





CMHA Wellness Development Centre (WDC) Program Schedule

Tuesdays, Wednesdays, & Thursdays from 10:30am to 3:00pm

March 2020



Peer Support Groups	Tuesday March 3	Wednesday March 4	Thursday March 5
<p>Mondays - 1:00pm to 3:00pm in the Wellness Development Centre</p> <p>Wednesdays - 4:00pm to 6:00pm at Unitarian Church (1310 Bertram St) located downtown on corner of Bertram St & Cawston Ave</p>	<p>11:00 AM Yoga</p> <p>1:30 PM QiGong with Hajime</p> <p>2:00 PM Education: Self-Compassion</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Timmy's Coffee Walk</p> <p>2:00 PM 2020 Art Gala Meeting</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Art with Tina: Inspirational Art, Part 1 (S)</p> <p>2:00 PM Music Request Hour</p>
	Tuesday March 10	Wednesday March 11	Thursday March 12
<p>New Activities</p> <p>Irish Fun & Games It's St. Patrick's Day! Join us for Celtic cheer and fun!</p> <p>Springtime Clothing Swap Free clothing giveaway March 10, 11, & 12! Come freshen up your wardrobe!</p> <p>Family Style Lunch Lunch is brought to tables to enjoy & share with your neighbours. Still only \$3.00! This meal will start promptly at 12PM.</p>	<p>Clothing Swap - Day 1 of 3</p> <p>11:00 AM Yoga</p> <p>1:00 PM Bingo Extravaganza</p> <p>1:30 PM QiGong with Hajime</p> <p>2:00 PM Education: Appreciation</p>	<p>Clothing Swap - Day 2 of 3</p> <p>11:00 AM Yoga</p> <p>12:30 PM Community Meeting</p> <p>1:00 PM Cribbage Tournament (S)</p> <p>2:00 PM Food with Friends</p>	<p>Clothing Swap - Day 3 of 3</p> <p>11:00 AM Yoga</p> <p>1:00 PM Acupuncture with Dr Barlow (S)</p> <p>1:00 PM Art with Tina: Inspirational Art, Part 2 (S)</p> <p>1:00 PM Karaoke Party (1pm to 4pm)</p>
	Tuesday March 17	Wednesday March 18	Thursday March 19
<p>Monthly Forum on Mental Health</p> <p>Wed March 25th - 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>St. Patrick's Day Celebration</p> <p>11:00 AM Yoga</p> <p>1:00 PM Irish Fun & Games</p> <p>1:30 PM QiGong with Hajime</p> 	<p>11:00 AM Yoga</p> <p>1:00 PM Art with Lynne: Amazing Acrylics (S)</p> <p>1:00 PM 8-Ball Pool Tournament (S)</p> <p>1:00 PM Timmy's Coffee Walk</p>	<p>First Day of Spring!</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 March 24	Wednesday March 25	Thursday March 26
<p>Forum</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Art with Fay: Spectacular Art (S)</p> <p>1:30 PM QiGong with Hajime</p> <p>2:00 PM Education: Quotes & Affirmations</p>	<p>11:00 AM Yoga</p> <p>1:00 PM Computer Help with Kristine (S)</p> <p>1:00 PM Q&A Time with WDC Coaches</p> <p>2:00 PM Food with Friends</p> <p>3:30 PM Monthly Forum on Mental Health (1 hour)</p>	<p>NOON Family Style Lunch</p> <p>1:00 PM Ping Pong</p> <p>2:00 PM Birthday Celebration & Music Requests</p>
	Tuesday March 31	<p>NEW Course: Cultivating Compassion Learn the differences between self-compassion & compassion while highlighting the importance of both in our wellness. To sign up or for more info, visit Discoverycollegekelowna.com</p>	
<p>504 Sutherland Ave Kelowna, BC V1Y 5X1 Phone: 250-861-3644 Website: CMHAKelowna.com</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 10:30am to 12:30pm for \$0.25 (Tues, Wed, Thurs only)</p>	