

# CMHA Wellness Development Centre (WDC) Schedule of Activities

January 2018



**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. -12:20 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-3:00pm  
 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: \$5.00  
 OR 2 soups for \$5.00

**\* PUNCH CARDS AVAILABLE:**

For more information call 250-861-3644

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
<b>2</b>		<b>3</b>		<b>4</b>	
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble: Brain Teasers	10:15 a.m.	Read & Discuss: The Language of Letting Go
11:15 a.m.	Mindfulness	11:00 a.m.	Meditation	11:00 a.m.	Yoga
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.	<b>Group New Years Check In</b>	1:00 p.m.	<b>BCSS Education Info Session with Eimert</b>	1:00 p.m.	Accepting Our Bodies Support Group
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	<b>Winter Walk &amp; Warm Up with Hot Chocolate</b>	1:00 p.m.	<b>Art with Tina: Drawing People &amp; Faces Pt. 1 (S)</b>
2:00 p.m.	<b>Self Care &amp; Wellness Tools Group Brainstorm</b>	2:00 p.m.	Yoga & Relaxation with Vashti	2:00 p.m.	Music Request Hour
			<b>Peer Support at Bernard Bean Scene 4-6pm</b>		
<b>9</b>		<b>10</b>		<b>11</b>	
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble: Brain Teasers	10:15 a.m.	BINGO
10:30 a.m.	Tuesday morning check-in	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.	<b>Outing: Bowling (S)</b>
1:00 p.m.	<b>Community Meeting (Fresh Start)</b>	1:00 p.m.	<b>Outing: Walk to Stuart Park &amp; Skating (S)</b>	1:00 p.m.	<b>Acupuncture with Dr Barlow (S)</b>
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.	Yoga & Relaxation with Vashti	1:00 p.m.	<b>Art with Tina: Drawing People &amp; Faces Pt. 2 (S)</b>
2:00 p.m.	<b>Education: Self-Compassion Pt. 1</b>		<b>Peer Support at Bernard Bean Scene 4-6pm</b>	2:00 p.m.	Music Request Hour
<b>16</b>		<b>17</b>		<b>18</b>	
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble: Brain Teasers	10:15 a.m.	Read & Discuss: The Language of Letting Go
10:30 a.m.	Positive News Stories	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.	<b>Art with Lynne: Watercolors (S)</b>	1:00 p.m.	Accepting Our Bodies Support Group
1:00 p.m.	<b>Art with Fay: (S)</b>	1:00 p.m.	<b>Winter Walk &amp; Warm Up with Hot Chocolate</b>	1:00 p.m.	Board Games
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.	Read & Discuss: Don't Sweat the Small Stuff	2:00 p.m.	Music Request Hour
2:00 p.m.	<b>Education: Self-Compassion Pt. 2</b>		<b>Peer Support at Bernard Bean Scene 4-6pm</b>		
<b>23</b>		<b>24</b>		<b>25</b>	
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble: Brain Teasers	10:15 a.m.	BINGO
10:30 a.m.	Tuesday morning check-in	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.	<b>Movie &amp; Popcorn in WDC</b>	12:00 p.m.	<b>Outing: Grocery Shop at Walmart (S) OGO van</b>
1:00 p.m.	<b>Outing: H2O (S) OGO van</b>			1:00 p.m.	<b>Crafts with Vashti: Vision Boards (S)</b>
1:30 p.m.	Qi Gong with Hajime			2:00 p.m.	Music Request Hour & Birthday Celebrations
2:00 p.m.	<b>Education: Grief &amp; Loss</b>		<b>Peer Support at Bernard Bean Scene 4-6pm</b>		



Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
<b>30</b>		<b>31</b>			
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble: Brain Teasers	<p>Pick up a copy of the February calendar in the WDC or at the front desk!</p> 	
10:30 a.m.	Positive News Stories	11:00 a.m.	Meditation		
11:15 a.m.	Mindfulness	12:00 p.m.	Lunch & Clean up		
12:00 p.m.	Lunch & Clean Up	1:00 p.m.	<b>Winter Walk &amp; Warm Up with Hot Chocolate</b>		
1:00 p.m.	<b>Art with Amy V: (S)</b>	2:00 p.m.	Read & Discuss: Don't Sweat the Small Stuff		
1:30 p.m.	Qi Gong with Hajime	3:30 p.m.	<b>Monthly Fourm on Mental Health 3:30-4:30pm</b>		
2:00 p.m.	<b>MH Info Session: Seasonal Affective Disorder</b>		<b>Peer Support at Bernard Bean Scene 4-6pm</b>		

*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 Group

**Monday: 1:30-3pm** at CMHA

### Peer Support Social Outings

**Wednesday: 4:00-6:00pm** at Bean Scene

Coffee Shop **371 Bernard Ave** in their private

back room (before the bathrooms). Join us for a casual

check-in and social time.

### 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 (except

December) 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.