

Hello From the Studios!

This coming week at the
Studios Nov 11th - 16th



SOCIAL REC

CHURCHES THRIFT STORE & DOWNTOWN SHOPPING

Join us for a shopping adventure at Church's Thrift Store and explore the charming shops in Downtown Salmon Arm.

WHEN

Tuesday, November 12th

TIME

Please meet at the Studios by
1:00 PM



Thrift

Sign up is required.

For sign up or any inquiries, please reach out at
778 946 0207 or visit in person.

JOIN US FOR
WELLNESS WEDNESDAY
Guided Meditation

EVERY WEDNESDAY
10:00- 11:00 AM
NOVEMBER 06, 13, 20 & 27
LOCATION- CMHA STUDIOS



ART



JEWELLERY MAKING FOR NOV 7, 14 & 21

Time : 1:00-2:30 pm | Location : CMHA Studios

We will be creating necklaces, earrings, and bracelets. These items are perfect for gift-giving as we near the holiday season.

Sign up is Mandatory; Please contact 778 946 0207 or
stop in
Limited to 12 spots

