

CMHA Wellness Development Centre (WDC) Schedule of Activities

December 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 10:00am-1:00pm.

Art Studio Open

Tues & Thurs 10:00am-3:30pm
 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 = \$



Meals Matter
 Meals: \$5.00

Or TWO soups for \$5.00

* PUNCH CARDS AVAILABLE*

For more information call 250-861-3644

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
				1	
				10:15 a.m.	Decorate WDC for the Holidays & Holiday Free Zone
				11:00 a.m.	Yoga
				12:00 p.m.	Lunch & Clean Up
				1:00 p.m.	Accepting Our Bodies Support Group - Vashti cover
				1:00 p.m.	Art with Tina: Figures in Action Pt. 1 (S)
				2:00 p.m.	Music Request Hour
6	CLOTHING SWAP THIS WEEK Tues-Thurs >	7		8	
10:00 a.m.	Yoga		WE WILL BE OPENING AT 11AM DUE TO STAFF MTG	10:15 a.m.	Gratitude Practice
11:00 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
	SPA DAY 1-3PM	12:30 p.m.	Community Meeting	1:00 p.m.	Outing: Bowling (S) (Bowl at 1:30pm)
	Enjoy Being pampered & relax before the holidays	1:00 p.m.	Women's Group OR Art with Lynne: Painted Glass(S)	1:00 p.m.	Acupuncture with Dr Barlow (S)
	~Manicures, hair styling, make up applications & more to come...	1:30 p.m.	Sewing with Dawna	1:00 p.m.	Christmas Crafts with Staff (rotating tables)
		2:00 p.m.	Guitar Lessons with Norm	2:00 p.m.	Music Request Hour
13		14		15	Chelsea's last day
10:00 a.m.	Yoga		WDC & Interior Health Annual Christmas Party	10:15 a.m.	Gratitude Practice
11:00 a.m.	Mindfulness		Parkinson Recreation Centre - 1800 Parkinson Way	11:00 a.m.	Yoga
12:00 p.m.	Lunch & Clean up		Tickets are \$5.00 and available at the front desk	12:00 p.m.	Lunch & Clean Up
1:00 p.m.	Art: Homemade Christmas Cards with Michele		12:30pm - 3:00pm	1:00 p.m.	Art with Tina: Figures in Action Pt. 2 (S)
1:30 p.m.	Qi Gong with Hajime			1:00 p.m.	Accepting Our Bodies Support Group
2:00 p.m.	Education: Coping with the Holidays			1:00 p.m.	Outing: H2O (S) (OGO van)
				2:00 p.m.	Music Request Hour
20		21		22	
10:00 a.m.	Yoga with Carol	10:15 a.m.	Morning Dance Cardio	10:15 a.m.	Write a letter to yourself for 2017
11:00 a.m.	Good Morning: Random Act of Kindness	11:00 a.m.	Meditation	11:00 a.m.	Yoga with Carol
12:00 p.m.	Lunch & Clean up	12:00 p.m.	Lunch: Christmas Brunch	12:00 p.m.	Lunch & Clean Up
1:00 p.m.	BINGO: Turkey Raffle	1:00 p.m.	Outing: Grocery Shop at Walmart (S) (CMHA van)	1:00 p.m.	Christmas Movie & Popcorn
1:30 p.m.	Christmas Baking OR Qi Gong with Hajime	1:00 p.m.	Homemade Christmas Cards		Birthday Celebrations
2:00 p.m.	MH Info Session: Co-dependency	2:00 p.m.	Guitar Lessons with Norm		Join us as we celebrate before the holidays. We will spoil you with cookies, tea and fun times!



Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
27		28		29	
CLOSED FOR CHRISTMAS HOLIDAYS WE WILL RE-OPEN JANUARY 3RD AT 10:00AM		CLOSED FOR CHRISTMAS HOLIDAYS 		CLOSED FOR CHRISTMAS HOLIDAYS WE WILL RE-OPEN JANUARY 3RD AT 10:00AM	

*Our programs provide a non-judgemental, confidential, and respectful environment for learning and sharing.
Come see a Wellness Coach if you are interested in joining us!*

"Let us love winter for it is the spring of genius"

Wellness Development Centre

**504 Sutherland Ave.
Kelowna, BC, V1Y 5X1**

www.cmhkelowna.com

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 **6:00pm** 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 **6-8pm** for the month of **December**. Everyone is welcome!

Peer Support Group

Mondays: 1:30-3:00pm at CMHA