

CMHA Wellness Development Centre (WDC) Schedule of Activities

August 2017



Wellness Development Centre Hours

Tuesday 10:00 a.m. - 3:00 p.m.
 Wednesday 10:00 a.m. - 3:00 p.m.
 Thursday 10:00 a.m. - 3:00 p.m.

Lunch

Tuesdays, Wednesdays and Thursdays
 Served from 12:00 p.m. -12:30 p.m. for \$3.00

Meal Coupons

\$30.00 for a book of 10
 see WDC staff to purchase

Coffee

25 cents, available 10:00am-1:00pm.

Art Studio Open

Tues & Thurs 10:00am-3:30pm
 Wed 12:00pm-3:00pm

Calendar Legend:

Education Programs in Purple!
 Art Studio Programs in Pink!
 New Programs in Blue!
 Outings in Orange!
 Sign Up = \$



Meals Matter
 Meals & Soups: \$5.00
 * PUNCH CARDS AVAILABLE:
 For more information call 250-861-3644

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
1		2		3	
10:10 a.m.	Yoga		*CMHA OPEN AT 11:00AM DUE TO STAFF MEETING*	10:15 a.m.	Coloring
10:15 a.m.	Community Gardening	11:00 a.m.	Meditation	11:00 a.m.	Yoga
11:15 a.m.	Mindfulness	12:00 p.m.	Lunch & Clean up	12:00 p.m.	Lunch & Clean Up
12:00 p.m.	Lunch & Clean Up	12:30 p.m.	Community Meeting	1:00 p.m.	Accepting Our Bodies Support Group
1:00 p.m.	BINGO	1:00 p.m.	BCSS Info Session OR Walk to DQ for Ice Cream (S)	1:00 p.m.	Art with Tina: Acrylic on Canvas Group Project Pt. 1 S
1:30 p.m.	Qi Gong with Hajime	1:30 p.m.	Yoga with Vashti	2:00 p.m.	Music Request Hour
2:00 p.m.	Education: Reframing Our Thoughts Pt. 1	2:00 p.m.	Computers with Caitlin 2-3pm Peer Support at Bernard Bean Scene 4:00-6:00pm		
8	Kyra off	9		10	
10:10 a.m.	Yoga	10:15 a.m.	Dog park visit - bring your dog & meet us there!	10:15 a.m.	Information Session: Astronomy & Social Eclipse
10:15 a.m.	Community Gardening	11:00 a.m.	Meditation	11:00 a.m.	Yoga
11:15 a.m.	Mindfulness	12:00 p.m.	Lunch & Clean up	12:00 p.m.	Lunch & Clean Up
12:00 p.m.	Lunch & Clean Up	1:00 p.m.	Art with Lynne: Mixed Media Pt. 2 (S)	1:00 p.m.	Outing: Bowling (S)
1:00 p.m.	Art with Amy V: Symbol of Healing (S)	1:30 p.m.	Yoga & Relaxation with Vashti	1:00 p.m.	Art with Tina: Acrylic on Canvas Group Project Pt. 2 S
1:00 p.m.	Hair Cuts with Natasha 1-3pm	1:30 p.m.	Kitchen Cleanliness & Safety Info Session	2:00 p.m.	Music Request Hour
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.	Computers with Caitlin 2-3pm Peer Support at Bernard Bean Scene 4:00-6:00pm		
2:00 p.m.	Education: Reframing Our Thoughts Pt. 2				
15	Hajime away PRIDE WEEK	16		17	Mandy & Vashti off
10:10 a.m.	Yoga	10:15 a.m.	Active Time	10:15 a.m.	Coloring
10:15 a.m.	Community Gardening	11:00 a.m.	Meditation	11:00 a.m.	Yoga
11:15 a.m.	Mindfulness	12:00 p.m.	Lunch & Clean up	12:00 p.m.	Lunch & Clean Up
12:00 p.m.	Lunch & Clean Up			1:00 p.m.	Accepting Our Bodies Support Group- back room
1:00 p.m.	Art with Dylan: Acrylic Landscape Pt.1 (S)		Enjoy being pampered & relax for the afternoon ~Manicures, hair styling, make up applications & more to come... Peer Support at Bernard Bean Scene 4:00-6:00pm	1:00 p.m.	Acupuncture with Dr Barlow (S)
2:00 p.m.	Living Positive: LGBTQ Information Session(2-3pm)			2:00 p.m.	Music Request Hour
22	Mandy & Vashti off	23	Vashti off	24	
10:10 a.m.	Yoga	10:15 a.m.	Outing: Kelowna Farmer's Market (S)	10:15 a.m.	Mental Aerobics
10:15 a.m.	Community Gardening	11:00 a.m.	Meditation	11:00 a.m.	Yoga
11:15 a.m.	Mindfulness	12:00 p.m.	Lunch & Clean up	12:00 p.m.	Lunch & Clean Up
12:00 p.m.	Lunch & Clean Up	1:00 p.m.	Board Games	1:00 p.m.	Outing: Grocery Shop at Walmart (S)
1:00 p.m.	Art with Dylan: Acrylic Landscape Pt.2 (S)	1:00 p.m.	Outing: Pickleball (S)	1:00 p.m.	Art with Fay: Mosaic Group Project (S)
1:00 p.m.	Hair Cuts with Natasha 1-3pm	2:00 p.m.	Computers with Caitlin 2-3pm Monthly Fourm on Mental Health(3:30-4:30pm) Peer Support at Bernard Bean Scene 4:00-6:00pm	2:00 p.m.	Music Request Hour
1:30 p.m.	Qi Gong with Hajime				
2:00 p.m.	Read & Discuss: Don't Sweat The Small Stuff				

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
29		30		31	
10:10 a.m.	Yoga	10:15 a.m.	Morning walk to the lake	10:15 a.m.	Coloring
10:15 a.m.	Community Gardening	11:00 a.m.	Meditation	11:00 a.m.	Yoga
11:15 a.m.	Mindfulness	12:00 p.m.	Lunch & Clean up	12:00 p.m.	Lunch & Clean Up
12:00 p.m.	Lunch & Clean Up	1:00 p.m.	Outdoor Games	1:00 p.m.	Outing: Outdoor Mini Golf at Scandia (S)
1:00 p.m.	BINGO	1:30 p.m.	Yoga & Relaxation with Vashti	1:00 p.m.	Pool Tournament
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.	Computers with Caitlin 2-3pm	2:00 p.m.	Music Request Hour & Birthday Celebrations (S)
2:00 p.m.	MH Info Session: Sleep Hygiene	3:00 p.m.	Summer's End CMHA Wellness Celebration 3-5pm Join us for food, music, dancing and fun times!		

Our Programs provide a non-judgemental, confidential and respectful

environment for learning and sharing.

Wellness Development Centre (WDC)

504 Sutherland Ave.

Kelowna, BC, V1Y 5X1

www.kelowna.cmha.bc.ca

Phone: 250-861-3644

Fax: 250-763-4827

WDC Participants' Phone Line:

250-762-9866

Peer Support Social Outings

On **Wednesday evenings** the Peer Support Group

will meet at **4:00pm** at the **Bean Scene Coffee Shop**

371 Bernard Ave in downtown **Kelowna**. Join us for a casual check-in and social time. We will meet from **4:00-6:00pm** for the month of **August**.

Peer Support Group

Monday: 1:30-3pm at CMHA



Monthly Fourm on Mental Health

Monthly Fourm on Mental Health is a **new** program that will be offered on the **last Wednesday of each month** from **3:30- 4:30pm in the WDC**. Talking about current mental health matters and influencing changes for a stronger system. Light snacks and refreshments will be provided.

Please note the date change for this month: August 23rd