

CMHA Wellness Development Centre (WDC) Schedule of Activities

May 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. -12:20 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-3:30pm
 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: \$5.00 OR 2 SOUPS \$5.00
 * PUNCH CARDS AVAILABLE:

For more information call 250-861-3644

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
2		3		4	
10:00 a.m.	Yoga	10:30 a.m.	Active Time	10:15 a.m.	Coloring
11:00 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.	BINGO OR Afternoon walk to the lake	12:30 p.m.	Community Meeting	1:00 p.m.	Accepting Our Bodies Support Group-Jayme
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	BCSS Info Session w/ Eimert OR Baking with Mandy	1:00 p.m.	Art with Tina: Abstract Landscape in Acrylics Pt. 1 (S)
2:00 p.m.	Skills Practice: The Art of Conversation	2:00 p.m.	MH Info Session: Depression	2:00 p.m.	Music Request Hour
		2:00 p.m.	Computers with Caitlin (2-3pm)		
			Peer Support at Bernard Bean Scene 4:00-6:00pm		
9		10		11	
10:15 a.m.	Yoga		OPEN AT 11:00AM DUE TO STAFF MEETING	10:15 a.m.	TED talk & discuss
11:00 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.	Art with Dylan: To Be Announced- Come find out! (S)	1:00 p.m.	Writing Poetry with Luke- in WDC	1:00 p.m.	Outing: Bowling (S)
1:30 p.m.	Qi Gong with Hajime	1:30 p.m.	Building your WRAP-on stage	1:00 p.m.	Acupuncture with Dr Barlow (S)
2:00 p.m.	Education: Boundaries Pt. 1	2:00 p.m.	Computers with Caitlin (2-3pm)	1:00 p.m.	Art with Tina: Abstract Landscape in Acrylics Pt. 2 (S)
			Peer Support at Bernard Bean Scene 4:00-6:00pm	2:00 p.m.	Music Request Hour
16		17		18	
10:00 a.m.	Yoga	10:15 a.m.	Active Time	10:15 a.m.	Coloring
11:00 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.	BINGO OR Outing: Pickleball (S) OGO van	1:00 p.m.	Art with Lynne: Painting Glass (S)	1:00 p.m.	Accepting Our Bodies Support Group-Kyra cover
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Outing: Hike at Knox Mountain (S) OGO van	1:00 p.m.	Art with Marc: Fire & Ice Acrylic Multimedia (S)
2:00 p.m.	Education: Boundaries Pt. 2	2:00 p.m.	Computers with Caitlin (2-3pm)	2:00 p.m.	Music Request Hour
			Peer Support at Bernard Bean Scene 4:00-6:00pm		
23		24		25	
10:15 a.m.	Yoga		CELEBRATING THE CULTURE OF.... PORTUGAL	10:15 a.m.	TED talk & discuss
11:00 a.m.	Mindfulness			11:00 a.m.	Yoga
12:00p.m.	Lunch & Clean Up			12:00 p.m.	Lunch & Clean Up
1:00 p.m.	Pool Tournament			1:00 p.m.	PAPA THOM FOR BIRTHDAYS CELEBRATIONS & MUSICAL AFTERNOON - DANCE PARTY! 1-3PM
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Outing: Grocery Shop at Walmart (S) OGO van		
2:00 p.m.	Skills Practice: The Art of Conversation		Peer Support at Bernard Bean Scene 4:00-6:00pm		

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
30	Vashti back >	31	HEARING TESTS W/ LISA GUNN 1-3PM(back room)		
10:15 a.m.	Yoga	10:15 a.m.	Active Time		
11:00 a.m.	Mindfulness	11:00 a.m.	Meditation		
12:00 p.m.	Lunch & Clean Up	12:00 p.m.	Lunch & Clean up		
1:15 p.m.	Resourceful Cooking for Wellness w/Chef Michael	1:00 p.m.	Outing: H2O (S) KGH OGO car		
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.	Don't Sweat The Small Stuff Read & Discuss		
		3:30 p.m.	Monthly Fourm on Mental Health (3:30-4:30pm) Peer Support at Bernard Bean Scene 4:00-6:00pm		

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 **May**.

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.