

# CMHA Wellness Development Centre (WDC) Schedule of Activities

December 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
<b>4</b>		<b>5</b>		<b>6</b>	
10:10 a.m.	Yoga	10:30 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
1:00 p.m.	<b>Info Session: Strategic Plan &amp; Sharing Your Voice</b>	1:00 p.m.	<b>Art with Lynne: Christmas Craft (S)</b>	1:00 p.m.	Accepting Our Bodies Support Group
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	<b>SPA DAY 1-3PM</b>	1:00 p.m.	<b>Art with Tina: People &amp; Faces in Pastels Pt. 1 (S)</b>
			<b>Enjoy being pampered &amp; relax before the holidays...</b>	2:00 p.m.	Music Request Hour
			<b>Peer Support at Okanagan Library 4:00-6:00pm</b>		
<b>11</b>		<b>12</b>		<b>13</b>	
10:10 a.m.	Yoga		<b>WDC &amp; Interior Health Annual Christmas Party</b>	11:00 a.m.	Yoga
11:15 a.m.	Mindfulness		<b>Parkinson Recreation Centre - 1800 Parkinson Way</b>	12:00 p.m.	Lunch & Clean Up
12:00 p.m.	Lunch & Clean Up		<b>Tickets are \$5.00 and available at the front desk</b>	1:00 p.m.	Acupuncture with Dr Barlow (S)
1:00 p.m.	<b>Random Act of Kindness at Capri Mall (S)</b>		<b>12:00 - 2:00pm - Doors open at 11:30am</b>	1:00 p.m.	<b>Outing: Bowling (S)</b>
1:00 p.m.	<b>Wellness Programs Evolution: Share Your Voice</b>			1:00 p.m.	<b>Art with Tina: People &amp; Faces in Pastels Pt. 2 (S)</b>
1:30 p.m.	Qi Gong with Hajime		<b>Peer Support at Okanagan Library 4:00-6:00pm</b>	2:00 p.m.	Music Request Hour
<b>18</b>		<b>19</b>		<b>20</b>	
10:10 a.m.	Yoga	10:15 a.m.	Brain Teasers	11:00 a.m.	Yoga
11:15 a.m.	Mindfulness	11:00 a.m.	Meditation	12:00 p.m.	<b>Lunch &amp; Clean Up: Christmas Brunch</b>
12:00 p.m.	Lunch & Clean Up	12:00 p.m.	Lunch & Clean up	1:00 p.m.	Micro Games & Christmas Cartoons
1:00 p.m.	<b>Crafts: Christmas Cards</b>	1:00 p.m.	Christmas Baking: Gingerbread People	2:00 p.m.	Music Request Hour & Birthday Celebrations
1:30 p.m.	Qi Gong with Hajime	1:00 p.m.	<b>Wellness Programs Evolution: Share Your Voice</b>		
2:00 p.m.	<b>Review Modified Program Calendar</b>		<b>Peer Support at Okanagan Library 4:00-6:00pm</b>		
<b>25</b>		<b>26</b>		<b>27</b>	
<b>CLOSED FOR CHRISTMAS HOLIDAYS                  &amp; RENOVATIONS THE WDC WILL RE-OPEN                  ON TUESDAY JANUARY 21ST 2018</b>		<b>CLOSED FOR CHRISTMAS HOLIDAYS                  &amp; RENOVATIONS THE WDC WILL RE-OPEN                  ON TUESDAY JANUARY 21ST 2018</b>		<b>CLOSED FOR CHRISTMAS HOLIDAYS                  &amp; RENOVATIONS THE WDC WILL RE-OPEN                  ON TUESDAY JANUARY 21ST 2018</b>	
<b>REVIEW MODIFIED PROGRAM CALENDAR                  FOR JANUARY 7TH - 17TH</b>		 <b>REVIEW MODIFIED PROGRAM CALENDAR                  FOR JANUARY 7TH - 17TH</b>		<b>REVIEW MODIFIED PROGRAM CALENDAR                  FOR JANUARY 7TH - 17TH</b>	

**Wellness Development Centre (WDC)**

**504 Sutherland Ave.**

**Kelowna, BC, V1Y 5X1**

[www.kelowna.cmha.bc.ca](http://www.kelowna.cmha.bc.ca)

**Phone:** 250-861-3644

**Fax:** 250-763-4827

**WDC Participants' Phone Line:**

250-762-9866



**Peer Support Group**

**Monday: 1:15-3pm at CMHA**

**Peer Support Social Outings**

On **Wednesday evenings** the Peer Support Group will meet at **4:00pm** at the **Bean Scene Coffee Shop 371 Bernard Ave** in downtown **Kelowna**. Join us for a casual check-in and social time. We will meet from **4:00-6:00pm** for the month of **March**.

**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- judgemental, confidential and respectful*

*environment for learning and sharing.*