

CMHA Kelowna -Wellness Programs Schedule

Activities & Programs During the month of February

Embrace the glorious mess that you are!

The Wellness Center is closed Feb. 19
Family day!!
New!! Feb. 28 Art with Fay 2:00-3:30pm

Thursday February 1

10 am Fitness Hour- Great 20 minute
11 am Wellness Time & Activities

Featured Activity - Jackbox

Love
bears all things, believes all
things, hopes all things,
endures all things.



Monday February 5

12 pm Wellness Time & Activities

1pm – 3pm Peer Support Group
(Online and In-Person)

Tuesday February 6

11am Skill Building- Psyc Talk
11 am Wellness Time & Activities
12:40 pm Qi Gong with Hajme

Featured Activity - Password

Wednesday February 7

10 am Art Class (S)
11 am Yoga with Lexi (S)
12:30 Karaoke

4pm – 6pm Peer Support Group
(Online and In-Person)

Thursday February 8

10 am Fitness Hour- 70's music workout
11 am Wellness Time & Activities

Featured Activity - Card making

Monday February 12

12 pm Wellness Time & Activities

1pm – 3pm Peer Support Group
(Online and In-Person)

Tuesday February 13

11am Skill Building- Self Love
11 am Wellness Time & Activities

Featured Activity - Truth is stranger than fiction

Wednesday February 14

10am Art Class (S)
11am Yoga with Michelle (S)
12:30 Cookie Making

4pm – 6pm Peer Support Group
(Online and In-Person)

Thursday February 15

10 am Fitness Hour- 60's Walking Workout
11 am Wellness Time & Activities

Featured Activity - NeedleFelt Critters

Monday February 19



Tuesday February 20

11am Skill Building- Self-Love Affirmation
11 am Wellness Time & Activities
12:40 pm Qi Gong with Hajme

Featured Activity - Trivia

Wednesday February 21

10am Art Class (S)
11am Yoga with Lexi (S)
12:30 Leap Year Movie

4pm – 6pm Peer Support Group
(Online and In-Person)

Thursday February 22

10 am Fitness Hour- Fabulous 50
11 am Wellness Time & Activities

Featured Activity - Name that Tune

Monday February 26

12 pm Wellness Time & Activities

1pm – 3pm Peer Support Group
(Online and In-Person)

Tuesday February 27

11am Skill Building- Managing Helplessness
11 am Wellness Time & Activities

Featured Activity - Friendship bracelets

Wednesday February 28

10am Art Class (S)
11am Yoga with Michelle (S)
12:30 Bowling (S)

2:00 - 3:30pm Art with Fay (S)
4pm – 6pm Peer Support Group

Thursday February 29

10 am Fitness Hour- Walk Walk Walk
11 am Wellness Time & Activities

Featured Activity - Music Request



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February

Hello February!



February

1- blue 2- red 3- yellow 4- purple
5- orange 5- green 7- black 8- brown

twistynoodle.com

February DRAWING CHALLENGE

1. Strawberries
2. Groundhog
3. Something pink
4. Football
5. Chocolate bar
6. A valentine
7. Roses
8. Friendship bracelet
9. Pizza
10. Bird house
11. Fairy tale
12. Candy hearts
13. Your favorite food
14. Hearts
15. An owl
16. Something red
17. Someone you admire
18. President
19. Geese
20. Your best friend
21. Dragon
22. Watercolors
23. Cherries
24. Your pet/a pet you want
25. Someone famous
26. Squirrel
27. Someone you love
28. Foxes

Natural
BEACH LIVING