

CMHA Wellness Development Centre (WDC) Schedule of Activities

April 2017



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

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: \$5.00 Soups: 2 for \$5.00
 * PUNCH CARDS AVAILABLE*

For more information call 250-861-3644

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
4		5		6	
10:10 a.m.	Yoga	10:15 a.m.	Active Time	10:15 a.m.	Good Morning: Tea & Chat
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.	BINGO OR Afternoon walk to the lake	1:00 p.m.	BCSS Info Session with Eimert	1:00 p.m.	Accepting Our Bodies Support Group
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Outing: Walk at Mission Creek Park (S) OGO van	1:00 p.m.	Art with Tina: Painting Water In Acrylics Pt. 1 (S)
2:00 p.m.	Skills Practice: The Art of Conversation	2:00 p.m.	Guitar Practice with Rianna	2:00 p.m.	Music Request Hour
		2:00 p.m.	Computers with Caitlin 2-3pm Peer Support at Bernard Bean Scene 4:00-6:00pm		
11		12		13	RIANNA'S LAST DAY Easter long weekend >
10:10 a.m.	Yoga	10:15 a.m.	Active Time	10:15 a.m.	TED talk & discuss
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 *Easter brunch
1:00 p.m.	Art with Dylan: Painting The Human Face (S)	1:00 p.m.	Writing Poetry: with Luke	1:00 p.m.	Acupuncture with Dr Barlow (S)
1:00 p.m.	BINGO	1:00 p.m.	Jewelry with Lynne: Wire Wrapped Necklaces (S)	1:00 p.m.	Outing: Bowling (S)
1:30 p.m.	Qi Gong with Hajime	1:30 p.m.	Easter Baking with Mandy	1:00 p.m.	Art with Tina: Painting Water In Acrylics Pt. 2 (S)
2:00 p.m.	MH Info Session: Stress Management	2:00 p.m.	Computers with Caitlin 2-3pm Peer Support at Bernard Bean Scene 4:00-6:00pm	2:00 p.m.	Music Request Hour
18		19		20	
10:10 a.m.	Yoga	OPEN AT 11:00AM DUE TO STAFF MEETING		10:15 a.m.	Good Morning: Tea & Chat
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.	BINGO OR Afternoon walk to the lake	1:00 p.m.	Outing: Hike at Knox Mountain (S) OGO van	1:00 p.m.	Accepting Our Bodies Support Group
1:30 p.m.	Qi Gong with Hajime	1:30 p.m.	Building your WRAP (on stage)	1:00 p.m.	Outing: Grocery Shop at Walmart (S) OGO van
2:00 p.m.	Skills Practice: The Art of Conversation	2:00 p.m.	Computers with Caitlin 2-3pm Peer Support at Bernard Bean Scene 4:00-6:00pm	2:00 p.m.	Education: Introduction to Mindfulness Pt. 1 (H)
25		26		27	VASHTI'S LAST DAY UNTIL MAY 29TH.
10:10 a.m.	Yoga	10:15 a.m.	Active Time	10:15 a.m.	TED talk & discuss
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
1:15 p.m.	Cooking for Wellness with Chef Michael	1:00 p.m.	Writing Poetry: with Luke OR Art with Lynne (S)	1:00 p.m.	Don't Sweat The Small Stuff Read & Discuss
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.	Music Request Hour & Birthday Celebrations (S)	1:00 p.m.	Outing: H2O (S) OGO van
		3:30 p.m.	Monthly Fourm on Mental Health (3:30-4:30pm) Peer Support at Bernard Bean Scene 4:00-6:00pm	2:00 p.m.	Education: Introduction to Mindfulness Pt. 2 (H)



Our programs provide a non-judgmental, 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 Social Outings

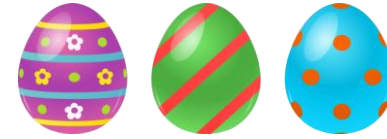
On **Wednesday evenings** the Peer Support Group

will meet at **4:00pm** at the **Bean Scene Coffee Shop**

371 Bernard Ave in downtown **Kelowna**. Join us for a casual check-in and social time. We will meet from **4:00-6:00pm** for the month of **April**.

Peer Support Group

Monday: 1:30-3pm at CMHA in the WDC



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** 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.