

CMHA Wellness Development Centre (WDC) Schedule of Activities

July 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
3		4		5	
10:10 a.m.	Yoga	10:00 a.m.	Art with Alex: Come find out! (S)	10:15 a.m.	Morning Trivia
11:15 a.m.	Mindfulness	10:30 a.m.	Word Scramble: Brain Teasers	11:00 a.m.	Yoga
12:00 p.m.	Lunch & Clean Up	11:00 a.m.	Meditation	12:00 p.m.	Lunch & Clean Up
1:00 p.m.	Walk To The Park: Outdoor Games	12:00 p.m.	Lunch & Clean up	1:00 p.m.	Art with Tina: Acrylic Seascape Pt. 1 (S)
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Crafts with Kathleen: Card Making (S)	1:00 p.m.	Accepting Our Bodies Support Group
2:00 p.m.	Education: "I statements"	1:00 p.m.	Computers with Greg	2:00 p.m.	Music Request Hour
		2:00 p.m.	Wii Games		
		4:00 p.m.	Peer Support at Kelowna Library (details on reverse)	3:00 p.m.	Walk & Talk! 3:00-4:00pm
10		11		12	
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble: Brain Teasers	10:15 a.m.	BINGO
11:15 a.m.	Mindfulness	10:15 a.m.	Zumba with Laura! (10:15-10:45am)	11:00 a.m.	Yoga
12:00 p.m.	Lunch & Clean Up	11:00 a.m.	Meditation	12:00 p.m.	Lunch & Clean Up
1:00 p.m.	Outing: Walk at Mission Creek Park (S) (modo van)	12:00 p.m.	Lunch & Clean up	1:00 p.m.	Art with Tina: Acrylic Seascape Pt. 2 (S)
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Outing: Mini-Golf at Scandia (S) (modo van)	1:00 p.m.	Crib Tournament (S)
2:00 p.m.	Education: Micro Skills Pt. 1	1:00 p.m.	Information Session: Storytelling	2:00 p.m.	Music Request Hour
		2:00 p.m.	Outdoor Yoga with Vashti	3:00 p.m.	Walk & Talk! 3:00-4:00pm
		4:00 p.m.	Peer Support at Kelowna Library (details on reverse)		
17		18		19	
10:10 a.m.	Yoga OR Outing: Kangaroo Farm (S) (modo van)	BEACH GAMES, FUN IN THE SUN AND PICNIC LUNCH ROTARY BEACH - 3736 LAKESHORE ROAD  PURCHASE A LUNCH FOR \$3 OR BRING YOUR OWN EVERYONE WELCOME!		10:15 a.m.	Morning Trivia
11:15 a.m.	Mindfulness			11:00 a.m.	Yoga
12:00 p.m.	Lunch & Clean Up			12:00 p.m.	Lunch & Clean Up
1:00 p.m.	Afternoon walk to the lake			1:00 p.m.	Accepting Our Bodies Support Group
1:30 p.m.	Qi Gong with Hajime			1:00 p.m.	Outing: Bowling (S)
2:00 p.m.	Education: Micro Skills Pt. 2			2:00 p.m.	Music Request Hour
		4:00 p.m.	Peer Support at Kelowna Library (details on reverse)	3:00 p.m.	Walk & Talk! 3:00-4:00pm
24		25		26	
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
1:00 p.m.	Walk To The Park: Outdoor Games	1:00 p.m.	Movie & Popcorn in WDC	1:00 p.m.	Outing: Grocery Shop at Walmart (S)(Elantra Ellis)
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Art with Lynne: Gala Group Project Pt. 1 (S)	1:00 p.m.	Wii Games
2:00 p.m.	Education: Gratitude & Happiness			1:00 p.m.	Art with Tina: Gala Group Project Pt. 1 (S)
		3:30 p.m.	Monthly Forum on Mental Health	2:00 p.m.	Music Request Hour
		4:00 p.m.	Peer Support at Kelowna Library (details on reverse)	3:00 p.m.	Walk & Talk! 3:00-4:00pm (last day)



Tuesday		Wednesday		Thursday	
Time	Activity	Time		Time	Activity
31					
10:10 a.m.	Yoga				
11:15 a.m.	Mindfulness				
12:00 p.m.	Lunch & Clean Up				
1:00 p.m.	Afternoon walk to the lake				
1:00 p.m.	Hair-Cuts with Natasha (S)				
1:30 p.m.	Qi Gong with Hajime				
2:00 p.m.	MH Info Session: Concurrent Disorders				

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

NEW LOCATION: Wednesdays 4:00-6:00pm

Okanagan Library - 1380 Ellis St downtown

Private meeting room #3 (far left side first floor)

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.