

CMHA Kelowna -Wellness Programs Schedule

Activities & Programs During the month of October

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

		<u>Wednesday October 1</u>	<u>Thursday October 2</u>	★ New!! Starting Oct 16th Yoga will be on Tuesdays and Thursdays No Art with Tina on Wed Oct 1 and Oct 8 classes resume on the 15th of October
		NO ART CLASS NO YOGA 12:30pm Trivia 4pm – 6pm Peer Support Group	10am Fitness Hour - Neighbourhood Walk 11am Drop-In 11:30am WDC Wellness Review/Policies	
<u>Monday October 6</u>	<u>Tuesday October 7</u>	<u>Wednesday October 8</u>	<u>Thursday October 9</u>	
12pm - 1pm Drop-In 1pm – 3pm Peer Support Group	9:45am Yoga 11am Drop-In 12:40 - 1:15 Qi Gong with Hajime 11:45am Corn Maze (S)	NO ART CLASS 9:45am Yoga 12:30pm Creative Writing with Kathleen(S) 4pm – 6pm Peer Support Group	1pm- 3:30pm Friendsgiving Turkey Dinner (S)	
<u>Monday October 13</u>	<u>Tuesday October 14</u>	<u>Wednesday October 15</u>	<u>Thursday October 16</u>	★ <u>Clothing Swap!!!</u> ★ Our clothing swap will be happening in November, please bring clothing in to donate. This would be greatly appreciated.  <u>Friendsgiving Turkey Dinner</u> ★ in the Wellness Development Centre doors open at 12:30pm (No regular session from 11 -2pm)
	9:45am Yoga 11am Drop-In 12:30pm Family Feud	10am Art Class (S) 10am Fitness Hour - Strength 12:30pm Felting with Lesley 4pm – 6pm Peer Support Group	9:45am Yoga 11am Drop-In 12:30pm Cookie Decorating (S)	
<u>Monday October 20</u>	<u>Tuesday October 21</u>	<u>Wednesday October 22</u>	<u>Thursday October 23</u>	
12pm - 1pm Drop-In 1pm – 3pm Peer Support Group	9:45am Yoga 11am Drop-In 12:00pm Carve or paint pumpkins (S)	10am Art Class (S) 10am Fitness Hour - Aerobics 12:30pm Felting with Lesley 4pm – 6pm Peer Support Group	9:45am Yoga 11am Drop-In 1:00pm Music Request & Birthdays	
<u>Monday October 27</u>	<u>Tuesday October 28</u>	<u>Wednesday October 29</u>	<u>Thursday October 30</u>	Halloween Party!!! Thursday Oct.30 Snacks! Drinks! Dress-up!
12pm - 1pm Drop-In 1pm – 3pm Peer Support Group	9:45am Yoga 11am Guest speaker - Wellness KCR 12:40 - 1:15 Qi Gong with Hajime 12:30pm Bullet Journaling	10am Art Class (S) 11am Fitness Hour - Strength 12:30pm Halloween Movie 4pm – 6pm Peer Support Group	9:45am Yoga 11am Drop-In Halloween Party!! Dress up Halloween Party!! Dress up	



Canadian Mental Health Association, Kelowna & District

504 Sutherland Ave Kelowna, BC V1Y 5X1

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

Website: CMHAKelowna.com





AUTUMN SELF-CARE CHALLENGE

@BlessingManifesting

Dig your cold weather pjs out of the closet	Paint pumpkins with quotes or inspirational sayings	Do something to celebrate your body	Do a thing you've been afraid to do	Embrace the concept of warmth in your life	Buy or make something to add to your Fall wardrobe
Choose a day to unplug and enjoy the weather	Wash your bed linens & bring out the warm blankets	Make soup or a crock pot recipe	Check in with how you're feeling	Enjoy your morning beverage outside	Let go of that thing that's been bothering you
Start a 7-day gratitude practice	Give yourself a massage with a good lotion	Pick one bad habit that you want to work on	Light candles or the fire-place and RELAX	Strive to create more balance in your life	Declutter + get rid of things you no longer need
Spend time outside journaling or writing	Bake goodies - share them with someone you love	Warm blankets windows open delicious nap	Indulge in pumpkin bread, coffee or muffins	Go on a nature walk & take photos of the season	Slow down and savor the little moments
Get spiritual meditate, read or spend time in prayer	Apple cider candied apples apple picking APPLES!	Write a letter to release emotions	Practice Hygge the art of coziness	Honor your ancestors in some way	Sit by a fire pit or fireplace