








CMHA Kelowna -Wellness Programs Schedule

Activities & Programs During the month of February

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

Monday February 2	Tuesday February 3	Wednesday February 4	Thursday February 5	
12pm - 1pm Drop-in	9:45 am Yoga 11am- 2pm Drop-in Pancake Breakfast	10am Art Class (Sign up required) 10am Fitness 12:30am Learn How to play Chess	9:45 am Yoga 11am- 2pm Drop-in	 Frozen Meals for 6 dollars (cash only)   Coffee and Tea available from 11:00am -1:30pm for \$0.50 Tues, Wed, and Thurs (only).
1pm – 3pm Peer Support Group (Online and In-Person)	12:30 pm Qi Gong with Hajme	4pm – 6pm Peer Support Group (Online and In-Person)	12:30 pm Self-Love Affirmation project	
Monday February 9	Tuesday February 10	Wednesday February 11	Thursday February 12	
12pm - 1pm Drop-in	9:45 am Yoga 11am- 2pm Drop-in	10am Art Class (Sign up required) 10am Fitness 12:30am Flower making with Dixie	9:45 am Yoga 11am- 2pm Drop-in	 Good Vibes keychains!! Colour a shrink plastic inspirational message and turn it into a key chain.
1pm – 3pm Peer Support Group (Online and In-Person)	12:30 pm Trivia	4pm – 6pm Peer Support Group (Online and In-Person)	12:30 pm Making Keychains (Sign up required)	
Monday February 16	Tuesday February 17	Wednesday February 18	Thursday February 19	
 THE WELLNESS CENTER WILL BE CLOSED	9:45 am Yoga 11am- 2pm Drop-in 12:30pm Qi Gong with Hajme 12:30 pm Bullet Journaling with Lesley	10am Art Class (Sign up required) 10am Fitness 12:30 Felting seal pups	9:45 am Yoga 11am- 2pm Drop-in 12:30 pm Name that Tune	 Hot Lunch available daily!!  Ask Wellness coaches for more details
		4pm – 6pm Peer Support Group (Online and In-Person)		
Monday February 23	Tuesday February 24	Wednesday February 25	Thursday February 26	
12pm - 1pm Drop-In	9:45 am Yoga 11am- 2pm Drop-in	10am Art Class (Sign up required) 10am Fitness 12:30 Bowling (Sign up required)	9:45 am Yoga 11am- 2pm Drop-in	The center will be closed Monday February 16!! There will be no Peer Support
1pm – 3pm Peer Support Group (Online and In-Person)	12:30 pm Vision Board	4pm – 6pm Peer Support Group (Online and In-Person)	12:30 pm Music Request Hour	



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 Phone: 250-861-3644 Fax: 250-763-4827
 Website: CMHAKelowna.com

Hello
February



GONE WITH THE WIND WORD SEARCH PUZZLE

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

- ASHLEY WILKES

ATLANTA

BONNIE BLUE

CIVIL WAR

CONFEDERATE
- GEORGIA

MARGARET MITCHELL

OLD SOUTH

PLANTATION

PRISSY
- RECONSTRUCTION

RHETT BUTLER

ROMANCE

SCALAWAG

SCARLETT O'HARA
- SLAVERY

SOLDIERS

SOUTHERN BELLE

TARA

TWELVE OAKES

MATH PUZZLE

Put the numbers 1 - 8 in each of the squares so that each side adds up to the middle number

	12			13	
	14			15	