

# CMHA Wellness Development Centre (WDC) Schedule of Activities

June 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 at 10:00 a.m - 12:30 p.m.

**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 Highlighted in Purple!  
 Art Studio Programs Highlighted in Pink!  
 New Programs Highlighted in Blue!  
 Outings Highlighted in Orange  
 Sign Up = \$

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
<b>5</b>		<b>6</b>		<b>7</b>	
10:10 a.m.	Yoga	10:30 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.	<b>Art with Amy V:</b>	1:00 p.m.	<b>Outing: Lavendar Farm (S) OGO van</b>	1:00 p.m.	Accepting Our Bodies Support Group
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	<b>Art with Lynda Z: Rock Painting Pt. 2 (S)</b>	1:00 p.m.	<b>Art with Tina: Colorful Acrylic Faces Pt. 1 (S)</b>
2:00 p.m.	<b>Education: Boundaries Pt. 1</b>	1:00 p.m.	Computers with Greg	2:00 p.m.	Music Request Hour & <b>Farewell for Steve</b>
		2:00 p.m.	Wii Games		
		4:00 p.m.	<b>Peer Support at Kelowna Library (details on reverse)</b>		
<b>12</b>		<b>13</b>		<b>14</b>	
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.	<b>Outing: Pickleball at Parkinson Rec (S) OGO van</b>	1:00 p.m.	<b>Crafts with Kathleen: Paper Mache Pt. 1 (S)</b>	1:00 p.m.	Acupuncture with Dr Barlow (S)
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Read & Discuss: Don't Sweat the Small stuff w/June	1:00 p.m.	<b>Art with Tina: Colorful Acrylic Faces Pt. 2 (S)</b>
2:00 p.m.	<b>Education: Boundaries Pt. 2</b>	2:00 p.m.	Outdoor Yoga with Vashti	2:00 p.m.	Music Request Hour
		4:00 p.m.	<b>Peer Support at Kelowna Library (details on reverse)</b>		
<b>19</b>		<b>20</b>	<b>*BEACH DAY DEPENDENT ON WEATHER/FLOODS*</b>	<b>21</b>	
10:10 a.m.	Yoga	 <b>BEACH GAMES, FUN IN THE SUN AND PICNIC LUNCH</b> <b>CHECK WITH STAFF FOR LOCATION DETAILS</b>  <b>PURCHASE A LUNCH FOR \$3 OR BRING YOUR OWN</b> <b>EVERYONE WELCOME!</b> <b>Peer Support at Kelowna Library (details on reverse)</b>		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.	<b>Outing: Walk for DQ Ice Cream Sundae (S)</b>			1:00 p.m.	<b>Outing: Bowling (S)</b>
1:30 p.m.	Qi Gong with Hajime			1:00 p.m.	<b>Art with Lynne: Wire Wrapped Ear Cuff (S)</b>
2:00 p.m.	<b>Education: Sleep Hygiene</b>			1:00 p.m.	Accepting Our Bodies Support Group
				2:00 p.m.	Music Request Hour
<b>26</b>		<b>27</b>		<b>28</b>	
10:10 a.m.	Yoga	10:10 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.	<b>Outing: Walk at Paul's Tomb (S) OGO van</b>	1:00 p.m.	<b>Crafts with Kathleen: Paper Mache Pt. 2 (S)</b>	1:00 p.m.	<b>Pool Tournament</b>
1:30 p.m.	Qi Gong with Hajime	1:15 p.m.	Wii Games	1:00 p.m.	<b>Outing: Grocery Shop at Walmart (S) KGH car</b>
2:00 p.m.	<b>MH Information Session: Disordered Eating</b>	2:00 p.m.	Outdoor Yoga with Vashti	2:00 p.m.	Music Request Hour & Birthday Celebrations (S)
		3:30 p.m.	<b>Monthly Forum on Mental Health 3:30-4:30pm</b>		
		4:00 p.m.	<b>Peer Support at Kelowna Library (details on reverse)</b>		

*Our Programs provide a non- judgemental, confidential and respectful*

*environment for learning and sharing.*

[Wellness Development Centre WDC](#)

[Peer Support Group](#)



[Monthly Forum on Mental Health](#)

**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

**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 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.