

Hello From the Studios!

This coming week at the  
Studios July 15th- 20th



# SOCIAL REC SUMMER BEACH DAYS

JULY 2, 16 & 23 | 1:00-2:30PM

Canoe Beach, salmon Arm

Please dress appropriately for the weather.  
Dont forget to bring your Beach Essentials.

Please call the studios at 778 946 0207 for sign up

Ride available for 6 people

**JOIN US FOR**  
**WELLNESS WEDNESDAY**

*Walk around town*

**EVERY WEDNESDAY**  
**10:00 - 11:00AM**  
**July 3, 10, 17 & 24**

**MEET AT CMHA STUDIOS AT**  
**9:50AM**



## **ART**

# **JAPANESE ART & CRAFT** **WITH EIKO UEHARA**

4-week Series Schedule:

July 4, 11, 18 & 25

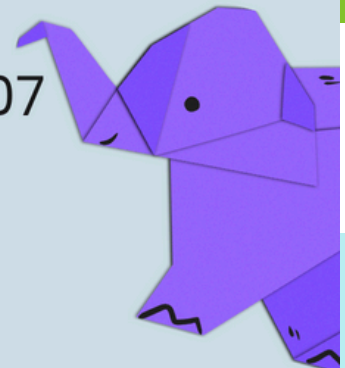
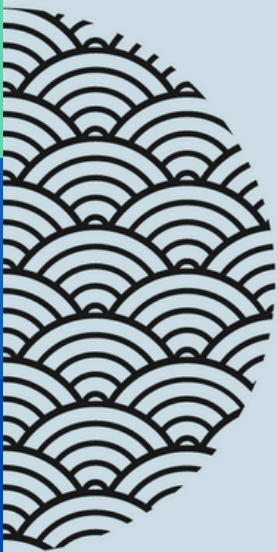
Each week focuses on a  
different art form

Time: 1:00 - 2:30 pm

Location: CMHA Studios

Sign-up is mandatory;  
Please contact 778 946 0207

Limited to 12 spots  
We highly recommend  
attending all sessions!





**July 4th :** Origami class: Create a colourful fire work, summer flowers, and fish in a pond, with origami and create decorations.

**July 11th:** Japanese Geometric Patterns (wagara) : Introduce their popular patterns and meanings. Create using their patterns for cards, and/or draw/ paint them on the sheet.

**July 18th:** Explore Japanese Samurai Crests: choose from a chat and create one's favorite collections.

**July 24th:** .Artistic Japanese Calligraphy: expressing meaningful characters with watercolour paints and embellish the characters with craft supplies.

**hudson  
thrift  
shoppe.**

**VOLUNTEER  
BI-MONTHLY  
THRIFT MEETING**



July 31, 2024

11:30 am



CMHA Learning Studios

Snacks provided



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