

CMHA Wellness Development Centre (WDC) Program Schedule

Tuesdays, Wednesdays, & Thursdays from 10:00am to 3:00pm

March 2019



Peer Support Groups	Tuesday March 5	Wednesday March 6	Thursday March 7
<p>Mondays - 1:00pm to 3:00pm in the Wellness Development Centre</p> <p>Wednesdays - 4:00pm to 6:00pm at Downtown Library (1380 Ellis St) in Meeting Room #3 on main floor</p>	<p>10:30 AM Yoga 1:30 PM Qi Gong with Hajime 2:00 PM The Big Game</p>	<p>10:30 AM Yoga 1:00 PM Balance & Well Being: Marie Martin 1:00 PM Art with Lynne: Acrylic Stained Glass 2 (S) 2:30 PM Wellness Centre Closes Early</p>	<p>10:30 AM Yoga 1:00 PM Art with Tina: Figurative Drawings 1 (S) 1:00 PM Confidential HIV & STI Testing 1-3PM 2:00 PM Music Request Hour</p>
	Tuesday March 12	Wednesday March 13	Thursday March 14
<p>Monthly Forum on Mental Health</p> <p>Wed March 27 - 3:30 to 4:30pm</p> <ul style="list-style-type: none"> • Current mental health news • Learn about local resources • Snacks and coffee provided 	<p>10:30 AM Yoga 1:00 PM Keep Fit & Have Fun 1:30 PM Qi Gong with Hajime 2:00 PM Indoor Herb Garden</p>	<p>10:30 AM Yoga 1:00 PM Outing: Walk Through Park & Coffee 2:00 PM The Big Game</p>	<p>St. Patrick's Day Celebration</p> <p>10:30 AM Yoga 1:00 PM Art with Tina: Figurative Drawings 2 (S) 1:00 PM Accupuncture with Dr. Barlow (S) 1:00 PM Computer & Phone Help with Kristine (S) 2:00 PM Music Request Hour</p> 
	Tuesday March 19	Wednesday March 20	Thursday March 21
<p>New Programs</p> <p> Full Circle Art Series Art & story-telling initiative for women</p> <p> The Big Game Game show fun for everyone to play</p> <p> Indoor Herb Garden Be a part of our new WDC herb garden</p>	<p>10:30 AM Yoga 1:00 PM Hearing Tests with Lisa 1-3PM (S) Side Room 1:00 PM Full Circle Women's Art: Storytelling in Color 1 1:30 PM Qi Gong with Hajime</p>	<p>10:30 AM Yoga 11:00 AM Indoor Herb Garden 1:00 PM Crafts (Kathleen): Photo Transfer - Wood 1 (S) 1:00 PM Balance & Well Being: Maggie Reigh</p>	<p>10:30 AM Yoga 1:00 PM Outing: Bowling (S) 2:00 PM Music Request Hour</p>
	Tuesday March 26	Wednesday March 27	Thursday March 28
<p>CMHA Kelowna 504 Sutherland Ave Kelowna, BC V1Y 5X1 Phone: 250-861-3644</p>	<p>10:30 AM Yoga 1:00 PM Full Circle Women's Art: Storytelling in Color 2 1:30 PM Qi Gong with Hajime</p>	<p>10:30 AM Yoga 1:00 PM Crafts (Kathleen): Photo Transfer - Wood 2 (S) 1:00 PM Keep Fit & Have Fun 3:30 PM Monthly Forum on Mental Health</p>	<p>10:30 AM Yoga 1:00 PM Outing: Kelowna Art Gallery 1:00 PM Haircuts with Deb 1-3PM (S) 2:00 PM Birthday Celebrations & Music Request Hour</p>
<p>Calendar Legend: «New programs in Blue» «Education programs in Purple» «Art programs in Pink» «Outing programs in Orange» «(S) means Sign Up with WDC due to limited space»</p>			
<p> Lunch available from 12:00pm to 12:20pm for \$3.00 (Tues, Wed, Thurs only)</p>		<p> Coffee and tea available from 10:00am to 12:30pm for \$0.25 (Tues, Wed, Thurs only)</p>	