

# CMHA Wellness Development Centre (WDC) Schedule of Activities

March 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 & Soups: \$5.00

\* PUNCH CARDS AVAILABLE:

For more information call 250-861-3644

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
		<b>1</b>		<b>2</b>	
		10:15 a.m. <a href="http://cmhkelowna.com/">http://cmhkelowna.com/</a> 11:00 a.m. Meditation 12:00 p.m. Lunch & Clean up 1:00 p.m. <b>Writing Poetry: with Luke (on stage)</b> 1:00 p.m. <b>Outing: Walk To The Bird Sanctuary- Rianna</b> 1:30 p.m. Sewing with Dawna 2:00 p.m. Computers with Caitlin (2-3pm)		10:15 a.m. <b>Outing: Tour of CREATE -Sunday wellness prgms (S)</b> 11:00 a.m. Yoga with Carol 12:00 p.m. Lunch & Clean Up 1:00 p.m. Accepting Our Bodies Support Group (H shadow) 1:00 p.m. <b>Art with Tina: Animals In Mixed Media Pt. 1 (S)</b> 2:00 p.m. Music Request Hour	
<b>7</b>	<b>CLOTHING SWAP THIS WEEK &gt;</b>	<b>8</b>	<b>CLOTHING SWAP &gt;</b>	<b>9</b>	<b>CLOTHING SWAP</b>
10:10 a.m. Yoga with Carol (10:10-11:10am) 11:15 a.m. Mindfulness 12:00 p.m. Lunch & Clean Up 1:00 p.m. <b>Art with Dylan: Design Ratios &amp; Brush Technique (S)</b> 1:30 p.m. Qi Gong with Hajime 2:00 p.m. <b>Education: Conflict Resolution Pt. 1</b>		<b>*OPEN AT 11:00AM DUE TO STAFF MEETING*</b> 11:00 a.m. Meditation 12:00 p.m. Lunch & Clean up 12:30 p.m. <b>Community Meeting</b>  1:00 p.m. <b>Cultural Sensitivity Workshop 1:00-3:00pm in WDC</b> 1:30 p.m. <b>Building your WRAP (on stage)</b> *No Caitlin today or 22nd.		10:15 a.m. <b>Good Morning: Tea &amp; Chat</b> 11:00 a.m. Yoga with Carol 12:00 p.m. Lunch & Clean Up 1:00 p.m. <b>Outing: Bowling (S) (walking there)</b> 1:00 p.m. <b>Acupuncture with Dr Barlow (S)</b> 1:00 p.m. <b>Art with Tina: Animals In Mixed Media Pt. 2 (S)</b> 2:00 p.m. Music Request Hour	
<b>14</b>		<b>15</b>		<b>16</b>	
10:10 a.m. Yoga with Carol (10:10-11:10am) 11:15 a.m. Mindfulness 12:00 p.m. Lunch & Clean Up 1:00 p.m. <b>BINGO OR Social Time: Walk &amp; Talk (S)</b> 1:30 p.m. Qi Gong with Hajime 2:00 p.m. <b>Education: Conflict Resolution Pt. 2</b>		10:15 a.m. <b>Bollywood Dance with Harleen</b> 11:00 a.m. Meditation 12:00 p.m. Lunch & Clean up 1:00 p.m. <b>Writing Poetry: with Luke (back room)</b> 1:30 p.m. Sewing with Dawna 2:00 p.m. Don't Sweat The Small Stuff Read & Discuss w/June 2:00 p.m. Computers with Caitlin (2-3pm)		10:15 a.m. TED talk & discuss 11:00 a.m. Yoga with Carol 12:00 p.m. Lunch & Clean Up <b>*St. Patrick's Theme*</b> 1:00 p.m. Accepting Our Bodies Support Group (H facilitate) 1:00 p.m. <b>Ping Pong</b> 2:00 p.m. Music Request Hour	
<b>21</b>		<b>22</b>	<b>CULTURAL DAY</b>	<b>23</b>	
10:10 a.m. Yoga with Carol (10:10-11:10am) 11:15 a.m. Mindfulness 12:00 p.m. Lunch & Clean Up 1:00 p.m. <b>Baking with Mandy: Sugar Cookies</b> 1:30 p.m. Qi Gong with Hajime 2:00 p.m. <b>MH Info Session: Generalized Anxiety Disorder(H)</b>		<b>CELEBRATING THE CULTURE OF AUSTRIA</b> 		10:15 a.m. <b>Good Morning: Tea &amp; Chat</b> 11:00 a.m. Yoga with Carol 12:00 p.m. Lunch & Clean Up 1:00 p.m. <b>Art with Natasha: Resin Landscape Art Pt. 1 (S)</b> 1:00 p.m. <b>Outing: Grocery Shop at Walmart (S)</b> 1:30 p.m. <b>Education: Smoking Cessation with Wes</b> 2:00 p.m. Music Request Hour	

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
<b>28</b>		<b>29</b>		<b>30</b>	
10:10 a.m.	Yoga with Carol (10:10-11:10am)	10:15 a.m.	<b>Bollywood Dance with Harleen</b>	10:15 a.m.	TED talk & discuss
11:15 a.m.	Mindfulness	11:00 a.m.	Meditation	11:00 a.m.	Yoga with Carol
12:00 p.m.	Lunch & Clean Up	12:00 p.m.	Lunch & Clean Up	12:00 p.m.	Lunch & Clean Up
1:15 p.m.	<b>Cooking for Wellness with Chef Michael- confirm</b>	1:00 p.m.	<b>Writing Poetry: with Luke</b>	1:00 p.m.	<b>Art with Natasha: Resin Landscape Art Pt. 2 (S)</b>
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	<b>Art with Lynne: Acrylics (S)</b>	1:30 p.m.	<b>Building your WRAP (on stage)</b>
		1:00 p.m.	<b>Outing: H2O (S)</b>	2:00 p.m.	Birthday Celebrations (S) & Music Request Hour
		2:00 p.m.	Computers with Caitlin (2-3pm)		

*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 **March**.

### Peer Support Group

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

