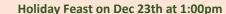
## CMHA Kelowna -Wellness Programs Schedule Activities & Programs During the month of December

	Monday December 1	<u>Tuesday December 2</u>	Wednesday December 3	Thursday December 4
12pm	Drop-In	9:45am Yoga	10am Art Class (S)	9:45am Yoga
		11:00am Drop-In	10am Fitness	11:00am Drop-In
		11:40am SB- Holiday Wellness	12:30pm Felting with Lesley	
1pm - 3pn	n 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	Wedneday December 10	Thursday December 11
12pm	Drop-In	9:45am Yoga	10am Art Class (S)	9:45am Yoga
		11:00am Drop-In	10am Fitness	11:00am Drop-In
			12:30pm Creative Writing with Kathleen (S)	
1pm - 3pn	n Peer Support Group	12:30 pm - Decorating Candy Houses	4pm – 6pm Peer Support Group	12:30 pm - Holiday Trivia
ļ	Monday December 15	Tuesday December 16	Wednesday December 17	<u>Thursday December 18</u>
12pm	Drop-In	9:45am Yoga	10am Art Class (S)	9:45am Yoga
		11:00am Drop-In	10am Fitness	11:00am Drop-In
		12:40pm Qi Gong with Hajme	12:30pm Holiday Movie	
1pm – 3pn	n 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	Merry .
			12pm Music Request Hour	The ist mass
1pm - 3pn	n Peer Support Group	1pm-4:00pm Holiday Feast (S)		** ** ** ** ** **
				* **
	Monday December 29	Tuesday December 30	Wednesday December 31	<b>************************************</b>

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



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!





The center is closed

The center is closed

Canadian Mental Health Association, Kelowna & District 504 Sutherland Ave Kelowna, BC V1Y 5X1

The center is closed

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

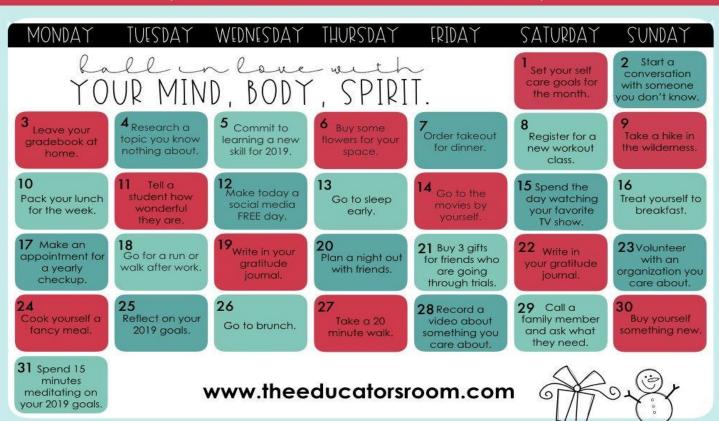
Website: CMHAKelowna.com



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

## December 2025

## \* DECEMBER \*





December
national dags
word search
princable
nrow Alvags
the foliciass



NOBEL PRIZE DAY
DISABILITY DAY
CHRISTMAS
KWANZAA
HANUKKAH
HOLLY DAY
POINSETTIA DAY

TWIN DAY
PASTRY DAY
PIE DAY
FRUITCAKE DAY
BAKE COOKIES DAY
LLAMA DAY

SANTAS LIST DAY

CUPCAKE DAY
APP DAY
CANDY CANE DAY
COCOA DAY
Y LARD DAY
EMO DAY

TEA DAY