

CMHA Wellness Development Centre (WDC) Schedule of Activities

February 2017



Wellness Development Centre Hours

Tuesday, Wednesday, Thursday 10:00AM-3:00PM

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.

Start Times

Please arrive to groups on time to ensure consistency and maximum involvement. Thank you!

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

* PUNCH CARDS AVAILABLE*

For more information call 250-861-3644

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
		1		2	
		10:15 a.m.	Bollywood Dance with Harleen	10:15 a.m.	Positive News Stories
		11:00 a.m.	Meditation	11:00 a.m.	Yoga
		12:00 p.m.	Lunch & Clean up	12:00 p.m.	Lunch & Clean Up
		1:00 p.m.	Women's Group OR BCSS Info Session with Eimert	1:00 p.m.	Accepting Our Bodies Support Group (V cover)
		1:00 p.m.	Outing: Skating at Stuart Park (S) (walking there)	1:00 p.m.	Art with Tina: Drawing Faces Pt. 1 (S)
		1:00 p.m.	Computers with Caitlin (1-2pm)	2:00 p.m.	Music Request Hour
		1:30 p.m.	Sewing with Dawna	2:00 p.m.	Luke: Computer Assistance (2-3pm)
		2:00 p.m.	Read & Discuss: Don't sweat the small stuff w/ June		
7		8		9	
10:10 a.m.	Yoga (10:10-11:10am)	10:15 a.m.	Morning Dance Freestyle	10:15 a.m.	Mental Aerobics
11:15 a.m.	Mindfulness (note start time change)	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 OR Outing: H2O (S)	12:30 p.m.	Community Meeting	1:00 p.m.	Outing: Bowling (S)
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Men's Group: Walk & Talk	1:00 p.m.	Acupuncture with Dr Barlow (S)
2:00 p.m.	Education: Building Resilience	1:00 p.m.	Computers with Caitlin (1-2pm)	1:00 p.m.	Art with Tina: Drawing Faces Pt. 2 (S)
2:30 p.m.	Smudge	1:30 p.m.	Laughter Wellness with Annie (S)	2:00 p.m.	Music Request Hour
		2:00 p.m.	Guitar Practice with Rianna	2:00 p.m.	Luke: Computer Assistance (2-3pm)
14	V-Day celebration	15		16	
10:10 a.m.	Yoga (10:10-11:10am)	OPEN AT 11:00AM DUE TO A STAFF MEETING		10:15 a.m.	Positive News Stories
11:15 a.m.	Mindfulness			11:00 a.m.	Yoga
12:00 p.m.	Lunch & Clean Up: Romantic Dining for Valentine's	12:00 p.m.	Lunch & Clean up	12:00 p.m.	Lunch & Clean Up
1:00 p.m.	Outing: Skating at Stuart Park (S) (walking there)	1:00 p.m.	Women's Group OR Computers with Caitlin (1-2)	1:00 p.m.	Accepting Our Bodies Support Group
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Art with Fay: Mosaic Plate (S)	1:00 p.m.	Outing: Walk to the Kelowna Art Gallery (S)
2:00 p.m.	MH Info Session: Disordered Eating	1:30 p.m.	Sewing with Dawna OR Building Your WRAP	2:00 p.m.	Education: Smoking Cessation with Wes
		2:00 p.m.	Read & Discuss: Don't sweat the small stuff w/ June	2:00 p.m.	Luke: Computer Assistance (2-3pm)
21		22		23	
10:10 a.m.	Yoga (10:10-11:10am)	10:15 a.m.	Bollywood Dance with Harleen	10:15 a.m.	Mental Aerobics
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 & Clean Up
1:00 p.m.	Education: Mood Food w/ Guest Speaker Karolina	1:00 p.m.	Men's Group: Walk & Talk	1:00 p.m.	Outing: Grocery Shop at Walmart (S)
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Art with Lynne (S)	1:00 p.m.	Community Photo Project with Kyra
2:30 p.m.	Smudge	1:00 p.m.	Computers with Caitlin (1-2pm)	2:00 p.m.	Birthday Celebrations & Music Request Hour
		2:00 p.m.	Guitar Practice with Rianna	2:00 p.m.	Luke: Computer Assistance (2-3pm)
			Hearing tests with Lisa Gunn back room 1-2:30pm		

Tuesday		Wednesday		Thursday	
Time	Activity	Time		Time	Activity
28					
10:10 a.m.	Yoga (10:10-11:10am)		Pick up a copy of the March calendar in the WDC or at the front desk!		
11:15 a.m.	Mindfulness				
12:00 p.m.	Lunch & Clean Up				
1:15 p.m.	Resouceful Cooking for Wellness with Chef Michael				
1:30 p.m.	Qi Gong with Hajime				

Our Programs provide a non-judgmental, confidential and respectful environment for learning 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 Participant's Phone Line:](#)

250-762-9866

[Peer Support Social Outings](#)

On **Wednesday evenings** the Peer Support Group will meet at **4:00pm** 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 **4:00-6:00pm** for the month of **February**.

[Peer Support Group](#)

Monday: 1:30-3pm at CMHA

