

# CMHA Wellness Development Centre (WDC) Schedule of Activities

November 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 10:00am-1:00pm.

### Art Studio Open

Tues & Thurs 10:00am-3:00pm  
 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 & Soups: \$5.00

\* PUNCH CARDS AVAILABLE:

For more information call 250-861-3644

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
		<b>1</b>		<b>2</b>	
		10:30 a.m. Word Scramble - Brain teasers 11:00 a.m. Yoga & Meditation 12:00 p.m. Lunch & Clean up 1:00 p.m. Card Games with Jenna 1-2pm 1:00 p.m. <b>BCSS Education Info Session with Eimert</b> 2:00 p.m. Yoga & Relaxation with Vashti		10:15 a.m. BINGO 11:00 a.m. Yoga 12:00 p.m. Lunch & Clean Up 1:00 p.m. Accepting Our Bodies Support Group - Jayme cover 2:00 p.m. Music Request Hour	
<b>7</b>			<b>8</b>		<b>9</b> <b>Kyra off</b>
10:00 a.m. <b>Pool Tournament in Penticton! OGO van (S)</b> 10:10 a.m. Yoga 10:30 a.m. Computers with Caitlin 11:15 a.m. Mindfulness 12:00 p.m. Lunch & Clean Up 1:30 p.m. Qi Gong with Hajime <b>OR Hair Cuts with Natasha (S)</b> 2:00 p.m. <b>Education: Boundaries Pt. 1</b>		10:30 a.m. <b>Art Gala Debrief</b> 11:00 a.m. Yoga & Meditation 12:00 p.m. Lunch & Clean up 12:30 p.m. <b>Community Meeting</b> 1:00 p.m. <b>Outing: Walk &amp; View Canada 150 Mosaic Art at IH (S)</b> 2:00 p.m. Yoga & Relaxation with Vashti	10:30 a.m. Read & Discuss: The Language of Letting Go 11:00 a.m. Yoga 12:00 p.m. Lunch & Clean Up 1:00 p.m. <b>Outing: Bowling (S)</b> 1:00 p.m. <b>Acupuncture with Dr Barlow (S)</b> 1:00 p.m. <b>Art with Tina: Golf Course Group Project Pt. 1 (S)</b> 2:00 p.m. Music Request Hour		
<b>14</b>		<b>15</b>		<b>16</b> <b>Jayme's last day</b>	
10:10 a.m. Yoga 10:30 a.m. Computers with Caitlin 11:15 a.m. Mindfulness 12:00 p.m. Lunch & Clean Up 1:00 p.m. <b>Outing: Walk &amp; View CMHA's Art at Rotary Centre(S)</b> 1:30 p.m. Qi Gong with Hajime 2:00 p.m. <b>Education: Boundaries Pt. 2</b>	<b><u>WE WILL OPEN AT 11:30AM DUE TO A STAFF MTG</u></b> 11:30 a.m. Meditation 12:00 p.m. Lunch & Clean up 1:00 p.m. <b>Christmas Crafts: Making Centerpieces</b> 1:00 p.m. Card Games with Jenna 1-2pm 2:00 p.m. Yoga & Relaxation with Vashti	10:15 a.m. BINGO 11:00 a.m. Yoga 12:00 p.m. Lunch & Clean Up 1:00 p.m. Accepting Our Bodies Support Group 1:00 p.m. <b>Art with Tina: Golf Course Group Project Pt. 2 (S)</b> 2:00 p.m. Music Request Hour & <b>Farewell to Jayme (for now)</b>			
<b>21</b>		<b>22</b>		<b>23</b>	
10:10 a.m. Yoga 10:30 a.m. Computers with Caitlin 11:15 a.m. Mindfulness 12:00 p.m. Lunch & Clean Up 1:00 p.m. <b>Outing: H2O (S) KGH car</b> 1:30 p.m. Qi Gong with Hajime <b>OR Hair Cuts with Natasha (S)</b> 2:00 p.m. <b>MH Info Session: Depression</b>	10:15 a.m. Word Scramble - Brain teasers 11:00 a.m. Yoga & Meditation 12:00 p.m. Lunch & Clean up 1:00 p.m. <b>Launch Kelowna Info Session: Credit &amp; Debt 1-2pm</b> 2:15 p.m. Yoga & Relaxation with Vashti	10:30 a.m. Read & Discuss: The Language of Letting Go 11:00 a.m. Yoga 12:00 p.m. Lunch & Clean Up 1:00 p.m. <b>Outing: Grocery Shop at Walmart (S) KGH car</b> 1:00 p.m. <b>Art with Tina: Golf Course Group Project Pt. 3 (S)</b> 2:00 p.m. Music Request Hour			

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
<b>28</b>		<b>29</b>		<b>30</b>	
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble - Brain teasers	10:15 a.m.	BINGO
10:30 a.m.	Computers with Caitlin	11:00 a.m.	Yoga & 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.	<b>Art with Lynne: Gel Prints (S)</b>	1:00 p.m.	<b>Tea &amp; Chat</b>
1:00 p.m.	<b>Movie &amp; Popcorn in WDC</b>	1:00 p.m.	Read & Discuss: Don't Sweat the Small Stuff	1:00 p.m.	<b>Art with Kyra: Lightbulb Snowmen (S)</b>
1:00 p.m.	<b>Confidential HIV Testing with Teri (back room)</b>	2:00 p.m.	Yoga & Relaxation with Vashti	2:00 p.m.	Music Request Hour & Birthday Celebrations (S)
1:30 p.m.	Qi Gong with Hajime	3:30 p.m.	<b>Monthly Fourm on Mental Health 3:30-4:30pm</b>		

*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

**Phone:** 250-861-3644

**Fax:** 250-763-4827

### WDC Participants' Phone Line:

250-762-9866

### Peer Support Group

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

### Peer Support Social Outings

**Wednesday:** 4:00-6:00pm at Bean Scene  
Coffee Shop **371 Bernard Ave** in their private

back room. Join us for a casual check in.

### 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 except December) from 3:30-4:30pm in the WDC. Talking about current mental health matters and influencing changes for a stronger system.