

CMHA Wellness Development Centre (WDC) Schedule of Activities

November 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	
				10:15 a.m.	BINGO
				11:00 a.m.	Yoga
				12:00 p.m.	Lunch & Clean Up
				1:00 p.m.	Crib & Pool Tournament
				2:00 p.m.	Music Request Hour
6		7		8	
10:10 a.m.	Yoga	10:15 a.m.	Brain Teasers	10:15 a.m.	Word Scramble
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	11:30 a.m.	Flu Shots w/ Med Shoppe 11:30am-1:00pm (S)
1:00 p.m.	Afternoon Walk	1:00 p.m.	Art with Lynne: Jewelry (S)	12:00 p.m.	Lunch & Clean Up
1:30 p.m.	Qi Gong with Hajime	2:00 p.m.	Board Games	1:00 p.m.	Outing: Bowling (S)
2:00 p.m.	Education: Group Discussion: Learnings & Strengths			1:00 p.m.	Acupuncture with Dr Barlow (S)
		4:00 p.m.	Peer Support at Kelowna Library (details on reverse)	1:00 p.m.	Art with Tina: Fall Season in Collage Pt. 1 (S)
13	CLOTHING SWAP >	14	CLOTHING SWAP >	15	CLOTHING SWAP >
10:10 a.m.	Yoga	10:15 a.m.	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
12:30 p.m.	Community Meeting	1:00 p.m.	Art with Tina: Fall Season in Collage Pt. 2 (S)	1:00 p.m.	Accepting Our Bodies Support Group
1:00 p.m.	Outing: Walk at Mission Creek Park (S)	1:00 p.m.	Balance Wellbeing Guest Speaker: Anette Adkins	1:00 p.m.	Art with Dylan: Portriature Pt. 1 (S)
1:30 p.m.	Qi Gong with Hajime	2:30 p.m.	Smudge with Wes	2:00 p.m.	Music Request Hour
2:00 p.m.	Education: Challenging Our Thinking	4:00 p.m.	Peer Support at Kelowna Library (details on reverse)		
20		21		22	
10:10 a.m.	Yoga	10:15 a.m.	Brain Teasers	10:00 a.m.	Outing: Pool Tournament in Penticton 10:30-2:30 (S)
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.	Afternoon Walk (for a hot drink)	1:00 p.m.	Outing: Grocery Shop at Walmart (S)	1:00 p.m.	HIV Information Session & Confidential Testing
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Crafts: Centrepieces for Christmas Party (Art Room)	1:00 p.m.	Art with Dylan: Portriature Pt. 2 (S)
2:00 p.m.	Education: Personal Responsibility			2:00 p.m.	Music Request Hour
		4:00 p.m.	Peer Support at Kelowna Library (details on reverse)		

Tuesday		Wednesday		Thursday	
Time	Activity	Time	Activity	Time	Activity
27		28		29	
10:10 a.m.	Yoga	10:15 a.m.	Brain Teasers	10:15 a.m.	Word Scramble
11:15 a.m.	Mindfulness	11:00 a.m.	Meditation	11:00 a.m.	Meditation
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.	Crafts: Christmas Cards: Random Act of Kindness	1:00 p.m.	Balance Wellbeing Guest Speaker: Maggie-Reigh	1:00 p.m.	Social Bingo
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	Outing: H2O (S)	2:00 p.m.	Music Request Hour & Birthday Celebrations
2:00 p.m.	Education: Coping With The Holidays	1:00 p.m.	Crafts: Centrepieces for Christmas Party (Art Room)		
		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: 1:15-3:00pm at CMHA

Peer Support Social Outing

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 causal check in and social time.

Monthly Forum on Mental Health

Monthly Forum on Mental Health is a new proram 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- judgemental, confidential and respectful

environment for learning and sharing.