

CMHA Wellness Development Centre (WDC) Schedule of Activities

March 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 10:00am-1:00pm.

Art Studio Open (Check schedule for classes)

Tues & Thurs 10:00am-3:30pm
 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 = S



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
1		2		3	
10:00 a.m.	Yoga	10:15 a.m.	Self-Defence Fitness Class	10:15 a.m.	Mental Aerobics
10:30 a.m.	Positive News Stories	11:00 a.m.	Meditation	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.	BCSS Education Opportunities Info with Eimert	1:00 p.m.	Art with Tina: Acrylic Abstracts with Gels Pt. 1 (S)
1:00 p.m.	Art with Amy (student): Open Studio	1:00 p.m.	Men's Group	1:00 p.m.	Eating Disorder Discussion Group
1:00 p.m.	Outing: Walk at Ellison Falls (S)	1:30 p.m.	Community Discussion: Tolerance & Understanding	2:00 p.m.	Smudge & Language of Letting Go
1:30 p.m.	Qi Gong with Hajime		Peer Support (6:00-7:30pm) Doors open at 5:30pm	2:00 p.m.	Singing Group with Jami
8		9		10	
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.	Meditation	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.	Art with Lynne: Painting on Glass (S)	1:00 p.m.	Outing: Bowling (S) -mentor go?
1:00 p.m.	Art with Amy (student): Open Studio	1:00 p.m.	Women's group OR Sewing with Chantal	1:00 p.m.	Acupuncture with Dr Barlow (S)
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.	Guitar Lessons with Norm (bring your own)	1:00 p.m.	Art with Tina: Acrylic Abstracts with Gels Pt. 2 (S)
2:00 p.m.	BINGO		Peer Support (6:00-7:30pm) Doors open at 5:30pm	2:00 p.m.	Smudge & Language of Letting Go
15		16		17	
10:00 a.m.	Yoga	10:15 a.m.	Self-Defence Fitness Class	10:15 a.m.	Mental Aerobics
10:30 a.m.	Positive News Stories	11:00 a.m.	Meditation OR Community Meeting	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.		1:00 p.m.	Eating Disorder Discussion Group
1:00 p.m.	Art with Amy B: Easter Felting Pt. 1 (S)	1:00 p.m.	CELEBRATING ISRAEL 	1:00 p.m.	Outing: H2O (S)
1:00 p.m.	MH Info Session: Depression	2:00 p.m.		2:00 p.m.	Smudge & Language of Letting Go
1:30 p.m.	Qi Gong with Hajime		Peer Support Group Outing: Kelowna Theater 6:30p	2:00 p.m.	Singing Group with Jami
22		23		24	
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.	Meditation	11:00 a.m.	Yoga
11:00 p.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.	Men's Group	1:00 p.m.	Art with Fay: Mosaic Pictures (S)
1:00 p.m.	Art with Amy B: Easter Felting Pt. 2 (S)	1:00 p.m.	Sewing with Chantal	1:00 p.m.	Outing: Grocery Shop at Walmart (S)
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.	Guitar Lessons with Norm (bring your own)	2:00 p.m.	Smudge & Language of Letting Go
2:00 p.m.	Education: Communication		Peers for Mental Wellness Advocacy Group 3-4pm		
			Peer Support (6:00-7:30pm) Doors open at 5:30pm		

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
29		30		31	
10:00 a.m.	Yoga	10:15 a.m.	Self-Defence Fitness Class	10:15 a.m.	Mental Aerobics

10:30 a.m.	Positive News Stories	11:00 a.m.	Relaxation OR Meet and Greet	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.	Women's Group	1:00 p.m.	Outing: H2O (S) OR BINGO
12:30 p.m.	Birthday Celebrations & Dance Party (S)	1:00 p.m.	Hair Cuts with Mary-Lou 1-3pm (S)	2:00 p.m.	Smudge & Language of Letting Go
1:00 p.m.	Art with Amy (student): Wish Doll Workshop	1:00 p.m.	Movie & Popcorn: Big Hero 6	2:00 p.m.	Singing Group with Jami
1:30 p.m.	Qi Gong with Hajime				
2:00 p.m.	Board Games		Peer Support (6:00-7:30pm) Doors open at 5:30pm		

Quote: "If we had no winter, spring would not be so pleasant".

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**