

# CMHA Wellness Development Centre (WDC) Program Schedule

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

Sept 2019



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| <p><b>Peer Support Groups</b></p> <p><b>Mondays - 1:00pm to 3:00pm</b><br/>in the Wellness Development Centre<br/>(cancelled Sept 2<sup>nd</sup> - stat holiday)</p> <p><b>Wednesdays - 4:00pm to 6:00pm</b><br/>at Unitarian Church (1310 Bertram St)<br/>located downtown on corner of<br/>Bertram St &amp; Cawston Ave</p>   | <p><b>Peer Support Change for Wednesday Meetings</b></p>  <p>All Wednesday peer support meetings will now be held in the <b>Unitarian Church (downtown at 1310 Bertram St.)</b><br/>Please see staff for directions if needed.</p> | <p><b>"Artists Among Us" Art Gala</b></p> <p>Kelowna Art Gallery<br/>Friday October 4, 2019<br/>5:00pm to 8:00pm</p>     | <p><b>Celebrating The Circle</b> – The circle symbolizes the goal of togetherness where each person is equal and no one is left out or alone. Values of the circle include honesty, trust, contact, accountability, and connection.</p> |
|   | <p><b>Tuesday September 3</b></p> <p>11:00 AM Yoga<br/>1:30 PM Qi Gong with Hajime<br/>2:00 PM Bocce in Rowcliffe Park</p>  | <p><b>Wednesday September 4</b></p> <p>11:00 AM Yoga<br/>1:00 PM Bingo Extravaganza<br/>2:30 PM Food With Friends (S) (1.5 hours)</p>   | <p><b>Thursday September 5</b></p> <p>11:00 AM Yoga<br/>1:00 PM Art with Tina, Part 1 (S)<br/>1:00 PM BCSS Programs Info Session<br/>2:00 PM Music Request Hour</p>   |
| <p><b>New Activities</b></p> <p>★ <b>Wellness Fitness</b> ★<br/>Learn &amp; experience how physical exercise can improve mood &amp; mental health</p> <p>★ <b>Learn To Crochet</b> ★<br/>Sign up for our Learn To Crochet program running for 4 Wednesdays from 9:00am to 10:30am in the WDC starting Sept 18<sup>th</sup></p> <p>★ <b>Quinoa Carrot Muffins</b> ★<br/>Join Janette on Tues Sept 10th to help make &amp; eat another amazing, healthy treat</p> | <p><b>Tuesday September 10</b></p> <p>9:30 AM Wellness Fitness - Drop In<br/>11:00 AM Yoga<br/>1:30 PM Qi Gong with Hajime<br/>2:00 PM Cooking with Janette: Quinoa Carrot Muffins</p>  | <p><b>Wednesday September 11</b></p> <p>11:00 AM Yoga<br/>1:00 PM Pickleball at Parkinson Rec Centre (S)<br/>1:00 PM Art Class (S)<br/>1:30 PM Wii Games</p>  | <p><b>Thursday September 12</b></p> <p>11:00 AM Yoga<br/>1:00 PM Acupuncture with Dr Barlow (S)<br/>1:00 PM Art with Tina, Part 2 (S)<br/>2:00 PM Music Request Hour</p>  |
|   | <p><b>Tuesday September 17</b></p> <p>9:30 AM Wellness Fitness - Drop In<br/>11:00 AM Yoga<br/>1:30 PM Qi Gong with Hajime<br/>2:00 PM The Big Game</p>   | <p><b>Wednesday September 18</b></p> <p>11:00 AM Yoga<br/>1:00 PM Art Class (S)<br/>1:30 PM Walk To The Lake</p>  | <p><b>Thursday September 19</b></p> <p>10:00 AM Helping Hands: Food Bank Volunteering (S)<br/>11:00 AM Yoga<br/>1:00 PM Bowling at Capri Lanes (S)<br/>2:00 PM Music Request Hour</p>   |
|   | <p><b>Tuesday September 24</b></p> <p>9:30 AM Wellness Fitness - Drop In<br/>11:00 AM Yoga<br/>1:00 PM Computer Help with Kristine (S)<br/>1:30 PM Qi Gong with Hajime</p>  | <p><b>Wednesday September 25</b></p> <p>11:00 AM Yoga<br/>1:00 PM Crafting with Jennifer (S) (1 hour)<br/>2:00 PM Food With Friends (S) (1.5 hours)<br/>3:30 PM Monthly Forum on Mental Health (1 hour)</p> | <p><b>Thursday September 26</b></p> <p>11:00 AM Yoga<br/>NOON Family Style Lunch<br/>2:00 PM Birthday Celebrations &amp; Music Request Hour</p>   |
| <p><b>Monthly Forum on Mental Health</b><br/><b>Wed September 25<sup>th</sup> - 3:30 to 4:30pm</b></p>  <ul style="list-style-type: none"> <li>• Current mental health news</li> <li>• Learn about local resources</li> <li>• Snacks and coffee provided</li> </ul>  | <p><b>Calendar Legend:</b><br/>«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>504 Sutherland Ave<br/>Kelowna, BC V1Y 5X1<br/>Phone: 250-861-3644<br/>Website: CMHAKelowna.com</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>                             |   |