

# CMHA Wellness Development Centre (WDC) Schedule of Activities

March 2018



**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**

Tues & Thurs 10:00am-3:00pm

Wed 12:00pm-3:00pm

**Calendar Legend:**

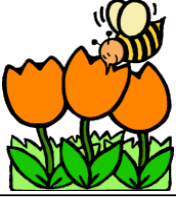
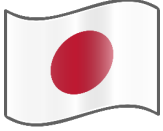
Education Programs in Purple!

Art Studio Programs in Pink!

New Programs in Blue!

Outings in Orange!

Sign Up = \$

| Tuesday    |   | Wednesday  |   | Thursday   |  |
|------------|---|------------|---|------------|--|
| Time       | Activity  | Time       | Activity  | Time       | Activity                                       |
|            |   |            |   | 1          |  |
|            |  |            |   | 10:15 a.m. | Read & Discuss: The language of letting go     |
|            |   |            |   | 11:00 a.m. | Yoga with Vashti                               |
|            |   |            |   | 12:00 p.m. | Lunch & Clean Up                               |
|            |   |            |   | 1:00 p.m.  | Accepting Our Bodies Support Group             |
|            |   |            |   | 1:00 p.m.  | Art with Tina: Caricatures Pt.1 (S)            |
|            |   |            |   | 2:00 p.m.  | Music Request Hour                             |
| 6          |   | 7          | (CAROL BACK)  | 8          |  |
| 10:10 a.m. | Yoga with Vashti  | 10:15 a.m. | Word Scramble: Brain Teasers  | 10:15 a.m. | BINGO  |
| 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.  | WDC Walking Group - everyone welcome!   | 1:00 p.m.  | Outing: H2O (S) OGO van   | 1:00 p.m.  | Outing: Bowling (S)                            |
| 1:30 p.m.  | Qi Gong with Hajime   | 1:00 p.m.  | Art with Lynne: Chinese Watercolors (S)   | 1:00 p.m.  | Acupuncture with Dr Barlow (S)                 |
| 2:00 p.m.  | MH Info Session: ADHD   | 2:00 p.m.  | Read & Discuss: Don't sweat the small stuff   | 1:00 p.m.  | Art with Tina: Caricatures Pt. 2 (S)           |
|            |   | 4:00 p.m.  | Peer Support at Bernard Bean Scene 4:00-6:00pm  | 2:00 p.m.  | Music Request Hour                             |
| 13         | CLOTHING SWAP >   | 14         | CLOTHING SWAP >   | 15         | CLOTHING SWAP >                                |
| 10:10 a.m. | Yoga  | 10:15 a.m. | Word Scramble: Brain Teasers  | 10:15 a.m. | Read & Discuss: The language of letting go     |
| 11:15 a.m. | Mindfulness   | 10:30 a.m. | Art Gala Planning Meeting - share your voice!   | 11:00 a.m. | Yoga   |
| 12:00 p.m. | Lunch & Clean Up  | 11:00 a.m. | Meditation  | 11:00 a.m. | Outing: Curling with Kyle (S) 11am-1pm OGO van |
| 1:00 p.m.  | Hair-Cuts with Natasha (S)  | 12:00 p.m. | Lunch & Clean up  | 12:00 p.m. | Lunch & Clean Up St. Patrick's Day Lunch       |
| 1:00 p.m.  | WDC Walking Group   | 1:00 p.m.  | Conversations around trauma with Tiffany (on stage)                                   | 1:00 p.m.  | Accepting Our Bodies Support Group             |
| 1:00 p.m.  | Art with Amy V: Refurbished Poetry Books (S)  | 1:00 p.m.  | Art with Jackie: Oil Painting (S)   | 2:00 p.m.  | Music Request Hour                             |
| 1:30 p.m.  | Qi Gong with Hajime   | 2:15 p.m.  | Yoga & Relaxation with Vashti   |            |  |
| 2:00 p.m.  | Education: Social Anxiety & Agoraphobia   | 4:00 p.m.  | Peer Support at Bernard Bean Scene 4:00-6:00pm  |            |  |
| 20         |   | 21         | CELEBRATING THE CULTURE OF JAPAN  | 22         |  |
| 10:10 a.m. | Yoga  | 11:00 a.m. | Meditation  | 10:15 a.m. | BINGO  |
| 11:15 a.m. | Mindfulness   |            |  | 11:00 a.m. | Yoga   |
| 12:00 p.m. | Lunch & Clean Up  |            |   | 12:00 p.m. | Lunch & Clean Up                               |
| 12:30 p.m. | Community Meeting   |            |   | 1:00 p.m.  | Outing: Grocery Shop at Walmart (S) OGO van    |
| 1:00 p.m.  | Food Policy Council: Focus Group with Steve   |            |   | 1:00 p.m.  | Art with Amy B: Mixed Media Fibre Art (S)      |
| 1:30 p.m.  | Qi Gong with Hajime   | 2:00 p.m.  | Yoga & Relaxation with Vashti   | 2:00 p.m.  | Music Request Hour                             |
| 2:00 p.m.  | Practicing Tools & Skills for mental wellbeing                                      | 4:00 p.m.  | Peer Support at Bernard Bean Scene 4:00-6:00pm  |            |  |

| Tuesday    |          | Wednesday  |                              | Thursday   |  |
|------------|----------|------------|------------------------------|------------|--|
| Time       | Activity | Time       | Activity                     | Time       | Activity                                   |
| 27         |          | 28         |                              | 29         | EASTER LONG WEEKEND >                      |
| 10:10 a.m. | Yoga     | 10:15 a.m. | Word Scramble: Brain Teasers | 10:15 a.m. | Read & Discuss: The language of letting go |

11:15 a.m. Mindfulness  
 12:00 p.m. Lunch & Clean Up  
 1:00 p.m. Hair-Cuts with Natasha (S) OR WDC Walking Group  
 1:30 p.m. Qi Gong with Hajime  
 2:00 p.m. **Practicing Tools & Skills for mental wellbeing**

11:00 a.m. Meditation  
 12:00 p.m. Lunch & Clean up  
 1:00 p.m. **Conversations around trauma with Tiffany (on stage)**  
 1:00 p.m. **Outing: Orchard Park Mall (S) OGO van**  
 2:15 p.m. Yoga & Relaxation with Vashti  
 3:30 p.m. **Monthly Fourm on Mental Health**  
 4:00 p.m. **Peer Support at Bernard Bean Scene 4:00-6:00pm**

11:00 a.m. Yoga  
 12:00 p.m. Lunch & Clean Up  
 1:00 p.m. **Practicing tools and skills for mental wellbeing**  
 1:00 p.m. Board Games  
 2:00 p.m. Music Request Hour & Birthday Celebrations (S)

*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**  
 www.kelowna.cmha.bc.ca  
**Phone:** 250-861-3644  
**Fax:** 250-763-4827

**WDC Participants' Phone Line:**

250-762-9866

**Peer Support Group**

**Monday: 1:30-3pm** at CMHA



**Peer Support Social Outings**

**Wednesday: 4:00-6:00pm** at Bean Scene  
 Coffee Shop **371 Bernard Ave** in their private

back room (before the bathrooms). Join us for a casual

check-in and social time.

**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 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.