

CMHA Kelowna -Wellness Programs Schedule

Activities & Programs During the month of March

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

Monday March 2	Tuesday March 3	Wednesday March 4	Thursday March 5	
12pm - 1pm Drop-in	9:45am Yoga 11am- 2pm Drop-in	10am Art Class (Sign up required) 10am Fitness Hour 12:00pm Leap Year Movie	9:45am 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	12:30 pm Qi Gong with Hajme	4pm – 6pm Peer Support Group	12:30 pm Charades	
Monday March 9	Tuesday March 10	Wednesday March 11	Thursday March 12	
12pm - 1pm Drop-in	9:45am Yoga 11am- 2pm Drop-in	10am Art Class (Sign up required) 10am Fitness Hour 12:30pm Sncewips Tour (sign up required)	9:45am Yoga 11am- 2pm Drop-in	 Sncewips Heritage Museum Tour The museum provides a in-depth look the sylix people and our community, exploring self-government, Traditional tools and dwellings, family and communitiy structures, cultural practices, storytelling, and more! Location on the Westside. Transportatation provided
1pm – 3pm Peer Support Group	12:30 pm Laughter Yoga in the Art Room	4pm – 6pm Peer Support Group	12:30 pm Bingo	
Monday March 16	Tuesday March 17	Wednesday March 18	Thursday March 19	
12pm - 1pm Drop-in	9:45am Yoga St. Patty's Celebration 	10am Art Class (Sign up required) 10am Fitness Hour 12:30pm Manicures/Haircuts MC College (S)	9:45am Yoga 11am- 2pm Drop-in	★ Laughter Yoga!!! ★ Tuesday March 10 class starts at 12:30pm at the Wellness Center Late enteries will not be allowed in.
1pm – 3pm Peer Support Group	12:30 pm Qi Gong with Hajme	4pm – 6pm Peer Support Group	12:30 pm Pool Tournament (Sign up required)	
Monday March 23	Tuesday March 24	Wednesday March 25	Thursday March 26	
12pm - 1pm Drop-in	9:45am Yoga 11am- 2pm Drop-in 12:30pm Drumcircle with LeyaWill	10am Art Class (Sign up required) 10am Fitness Hour 12:30pm Wellness Topic	9:45am Yoga 11am- 2pm Drop-in	Manicures and Hair Cuts with MC College!! March 18th at 12:30 to 2:30 Haircuts and manicures at the WDC (Sign up is required)
1pm – 3pm Peer Support Group	12:30 pm Jackbox	4pm – 6pm Peer Support Group	12:30 pm Music Request Hour	
Monday March 30	Tuesday March 31			
12pm - 1pm Drop-in	9:45am Yoga 11am- 2pm Drop-in			
1pm – 3pm Peer Support Group	12:30 pm Qi Gong with Hajme			



Canadian Mental Health Association, Kelowna & District

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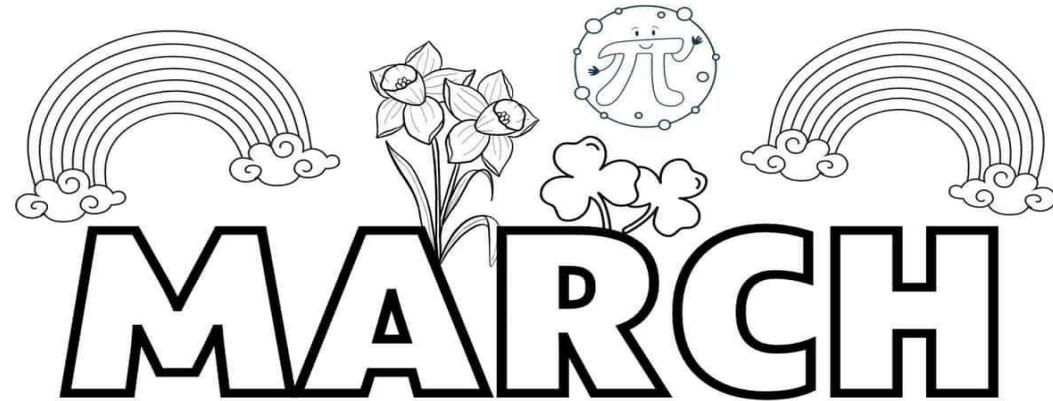
Name: _____ Date: _____



WORD SCRAMBLE
DIRECTIONS:
 Unscramble each set of letters to discover a vocabulary word relating to the fun-filled month of March.

- CNSTIE _____
- TEYBUFLRT _____
- TPCAIRK _____
- REENG _____
- RDGENA _____
- REWOFL _____
- IKET _____
- RAMHC _____
- IGNSPR _____
- PAARDE _____
- YDNWI _____
- PCHRAUNELE _____

- OLERVC _____
- LOOMB _____
- KULC _____
- SRTAEE _____
- ROWNABI _____
- CICPNI _____
- MHCROSKA _____
- ESSOAN _____
- FDOFDIAL _____
- QXUNOEI _____
- SBAAKETBLL _____
- OUDROTOS _____



WORD SEARCH

S	C	F	S	P	R	I	N	G	E	F	R	W	D	L	O	C	R	BIRDS
R	U	R	T	U	Y	M	I	P	A	A	B	K	X	T	N	A	A	CLOVER
L	P	B	P	F	L	S	A	R	G	I	D	R	A	M	S	Y	I	DAFFODIL
W	E	N	A	E	R	S	R	E	R	T	H	Y	W	R	T	K	N	DR SEUSS
S	D	P	T	B	R	C	E	D	E	R	V	X	A	L	A	M	B	FAT TUESDAY
H	G	L	R	R	E	S	S	I	E	A	F	D	F	E	W	M	O	FLOWER
A	W	I	E	T	P	B	D	N	R	E	H	F	K	F	L	W	GREEN	
M	A	R	C	H	C	Y	W	E	N	E	S	E	L	I	H	C	S	LAMB
R	J	B	K	R	U	H	N	F	A	T	T	U	E	S	D	A	Y	LEPRECHAUN
O	H	R	S	Y	B	T	A	T	T	I	O	P	D	D	A	R	A	MARCH
C	E	E	D	L	I	L	N	U	E	T	C	Y	A	N	F	R	D	MARDI GRAS
K	E	P	A	N	R	R	O	L	N	I	L	J	Y	E	F	A	I	MARIO DAY
S	E	U	Y	D	S	Y	E	I	L	R	O	S	G	S	O	R	P	PI DAY
D	R	S	E	U	S	S	I	P	A	W	V	A	P	S	D	R	N	RAIN
W	F	M	A	R	I	O	D	A	Y	G	E	L	K	B	I	O	R	RAINBOWS
C	H	Y	A	D	J	O	H	D	N	D	R	E	W	O	L	F	R	SHAMROCK
																		SPRING
																		ST PATRICKS DAY
																		TULIP
																		WAFFLE DAY