












CMHA Wellness Development Centre (WDC) Program Schedule

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

October 2019



Peer Support Groups	Tuesday October 1	Wednesday October 2	Thursday October 3
 <p>Peer Support Groups</p> <p><u>Mondays - 1:00pm to 3:00pm</u> in the Wellness Development Centre (cancelled October 14th due to holiday)</p> <p><u>Wednesdays - 4:00pm to 6:00pm</u> at Unitarian Church (1310 Bertram St) located downtown on corner of Bertram St & Cawston Ave</p>	<p>9:30 AM Wellness Fitness - Drop In</p> <p>11:00 AM Yoga</p> <p>1:00 PM Bingo Extravaganza</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Walk To The Sails</p> <p>2:00 PM The Big Game</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Art with Tina: Amazing Art, Part 1 (S)</p> <p>2:00 PM Music Request Hour</p>
	Tuesday October 8	Wednesday October 9	Thursday October 10
	<p>9:30 AM Wellness Fitness - Drop In</p> <p>11:00 AM Yoga</p> <p>1:00 PM Computer Help with Kristine (S)</p> <p>2:00 PM Cooking with Janette: Pumpkin Tarts</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Art with Lynne: Halloween Glass Painting (S)</p> <p>1:30 PM Bingo Extravaganza</p>	<p>11:00 AM Yoga</p> <p>NOON Family Style Thanksgiving Lunch</p> <p>1:00 PM Acupuncture with Dr. Barlow (S)</p> <p>1:00 PM Art with Tina: Amazing Art, Part 2 (S)</p> <p>2:00 PM Music Request Hour</p>
New Activities	Tuesday October 15	Wednesday October 16	Thursday October 17
<p> McMillan Farms </p> <p>We've got 2 vehicles to bring lots of people into nature with lots of Fall activities & fun</p> <p> Scavenger Hunt </p> <p>Hunt for secrets in & around the WDC for all who want to try - hot chocolate as well</p> <p> Halloween </p> <p>Come join us for Halloween activities, an amazing lunch, and spooktacular music</p>	<p>9:30 AM Wellness Fitness - Drop In</p> <p>11:00 AM Yoga</p> <p>1:00 PM Outing: McMillan Farms (S) 2 vehicles</p> <p>1:30 PM Wii Games</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Crafting with Helen (S)</p> <p>2:00 PM Food With Friends (S) (1.5 hours)</p>	<p>11:00 AM Helping Hands: Food Bank Volunteering (S)</p> <p>11:00 AM Yoga</p> <p>1:00 PM Art with Rena: Colour Theory (S)</p> <p>2:00 PM Music Request Hour</p>
	Tuesday October 22	Wednesday October 23	Thursday October 24
	<p>Fall Clothing Swap - Day 1 of 3</p> <p>11:00 AM Yoga</p> <p>1:00 PM 9 Ball Pool Tournament (S)</p> <p>1:00 PM Crafting with Jenn (S)</p>	<p>Fall Clothing Swap - Day 2 of 3</p> <p>11:00 AM Yoga</p> <p>1:00 PM Walk At Bird Sanctuary (S)</p> <p>1:00 PM Bingo Extravaganza</p>	<p>Fall Clothing Swap - Day 3 of 3</p> <p>11:00 AM Yoga</p> <p>1:00 PM Art with Rena: Expressive Watercolours (S)</p> <p>1:00 PM Bowling at Capri Lanes (S)</p> <p>2:00 PM Music Request Hour</p>
Monthly Forum on Mental Health	Tuesday October 29	Wednesday October 30	Thursday October 31
<p><u>Wed October 30th - 3:30 to 4:30pm</u></p> <p> FORUM</p> <ul style="list-style-type: none"> • Current mental health news • Learn about local resources • Snacks and coffee provided 	<p>11:00 AM Yoga</p> <p>12:30 PM WDC Community Meeting</p> <p>1:00 PM CMHA Scavenger Hunt & Hot Chocolate</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Neighbourhood Walk</p> <p>2:00 PM Food With Friends (S) (1.5 hours)</p> <p>3:30 PM Monthly Forum on Mental Health (1 hour)</p>	<p>11:00 AM (Spooky) Yoga</p> <p>2:00 PM (Spooky) Birthdays & (Spooky) Music Requests</p> <p> HALLOWEEN</p> <p>Join us for (spooky) fun all day today! Fun, Games, & Treats!</p>
<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>504 Sutherland Ave Kelowna, BC V1Y 5X1 Phone: 250-861-3644 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>