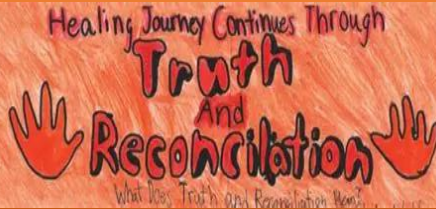


CMHA Kelowna -Wellness Programs Schedule

Activities & Programs During the month of September

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

	Tuesday September 1	Wednesday September 2	Thursday September 3	★ Dress for the King! ★ English High Tea Wednesday Sept 23rd 12:30- 1:30 in the Art Room. Sign up! 
	9:45 am Yoga 11:30am Pancake Breakfast 12:30 pm Qi Gong with Hajme	10am Art Class (S) 10am Fitness Hour 12:30pm Practical Magic Movie 4pm – 6pm Peer Support Group	9:45am Yoga 1:00 pm Jackbox	
Monday September 7	Tuesday September 8	Wednesday September 9	Thursday September 10	★ <u>Monthly Forum on Mental Health</u> ★ Thursday, Sept 17th 4-6pm  Learn more about what we do! Community Outreach, Foundry, CRCL and Rent Bank. Free snacks! This is open to the public so bring your family and friends! Kangaroo Farm!! Must sign up if interested. Rides are available MC College presents Haircuts and Manis Sept 16th at 12pm sign up on the board in WDC
	9:45 am Yoga 12:30 pm Bingo	10am Art Class (S) 10am Fitness Hour 12:00pm Kangaroo Farm (S) 4pm – 6pm Peer Support Group	9:45am Yoga 12:30 pm Name that Tune	
	Monday September 14	Tuesday September 15	Wednesday September 16	
12pm - 1pm Drop-in 10:30 am Wet Felted Change purses (S) 1pm – 3pm Peer Support Group	9:45 am Yoga 11:30 am Wellness Topic 12:30 pm Bead making 12:30 pm Qi Gong with Hajme	10am Art Class (S) 10am Fitness Hour 12pm Haircuts and Manis (S) 12:30 -2:00 Nature Walk - Pauls Tomb (S) 4pm – 6pm Peer Support Group	9:45am No Yoga 12:30 pm Categories 4pm-6pm Monthly Forum on Mental Health	
Monday September 21	Tuesday September 22	Wednesday September 23	Thursday September 24	
12pm - 1pm Drop-in 1pm – 3pm Peer Support Group	9:45 am Yoga 12:30 pm Trivia	10am Art Class (S) 10am Fitness Hour 12:30 -1:30 English High Tea(S) 4pm – 6pm Peer Support Group	9:45am Yoga 12:30 pm Music Request Hour	
Monday September 28	Tuesday September 29	Wednesday September 30		
12pm - 1pm Drop-in 1pm – 3pm Peer Support Group	9:45 am Yoga 12:30 pm Qi Gong with Hajme			


Every Child Matters



Canadian Mental Health Association, Kelowna & District

504 Sutherland Ave Kelowna, BC V1Y 5X1
Phone: 250-861-3644 Fax: 250-763-4827
Website: CMHAKelowna.com

September

September 2026

SEPTEMBER

OODLES OF DOODLES CHALLENGE

HOSTED BY: @THE.PETITE.PLANNER & @ECLECTIC.SCRIBBLES

#OODLESOFDOODLESCHALLENGESEPT

- 
1. SCARF
 2. MUSHROOM
 3. OWL
 4. PUMPKIN SPICE LATTE
 5. UGG BOOTS
 6. BEAR
 7. FOX
 8. PILE OF LEAVES
 9. SCARECROW
 10. CORN FIELD
 11. HAY RIDE
 12. MAZE
 13. UMBRELLA
 14. RACCOON
 15. WIND
 16. FLANNEL
 17. APPLE CIDER
 18. PUMPKIN PIE
 19. BAKING
 20. BUCKET OF APPLES
 21. RAKE
 22. BONFIRE
 23. PICKET FENCE
 24. HOMEMADE JAM
 25. ACORN
 26. CROCK POT
 27. SQUASH
 28. PINECONE
 29. TEA POT
 30. FOOTBALL

30 DAYS OF FALL ACTIVITIES

naturalbeachliving.com

go on a bike ride 1	have a photo shoot 2	go bowling 3	visit an apple orchard 4	PAINT PUMPKINS 5
build a bird house 6	visit a festival 7	eat candy corn 8	make a fall wreath 9	go on a nature walk 10
jump in a pile of leaves 11	make apple cider 12	watch a fall movie 13	go horse back riding 14	CREATE A LEAF CRAFT 15
read outdoors 16	roast marshmallows 17	make soup 18	have a picnic 19	volunteer 20
BUILD SOMETHING 21	bake cookies 22	find acorns 23	make a no-sew blanket 24	go on a hay ride 25
make trail mix 26	visit an outdoor market 27	go for a walk 28	MAKE SOMETHING WITH PUMPKIN 29	have a bonfire 30