

CMHA Wellness Development Centre (WDC) Schedule of Activities

April 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 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 = \$

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
3		4		5	
10:10 a.m.	Yoga	10:30 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.	Shoppers: Walk & Run for Health	1:00 p.m.	Computers with Greg (S)	1:00 p.m.	Accepting Our Bodies Support Group
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Practicing Skills for Mental Health (boardroom)	1:00 p.m.	Art with Tina: Painting Glass & Transparency Pt. 1 (S)
2:00 p.m.	Education: Practicing Skills for Mental Health	2:00 p.m.	Yoga & Relaxation with Vashti	2:00 p.m.	Music Request Hour
			Peer Support at Bernard Bean Scene 4:00-6:00pm		
10		11		12	
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble: Brain Teasers	10:15 a.m.	Morning Trivia
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.	Shoppers: Walk & Run for Health	1:00 p.m.	Guest Speaker: Alzheimer's Info Session 1-2pm	1:00 p.m.	Acupuncture with Dr Barlow (S)
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Art with Lynne: Jewelry (S)	1:00 p.m.	Read & Discuss: Don't Sweat the Small Stuff
2:00 p.m.	Education: BPD, Empathy & Coping Skills	2:15 p.m.	Yoga & Relaxation with Vashti	1:00 p.m.	Art with Tina: Painting Glass & Transparency Pt. 2 (S)
			Peer Support at Bernard Bean Scene 4:00-6:00pm	2:00 p.m.	Music Request Hour
17	STEVE (STUDENT) STARTS	18		19	TIFFANY'S LAST DAY
10:10 a.m.	Yoga	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.	Shoppers: Walk & Run for Health	1:00 p.m.	Art with Jackie (S)	1:00 p.m.	Outing: Bowling (S)
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Computers with Greg (S)	1:00 p.m.	Accepting Our Bodies Support Group
	WDC CLOSED AT 2:00PM FOR VOLUNTEER APPRECIATION	1:00 p.m.	Practicing Skills for Mental Health (boardroom)	2:00 p.m.	Music Request Hour & Farewell Celebration for Tiff
		2:00 p.m.	Yoga & Relaxation with Vashti		
			Peer Support at Bernard Bean Scene 4:00-6:00pm		
24		25		26	
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble: Brain Teasers	10:15 a.m.	Morning Trivia
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.	Shoppers: Walk & Run for Health	1:00 p.m.	Computers with Greg (S)	1:00 p.m.	Outing: Grocery Shop at Walmart (S)
1:30 p.m.	Qi Gong with Hajime	1:30 p.m.	Art with Dylan: Revenge of the onion (light) (S)	1:00 p.m.	Read & Discuss: Don't Sweat the Small Stuff
2:00 p.m.	Board Games	2:00 p.m.	Yoga & Relaxation with Vashti	2:00 p.m.	Music Request Hour & Birthday Celebrations (S)
		3:30 p.m.	Monthly Fourm on Mental Health		
			Peer Support at Bernard Bean Scene 4:00-6:00pm		



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.