## **CMHA Kelowna -Wellness Programs Schedule**

Activities & Programs During the month of February

	The Wellness Center is close	sed Feb. 19 10 am Fitness Hour- Great 20 minute
	Family day!!  New!! Feb. 28 Art with Fay 2.	11 am Wellness Time & Activities
Embrace the glorious mess that		Featured Activity - Jackbox
Monday February 5 Tuesday	<u> Y February 6</u> Wednesday Februar	Thursday February 8
11 am Wellne	uilding- Psyc Talk ess Time & Activities ng with Hajme  10 am Art Class (S) 11 am Yoga with Lexi (S) 12:30 Karaoke	10 am Fitness Hour- 70's music workout 11 am Wellness Time & Activities
·	tivity - Password 4pm – 6pm Peer Support Group (Online and In-Person	
Monday February 12 Tuesday	February 13 Wednesday February	<u>Y 14</u> <u>Thursday February 15</u>
	uilding- Self Love ess Time & Activities 10am Art Class (S) 11am Yoga with Michelle 12:30 Cookie Making	10 am Fitness Hour- 60's Walking Workout 11 am Wellness Time & Activities
1pm – 3pm Peer Support Group Featured Activity - True (Online and In-Person)	uth is stranger than fiction 4pm – 6pm Peer Support Group (Online and In-Person	
Monday February 19 Tuesday	February 20 Wednesday February	y 21 Thursday February 22
11 am Wellne	ilding- Self-Love Affirmation ess Time & Activities 11am Yoga with Lexi (S) 12:30 Leap Year Movie	10 am Fitness Hour- Fabulous 50 11 am Wellness Time & Activities
Happy Family Day!	Activity - Trivia 4pm – 6pm Peer Support Group (Online and In-Person	•
Monday February 26 <u>Tuesday</u>	February 27 Wednesday February	<u>Y 28</u> <u>Thursday February 29</u>
·	ilding- Managing Helplessness 10am Art Class (S) ess Time & Activities 11am Yoga with Michelle 12:30 Bowling (S)	10 am Fitness Hour- Walk Walk Walk 11 am Wellness Time & Activities
1pm – 3pm Peer Support Group Featured Activity (Online and In-Person)	- Friendship bracelets 2:00 - 3:30pm Art with Fay (S) 4pm - 6pm Peer Support Group	Featured Activity - Music Request



Canadian Mental Health Association, Kelowna & District

504 Sutherland Ave Kelowna, BC V1Y 5X1 Phone: 250-861-3644 Fax: 250-763-4827

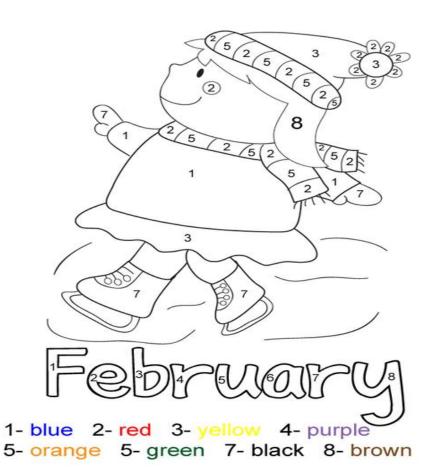
Website: CMHAKelowna.com



Thursday February 1



## Hello February!



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 9
BEACH X LIVING