

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	
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)	 <u>Good Vibes</u> keychains!! Colour a shrink plastic inspirational message and turn it into a key chain.
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	 <u>Hot Lunch available daily!!</u>  Ask Wellness coaches for more details
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 12:30 pm Music Request Hour	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)		



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Hello
February



February 2025

GONE WITH THE WIND WORD SEARCH PUZZLE



ASHLEY WILKES	GEORGIA	RECONSTRUCTION	SLAVERY
ATLANTA	MARGARET MITCHELL	RHETT BUTLER	SOLDIERS
BONNIE BLUE	OLD SOUTH	ROMANCE	SOUTHERN BELLE
CIVIL WAR	PLANTATION	SCALAWAG	TARA
CONFEDERATE	PRISSY	SCARLETT O'HARA	TWELVE OAKES

www.WordSearchAddict.com

MATH PUZZLE

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

