

# CMHA Wellness Development Centre (WDC) Schedule of Activities

July 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 & Soups: \$5.00

\* PUNCH CARDS AVAILABLE\*

For more information call 250-861-3644

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
<b>4</b>		<b>5</b>		<b>6</b>	
10:10 a.m.	Yoga	10:15 a.m.	Active Time	10:15 a.m.	Coloring
10:15 a.m.	Community Gardening- OGO car KGH	11:00 a.m.	Meditation	11:00 a.m.	Yoga
11:15 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 Info Session with Eimert	1:00 p.m.	Accepting Our Bodies Support Group
1:00 p.m.	BINGO	1:00 p.m.	Afternoon Walk To The Lake	1:00 p.m.	Art with Tina: Animals in Pastels Pt. 1 (S)
1:30 p.m.	Qi Gong with Hajime	1:30 p.m.	Yoga with Vashti (45 minutes)	2:00 p.m.	Music Request Hour
2:00 p.m.	Education: Building Resilience Pt. 2 (cont. last mnth)	2:00 p.m.	Computers with Caitlin (2-3pm) Peer Support at Bernard Bean Scene 4:00-6:00pm		
<b>11</b>		<b>12</b>		<b>13</b>	
10:10 a.m.	Yoga	<b>*CMHA OPEN AT 11:00AM DUE TO STAFF MEETING*</b>		10:15 a.m.	Coloring
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.	Outing: Walk Downtown for Ice Cream (S)	12:30 p.m.	Community Meeting	1:00 p.m.	Outing: Bowling (S)
1:00 p.m.	Art with Amy: Comfort Boxes (S)	1:00 p.m.	Writing Poetry with Luke	1:00 p.m.	Art with Tina: Animals in Pastels Pt. 2 (S)
1:30 p.m.	Qi Gong with Hajime	1:30 p.m.	Yoga & Relaxation with Vashti (1 hour)	1:30 p.m.	Building your WRAP
2:00 p.m.	Education: Self-Compassion Pt.1	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
<b>18</b>		<b>19</b>		<b>20</b>	<b>NOTE: DAY CHANGE FOR DR. BARLOW</b>
10:10 a.m.	Yoga	<b>BEACH DAY 10AM-3PM</b> <b>WDC CLOSED - JOIN US AT THE BEACH FOR</b> <b>YOGA, FOOD, GAMES AND FUN IN THE SUN!</b>		10:15 a.m.	Coloring
10:15 a.m.	Community Gardening- OGO van	<b>*WEATHER PENDING - LOCATION</b> <b>TO BE ANNOUNCED*</b>		11:00 a.m.	Yoga
11:15 a.m.	Mindfulness			12:00 p.m.	Lunch & Clean Up
12:00 p.m.	Lunch & Clean Up	<b>Peer Support at Bernard Bean Scene 4:00-6:00pm</b>		1:00 p.m.	Accupuncture with Dr. Barlow (S)
1:00 p.m.	BINGO OR Sewing with Dawna			1:00 p.m.	Accepting Our Bodies Support Group- back room
1:30 p.m.	Qi Gong with Hajime			1:00 p.m.	Outing: Grocery Shop at Walmart (S) OGO van
2:00 p.m.	Education: Self-Compassion Pt.2			2:00 p.m.	Music Request Hour
<b>25</b>		<b>26</b>		<b>27</b>	
10:10 a.m.	Yoga	10:15 a.m.	Dog park visit - bring your dog & meet us there!	10:15 a.m.	Outing: Kangaroo Farm in Winfield (S) OGO van
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.	Art with Lynne: TBA - Stay tuned! (S)	1:00 p.m.	MH Info Session: Generalized Anxiety Disorder
1:30 p.m.	Qi Gong with Hajime	1:30 p.m.	Yoga & Relaxation with Vashti (1 hour)	1:00 p.m.	Outdoor Badminton
		2:00 p.m.	Computers with Caitlin (2-3pm)	2:00 p.m.	Music Request Hour & Birthday Celebrations (S)
		3:30 p.m.	Monthly Forum on Mental Health (3:30-4:30pm)		
		4:00 p.m.	Peer Support at Bernard Bean Scene 4:00-6:00pm		

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](http://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 **March**.

### Peer Support Group

**Monday: 1:30-3pm** at CMHA



### 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.