

CMHA Wellness Development Centre (WDC) Schedule of Activities

January 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 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 & Soups: \$5.00

*** PUNCH CARDS AVAILABLE:**
 Buy 10 meals get 1 FREE SOUP!
 For more information call 250-861-3644

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
5		6		7	
10:00 a.m.	Yoga	10:30 a.m.	Active Time	10:15 a.m.	Mental Aerobics
10:30 a.m.	Positive News Stories	11:00 a.m.	Relaxation	11:00 a.m.	Yoga
11:00 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.	BRIDGES Info Session with Eimert	1:00 p.m.	Art with Tina: Winter Themes in Watercolor Pt. 1 (S)
1:00 p.m.	Art with Andrea (S)	1:00 p.m.	Outing: Skating at Stuart Park (S)	1:00 p.m.	Eating Disorder Support/Education Group
1:30 p.m.	Qi Gong with Hajime	1:30 p.m.	Art Room Community Meeting	1:00 p.m.	Computer Skills with Duane (S)
2:00 p.m.	Group New Year Check In's	2:00 p.m.	Men's Group	2:00 p.m.	Smudge & Language of Letting Go
			Peer Support (6:00-7:30pm) Doors open at 5:30pm		
12		13		14	
10:00 a.m.	Yoga	10:15 a.m.	Active Time	10:15 a.m.	Food: Easy Prep and Delicious Eats
10:30 a.m.	Positive News Stories	11:00 a.m.	Relaxation	11:00 a.m.	Yoga
11:00 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.	Outing: H2O (S)	1:00 p.m.	Art with Tina: Winter Themes in Watercolor Pt. 2 (S)
1:00 p.m.	Art with Jessica: Portraits in Oil (S)	1:00 p.m.	Art with Vashti: New Years Vision Boards (S)	1:00 p.m.	Acupuncture with Dr Barlow OR Outing: Bowling (S)
1:00 p.m.	Community Meeting (Fresh Start)	1:00 p.m.	BINGO with Clayton	1:00 p.m.	Computer Skills with Duane (S)
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.	Women's Group	2:00 p.m.	Smudge & Language of Letting Go
2:00 p.m.	MH Info Session: Post Traumatic Stress Disorder		Peer Support (6:00-7:30pm) Doors open at 5:30pm		
19		20		21	
10:00 a.m.	Yoga	CELEBRATING NETHERLANDS		10:15 a.m.	Mental Aerobics
10:30 a.m.	Positive News Stories			11:00 a.m.	Yoga
11:00 a.m.	Mindfulness	Peer Support (6:00-7:30pm) Doors open at 5:30pm		12:00 p.m.	Lunch & Clean Up
12:00 p.m.	Lunch & Clean up			1:00 p.m.	Art Room Clean Up
1:00 p.m.	Art with Andrea (S)			1:00 p.m.	Eating Disorder Support/Education Group
1:00 p.m.	Education: Recovery Star (1-3pm)			1:00 p.m.	Computer Skills with Duane (S)
1:30 p.m.	Qi Gong with Hajime			1:00 p.m.	Outing: Grocery Shop at Walmart (S)
				2:00 p.m.	Smudge & Language of Letting Go
26		27		28	
10:00 a.m.	Yoga	10:15 a.m.	Active Time	WDC Closed for Staff Training Day	
10:30 a.m.	Positive News Stories	11:00 a.m.	Relaxation OR Meet & Greet		
11:00 a.m.	Mindfulness	12:00 a.m.	Lunch & Clean up		
12:00p.m.	Lunch & Clean up	1:00 p.m.	Art with Lynne: Chinese Watercolors (S)		
1:00 p.m.	Birthday Celebrations & Dance Party	1:00 p.m.	Hair Cuts with Mary-Lou 1-3pm (S)		
1:00 p.m.	Education: Recovery Star (1-3pm)	1:00 p.m.	BINGO		
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.	Outing: Winter walk to the lake OR Men's Group		
			Peer Support (6:00-7:30pm) Doors open at 5:30pm		

"You are never too old to set
another goal or dream a new dream"

Wellness Development Centre (WDC)

504 Sutherland ave.

Kelowna, BC, V1Y 5X1

www.kelowna.cmha.bc.ca

Phone: 250-861-3644 ext. 125, 126,127 or 128

Fax: 250-763-4827

WDC Participants' Phone Line: 250-762-9866

Peer Support Group

Monday: 1:30-3pm

Wednesday: 6pm-7:30pm

*Our Programs provide a non- judgemental
confidential and respectful learning and sharing
environment*

**Come see a member of the Peer Support Staff if you are
Interested in joining us**