

CMHA Wellness Development Centre (WDC) Schedule of Activities

August 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 10:00am-12:30pm

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 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		2	
		10:15 a.m. Word Scramble: Brain Teasers 11:00 a.m. Meditation 12:00 p.m. Lunch & Clean Up 1:00 p.m. Outing: Pickleball (S) OR Board Games 2:30 p.m. Smudge with Wes 4:00 p.m. Peer Support at Kelowna Library (details on reverse)	10:15 a.m. Morning Trivia 11:00 a.m. Yoga 12:00 p.m. Lunch & Clean Up 1:00 p.m. Accepting Our Bodies Support Group 1:00 p.m. Art with Tina: "Mother Earth" Group Project Pt. 2 (S) 2:00 p.m. Music Request Hour 3:00 p.m. Walk & Talk! 3:00-4:00pm		
7		8		9	
10:10 a.m. Yoga 11:15 a.m. Mindfulness 12:00 p.m. Lunch & Clean Up 12:30 p.m. Community Meeting 1:00 p.m. Outing: Walk at Mission Creek Park (S) 1:30 p.m. Qi Gong with Hajime 2:00 p.m. Education: Building Resilience	10:15 a.m. Word Scramble: Brain Teasers 11:00 a.m. Meditation 11:15 a.m. Art Gala Meeting (11:15am-12:00pm) 12:00 p.m. Lunch & Clean Up 1:00 p.m. Art with Lynne: Art Gala Group Project Pt. 2 (S) 1:00 p.m. Computers with Greg 2:00 p.m. Read & Discuss: Don't Sweat The Small Stuff w/ June 4:00 p.m. Peer Support at Kelowna Library (details on reverse)	10:15 a.m. BINGO 11:00 a.m. Yoga 12:00 p.m. Lunch & Clean Up 1:00 p.m. Acupuncture with Dr Barlow (S) 1:00 p.m. Outing: Bowling (S) 2:00 p.m. Music Request Hour & Farewell for Pam 3:00 p.m. Walk & Talk! 3:00-4:00pm			
14		15		16	
10:10 a.m. Yoga 11:15 a.m. Mindfulness 12:00 p.m. Lunch & Clean Up 1:00 p.m. Outing: Walk to DQ for a Sundae (S) 1:30 p.m. Qi Gong with Hajime 2:00 p.m. Education: Kyra to confirm w/ Amber 2-3pm	10:15 a.m. Brain Teasers OR Zumba with Laura! (10:15-10:45am) 11:00 a.m. Meditation 12:00 p.m. Lunch & Clean Up 1:00 p.m. Social Bingo with Vashti 2:00 p.m. Wii Games 2:30 p.m. Smudge with Wes 4:00 p.m. Peer Support at Kelowna Library (details on reverse)	10:15 a.m. Morning Trivia 11:00 a.m. Yoga 12:00 p.m. Lunch & Clean Up 1:00 p.m. Accepting Our Bodies Support Group 1:00 p.m. Art Outing with Tina: Kelowna Art Galley Visit (S) 1:00 p.m. Pool Tournament 2:00 p.m. Music Request Hour			
21		22		23	
 <p>CMHA END OF SUMMER WELLNESS CELEBRATION ROTARY BEACH 10AM - 1PM WDC OPEN AT 2PM SUMMER'S END WDC CELEBRATION 2:00-4:00PM JOIN US FOR FOOD, MUSIC, DANCING & FUN TIMES! ~KAREOKE WITH DJ DAN~</p> 		10:15 a.m. Word Scramble: Brain Teasers 11:00 a.m. Meditation 12:00 p.m. Lunch & Clean Up 1:00 p.m. Art with Fay: Crash Glass Group Project Pt. 1 (S) 1:00 p.m. Computers with Greg 1:00 p.m. Outing: 10 Pin Bowling at McCurdy Lanes (S) 2:00 p.m. Read & Discuss: Don't Sweat The Small Stuff w/ June 4:00 p.m. Peer Support at Kelowna Library (details on reverse)	10:15 a.m. BINGO 11:00 a.m. Yoga 12:00 p.m. Lunch & Clean Up 1:00 p.m. Art with Tina: "Mother Earth" Group Project Pt. 3 (S) 1:00 p.m. Outing: Grocery Shop at Walmart (S) 1:00 p.m. Crib Tournament 2:00 p.m. Music Request Hour		

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
28		29		30	
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble: Brain Teasers	10:15 a.m.	Morning Trivia
11:15 a.m.	Mindfulness	10:15 a.m.	Zumba with Laura! (10:15-10:45am)	11:00 a.m.	Yoga
12:00 p.m.	Lunch & Clean Up	11:00 a.m.	Meditation	12:00 p.m.	Lunch & Clean Up
1:00 p.m.	Walk To The Park: Outdoor Games	12:00 p.m.	Lunch & Clean Up	1:00 p.m.	Art with Tina: "Seasons" Group Project Pt. 1 (S)
1:00 p.m.	Hair-Cuts with Natasha (S) (tentative)	1:00 p.m.	Art with Fay: Crash Glass Group Project Pt. 2 (S)	1:00 p.m.	Mini-Games with Wes
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.	Wii Games	2:00 p.m.	Music Request Hour & Birthday Celebrations (S)
2:00 p.m.	Education: Kyra to confirm w/ Amber 2-3pm	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.

