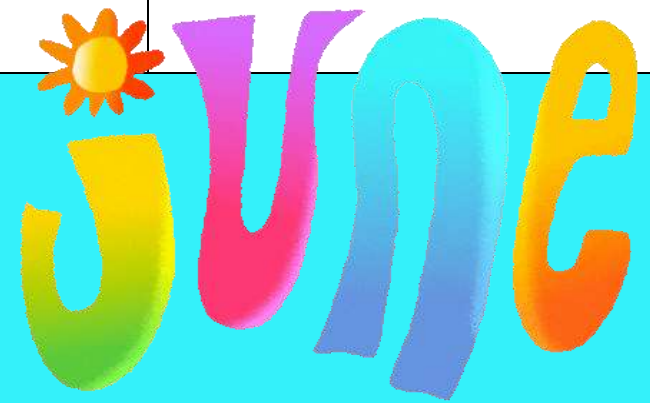


CMHA Kelowna -Wellness Programs Schedule

Activities & Programs During the month of June

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

Monday June 1	Tuesday June 2	Wednesday June 3	Thursday June 4	
12pm - 1pm Drop-in Clothing Swap all week	9:45am Yoga 11:30am Pancake Breakfast	10am Art Class (S) 10am Fitness - Outdoor walk 12:30pm Card Making with Shannon (S)	9:45am Yoga	★ Frozen Meals for 6 dollars (cash only) ★ Hot Lunch Tuesday, Wednesday, Thursday 12:00 pm - 12:30 pm (\$5 dollars)
1pm – 3pm Peer Support Group	12:30 pm Jackbox Games	4pm – 6pm Peer Support Group	12:30 pm Pool Tournament	
Monday June 8	Tuesday June 9	Wednesday June 10	Thursday June 11	
12pm - 1pm Drop-in	9:45am Yoga	10am Art Class (S) 10am Fitness 11:15am Farmers Market (S)	9:45am Yoga	 Picnic in the Park!!! Kinsmen Park 2600 Abbot Street! June 24 at 11:00 am snacks and treats provided.
1pm – 3pm Peer Support Group	12:30 pm Trivia 12:40 pm Qi Gong with Hajme	4pm – 6pm Peer Support Group	12:30 pm Bingo	
Monday June 15	Tuesday June 16	Wednesday June 17	Thursday June 18	
12pm - 1pm Drop-in	9:45am Yoga	10am Art Class (S) 10am Fitness 12:30pm Chess Tournament (S)	9:45am Yoga	The WDC will be closed for Drop-In 11-2pm ★ Clothing Swap June 1 - June 4 ★ Wellness Topic!! June 16th at 12:30 The topic is Unhelpful Thought Busters
1pm – 3pm Peer Support Group	12:30 pm Wellness Topic	4pm – 6pm Peer Support Group	12:30 pm Nature Walk (S) Kasugai Gardens ~ 1435 Water St.	
Monday June 22	Tuesday June 23	Wednesday June 24	Thursday June 25	
12pm - 1pm Drop-in	9:45am Yoga	10am Art Class (S) No Fitness Picnic in the Park!! (Kinsmen)	9:45am Yoga	
1pm – 3pm Peer Support Group	12:40 pm Qi Gong with Hajme 1:15 pm Categories	4pm – 6pm Peer Support Group The center will be closed from 11-2pm	12:30 pm Music Request Hour	
Monday June 29	Tuesday June 30			
12pm - 1pm Drop-in	9:45am Yoga			
1pm – 3pm Peer Support Group	12:30 pm Animal pony bead making (S)			



Canadian Mental Health Association, Kelowna & District
 504 Sutherland Ave Kelowna, BC V1Y 5X1
 Phone: 250-861-3644 Fax: 250-763-4827
 Website: CMHAKelowna.com

PHOTO SCAVENGER HUNT

All Photos must have at least one member of the group in them.

1. Jumping in the Air
2. Everyone's feet
3. A Sign
4. Cool Shadows
5. Something Red
6. Find Waldo - someone blending in or hiding
7. Dancing
8. Someone touching their nose with their tongue
9. Playing Air Guitars
10. A Letter
11. A non-human creature
12. A Rainbow
13. Walking like a Duck
14. Group Hug
15. Piggy Back Ride
16. Something Rough
17. Odd Shape
18. A Plant
19. A Statue or someone being a statue
20. Water Feature
21. A Circle
22. Something or Someone Flexible
23. Acting out a Nursery Rhyme or Song
24. Hand Stand
25. A Pet
26. Polka Dots
27. A Number
28. A Tree
29. Moon Walking
30. Emojis



June DOODLE CHALLENGE

A DOODLE A DAY KEEPS THE ART IN PLAY

1. ANTS
2. POPSCICLES
3. DRINKS
4. SHELLS
5. DISNEY
6. YOUR STATE
7. RAINBOW
8. A CAMERA
9. FLOWERS
10. FEATHERS
11. STORMS
12. MUSIC
13. LOVE
14. WEEDS
15. SUNFLOWER
16. TEACUP
17. ROCKET
18. MONSTER
19. BURGER
20. SUNSHINE
21. PENCIL
22. FURNITURE
23. FISH
24. ROLLER COASTER
25. BIRTHDAY CAKE
26. BEACH
27. NEWSPAPER FRONT PAGE
28. BIRDS
29. POOL
30. BOOTS

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