

CMHA Wellness Development Centre (WDC) Schedule of Activities

November 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. -12:30 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-3:30pm
 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 = \$



Meals Matter
 Meals & Soups: \$5.00
 OR TWO SOUPS FOR \$5.00

* PUNCH CARDS AVAILABLE*

For more information call 250-861-3644

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
1		2		3	*Charly's last day*
10:00 a.m.	Yoga	10:15 a.m.	Morning Dance Cardio	10:15 a.m.	Read and Discuss: The Language of Letting Go
11:00 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 & Clean Up
1:00 p.m.	Outing: Walk to Art Gallery & View CMHA's Art (S)	1:00 p.m.	Farewell Celebration for Charly's Retirement! 1-3	12:30 p.m.	Community Meeting
1:30 p.m.	Qi Gong with Hajime			1:00 p.m.	Accepting Our Bodies Support Group - Jayme
2:00 p.m.	Education: Reframing Our Thoughts Pt. 1			1:00 p.m.	Art with Tina: Pouring Medium & Acrylics Pt. 1 (S)
				2:00 p.m.	Music Request Hour
8		9		10	
10:00 a.m.	Yoga	10:30 a.m.	WE WILL BE OPEN AT 10:30AM DUE TO A STAFF MTG	10:15 a.m.	Read and Discuss: The Language of Letting Go
11:00 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 & Clean Up
1:00 p.m.	BINGO	1:00 p.m.	Outing: H2O (S)	1:00 p.m.	Outing: Bowling (S)
1:30 p.m.	Qi Gong with Hajime	1:30 p.m.	Sewing with Dawna	1:00 p.m.	Acupuncture with Dr Barlow (S)
2:00 p.m.	Education: Reframing Our Thoughts Pt. 2	2:00 p.m.	Guitar Lessons with Norm	1:00 p.m.	Art with Tina: Pouring Medium & Acrylics Pt. 2 (S)
				2:00 p.m.	Music Request Hour
15		16		17	
10:00 a.m.	Yoga	10:15 a.m.	Morning Dance Cardio	10:15 a.m.	Read and Discuss: The Language of Letting Go
11:00 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 & Clean Up
1:00 p.m.	Jewelry with Jayme: Earrings (S)	1:00 p.m.	Women's Group	1:00 p.m.	Community Photo Project with Kyra
1:00 p.m.	Outing: Arion Farms (S)	1:00 p.m.	Art with Lynne: Acrylics (S)	1:00 p.m.	Accepting Our Bodies Support Group - Jayme
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.	Guitar Lessons with Norm	2:00 p.m.	Music Request Hour
2:00 p.m.	Education: Reframing Our Thoughts Pt. 1	3:00 p.m.	Peers for Mental Wellness Advocacy Group		
22		23		24	
10:00 a.m.	Yoga	10:15 a.m.	Active Time	10:15 a.m.	Read and Discuss: The Language of Letting Go
11:00 a.m.	Mindfulness	11:00 a.m.	Meditation	11:00 a.m.	Yoga
12:00 p.m.	Lunch & Clean Up	11:00 p.m.	Lunch & Clean up	12:00 p.m.	Lunch & Clean Up
1:00 p.m.	Art with Dylan: Emotional Acrylics (S) OR BINGO	1:00 p.m.	Outing: H2O (S)	1:00 p.m.	MH Info Session: Co-dependency
1:30 p.m.	Qi Gong with Hajime	1:30 p.m.	Sewing with Dawna	1:00 p.m.	Outing: Grocery Shop at Walmart (S)
2:00 p.m.	Education: Reframing Our Thoughts Pt. 2	2:00 p.m.	Guitar Lessons with Norm	2:00 p.m.	Music Request Hour

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
29		30			
10:00a.m.	Yoga	10:15 a.m.	Morning Dance Cardio		Pick up a copy of the December calendar in the WDC or at the front desk!
11:00 a.m.	Mindfulness	11:00 a.m.	Meditation		
12:00 p.m.	Lunch & Clean Up	12:00 p.m.	Lunch & Clean up		
1:15 p.m.	Resourceful Wellness Cooking with Chef Michael	1:00 p.m.	Women's Group		
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Hair-Cuts with Mary-Lou (S) OR Art with Marc (S)		
		2:00 p.m.	Guitar Lessons with Norm		

"Like the seasons, things change and so do we"



Wellness Development Centre

504 Sutherland Ave.

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Phone: 250-861-3644

Fax: 250-763-4827

WDC Participants' Phone Line:

250-762-9866

Peer Support Social Outings

On **Wednesday evenings** the Peer Support Group will meet at **5:00pm** at the **Bean Scene Coffee Shop**

371 Bernard Ave in downtown Kelowna.

Join us for a casual check-in and social time.

We will meet from **5-7pm** for the **month of**

November. Everyone is welcome!

Peer Support Group

Mondays: 1:30-3pm at CMHA