

CMHA Wellness Development Centre (WDC) Schedule of Activities

June 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

Coffee

25 cents, available at 10:00 a.m - 12:30 p.m.

Lunch & Coffee Coupons


Available for purchase - talk to a Wellness Coach

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
5		6		7	
10:10 a.m.	Yoga	10:30 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.	Art with Amy V:	1:00 p.m.	Outing: Lavendar Farm (S) OGO van	1:00 p.m.	Accepting Our Bodies Support Group
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Art with Lynda Z: Rock Painting Pt. 2 (S)	1:00 p.m.	Art with Tina: Colorful Acrylic Faces Pt. 1 (S)
2:00 p.m.	Education: Boundaries Pt. 1	1:00 p.m.	Computers with Greg	2:00 p.m.	Music Request Hour & Farewell for Steve
		2:00 p.m.	Wii Games		
		4:00 p.m.	Peer Support at Kelowna Library (details on reverse)		
12		13		14	
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.	Outing: Pickleball at Parkinson Rec (S) OGO van	1:00 p.m.	Crafts with Kathleen: Paper Mache Pt. 1 (S)	1:00 p.m.	Acupuncture with Dr Barlow (S)
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Read & Discuss: Don't Sweat the Small stuff w/June	1:00 p.m.	Art with Tina: Colorful Acrylic Faces Pt. 2 (S)
2:00 p.m.	Education: Boundaries Pt. 2	2:00 p.m.	Outdoor Yoga with Vashti	2:00 p.m.	Music Request Hour
		4:00 p.m.	Peer Support at Kelowna Library (details on reverse)		
19		20	*BEACH DAY DEPENDENT ON WEATHER/FLOODS*	21	
10:10 a.m.	Yoga	BEACH GAMES, FUN IN THE SUN AND PICNIC LUNCH CHECK WITH STAFF FOR LOCATION DETAILS  PURCHASE A LUNCH FOR \$3 OR BRING YOUR OWN EVERYONE WELCOME! Peer Support at Kelowna Library (details on reverse)		10:15 a.m.	Morning Trivia
11:15 a.m.	Mindfulness			11:00 a.m.	Yoga
12:00 p.m.	Lunch & Clean Up			12:00 p.m.	Lunch & Clean Up
1:00 p.m.	Outing: Walk for DQ Ice Cream Sundae (S)			1:00 p.m.	Outing: Bowling (S)
1:30 p.m.	Qi Gong with Hajime			1:00 p.m.	Art with Lynne: Wire Wrapped Ear Cuff (S)
2:00 p.m.	Education: Sleep Hygiene			1:00 p.m.	Accepting Our Bodies Support Group
				2:00 p.m.	Music Request Hour
26		27		28	
10:10 a.m.	Yoga	10:10 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.	Outing: Walk at Paul's Tomb (S) OGO van	1:00 p.m.	Crafts with Kathleen: Paper Mache Pt. 2 (S)	1:00 p.m.	Pool Tournament
1:30 p.m.	Qi Gong with Hajime	1:15 p.m.	Wii Games	1:00 p.m.	Outing: Grocery Shop at Walmart (S) KGH car
2:00 p.m.	MH Information Session: Disordered Eating	2:00 p.m.	Outdoor Yoga with Vashti	2:00 p.m.	Music Request Hour & Birthday Celebrations (S)
		3:30 p.m.	Monthly Fourm on Mental Health 3:30-4:30pm		
		4:00 p.m.	Peer Support at Kelowna Library (details on reverse)		

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

NEW LOCATION: Wednesdays 4:00-6:00pm

Okanagan Library - 1380 Ellis St downtown

Private meeting room #3 (far left side first floor)

Join us for a casual check-in and social time

Monthly Forum on Mental Health

Monthly Forum 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.