

CMHA Kelowna -Wellness Programs Schedule

Activities & Programs During the month of January

Be Bold Be Brave Be Kind Be You

Monday January 1	Tuesday January 2	Wednesday January 3	Thursday January 4	<div><div>A Beautiful Heart</div><div>will bring things into your life that all the money in the world couldn't bring you</div><div></div></div>	
<div><div>The center will be closed</div></div>	<div><div>11am No skill building</div><div>11am Wellness Time & Activities</div><div>12:30 pm - Jackbox</div></div>	<div><div>10am Art Class (S)</div><div>11am Yoga (S)</div><div>11am Armchair Travel</div><div>4pm – 6pm Peer Support Group</div><div>(Online and In-Person)</div></div>	<div><div>10am Fitness Hour- Walk with Jordan</div><div>11am Wellness Time & Activities</div><div>12:30 pm - Scavenger Hunt Reveal</div></div>		
Monday January 8	Tuesday January 9	Wednesday January 10	Thursday January 11		
<div><div>12pm - 1pm Wellness Time & Activities</div><div>1pm – 3pm Peer Support Group</div><div>(Online and In-Person)</div></div>	<div><div>11am Skill Building- Adapting to change</div><div>11am Wellness Time & Activities</div><div>12:40pm Qi Gong with Hajme</div><div>12:30 pm- Vision Board 2024</div></div>	<div><div>10am Art Class (S)</div><div>11am Yoga (S)</div><div>11am Gran Turismo</div><div>4pm – 6pm Peer Support Group</div><div>(Online and In-Person)</div></div>	<div><div>10am Fitness Hour- Walk Walk Walk</div><div>11am Wellness Time & Activities</div><div>12:30 pm - Dot Art with Lesley</div></div>		
Monday January 15	Tuesday January 16	Wednesday January 17	Thursday January 18		
<div><div>12pm - 1pm Wellness Time & Activities</div><div>1pm – 3pm Peer Support Group</div><div>(Online and In-Person)</div></div>	<div><div>11am Skill Building- Psyc Talk</div><div>11am Wellness Time & Activities</div><div>12:30 pm - Trivia</div></div>	<div><div>10am Art Class (S)</div><div>11am Yoga (S)</div><div>12:30pm Ice Skating (S)</div><div>4pm – 6pm Peer Support Group</div><div>(Online and In-Person)</div></div>	<div><div>10am Fitness Hour- 20 min step to the beat</div><div>11am Wellness Time & Activities</div><div>12:30 pm - String Art with Victoria</div></div>		
Monday January 22	Tuesday January 23	Wednesday January 24	Thursday January 25		
<div><div>12pm - 1pm Wellness Time & Activities</div><div>1pm – 3pm Peer Support Group</div><div>(Online and In-Person)</div></div>	<div><div>11am Skill Building- Art with Amy</div><div>11am Wellness Time & Activities</div><div>12:40pm Qi Gong with Hajme</div><div>12:30 pm - Self-care Bingo</div></div>	<div><div>10am Art Class (S)</div><div>11am Yoga (S)</div><div>12:30pm Mystery Tasting (S)</div><div>4pm – 6pm Peer Support Group</div><div>(Online and In-Person)</div></div>	<div><div>10am Fitness Hour- Fabulous 50 walking</div><div>11am Wellness Time & Activities</div><div>12:30 pm - Music Request & Birthdays</div></div>		
Monday January 29	Tuesday January 30	Wednesday January 31	<div><div><div>JANUARY</div></div></div>		
<div><div>12pm - 1pm Wellness Time & Activities</div><div>1pm – 3pm Peer Support Group</div><div>(Online and In-Person)</div></div>	<div><div>11am Skill Building- Conflict Resolution</div><div>11am Wellness Time & Activities</div><div>12:30 pm - Wheel of Fortune</div></div>	<div><div>10am Art Class (S)</div><div>11am Yoga (S)</div><div>11am Boardgames</div><div>4pm – 6pm Peer Support Group</div><div>(Online and In-Person)</div></div>			



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Winter Mad Libs

Winter is my favorite season because I love getting to _____ (action) and _____ (action) at _____ (place) with _____ (person); we always end up _____ (action). My favorite meal to eat in the winter is _____ (food) because it makes me _____ (emotion), but if I eat too much I cannot fit into my _____ (clothing item)! My winter essentials are _____ (clothing item) and _____ (clothing item), I can't do without them. It's really fun to build a _____ (noun) out of _____ (adjective) snow and dress him in a _____ (clothing item) with a _____ (noun) for a _____ (body part).



I even have snowball fights with _____ (person) and it is super _____ (adjective). After a long day of playing I like to cuddle up with a _____ (noun) and a warm cup of _____ (drink).

WINTER WORD SCRAMBLE

1. lcdo _____
2. nmwnaso _____
3. nigrfzee _____
4. cie _____
5. oftrs _____
6. wfksoaenl _____
7. soeglv _____
8. tha _____
9. tcoa _____
10. tbsoo _____
11. arcsf _____
12. olvehs _____
13. sswbonall _____
14. ddginesl _____
15. kngsii _____

www.classymommy.com

