

CMHA Wellness Development Centre (WDC) Schedule of Activities

October 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. -12:30 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
3		4	Kevin away	5	Vashti off
10:10 a.m.	Yoga OR Community Gardening OGO van	10:30 a.m.	Word Scramble - Brain teasers	10:15 a.m.	BINGO
10:30 a.m.	Computers with Caitlin	11:00 a.m.	Meditation	11:00 a.m.	Yoga
11:15 a.m.	Mindfulness	11:15 a.m.	Art Gala Meeting	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.	Accepting Our Bodies Support Group
1:00 p.m.	Art with Fay: Mosaic Group Project Pt. 3 (S)	1:00 p.m.	BCSS Education Info Session	1:00 p.m.	Art with Amy B: Felting Group Project Pt. 2 (S)
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Board Games with Jenna 1-3pm	2:00 p.m.	Music Request Hour
2:00 p.m.	Education: Conflict Resolution Pt. 1	1:30 p.m.	Yoga & Relaxation with Vashti Peer Support at Bernard Bean Scene 4:00-6:00pm		
10	Jason off	11	Jason off Kevin away	12	Jason off
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble - Brain teasers	10:15 a.m.	Coloring
10:30 a.m.	Computers with Caitlin	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	12:30 p.m.	Community Meeting	1:00 p.m.	Outing: Bowling (S)
1:00 p.m.	Outing: H2O (S) OGO van	1:00 p.m.	Art with Lynne: Earrings (S)	1:00 p.m.	Acupuncture with Dr Barlow (S)
1:30 p.m.	Qi Gong with Hajime	1:30 p.m.	Yoga & Relaxation with Vashti	1:00 p.m.	Art with Tina: Acrylics on Canvas: Fish Pt. 1 (S)
2:00 p.m.	Education: Conflict Resolution Pt. 2	2:00 p.m.	Read & Discuss: Don't Sweat The Small Stuff Peer Support at Bernard Bean Scene 4:00-6:00pm	2:00 p.m.	Music Request Hour
17	CLOTHING SWAP >	18	CLOTHING SWAP >	19	CLOTHING SWAP >
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.	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.	Cooking for Wellness with Local Chefs	1:00 p.m.	Accepting Our Bodies Support Group
1:00 p.m.	Art with Amy V: 'Inside Out Match Boxes'(S)	1:00 p.m.	Manicures with Jenna 1-3pm (S)	1:00 p.m.	Art with Tina: Acrylics on Canvas: Fish Pt. 2 (S)
1:00 p.m.	Outing: McMillan Farms (S) OGO van			2:00 p.m.	Music Request Hour
1:30 p.m.	Qi Gong with Hajime				
2:00 p.m.	MH Info Session: Seasonal Affective Disorder (SAD)		Peer Support at Bernard Bean Scene 4:00-6:00pm		
24	Kyra off	25	Kyra off	26	Kyra off
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble - Brain teasers	10:15 a.m.	Coloring
10:30 a.m.	Computers with Caitlin	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.	Afternoon walk to the lake	1:00 p.m.	Outing: Grocery Shop at Walmart (S) OGO van
1:00 p.m.	Movie & Popcorn in WDC	1:30 p.m.	Yoga & Relaxation with Vashti	1:00 p.m.	Ping Pong
1:15 p.m.	Hearing Tests with Lisa Gunn 1:15-3:00pm (S)	2:00 p.m.	Read & Discuss: Don't Sweat The Small Stuff Peer Support at Bernard Bean Scene 4:00-6:00pm	2:00 p.m.	Birthday Celebrations (S) & Music Request Hour
1:30 p.m.	Qi Gong with Hajime		Monthly Fourm on Mental Health 3:30-4:30pm		

Tuesday		Wednesday		Thursday	
Time	Activity	Time		Time	Activity
31	HALLOWEEN				
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.	HALLOWEEN PARTY IN WDC 1-3PM DRESSING UP IS ENCOURAGED!				



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 and social time.

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. Light snacks and refreshments will be provided.

