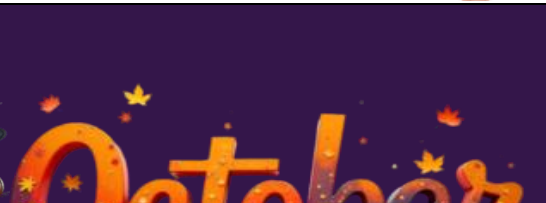


CMHA Kelowna -Wellness Programs Schedule

Activities & Programs During the month of October

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

				<u>Thursday October 1</u>		★ Haunted House at the museum!! Westbank Museum 2367 Dobbin Rd. West Kelowna Sign up is a must (Rides are available) ★
				9:45am	Yoga	
				12:30pm	Jackbox Murder Mystery	
<u>Monday October 5</u>		<u>Tuesday October 6</u>		<u>Wednesday October 7</u>		<u>Thursday October 8</u>
12pm - 1pm Drop-In	9:45am Yoga	10am Art Class (S)	10am Fitness - Neighbourhood Walk			1pm- 3:30pm Friendsgiving Turkey Dinner (S) Center is closed for Drop-In
11:30am Wellness Discussion - Counselling	11:30pm Wellness Discussion - Counselling	11:30am Pool Tournament (S)				
1pm – 3pm Peer Support Group	12:30pm Colouring Contest	4pm – 6pm Peer Support Group				
<u>Monday October 12</u>		<u>Tuesday October 13</u>		<u>Wednesday October 14</u>		<u>Thursday October 15</u>
	9:45am Yoga	10am Art Class (S)	9:45am No Yoga			
	12:40 - 1:15 Qi Gong with Hajime	10am Fitness				
	12:30pm Painting Pumpkins (S)	12:30pm Halloween Trivia	12:30pm Cookie Decorating (S)			
		4pm – 6pm Peer Support Group				
<u>Monday October 19</u>		<u>Tuesday October 20</u>		<u>Wednesday October 21</u>		<u>Thursday October 22</u>
12pm - 1pm Drop-In	9:45am Yoga	10am Art Class (S)	9:45am Yoga			
11:30am Wellness Discussion - Counselling	11:30pm Wellness Discussion - Counselling	10am Fitness	12:30pm Beaded Ghosts			
1pm – 3pm Peer Support Group	12:30pm The Haunted Museum (S)	12:30pm Photo Walk				
		4pm – 6pm Peer Support Group				
<u>Monday October 26</u>		<u>Tuesday October 27</u>		<u>Wednesday October 28</u>		<u>Thursday October 29</u>
10:30am Spooky Felting (S)	9:45am Yoga	10am Art Class (S)	9:45am Yoga			
12pm - 1pm Drop-In	12:40 - 1:15 Qi Gong with Hajime	10am Fitness				
1pm – 3pm Peer Support Group	11:45am Spooky Kitty Painting	12:30pm Halloween Movie				
		4pm – 6pm Peer Support Group	Halloween Party!! Dress up			
						
						

OCTOBER



Canadian Mental Health Association, Kelowna & District

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Phone: 250-861-3644 Fax: 250-763-4827

Website: CMHAKelowna.com

October



AUTUMN SELF-CARE CHALLENGE

@BlessingManifesting

Dig your cold weather pjs out of the closet	Paint pumpkins with quotes or inspirational sayings	Do something to celebrate your body	Do a thing you've been afraid to do	Embrace the concept of warmth in your life	Buy or make something to add to your Fall wardrobe
Choose a day to unplug and enjoy the weather	Wash your bed linens & bring out the warm blankets	Make soup or a crock pot recipe	Check in with how you're feeling	Enjoy your morning beverage outside	Let go of that thing that's been bothering you
Start a 7-day gratitude practice	Give yourself a massage with a good lotion	Pick one bad habit that you want to work on	Light candles or the fire-place and RELAX	Strive to create more balance in your life	Declutter + get rid of things you no longer need
Spend time outside journaling or writing	Bake goodies - share them with someone you love	Warm blankets windows open delicious nap	Indulge in pumpkin bread, coffee or muffins	Go on a nature walk & take photos of the season	Slow down and savor the little moments
Get spiritual meditate, read or spend time in prayer	Apple cider candied apples apple picking APPLES!	Write a letter to release emotions	Practice Hygge the art of coziness	Honor your ancestors in some way	Sit by a fire pit or fireplace