

**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 = \$

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
				<b>1</b>	
				10:15 a.m. Read & Discuss: The Language of Letting Go 11:00 a.m. Yoga 12:00 p.m. Lunch & Clean Up 1:00 p.m. Accepting Our Bodies Support Group 1:00 p.m. <b>Outing: Bowling (S)</b> (Note date change) 1:00 p.m. <b>Art with Tina: Faces in Acrylics Pt. 1 (S)</b> 2:00 p.m. Music Request Hour	
<b>6</b>		<b>7</b>		<b>8</b>	
10:10 a.m. Yoga 10:30 a.m. Tuesday Morning Check-In 11:15 a.m. Mindfulness 12:00 p.m. Lunch & Clean Up 1:00 p.m. <b>Outing: Indoor Mini Golf at Scandia (S) OGO van</b> 1:30 p.m. Qi Gong with Hajime 2:00 p.m. <b>MH Info Session: Eating Disorder Awareness</b>	10:15 a.m. Word Scramble: Brain Teasers 11:00 a.m. Meditation 12:00 p.m. Lunch & Clean up 1:00 p.m. <b>Art with Lynne: Watercolors (S)</b> 1:30 p.m. <b>Winter Walk to the Lake</b> 2:00 p.m. Board Games  4:00 p.m. <b>Peer Support at Bernard Bean Scene 4:00-6:00pm</b>	10:15 a.m. BINGO 11:00 a.m. Yoga 12:00 p.m. Lunch & Clean Up 1:00 p.m. Ping Pong 1:00 p.m. <b>Acupuncture with Dr Barlow (S)</b> 1:00 p.m. <b>Art with Tina: Faces in Acrylics Pt. 2 (S)</b> 2:00 p.m. Music Request Hour			
<b>13</b>		<b>14</b>		<b>15</b>	
10:10 a.m. Yoga 10:30 a.m. Positive News Stories 11:15 a.m. Mindfulness 12:00 p.m. Lunch & Clean Up 12:30 p.m. <b>Community Meeting</b> 1:00 p.m. <b>Self Care &amp; Wellness Tools Group Brainstorm</b> 1:30 p.m. Qi Gong with Hajime 2:00 p.m. <b>Education: Building Resilience</b>	10:15 a.m. Word Scramble: Brain Teasers 11:00 a.m. Meditation 12:00 p.m. Lunch & Clean up 1:00 p.m. <b>Valentines Day Baking with Mandy</b> 1:30 p.m. <b>Winter Walk to the Lake</b> 2:00 p.m. Board Games  4:00 p.m. <b>Peer Support at Bernard Bean Scene 4:00-6:00pm</b>	10:15 a.m. Read & Discuss: The Language of Letting Go 11:00 a.m. Yoga 12:00 p.m. Lunch & Clean Up: <b>Chinese New Year</b> 1:00 p.m. Accepting Our Bodies Support Group 1:00 p.m. <b>Outing: Skating at Stuart Park (S)</b> 2:00 p.m. Music Request Hour			
<b>20</b>		<b>21</b>		<b>22</b>	
10:10 a.m. Yoga 10:30 a.m. Tuesday Morning Check-In 11:15 a.m. Mindfulness 12:00 p.m. Lunch & Clean Up 1:00 p.m. <b>Art with Fay: Mosaics (S)</b> 1:30 p.m. Qi Gong with Hajime 2:00 p.m. <b>Education: Conflict Resolution Pt. 1</b>	<b>WE WILL BE OPEN AT 11:00AM DUE TO STAFF MTG</b> 11:00 a.m. Meditation 12:00 p.m. Lunch & Clean up 1:00 p.m. Tea & Chat 1:30 p.m. <b>Winter Walk to the Lake</b> 2:00 p.m. <b>Olympics: Watch Live in the WDC</b>  4:00 p.m. <b>Peer Support at Bernard Bean Scene 4:00-6:00pm</b>	10:15 a.m. BINGO 11:00 a.m. Yoga 12:00 p.m. Lunch & Clean Up 1:00 p.m. <b>Outing: Grocery Shop at Walmart (S) OGO van</b> 1:00 p.m. <b>Pool Tournament</b> 2:00 p.m. Music Request Hour & Birthday Celebrations			

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
<b>27</b>		<b>28</b>			
10:10 a.m.	Yoga		<b>Join us for Italian food, learning, music &amp; fun times!</b>		<b>Pick up a copy of the March calendar in the WDC or at the front desk!</b>
10:30 a.m.	Positive News Stories	11:00 a.m.	Meditation 		
11:15 a.m.	Mindfulness				
12:00 p.m.	Lunch & Clean Up				
1:00 p.m.	<b>Outing: H2O (\$)</b> OGO van	2:00 p.m.	Yoga & Relaxation with Vashti		
1:30 p.m.	Qi Gong with Hajime	3:30 p.m.	<b>Monthly Fourm on Mental Health</b>		
2:00 p.m.	<b>Education: Conflict Resolution Pt. 2</b>	4:00 p.m.	<b>Peer Support at Bernard Bean Scene 4:00-6:00pm</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](http://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.