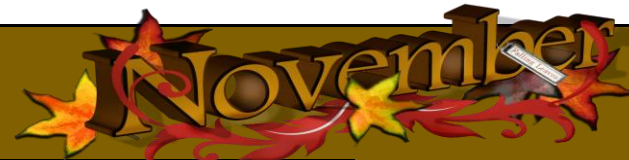


May this November be one to remember!

CMHA Kelowna - Wellness Programs Schedule



<p>Christmas meal sign up is open , sign up and pay before December 1st to get a spot.</p>		<p><b>Wednesday November 1</b></p> <p>10:00 AM Art Class (S) 11:00 AM Yoga Class with Lexi (S) 11am – 2pm Where am I? 4pm – 6pm Peer Support Group (Online or In-person)</p>		<p><b>Thursday November 2</b></p> <p>10:00 AM Fitness Hour- Neighbourhood walk 11pm - 2pm Wellness Time &amp; Activities</p> <p>Featured Activity - Things in a box</p>	
		<p><b>Monday November 6</b></p> <p>12pm - 1pm Social Time &amp; Activities</p> <p>1pm – 3pm Peer Support Group ( Online and in person)</p>		<p><b>Tuesday November 7</b></p> <p>11:00 AM Skill Building Hour- Tesselation Art 11pm - 2pm Wellness Time &amp; Activities</p> <p>Featured Activity - Word Association</p>	
<p><b>Monday November 13</b></p> <p>The Wellness center will be closed Remembrance Day 1pm – 3pm Peer Support Group ( Online only)</p>		<p><b>Tuesday November 14</b></p> <p>11:00 AM Skill Building Hour- Fun Discussion 11pm - 2pm Wellness Time &amp; Activities 12:40 PM Qi Gong</p> <p>Featured Activity - Wreath making P.1</p>		<p><b>Wednesday November 15</b></p> <p>10:00 AM Art Class (S) 11:00 AM Yoga Class with Carol (S) 11am – 2pm Autumn Movie 4pm – 6pm Peer Support Group (Online or In-person)</p>	
<p><b>Monday November 20</b></p> <p>12pm - 1pm Social Time &amp; Activities</p> <p>1pm - 3pm Peer Support Group (Online or In person)</p>		<p><b>Tuesday November 21</b></p> <p>11:00 AM Skill Building Hour- Autumn Wellness 11pm - 2pm Wellness Time &amp; Activities</p> <p>Featured Activity - Trivia Tuesday</p>		<p><b>Thursday November 23</b></p> <p>10:00 AM Fitness Hour- Step to the Beat 11pm - 2pm Wellness Time &amp; Activities</p> <p>Featured Activity - What do you Meme?</p>	
<p><b>Monday November 27</b></p> <p>12pm - 1pm Social Time &amp; Activities</p> <p>1pm – 3pm Peer Support Group ( Online and in person)</p>		<p><b>Tuesday November 28</b></p> <p>11:00 AM Skill Building Hour- Art with Amy 11pm - 2pm Wellness Time &amp; Activities 12:40 PM Qi Gong</p> <p>Featured Activity - Wreath making P.2</p>		<p><b>Wednesday November 29</b></p> <p>10:00 AM Art Class (S) 11:00 AM Yoga Class with Carol (S) 11am – 2pm Family Games 4pm – 6pm Peer Support Group (Online or In-person)</p>	
		<p><b>Wednesday November 30</b></p> <p>10:00 AM Fitness Hour- Zumba 11pm - 2pm Wellness Time &amp; Activities</p> <p>Featured Activity - Music Request Hour</p>			



Canadian Mental Health Association, Kelowna & District  
504 Sutherland Ave. Kelowna BC V1Y5X1  
Phone: 250 861-3644 Fax: 250 763-4827  
Activities & Programs During the month of November



### Thanksgiving Word Scramble

Unscramble the Thanksgiving words and then use the highlighted letters to form the secret message. You will have to unscramble the message as well.

ICUONROPCA	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ETRSHVA	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
MEVRNOEB	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
ILIGPMR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
KUTEYR	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
BCNERRRAY	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
YRAOMEFWL	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
TMOLPYUH	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
AYHLIOD	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
GWNMPAADO	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
INKPMUP	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

!

© puzzler-to-eflat.com

## NOVEMBER ACTIVITIES

-  Make a gratitude jar
-  Create watercolor resist leaves 
-  Watch a movie inside a blanket fort 
-  Have a family pajama day
-  Have a family game marathon
-  Prepare homemade gifts for family and friends 
-  Go on a nature walk 
-  Create a thankful wall
-  Fall-inspired art activity
-  Have a family puzzle night 
-  Read books about gratitude together 
-  Have an indoor scavenger hunt
-  Build a homemade bird feeder 
-  Make an act of kindness
-  Have a fall picnic

**Download the printable poster below**