

CMHA Kelowna -Wellness Programs Schedule

Activities & Programs During the month of July

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

		Wednesday July 1		Thursday July 2		 Frozen Meals for 6 dollars (cash only)  Mills Creek Waterfall Walk 6238 Spencer Road at 12:30 pm
		Happy Canada Day!!! The center will be closed		10am Yoga 11am-2pm Drop-In 12:30pm Jackbox Games		
Monday July 6		Tuesday July 7		Wednesday July 8		 <p>Wednesday July 29th Afternoon in the Park The center will be closed for Drop-In</p> <p> The Center will be closed  July 1st for Canada Day! Happy Canada Day!!!</p> 
12pm - 1pm Drop-In 1pm - 3pm Peer Support Group		9:45am Yoga 11am-2pm Drop-In 11:30 am Pancake Breakfast 12:30pm Qi Gong with Hajme		10am Art Class (S) 10am Outdoor Walk 12:30 pm Button Art 4pm - 6pm Peer Support Group		
Monday July 13		Tuesday July 14		Wednesday July 15		Tuesday, Wednesday and Thursday Hot Lunch !!! 12pm -12:30pm
12pm - 1pm Drop-In 1pm - 3pm Peer Support Group		9:45am Yoga 11am-2pm Drop-In 12:30pm Categories		10am Art Class (S) 10am Fitness Hour 12:00 pm Haircuts/Manis with MC College (S) 4pm - 6pm Peer Support Group		
Monday July 20		Tuesday July 21		Wednesday July 22		Tuesday, Wednesday and Thursday Hot Lunch !!! 12pm -12:30pm
12pm - 1pm Drop-In 1pm - 3pm Peer Support Group		9:45am Yoga 11am-2pm Drop-In 12:30pm Wellness Topic 12:30pm Qi Gong with Hajme		10am Art Class (S) 10am Fitness Hour 12:30pm Name that Tune 4pm - 6pm Peer Support Group		
Monday July 27		Tuesday July 28		Wednesday July 29		
12pm - 1pm Drop-In 1pm - 3pm Peer Support Group		9:45am Yoga 11am-2pm Drop-In 12:30pm Trivia		10am Art Class (S) No Fitness 11:00pm Park Day (SutherlandPark) 4pm - 6pm Peer Support Group		
				Thursday July 30		
				9:45am Yoga 11am-2pm Drop-In 1:00pm Music Request		



Canadian Mental Health Association, Kelowna & District

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Adult Cognitive Worksheet

Fill in the blank to complete each analogy.

1. Cat is to Meow as Dog is to _____
2. Finger is to Hand as Toe is to _____
3. Sun is to Day as Moon is to _____
4. Teacher is to School as Chef is to _____
5. Fire is to Hot as Ice is to _____
6. Clock is to Time as Thermometer is to _____
7. Pen is to Write as Brush is to _____
8. Fish is to Water as Bird is to _____
9. Pencil is to Eraser as Knife is to _____
10. Book is to Read as Song is to _____
11. Car is to Road as Boat is to _____
12. Eye is to See as Ear is to _____
13. Doctor is to Patient as Mechanic is to _____
14. Milk is to Cow as Wool is to _____
15. Lock is to Key as Puzzle is to _____
16. Hammer is to Nail as Screwdriver is to _____
17. Paint is to Artist as Words are to _____
18. Smile is to Happy as Frown is to _____
19. Sing is to Singer as Draw is to _____
20. Seed is to Plant as Egg is to _____

BRAIN TEASER

Cross Out The Odd Word. Then Add One More.

1. blue - pink - park - black - _____
2. apples - bananas - oranges - chairs - _____
3. postman - doctor - hospital - secretary - _____
4. hungry - tired - happy - friend - _____
5. Friday - Sunday - March - Wednesday - _____
6. seven - first - eight - twenty - _____
7. German - Russia - England - Scotland - _____
8. February - November - Monday - July - _____
9. tree - fridge - table - bed - _____
10. salad - carrot - tomato - cucumber - _____
11. second - third - nine - twelfth - _____
12. orange - cherry - potato - kiwi - _____
13. good - nice - bad - friendly - _____
14. sister - niece - father - aunt - _____
15. grandfather - aunt - nephew - brother - _____
16. windy - sunny - clock - freezing - _____
17. football - tennis - music - judo - _____
18. red - jump - read - write - _____
19. my - our - she - your - _____
20. skirt - shirt - shoe - smart - _____
21. car - dog - camel - horse - _____
22. arm - knee - finger - know - _____
23. taxi - bus - underground - stop - _____
24. ice-cream - cake - chips - biscuits - _____
25. bed - kitchen - bathroom - hall - _____
26. cartoon - comedy - musical - office - _____
27. long - short - old - door - _____
28. telephone - computer - radio - lamp - _____
29. week - fever - headache - flu - _____
30. teddy bear - ball - doll - backpack - _____
31. breakfast - lunch - meal - dinner - _____
32. biology - carpet - geography - maths - _____

I SPY SUMMER

