



CMHA Kelowna -Wellness Programs Schedule

Activities & Programs During the month of December

Center hours Tues-Thurs 11am-2pm Mon 12pm-1pm



Monday December 1	Tuesday December 2	Wednesday December 3	Thursday December 4
12pm Drop-In	9:45am Yoga 11:00am Drop-In 11:40am SB- Holiday Wellness	10am Art Class (S) 10am Fitness 12:30pm Felting with Lesley	9:45am Yoga 11:00am Drop-In
1pm – 3pm Peer Support Group	12:40 pm - Qi Gong with Hajme	4pm – 6pm Peer Support Group	12:30 pm - Jackbox Games
Monday December 8	Tuesday December 9	Wednesday December 10	Thursday December 11
12pm Drop-In	9:45am Yoga 11:00am Drop-In	10am Art Class (S) 10am Fitness 12:30pm Creative Writing with Kathleen (S)	9:45am Yoga 11:00am Drop-In
1pm – 3pm Peer Support Group	12:30 pm - Decorating Candy Houses	4pm – 6pm Peer Support Group	12:30 pm - Holiday Trivia
Monday December 15	Tuesday December 16	Wednesday December 17	Thursday December 18
12pm Drop-In	9:45am Yoga 11:00am Drop-In 12:40pm Qi Gong with Hajme	10am Art Class (S) 10am Fitness 12:30pm Holiday Movie	9:45am Yoga 11:00am Drop-In
1pm – 3pm Peer Support Group	12:30 Holiday Catergories	4pm – 6pm Peer Support Group	12:30 pm - Turkey Bingo/Ugly Sweater
Monday December 22	Tuesday December 23	Wednesday December 24	Thursday December 25
12pm Drop-In	No Drop-In	11am Drop-in until 1pm 12pm Music Request Hour	Merry Christmas
1pm – 3pm Peer Support Group	1pm-4:00pm Holiday Feast (S)		
Monday December 29	Tuesday December 30	Wednesday December 31	 December
The center is closed	The center is closed	The center is closed	




Canadian Mental Health Association, Kelowna & District

504 Sutherland Ave Kelowna, BC V1Y 5X1

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

Website: CMHAKelowna.com

Holiday Feast on Dec 23th at 1:00pm
 The center will be closed for Drop-In
 Please come in and join us from 1- 4:00pm

 Wednesday December 24th center will
 be open from 11am to 1 pm

 The WDC will be closed Dec 25th -
 January 4th. See you on the Jan 5th!





DECEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Fall in love with YOUR MIND, BODY, SPIRIT.					1 Set your self care goals for the month.	2 Start a conversation with someone you don't know.
3 Leave your gradebook at home.	4 Research a topic you know nothing about.	5 Commit to learning a new skill for 2019.	6 Buy some flowers for your space.	7 Order takeout for dinner.	8 Register for a new workout class.	9 Take a hike in the wilderness.
10 Pack your lunch for the week.	11 Tell a student how wonderful they are.	12 Make today a social media FREE day.	13 Go to sleep early.	14 Go to the movies by yourself.	15 Spend the day watching your favorite TV show.	16 Treat yourself to breakfast.
17 Make an appointment for a yearly checkup.	18 Go for a run or walk after work.	19 Write in your gratitude journal.	20 Plan a night out with friends.	21 Buy 3 gifts for friends who are going through trials.	22 Write in your gratitude journal.	23 Volunteer with an organization you care about.
24 Cook yourself a fancy meal.	25 Reflect on your 2019 goals.	26 Go to brunch.	27 Take a 20 minute walk.	28 Record a video about something you care about.	29 Call a family member and ask what they need.	30 Buy yourself something new.
31 Spend 15 minutes meditating on your 2019 goals.						

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DECEMBER

December national days word search printable from Always the Holidays

D	Y	A	D	T	S	I	L	S	A	T	N	A	S	N
Y	A	D	A	I	T	T	E	S	N	I	O	P	O	Y
Y	D	Y	H	O	L	L	Y	D	A	Y	A	B	A	P
A	A	S	A	E	M	O	D	A	Y	K	E	D	T	A
D	L	D	W	D	C	R	O	K	D	L	E	S	K	S
E	Y	L	P	E	Y	U	C	Y	P	N	H	I	A	T
K	A	A	A	P	Y	T	P	R	A	C	I	M	S	R
A	D	S	D	M	A	A	I	C	Y	D	T	W	D	Y
C	A	I	T	A	A	Z	Y	L	A	S	D	T	T	D
T	O	Z	R	M	E	D	C	A	I	K	F	R	K	A
I	C	E	N	D	N	T	A	R	D	B	E	C	A	Y
U	O	R	A	A	K	E	H	Y	S	E	A	D	U	L
R	C	Y	C	D	W	C	D	O	M	R	I	S	A	L
F	E	T	H	A	K	K	U	N	A	H	D	P	I	Y
Y	A	D	S	E	I	K	O	O	C	E	K	A	B	D

NOBEL PRIZE DAY	SANTAS LIST DAY	TEA DAY
DISABILITY DAY	TWIN DAY	CUPCAKE DAY
CHRISTMAS	PASTRY DAY	APP DAY
KWANZAA	PIE DAY	CANDY CANE DAY
HANUKKAH	FRUITCAKE DAY	COCOA DAY
HOLLY DAY	BAKE COOKIES DAY	LARD DAY
POINSETTIA DAY	LLAMA DAY	EMO DAY