

# CMHA Wellness Development Centre (WDC) Schedule of Activities

April 2016



**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 at 10 a.m - 1:00 p.m.

**Art Studio Open (Check schedule for classes)**

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 = \$



**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>5</b>		<b>6</b>		<b>7</b>	
10:00 a.m.	Yoga	10:15 a.m.	Active Time	10:15 a.m.	Mental Aerobics
10:30 a.m.	Positive News Stories	11:00 a.m.	Meditation	11:00 a.m.	Yoga
11:00 a.m.	Mindfulness	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.	BCSS Education Opportunities Info with Eimert	1:00 p.m.	Accepting Our Bodies Support Group
1:00 p.m.	Art with Amy (student): Open Studio	1:00 p.m.	Men's Group	1:00 p.m.	Art with Tina: Animals in Pastels Pt. 1 (S)
1:00 p.m.	Outing: Walk at Mission Creek (S) - dogs welcome	1:00 p.m.	Jewelry with Jayme: Making watches (S)	1:00 p.m.	Outing: H2O (S)
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.	Guitar Lessons with Norm	2:00 p.m.	Fun with science
2:00 p.m.	Education: Smoking Cessation	6:00 p.m.	Peer Support Outing - see reverse for details		
<b>12</b>		<b>13</b>		<b>14</b>	
10:00 a.m.	Yoga	10:15 a.m.	Self-Defence Fitness Class	10:15 a.m.	Food: Easy Prep and Delicious Eats
10:30 a.m.	Positive News Stories	11:00 a.m.	Meditation OR Community Meeting	11:00 a.m.	Yoga
11:00 a.m.	Mindfulness	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 Lynne: Painting on glass (S)	1:00 p.m.	Acupuncture with Dr Barlow (S)
1:00 p.m.	Social BINGO OR Art with Amy: Altered Book (S)	CELEBRATING CUBA 		1:00 p.m.	Outing: Bowling (S)
1:30 p.m.	Qi Gong with Hajime			1:00 p.m.	Art with Tina: Animals in Pastels Pt. 2 (S)
2:00 p.m.	Education: Grief and loss			2:00 p.m.	Singing Group with Jami OR Smudge
7:00 p.m.	Peer Support Outing - see reverse for details				
<b>19</b>		<b>20</b>		<b>21</b>	
10:00 a.m.	Yoga	10:15 a.m.	Active Time	10:15 a.m.	Mental Aerobics
10:30 a.m.	Positive News Stories	11:00 a.m.	Meditation	11:00 a.m.	Yoga
11:00 a.m.	Mindfulness	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.	Men's Group OR BINGO	1:00 p.m.	Accepting Our Bodies Support Group
1:00 p.m.	Outing: Walk to Bird Sanctuary (S)	2:00 p.m.	Guitar Lessons with Norm	1:00 p.m.	Outing: Grocery Shop at Walmart (S)
1:00 p.m.	Art with Amy (student): Open Studio			1:00 p.m.	Board Games with Clayton
1:30 p.m.	Qi Gong with Hajime	3:00 p.m.	Peers for Mental Wellness Advocacy Group 3-4pm	2:00 p.m.	Fun with science
2:00 p.m.	Education: Smoking Cessation	6:00 p.m.	Peer Support Outing - see reverse for details		
<b>26</b>		<b>27</b>		<b>28</b>	
10:00 a.m.	Yoga	WDC Open at 11:30am due to staff meeting 		10:15 a.m.	Food: Easy Prep and Delicious Eats
10:30 a.m.	Positive News Stories	12:00 p.m.	Lunch & Clean up	11:00 a.m.	Yoga
11:00 a.m.	Mindfulness	1:00 p.m.	Women's Group	12:00 p.m.	Lunch & Clean Up
12:00 p.m.	Lunch & Clean up	1:00 p.m.	Outing: H2O (S)	1:00 p.m.	Art with Fay: Mosaic Group Project
1:00 p.m.	MH Info Session: Borderline Personality Disorder	2:00 p.m.	BINGO	1:00 p.m.	Hair Cuts with Mary-Lou 1-3pm (S)
1:00 p.m.	Art with Amy (student): TBA- Come find out!			2:00 p.m.	Movie & Popcorn: Yes Man
1:30 p.m.	Qi Gong with Hajime			2:00 p.m.	Singing Group with Jami
2:00 p.m.	Birthday Celebrations & Dance Party (S)			7:00 p.m.	Peer Support Outing - see reverse for details

"Spring is the time of rebirth,  
renewal and regrowth"

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 ext. 125, 126,127 or 128

Fax: 250-763-4827

WDC Participants' Phone Line: 250-762-9866

Peer Support Group

**Monday: 1:30pm-3:00pm**

**Wednesday April 6th:** Meet at Bean  
Scene (274 Bernard Ave) in back room

**Tuesday April 12th:** Meditation by  
donation at The "Little house" at The Kelowna  
Yoga House 1272 St. Paul Street

**Wednesday April 20th:** Meet at Bean  
Scene (274 Bernard Ave) in back room

**Thursday April 28th:** Inspired Word:  
Poetry reading by donation at Prospera Place

*Our Programs provide a non- judgemental*

*confidential and respectful learning and sharing  
environment*

**Come and see a Wellness Coach if you are interested in  
joining us!**