	19	20/21
Summer Salad & Bun - 12 noon  Art Quest - 1:30pm Yard Art	Thrift Shoppe Open  <b>Clubhouse Closed All Day</b> <b>Staff Training</b>    No Drop In	Coffee Talk - 9:00am  Rueben Sandwich & Salad - 12 noon  Connections 5:00 - 7:00pm Rides Home Available	Mindfulness 9:00 - 9:30am  Stretching - 9:30am  Peer Mentors' Meeting 10:30 - 11:30am  BBQ Pork Chops and Scalloped Potatoes - 12 noon Art 101 - 1:30pm Music Jam - 1:30pm 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 Westgate Market 1:30 - 3:00pm <i>Sign Up Required</i>  Surprise Lunch - 12 noon  Fabric and Yarn - 1:30pm  <b>Clubhouse Closes at 3pm</b>	Saturday Woodshop 10:00am - 12 noon
22	23	24	25	26	27/28
Tuna Casserole & Salad - 12 noon  Art Quest - 1:30pm	Thrift Shoppe Open  <b>Beach Day at Herald Park</b> Leave Clubhouse 9:30am  <i>Sign Up Required</i> Lunch & Snacks Provided  <b>Clubhouse Closes for the Day</b> <b>after leaving for Herald Park</b>    No Drop In	Coffee Talk - 9:00am  Nature Walk - Bird Sanctuary 9:30 - 11:00am  Veggie Wraps & Melon Slices - 12 noon  Games in the Clubhouse - 1:00 - 2:30pm	Stretching - 9:30am  Chili Dogs & Watermelon - 12 noon  Art 101 - 1:30pm Music Jam - 1:30pm Bags in Motion - Repurposed Sewing - 1:30pm	<b>TVP Timesheets Due (Fri / Sat)</b>  Bag Sale Thrift Shoppe  Good News Fridays - 9:00am  Morning Stroll 9:00 - 9:30am  Journaling 10:30 - 11:00am Enderby Farmers' Market & Swim in the Shuswap River 11:00am - 3:00pm - <i>Sign Up Required</i> BBQ Chicken Burgers and July Birthday Cake - 12 noon  Fabric and Yarn - 1:30pm  <b>Clubhouse Closes at 3pm</b>	Saturday Woodshop 10:00am - 12 noon
29	30	31	Aug 1	2	3/4
Quesadillas - 12 noon  Art Quest - 1:30pm Japanese Calligraphy	Thrift Shoppe Open  <b>Clubhouse Closed for the Day</b>  <b>Peer Net Workshop</b>  <i>Sign Up Required</i> Lunch & Snacks Provided    No Drop In	Coffee Talk - 9:00am  Nature Walk - Coyote Park Trails 9:30 - 11:00am  Surprise Lunch - 12 noon  <i>No Participant Funding Meeting in July</i> Games in the Clubhouse - 1:00 - 2:30pm	Mindfulness 9:00 - 9:30am  Stretching - 9:30am  TBA - 12 noon  Art 101 - 1:30pm Music Jam - 1:30pm 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  TBA - 12 noon  Fabric and Yarn - 1:30pm  <b>Clubhouse Closes at 3pm</b>	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



### WELLNESS



**Monday July 8**  
9:30am

## DROP-IN TIMES

### TUESDAYS

**July 2 and 9**  
4:00pm

Check the Calendar for Activities



**June 17**

5:00pm  
Join Us for a Free Dinner & Games



**FABULOUS FRIDAYS 2 FOR 1**  
July 5, 12, 19  
**\$4 BAG SALE**  
July 26

**Mindfulness**  
Thursday July 4, 11,  
18 and August 1  
9:00 – 9:30am



**Tuesday July 2 & 9**  
Leave Clubhouse at 9:30am



**BEACH DAY**  
Tuesday July 23  
Leave Clubhouse at 9:30am



**MORNING STROLL FRIDAYS**  
July 5, 12, 19 & 26  
9:30am

### FITNESS FRIDAYS WITH WILSON



Leave Clubhouse at 10:00am

**JOURNALING FRIDAYS**  
July 5, 12, 19 & 26  
10:30 – 11:00am

