

CMHA Wellness Development Centre (WDC) Schedule of Activities

September 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 = S

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
4		5		6	
10:10 a.m.	Yoga	10:15 a.m.	Crafts: Lanterns for Walk of Remembrance	10:15 a.m.	Crafts: Lanterns for Walk of Remembrance
11:15 a.m.	Mindfulness	11:15 a.m.	Meditation OR Art Gala Meeting	11:00 a.m.	Yoga
12:00 p.m.	Lunch & Clean Up	11:30 a.m.	Walk & Talk Info Session with Stacy	12:00 p.m.	Lunch & Clean Up
1:00 p.m.	Boggle: Brain Teasers	12:00 p.m.	Lunch & Clean up	1:00 p.m.	Accepting Our Bodies Support Group
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Outing: Walk at Mission Creek Park (S)	1:00 p.m.	Art with Tina: "Seasons" Group Project Pt. 2 (S)
2:00 p.m.	MH Info Session: Seasonal Affective Disorder	1:00 p.m.	Board Games	1:00 p.m.	BCSS Program Information Session with Eimert
		2:00 p.m.	Yoga with Vashti	2:00 p.m.	Music Request Hour
		4:00 p.m.	Peer Support at Kelowna Library (details on reverse)		
11	WORLD SUICIDE PREVENTION WEEK >	12	>	13	>
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble: Brain Teasers	10:15 a.m.	Zumba with Laura! (10:15-10:45am) OR Coloring
11:15 a.m.	Mindfulness OR Walk & Talk Info Session with Stacy	11:15 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
12:30 p.m.	Community Meeting	1:00 p.m.	Outing: Mini-Golf at Scandia (S)	1:00 p.m.	Acupuncture with Dr Barlow (S)
1:00 p.m.	Jam Session with Kyle	2:00 p.m.	Read & Discuss: Don't Sweat The Small Stuff w/June	1:00 p.m.	Outing: Bowling (S)
1:30 p.m.	Qi Gong with Hajime	2:30 p.m.	Smudge with Wes	1:00 p.m.	Art with Tina: "Seasons" Group Project Pt. 3 (S)
2:00 p.m.	Reclaim Wellness: Health & Intuitive Eating			2:00 p.m.	Music Request Hour
3:00 p.m.	World Suicide Prevention Day: Lantern Walk	4:00 p.m.	Peer Support at Kelowna Library (details on reverse)		
18		19		20	*ART PROJECTS DUE*
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble: Brain Teasers	10:15 a.m.	BINGO
11:15 a.m.	Mindfulness	11:15 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 to DQ for a Sundae (S)	1:00 p.m.	Art with Dylan: Gala Group Project Pt. 1 (S)	1:00 p.m.	Accepting Our Bodies Support Group
1:00 p.m.	Art with Fay: 'Crash Glass' Group Project Pt. 3 (S)	1:00 p.m.	Movie & Popcorn in the WDC	1:00 p.m.	Outing: Grocery Shop at Walmart (S)
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.	Yoga with Vashti	2:00 p.m.	Music Request Hour
2:00 p.m.	Education: Emotion Regulation	4:00 p.m.	Peer Support at Kelowna Library (details on reverse)		
25		26		27	
10:10 a.m.	Yoga	10:15 a.m.	Word Scramble: Brain Teasers	10:15 a.m.	Zumba with Laura! (10:15-10:45am) OR Coloring
11:15 a.m.	Mindfulness	10:30 a.m.	Outing: Kelowna Farmer's Market with Kyra (S)	11:00 a.m.	Yoga
12:00 p.m.	Lunch & Clean up	11:15 a.m.	Meditation	12:00 p.m.	Lunch & Clean Up
1:00 p.m.	Nutrition 101: Making A Healthy Snack	12:00 p.m.	Lunch & Clean Up	1:00 p.m.	Art with Dylan: Gala Group Project Pt. 3 (S)
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Art with Dylan: Gala Group Project Pt. 2 (S)	1:00 p.m.	Ping Pong
2:00 p.m.	Reclaim Wellness: Focus on Four Patterns of Eating	2:30 p.m.	Smudge with Wes	2:00 p.m.	Music Request Hour & Birthday Celebrations (S)
		3:30 p.m.	Monthly Forum on Mental Health		
		4:00 p.m.	Peer Support at Kelowna Library (details on reverse)		



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: 1:30-3:00pm at CMHA

(Doors open at 1:00pm for social time)

Peer Support Social Outings

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

Okanagan Library - 1380 Ellis St, Kelowna BC.

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 served.



Our programs provide a non-judgmental, confidential and respectful environment for learning and sharing