

CMHA Wellness Development Centre (WDC) Schedule of Activities

December 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 = S



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
5		6		7	Vashti off
10:10 a.m.	Yoga	10:15 a.m.	Christmas Crafts: Making Centerpieces	10:15 a.m.	Christmas Baking
10:30 a.m.	Decorate WDC for the Holidays & Holiday Free Zone	11:00 a.m.	Meditation	11:00 a.m.	Yoga
10:30 a.m.	Computers with Caitlin	12:00 p.m.	Lunch & Clean Up	12:00 p.m.	Lunch & Clean Up
11:15 a.m.	Mindfulness	12:30 p.m.	Community Meeting	1:00 p.m.	Accepting Our Bodies Support Group
12:00 p.m.	Lunch & Clean Up	1:00 p.m.	Launch Kelowna Info Session: Budgeting 1-2pm	1:00 p.m.	Art with Tina: Acrylic on Canvas Pt. 1 (S)
1:00 p.m.	Christmas Crafts: Making Centerpieces	1:00 p.m.	Homemade Christmas Cards (S)	2:00 p.m.	Music Request Hour
1:30 p.m.	Qi Gong with Hajime OR Hair Cuts with Natasha (S)	2:15 p.m.	Yoga & Relaxation with Vashti		
2:00 p.m.	Education: Coping with the holidays		Peer Support at Bernard Bean Scene 4:00-6:00pm		
12		13	CHRISTMAS PARTY AT PARKINSON - WDC CLOSED	14	Vashti off
10:10 a.m.	Yoga		WDC & Interior Health Annual Christmas Party Parkinson Recreation Centre - 1800 Parkinson Way Tickets are \$5.00 and available at the front desk 12:00 - 2:00pm - Doors open at 11:30am	10:15 a.m.	Spreading Holiday Cheer: Giving Cards & Candies
10:30 a.m.	Computers with Caitlin		Peer Support at Bernard Bean Scene 4:00-6:00pm	11:00 a.m.	Yoga
11:15 a.m.	Mindfulness			12:00 p.m.	Lunch & Clean Up
12:00 p.m.	Lunch & Clean Up			1:00 p.m.	Acupuncture with Dr Barlow (S)
1:00 p.m.	Outing: Walk to Stuart Park & Skating (S)			1:00 p.m.	Outing: Bowling (S)
1:30 p.m.	Qi Gong with Hajime			1:00 p.m.	Art with Tina: Acrylic on Canvas Pt. 2 (S)
2:00 p.m.	Education: Stress management			2:00 p.m.	Music Request Hour
19	Jason off	20	Vashti & Jason off	21	Vashti & Jason off
10:10 a.m.	Yoga	10:15 a.m.	BINGO	10:15 a.m.	Read & Discuss: The Language of Letting Go
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: Christmas Brunch
	SPA DAY 1-3PM	1:00 p.m.	Art with Lynne: Jewerly (S)	1:00 p.m.	Micro Games & Christmas Cartoons
	Enjoy Being pampered & relax before the holidays	1:00 p.m.	Outing: Grocery Shop at Walmart (S) KGH car	2:00 p.m.	Music Request Hour & Birthday Celebrations
	~Manicures, hair styling, make up applications & more to come...	2:00 p.m.	Read & Discuss: Don't Sweat the Small Stuff		Join us as we celebrate before the holidays. We will spoil you with treats, tea and fun times!
	Peer Support at Bernard Bean Scene 4:00-6:00pm		Peer Support at Bernard Bean Scene 4:00-6:00pm		
26		27		28	
	CLOSED FOR CHRISTMAS HOLIDAYS WE WILL RE-OPEN JANUARY 2ND AT 10:00AM		CLOSED FOR CHRISTMAS HOLIDAYS WE WILL RE-OPEN JANUARY 2ND AT 10:00AM		CLOSED FOR CHRISTMAS HOLIDAYS WE WILL RE-OPEN JANUARY 2ND AT 10:00AM

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

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 (except

www.kelowna.cmha.bc.ca

Phone: 250-861-3644

Fax: 250-763-4827

WDC Participants' Phone Line:

250-762-9866

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.

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.