


CMHA Kelowna -Wellness Programs Schedule

Activities & Programs During the month of December

Every Accomplishment starts with the decision to try

Monday December 4	Tuesday December 5	Wednesday December 6	Thursday December 7
12pm Wellness Time & Activities	11am Skill Building- Holiday Wellness 11am Wellness Time & Activities	10am Art Class (S) 11am Yoga (S) 12:30pm Edible Ornaments	10am Fitness- Neighbourhood Walk 11am Wellness Time & Activities
1pm – 3pm Peer Support Group (Online and In-Person)	12:30 pm Card Making	4pm – 6pm Peer Support Group (Online and In-Person)	12:30 pm Felted Dryer Balls Pt.1
Monday December 11	Tuesday December 12	Wednesday December 13	Thursday December 14
12pm Wellness Time & Activities	11am Art with Amy 11 am Wellness Time & Activities 12:40 - 1:15 Qi Gong with Hajme	10am Art Class (S) 11am Yoga (S) 12:15pm Holiday Movie	10am Fitness- Fabulous 50 walking 11am Wellness Time & Activities
1pm – 3pm Peer Support Group (Online and In-Person)	12:30 pm Holiday Trivia	4pm – 6pm Peer Support Group (Online and In-Person)	12:30 pm Felted Dryer Balls Pt.2
Monday December 18	Tuesday December 19	Wednesday December 20	Thursday December 21
12pm Wellness Time & Activities	11am Skill Building- Gratitude 11am Wellness Time & Activities	10am Art Class (S) 11am Yoga (S) 2pm Family Dinner (S)	10am Fitness- Walk Walk Walk 11am Wellness Time & Activities
1pm – 3pm Peer Support Group (Online and In-Person)	12:30 pm Jackbox Games	4pm Holiday Party	12:30 pm Turkey Bingo
Monday December 25	Tuesday December 26	Wednesday December 28	Thursday December 29
	Center will be closed	Center will be closed 4pm – 6pm Peer Support Group (Online only)	Center will be closed



The Wellness Center will be closing December 21st and reopening January 2nd 2024. Wishing everyone a wonderful holiday!!!
 Drop in hours are Monday 12 pm - 1 pm and Tuesday thru Thursday 11 am to 2 pm
 For those how have signed up; don't forget about the Holiday Dinner on the 20th of December from 2-4pm.
 On Wednesday Dec.20th there is no drop in 11-2pm. The center will be open at 1:30 pm for the dinner.

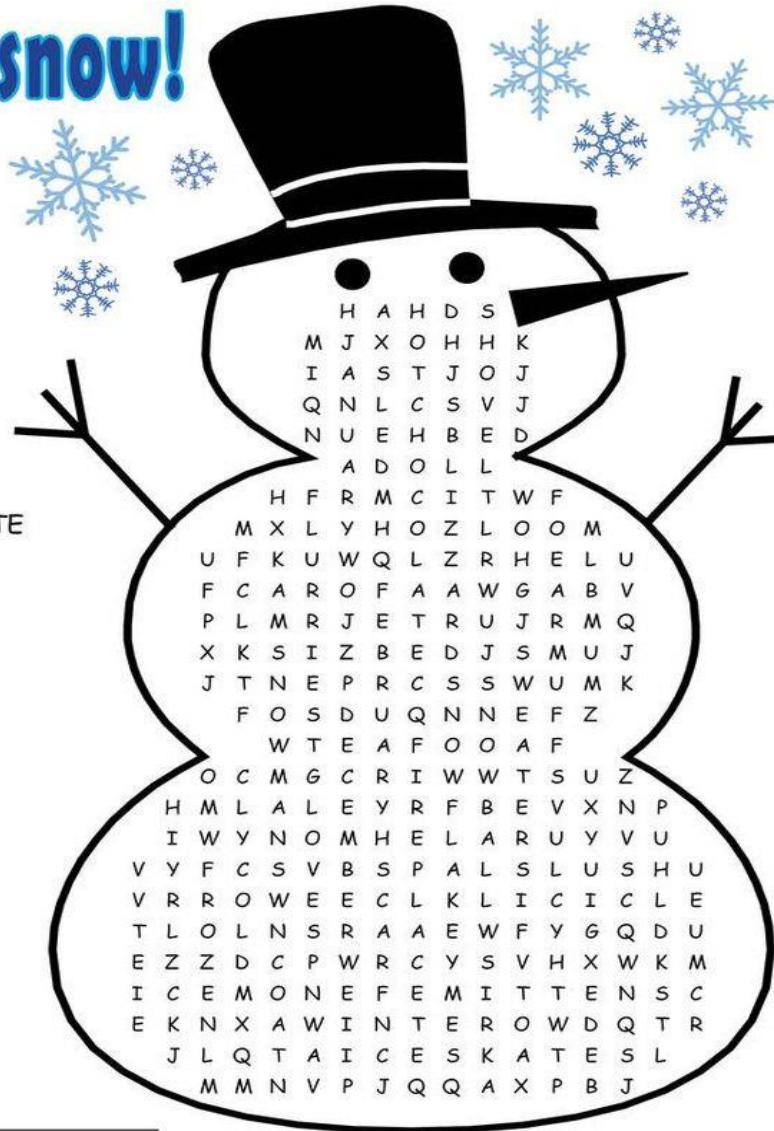


Canadian Mental Health Association, Kelowna & District
 504 Sutherland Ave Kelowna, BC V1Y 5X1
 Phone: 250-861-3644 Fax: 250-763-4827
 Website: CMHAKelowna.com

DECEMBER

Let it snow!

- BLIZZARD
- COAT
- COLD
- DECEMBER
- EARMUFFS
- FEBRUARY
- FIREPLACE
- FLURRIES
- FROZEN
- GLOVES
- HOT CHOCOLATE
- ICE
- ICE SKATES
- ICICLE
- JANUARY
- MITTENS
- SCARF
- SHOVEL
- SLED
- SLUSH
- SNOWBALL
- SNOWFLAKE
- SNOWMAN
- SWEATER
- WINTER



Name: _____

DECEMBER PHOTO SCAVENGER HUNT

<input type="checkbox"/> CHRISTMAS LIGHTS OUTSIDE	<input type="checkbox"/> CANDY CANE
<input type="checkbox"/> CHRISTMAS LIGHTS INSIDE	<input type="checkbox"/> GINGERBREAD
<input type="checkbox"/> CHURCH	<input type="checkbox"/> KIDS BEING NAUGHTY
<input type="checkbox"/> SNOW/SNOWFLAKES/SNOWING	<input type="checkbox"/> KIDS BEING NICE
<input type="checkbox"/> CHRISTMAS TREE DECORATED	<input type="checkbox"/> CHRISTMAS FILM
<input type="checkbox"/> CHRISTMAS TREE SHOPPING/BRINGING OUT	<input type="checkbox"/> HOMEMADE CHRISTMAS ORNAMENT
<input type="checkbox"/> BAKING/BAKED GOODS	<input type="checkbox"/> CHRISTMAS REINDEER
<input type="checkbox"/> HOT CHOCOLATE, BONUS POINTS FOR MARSHMALLOWS	<input type="checkbox"/> NIGHT BEFORE CHRISTMAS
<input type="checkbox"/> CHOCOLATES/SWEETS	<input type="checkbox"/> UNDER THE TREE
<input type="checkbox"/> ADVENT CALENDARS	<input type="checkbox"/> PILE OF PAPER
<input type="checkbox"/> ADVENT CANDLE	<input type="checkbox"/> CHRISTMAS PYJAMAS
<input type="checkbox"/> SCARF/HAT/GLOVES/WINTER FASHION	<input type="checkbox"/> SNOWMAN
<input type="checkbox"/> SNOWBALL FIGHT	<input type="checkbox"/> CHRISTMAS TABLE DRESSING
<input type="checkbox"/> SOMETHING GOLD	<input type="checkbox"/> PARTY HATS ON
<input type="checkbox"/> SOMETHING SILVER	<input type="checkbox"/> DODGY CHRISTMAS JUMPER/S
<input type="checkbox"/> WINTER WALK	<input type="checkbox"/> CHRISTMAS PUDDING/TRIFLE
<input type="checkbox"/> ICICLES	<input type="checkbox"/> DOOR WREATH
<input type="checkbox"/> WARM WINTER SOCKS ON FEET	<input type="checkbox"/> CHRISTMAS BAUBLE
<input type="checkbox"/> FIRESIDE	<input type="checkbox"/> SANTA CLAUS
<input type="checkbox"/> GLITTER/SPARKLE	<input type="checkbox"/> GIFTS/STOCKING
<input type="checkbox"/> CHRISTMAS EATING/FOOD PREPARING	<input type="checkbox"/> GIFT WRAPPING
<input type="checkbox"/> CHRISTMAS CRACKER	<input type="checkbox"/> CHRISTMAS SHOPPING
<input type="checkbox"/> LIT CANDLES	<input type="checkbox"/> NATIVITY
<input type="checkbox"/> VILLAGE/TOWN/CITY CHRISTMAS DECORATIONS	<input type="checkbox"/> CHRISTMAS ELF
<input type="checkbox"/> CARD MAKING/WRITING/SENDING/RECEIVING	<input type="checkbox"/> CHRISTMAS DRINKS