

Learn • Grow • Connect



CMHA Studios

SHUSWAP-REVELSTOKE

Find out more about the
awesome programs
that **CMHA**
Shuswap-Revelstoke
offers!

September 2021 Newsletter

WEEKLY PLANNER

MONDAY

Learning Studio

- Peer Café 10:30am – 12noon
 - Peer Support
 - Co-Production Planning
 - Time to Connect

Creative Studio

- Music Monday 1:00pm – 2:30pm

TUESDAY

Outdoor Studio

- Social House 1:00pm – 2:30pm
 - No Social House Sept 14

WEDNESDAY

Outdoor Studio

- Gardening 10:30am – 12noon

Outdoor Studio

- Walk for Whole Health 1:00pm – 2:30pm

Participant Funding

- Applications Due – September 22nd
- Meeting – September 29th at 1:30pm

THURSDAY

Outdoor Studio

- Birding 10:30am – 12noon

Kitchen Studio

- Lunch 12:00 noon – 12:30pm

Creative Studio

- Creative Connection 1:00pm – 2:30pm

FRIDAY

Creative Studio

- Journaling 10:30am – 12noon

Learning Studio

- Peer Café 1:00pm – 2:30pm
 - Peer Support
 - Co-Production Planning
 - Time to Connect

QUOTE OF THE WEEK

Hygge (hue-gah) *Noun* : An atmosphere of warmth, wellbeing, and cosiness when you feel at peace and able to enjoy being in the moment!

NOTES

Open House

Learn • Grow • Connect

Thursday
Sept 2
10:30-12

CMHA
Studios

SHUSWAP-REVELSTOKE

433 Hudson Ave NE
Entrance around the back of the
building by our parking lot



Mondays 1:00 – 2:30pm

Depending on the weather, Music Mondays will be either an outdoor 'Community Music Jam' or an online music sharing group 'Song Club.' The 'Community Music Jam' will be held at Marine Park just up from the gazebo. Look for us in the shade. I will bring chairs, some drums and shakers and an extra guitar for those who would like to join in the music. On days where the weather is not agreeable, we will be meeting online to share your love for music and connect with others.

We are reminding you the power of listening to a song is to: brighten your day, comfort you, celebrate, sing out, dream, cry, dance, etc. The list goes on to find a song that matches where you are at or to shift your mood and land you in a new perspective. Wherever you are at you can be sure to find a song to be there with you.

Nanika - cell phone: 250 804-5628 or
e-mail: nanika.albricht@cmha.bc.ca

If you like you can sing along. I challenge you to the test if you sing along to this song and watch this video you will feel a little happier in your heart.

I wonder how you are lifting your spirits during challenging days? What can you do to find a positive mind set? Let me know or join 'Song Club' and share your thoughts and songs with me there.



[B. J. Thomas - Raindrops Keep Fallin' on My Head \(with Lyrics\)](#)
[🔊](#)

The song is written by Burt Bacharach and Hal David for the 1969 film Butch Cassidy and the Sundance Kid. The

uplifting lyrics describe somebody who overcome...



Thursdays 1:00 -2:30pm

This month the Art Group will be following the theme of 'New Beginnings.' Come join the fun and let yourself have some time for making Art.

If weather permits, we will meet outside at Marine Park or Blackburn Park, otherwise we are online. If you are interested to join the group, please contact Nanika to sign up and she will send you updated information on the location each week.

There will be some led instruction for getting you set up and started in creating your art. You are also welcome to join the group and work on your own project while we share a space to create, have fun and connect.

For the online groups, all that is required is pen and paper. Additional supplies will be given for special projects. To sign up for 'Creative Connection' or 'Make My Day' Project contact Nanika: 250 804-5628 or nanika.albricht@cmha.bc.ca



Journaling

FRIDAYS 10:30-11:30AM

There are many positive health benefits that come as a result of journaling. Keeping a journal has been proven to reduce stress, sharpen your memory, boost your mood, and even improve your immune function!

So put on your dancing shoes, grab a pen and paper, and join us for a session ... Yes, I said dancing shoes 😊

To sign up or to receive more information please contact Melanie at 250-804-9617 or melanie.mohr@cmha.bc.ca

Vaccine cards are coming to BC. If you need to learn more please reach out to CMHA staff:
250 823 8477
Please wear your mask indoors.



Let's explore our beautiful community together on foot while we focus on our wellness! This is a 3-session group on Wednesday afternoons September 15, 22 and 29. While walking, we'll be co-designing our walking group for the fall months.

Meet at 1pm outside CMHA Studios (formerly Clubhouse). Please come dressed for the weather, and don't forget your water to hydrate along the way.

To sign up or to receive more information please contact Melanie at 250-804-9617 or melanie.mohr@cmha.bc.ca



Wednesday
10:30am – 12noon

The air is cooler, and the leaves are starting to fall, which means it's harvest season. We will meet at the Shuswap Community Teaching Garden located at 5921 30th Street NE. While at the garden, we will work together to grow an abundance of naturally grown produce to share with local food banks and volunteers. If you would like to learn more about food sustainability in the Shuswap, check out our community partners website at www.shuswapfood.ca.

You can also sign up for the Shuswap Food Action Society's newsletter there and stay up to date on the teaching garden and other projects that they are involved in.

If you would like more information or transportation to the garden, please contact Melanie at 250-804-9617 or melanie.mohr@cmha.bc.ca



As we move into a new month, we also move into a new time to meet for bird watching. We will meet every Thursday morning at 10:30 am, near the gazebo by the wharf. Grab your camera, binoculars, or even a notepad to take notes along the way. Everyone is welcome, no matter how much or how little you know about native birds in our area. Together, we can share our knowledge and perspectives to achieve connection and growth as our group explores bird sanctuaries in our area.

To sign up or to receive more information please contact Melanie at 250-804-9617 or melanie.mohr@cmha.bc.ca





SOCIAL HOUSE

Come be yourself, share and have some laughs for a nice afternoon of connecting with others at 'Social House' Tuesdays 1:00-2:30pm. Heading into the fall and as protocols shift and change, we will keep you updated weekly as to the meeting place and activity. Let me know if you are interested to join. I would be happy to address any barriers you may have for joining and let you know more details of the group for each week. Please note that on the second Tuesday of the month there will be no group.

To sign up contact Nanika: 250 804-5628 or nanika.albricht@cmha.bc.ca



MONDAY MINDFULNESS

**Mindfulness 101
TRAIN YOUR BRAIN THURSDAYS
9:00am – 10:30am
September 23rd – October 14th
CMHA Studios
433 Hudson Ave NE (Entrance off 4th Street NE)**

Peer Engagement

Are you feeling lonely and want someone to talk to, someone to text with or maybe even a good old-fashioned pen pal? Or perhaps you have a bit of free time and the ability to reach out to someone who is feeling disconnected from their regular community?

For any peer needs or questions come to the Peer Café or contact Abby at 250-832-8477 ext. 107 or email abby.heiser@cmha.bc.ca

TAKE-OUT THURSDAY

1

Sign up by Noon the Wednesday Before



Call: 250-832-8477 ext. 110
or email:
beckie.cosby@cmha.bc.ca

2

Payment by cash or lunch card. Lunch cards available at Hudson Thrift Shoppe by cash or debit.

3

Meals are \$3.75 for participants
\$4.50 for guests or staff

4

5

Pick up 12-12:30.

September Menu

Sept 2nd: Pea Soup & Bun
Sept 9th: Ole! Fiesta Salad
Sept 16th: All-In-It Kale Salad & Bun
Sept 23rd: Greek Lentil Salad with Pita & Tzatziki
Sept 30th: Beef Taco Salad

Participant Funding

NEXT PARTICIPANT FUNDING MEETING
August 25th, 2021

Applications Due August 18th

Pick Up or Drop Off Applications
Hudson Thrift Shoppe
Tuesday to Friday 10:00am – 3:00pm

For Additional Information
participant.funding.sr@cmha.bc.ca

Make My Day Project

For those of you who participated in the Make My Day-Project, thank you for all your wonderful artwork, poems and encouraging positive messages.

This project is still on, please feel free to get involved. You can create envelopes and letters to be sent out or you can contact me with your mailing address to receive a letter from the Project.

Everyone is welcome to participate.

If you are interested in the Make My Day Project or for more information

please contact

Nanika - cell phone: 250 804-5628 or e-mail: nanika.albricht@cmha.bc.ca

**hudson
thrift
shoppe.**

**Store hours:
Tuesday-Friday
10am-3pm**

**Donations accepted:
Mondays 9am-3pm**

From the lower parking lot off 4th street!

Follow us on

 @ hudsonthriftshoppe
 @ Hudson thrift shoppe- Canadian
Mental Health Association.

For inquiries about the Thrift Shoppe contact
Jackie at 250-932-8477 ext. 107 or
email jacqueline.chanda@cmha.bc.ca

We've done another successful changeover and are now stocked with warmer fall clothing, shoes and accessories.

Come shop - we've got style and we are affordable!

Despite all the strain from Covid-19 and wildfires, we are proud to say that we've managed to stay open and offer our services and support to the community. We are also proud and appreciative of our volunteers who graciously come five days a week to share their talents and skills.



The thrift shoppe could not operate without this dedicated bunch. If volunteering speaks to you, we have opportunities available! As one volunteer says it, besides gaining skills, "it's a good way to

spend your day." Thank you volunteers!



CHITCHAT

Community Engagement
Happening This Month

The Day

A Poem by L

We are the day
When we see the sun
the stars at night
we wish upon
Sounds we hear
on a windy day
Raven sings a lullaby
and flies away
We listen quietly
to the falling snow
the seasons change
We all grow old
like falling leaves
on winters snow
We long for spring
for things to grow
the circle of seasons
Brings round change
Hope renewed for
another day...

