

CMHA Kelowna -Wellness Programs Schedule

Activities & Programs During the month of January

Center hours Tuesday-Thursday 11am- 2pm; Monday 12-1pm

Monday January 5	Tuesday January 6	Wednesday January 7	Thursday January 8	
12pm - 1pm Drop-In	9:45am Yoga 11am Drop-In 12:40pm Qi Gong with Hajme	10am Art Class (sign up required) 10am Fitness 12:30pm Needle felting coaster	9:45am Yoga 11am Drop-In	 Coffee and Tea available from 11:00am -1:30pm for \$0.50 Tues, Wed, and Thurs (only).
1pm – 3pm Peer Support Group	12:30 pm - Pancake Breakfast	4pm – 6pm Peer Support Group	12:30 pm - Jackbox games	 Frozen Meals for 6 dollars (cash only) 
Monday January 12	Tuesday January 13	Wednesday January 14	Thursday January 15	New Activities
12pm - 1pm Drop-In	9:45am Yoga 11am Drop-In	10am Art Class (sign up required) 10am Fitness 12:30pm Needle felting coaster	9:45am Yoga 11am Drop-In	 <u>Robert Burn's Day</u>  Experience Scottish history and culture through games and fun food tasting.
1pm – 3pm Peer Support Group	12:30 pm- Laughter Yoga with Wendy	4pm – 6pm Peer Support Group	12:30 pm - Vision Board 2026	
Monday January 19	Tuesday January 20	Wednesday January 21	Thursday January 22	
12pm - 1pm Drop-In	9:45am Yoga 11am Drop-In 12:40pm Qi Gong with Hajme	10am Art Class (sign up required) 10am Fitness 12:30pm Snowshoeing	9:45am Yoga 11am Drop-In	 <u>Peer Support</u> 
1pm – 3pm Peer Support Group	12:30 pm - Trivia	4pm – 6pm Peer Support Group	12:30 pm - Self-care Bingo	<u>Mondays - 1:00pm to 3:00pm</u> in the Wellness Development Centre
Monday January 26	Tuesday January 27	Wednesday January 28	Thursday January 29	
12pm - 1pm Drop-In	9:45am Yoga 11am Drop-In	10am Art Class (sign up required) 10am Fitness 12:30pm Bullet Journaling	9:45am Yoga 11am Drop-In	<u>Wednesdays - 4:00pm to 6:00pm</u> in the Wellness Development Centre (Doors open 30mins prior)
1pm – 3pm Peer Support Group	12:30 pm - Robert Burn's Day	4pm – 6pm Peer Support Group	12:30 pm - Music Request	



Canadian Mental Health Association, Kelowna & District

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Winter Mad Libs

Winter is my favorite season because I love getting to _____ (action) and _____ (action) at _____ (place) with _____ (person); we always end up _____ (action). My favorite meal to eat in the winter is _____ (food) because it makes me _____ (emotion), but if I eat too much I cannot fit into my _____ (clothing item)! My winter essentials are _____ (clothing item) and _____ (clothing item), I can't do without them. It's really fun to build a _____ (noun) out of _____ (adjective) snow and dress him in a _____ (clothing item) with a _____ (noun) for a _____ (body part).



I even have snowball fights with _____ (person) and it is super _____ (adjective). After a long day of playing I like to cuddle up with a _____ (noun) and a warm cup of _____ (drink).

WINTER WORD SCRAMBLE

1. lcdo _____
2. nmwnaso _____
3. nigrfzee _____
4. cie _____
5. oftrs _____
6. wfksoaenl _____
7. soeglv _____
8. tha _____
9. tcoa _____
10. tbsoo _____
11. arcsf _____
12. olvehs _____
13. sswbonall _____
14. ddginesl _____
15. kngsii _____

www.classymommy.com

