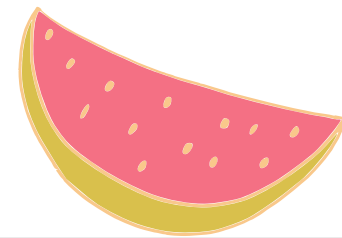




# August



## CMHA Kelowna -Wellness Programs Schedule

Activities & Programs During the month of August

Center Hours Tues - Thur 11am - 2pm; Mon 12pm-1pm

Monday August 4	Tuesday August 5	Wednesday August 6	Thursday August 7	<p>★ Frozen Meals for 5 dollars (cash only) ★</p> <p>Coffee and Tea available from 11:00am -1:30pm for \$0.25 Tues, Wed, and Thurs (only).</p> 
	9:45am Yoga (S) 11am Pancake Breakfast  12:30 pm Qi Gong with Hajme	10am Art Class (S) 9:45am Yoga (S) 12:00pm Open Felting 4pm – 6pm Peer Support Group (Online and In-Person)	The WDC will be closed for Picnic in the Park !!! Kinsmen Park- Drumcircle	
Monday August 11	Tuesday August 12	Wednesday August 13	Thursday August 14	
12pm - 1pm Drop-in  1pm – 3pm Peer Support Group (Online and In-Person)	9:45am Yoga (S) 11am Drop-in  12:30 pm Trivia	10am Art Class (S) 9:45am Yoga (S) 12:00pm Nature Walk (S) 4pm – 6pm Peer Support Group (Online and In-Person)	10am Line Dancing with Judy 11am- 2pm Drop-in  12:30 pm Jackbox	
Monday August 18	Tuesday August 19	Wednesday August 20	Thursday August 21	<p> <u>Picnic in the Park!!!</u></p> <p>August 7 at 11:00 am snacks and treats provided.</p> <p>The WDC center will be closed!</p> <p>★ <u>Drum circle!!!</u> ★            Kinsmen Park 2600 Abbott Street starts at 12 pm</p>
12pm - 1pm Drop-in  1pm – 3pm Peer Support Group (Online and In-Person)	9:45am Yoga (S) 11am Drop-in 12pm I Choose Wellness - Topic 12:30 pm Qi Gong with Hajme	10am Art Class (S) 9:45am Yoga (S) 12:30pm Chess Tournament (S) 4pm – 6pm Peer Support Group (Online and In-Person)	12pm The WDC will be closed!!! Bowling at the Capri mall	
Monday August 25	Tuesday August 26	Wednesday August 27	Thursday August 28	
12pm - 1pm Drop-in  1pm – 3pm Peer Support Group (Online and In-Person)	9:45am Yoga (S) 11am Drop-in  12:30 pm Bingo	10am Art Class (S) 9:45am Yoga (S) 12:30pm Open Felting 4pm – 6pm Peer Support Group (Online and In-Person)	10:00am Line Dancing with Judy 11am- 2pm Drop-in  12:30 pm Music Request Hour & Birthdays	
				<p>Thursday Aug 21 Bowling at the Capri Mall!!!            Tim's coffee and donuts provided            The center will be closed            11 am -2pm</p>



# AUGUST

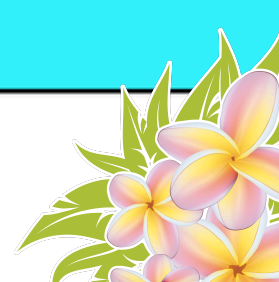


Canadian Mental Health Association, Kelowna & District

504 Sutherland Ave Kelowna, BC V1Y 5X1

Phone: 250-861-3644 Fax: 250-763-4827

Website: CMHAKelowna.com



# August

Well, summer is in full swing and our WELLNESS DEVELOPMENT COACHES are ready!

With the weather being so lovely, they have decided to include some outside activities for us to enjoy in AUGUST.

**MONDAY, AUGUST 4<sup>th</sup>** - The centre will be **closed** for **BC Day!**

**TUESDAY, AUGUST 5<sup>th</sup>** - Did someone say **PANCAKE BREAKFAST?**  
*Have your fill of flapjacks and fun after a long weekend.*

**THURSDAY, AUGUST 7<sup>th</sup>** - The centre will be **closed**, **BUT...**  
everyone will be at **KINSMEN PARK** for a **PICNIC IN THE PARK!**

**WEDNESDAY, AUGUST 13<sup>th</sup>** - Partake in some fresh air during our **NATURE WALK**  
*Join us as we explore our community. A **TREASURE HUNT** guide is included!*

**WEDNESDAY, AUGUST 20<sup>th</sup>** - Attention Chess players... **CMHA CHESS TOURNAMENT**

**THURSDAY, AUGUST 21<sup>st</sup>** - The WDC will be **closed** for **BOWLING DAY** at **CAPRI LANES**

**TUESDAY, AUGUST 26<sup>th</sup>** - Try your luck at **BINGO**, prizes to be won!

**THURSDAY, AUGUST 28<sup>th</sup>** - Yee-haw, we're **LINE DANCING** (no experience needed)

## AS ALWAYS...

1. **PEER SUPPORT** are **MONDAYS** and **WEDNESDAYS**- except for holidays. A nice time to reset and reinvigorate your wellness.
2. **ART CLASSES** with **TINA** are sign-up classes on **WEDNESDAYS**. You will learn how to make amazing art pieces and showcase your talent!
3. **YOGA** is every **TUESDAY** and **WEDNESDAY** and yes, you need to sign up for these popular classes!
4. **FELTING** with **LESLEY** every second **WEDNESDAY** is a hit with the participants.  
Come and see what felting can be and how talented your fellow participants can be as you try your poking skills!

## REMEMBER:

1. While you get comfortable at the WDC, you can have someone accompany you.
2. There is soup, buns and occasionally salads available for purchase at lunch time!
3. Frozen meals are ready made and here! Ask a coach for the selection and the cost but **CASH ONLY** please.