

CMHA Wellness Development Centre (WDC) Schedule of Activities

May 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

Coffee

25 cents, available 10:00am-12:30pm.

Lunch & Coffee Coupons

Available for purchase - talk to a Wellness Coach

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
1		2		3	
10:10 a.m.	Yoga	10:30 a.m.	Word Scramble: Brain Teasers	10:15 a.m.	BINGO
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.	Shoppers: Walk & Run for Health Walking Group	1:00 p.m.	Outing: Walk at Mission Creek Park (S)	1:00 p.m.	Accepting Our Bodies Support Group
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Information Session: Storytelling	1:00 p.m.	Art with Tina: Ink Resist Pt. 1 (S)
2:00 p.m.	Board Games	2:30 p.m.	Smudge	2:00 p.m.	Music Request Hour
			Peer Support at Bernard Bean Scene 4:00-6:00pm		
8		9		10	
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble: Brain Teasers	10:15 a.m.	Morning Trivia
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.	Art with Amy V: Wishdoll (S)	1:00 p.m.	Guest Speaker Karen: Personal Values & Vision	1:00 p.m.	Art with Tina: Ink Resist Pt. 2 (S)
1:00 p.m.	Shoppers: Walk & Run for Health Walking Group	1:00 p.m.	Computers with Greg (S)	1:00 p.m.	Acupuncture with Dr Barlow (S)
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Art with Lynda Z: Rock Painting (S)	2:00 p.m.	Music Request Hour
2:00 p.m.	Education: Reframing Our Thoughts Pt. 1		Peer Support at Bernard Bean Scene 4:00-6:00pm		
15		16		17	SHOPPERS RUN SATURDAY 21ST 9:00AM
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble: Brain Teasers	10:15 a.m.	BINGO
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: Royal Lunch
1:00 p.m.	Shoppers: Walk & Run for Health Walking Group	1:00 p.m.	Davina & Allan: Drumming Circle in WDC	12:30 p.m.	Shoppers: Walk & Run Orientation & Information
1:00 p.m.	Focus Group: Walk & Talk (S)	1:00 p.m.	Art with Lynne: Dreamcatchers (S)	1:00 p.m.	Accepting Our Bodies Support Group
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Computers with Greg (S)	1:00 p.m.	Outing: Bowling (S)
2:00 p.m.	Education: Reframing Our Thoughts Pt. 2	2:30 p.m.	Smudge	2:00 p.m.	Music Request Hour
			Peer Support at Bernard Bean Scene 4:00-6:00pm		
22		23		24	
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble: Brain Teasers	10:15 a.m.	Morning Trivia
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.	Hearing Tests 1-3pm (boardroom) (S)	1:00 p.m.	Guest Speaker Christine: Heartmath Pt. 1	1:00 p.m.	Outing: Grocery Shop at Walmart (S)
1:00 p.m.	WDC Summer Activity Group Brainstorm	1:00 p.m.	Outing: Pickleball at Parkinson Rec Centre (S)	1:00 p.m.	Bocce Ball
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.	Ping Pong	2:00 p.m.	Music Request Hour
2:00 p.m.	Wii Games		Peer Support at Bernard Bean Scene 4:00-6:00pm		



Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
29		30		31	
	<p>THE WDC WILL BE CLOSED FOR ANNUAL STAFF TRAINING - SEE YOU WEDNESDAY!</p> 	<p>10:15 a.m. Word Scramble: Brain Teasers 11:00 a.m. Meditation 12:00 p.m. Lunch & Clean Up 1:00 p.m. Guest Speaker Christine: Heartmath Pt. 2 1:00 p.m. Computers with Greg (S) 2:30 p.m. Smudge Monthly Fourm on Mental Health 3:30-4:30pm Peer Support at Bernard Bean Scene 4:00-6:00pm</p>	<p>10:15 a.m. BINGO 11:00 a.m. Yoga 12:00 p.m. Lunch & Clean Up 1:00 p.m. WHY Games (Wellness Health & You) 2:00 p.m. Music Request Hour & Birthday Celebrations</p> <p>*Just NEW it final draw for May monthly challenge*</p>		

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 Forum on Mental Health

Monthly Forum 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.