






CMHA Wellness Development Centre (WDC) Program Schedule

Tuesdays, Wednesdays, & Thursdays from 11:00am to 3:00pm

July 2019



Peer Support Groups	Tuesday July 2	Wednesday July 3	Thursday July 4
 <p>Mondays - 1:00pm to 3:00pm in the Wellness Development Centre (cancelled July 1st - office closed)</p> <p>Wednesdays - 4:00pm to 6:00pm at Downtown Library (1380 Ellis St) in Meeting Room #3 on main floor</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Bingo Extravaganza</p> <p>2:00 PM Group Talk: Change In Our Lives</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Art with Lynne: Fun with Acrylics (S) (3 hours)</p> <p>2:30 PM Food With Friends (S) (1.5 hours)</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Art with Tina: Art Gala Project 1 (S)</p> <p>2:00 PM Music Request Hour</p>
	Tuesday July 9	Wednesday July 10	Thursday July 11
<p>New Activities</p> <p>★ Wellness Fitness ★ Learn & experience how physical exercise can improve mental health</p> <p>★ Food With Friends ★ Spend time with great people for fun & wonderful food</p> <p>★ Bingo Extravaganza ★</p> <p>★ Trivia Fun: Canadian Heritage ★</p> <p>★ A New Game ★ Group games to enjoy together</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Community Meeting</p> <p>2:00 PM Cooking with Janette: Sugar Cookies (S)</p>	<p>10:00 AM Helping Hands: Volunteer at Food Bank (2 hrs) (S)</p> <p>11:00 AM Yoga</p> <p>1:00 PM Art with Dylan (S)</p> <p>2:00 PM A New Game</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Acupuncture with Dr. Barlow (S)</p> <p>1:00 PM Art with Tina: Art Gala Project 2 (S)</p> <p>2:00 PM Music Request Hour</p>
	Tuesday July 16	Wednesday July 17	Thursday July 18
<p>Monthly Forum on Mental Health Wed July 31st - 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>10:00 AM Wellness Fitness 1 of 6 (Drop In)</p> <p>11:00 AM Yoga</p> <p>1:30 PM Qi Gong with Hajime</p> <p>2:00 PM Trivia Fun: Canadian Heritage</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Art with Dylan (S)</p> <p>2:30 PM Food With Friends (S) (1.5 hours)</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Bowling at Capri Lanes (S)</p> <p>2:00 PM Music Request Hour</p>
	Tuesday July 23	Wednesday July 24	Thursday July 25
<p>Calendar Legend:</p> <p>«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>10:00 AM Wellness Fitness 2 of 6 (Drop In)</p> <p>11:00 AM Yoga</p> <p>1:00 PM Scandia Mini Golf (S)</p> <p>1:30 PM Qi Gong with Hajime</p>	 <p>Rotary Beach Park - Beach Day! 10:00 AM to 2:00 PM Lunch Available for \$3 Address: 3736 Lakeshore Rd. (WDC closed - come join us at the beach)</p>	<p>11:00 AM Yoga</p> <p>NOON Family Style Lunch: Hawaiian Celebration</p> <p>12:30 PM Walk to the Art Gallery (1.5 hrs)</p> <p>2:00 PM Birthday Celebrations & Music Request Hour</p>
	Tuesday July 30	Wednesday July 31	
<p>504 Sutherland Ave Kelowna, BC V1Y 5X1 Phone: 250-861-3644 Website: CMHAKelowna.com</p>	<p>10:00 AM Wellness Fitness 3 of 6 (Drop In)</p> <p>11:00 AM Yoga</p> <p>1:30 PM Qi Gong with Hajime</p> <p>1:00 PM Walk on Mission Creek Greenway (S)</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Haircuts with Deb (S)</p> <p>2:00 PM A New Game</p> <p>3:30 PM Monthly Forum on Mental Health (1 hour)</p>	
	 <p>Lunch available from 12:00pm to 12:20pm for \$3.00 (Tues, Wed, Thurs only)</p>	 <p>Coffee and tea available from 11:00am to 1:00pm for \$0.25 (Tues, Wed, Thurs only)</p>	