CMHA Kelowna -Wellness Programs Schedule

Activities & Programs During the month of November

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

Monday November 2	Tuesday November 3	Wednesday November 4	Thursday November 5
12pm Drop In Clothing Swap!!!	9:45am Yoga 11am Pancake Breakfast	10am Art Class (S) No Fitness 12:00pm Pool Tournament	9:45am Yoga
1pm – 3pm Peer Support Group	12:30pm Qi Gong with Hajme	4pm – 6pm Peer Support Group	12:30pm Origami Envelope making
Monday November 9	**Tuesday November 10**	**Wedneday November 11**	**Thursday November 12**
12pm Drop In Clothing Swap!!! 10:30pm Felting with Lesley	The Center will be closed		9:45am Yoga
1pm – 3pm Peer Support Group	11:45am McCurdy 10 pin bowling		12:30pm Jackbox Games
Monday November 16	**Tuesday November 17**	**Wednesday November 18**	**Thursday November 19**
12pm Drop In	9:45am Yoga 12:40-1:15pm Qi Gong with Hajime	10am Art Class (S) No Fitness 12:30pm Harry Potter Day	9:45am Yoga
1pm – 3pm Peer Support Group	12:30pm Gnome Homes (S)	4pm – 6pm Peer Support Group	12:30pm Categories
Monday November 23	**Tuesday November 24**	**Wednesday November 25**	**Thursday November 26**
12pm Drop In	9:45am Yoga	10am Art Class (S) No Fitness 12:30pm Trivia	9:45am Yoga
1pm – 3pm Peer Support Group	12:30pm Gnome Homes (S)	4pm – 6pm Peer Support Group	12:30pm Music Requset
Monday November 30			
12pm Drop In			
1pm – 3pm Peer Support Group			

Harry Potter Week Nov 17, 18 & 19!!!!
Movie, games etc…

McCurdy Bowling
Meet there for 11:45 am
948 McCurdy Road

Clothing Swap!!!
November 2 -13 bring in items to swap

Frozen Meals are now 6 dollars (cash only)

Center will be closed **Nov.11th !!**
for Remembrance Day

Hot Lunch !!!
Tuesday, Wednesday, Thursday
12-12:30pm

The Ministry comes
every Thursday 12-2pm to support with questions, filling out papers etc.
Come check it out!



November

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

CMHA Kelowna - Wellness Programs Schedule

November 2026

NOVEMBER
30 DAY MUSIC CHALLENGE
DO THIS WITH US!

TAG US AT
@AUTHORADRIANALOCKE & @CHELLE_SLOAN

DAY ONE FAVE PRINCE SONG	**DAY TWO** FAVE SONG FROM A TV SHOW	**DAY THREE** SONG YOUR PARENTS LISTENED TO	**DAY FOUR** SONG YOU LEARNED FROM SOCIAL MEDIA	**DAY FIVE** SONG THAT WAS POPULAR THE YEAR YOU GRADUATED HIGH SCHOOL
DAY SIX SONG YOU'D WANT SOMEONE TO DEDICATE TO YOU	**DAY SEVEN** SONG YOU'RE EMBARRASSED THAT YOU LIKE	**DAY EIGHT** SONG THAT IS STUCK IN YOUR HEAD	**DAY NINE** A SONG THAT PUTS YOU TO SLEEP	**DAY TEN** FAVE MATCHBOX 20 SONG
DAY ELEVEN THE BEST PATRIOTIC SONG	**DAY TWELVE** SONG YOU LISTEN TO AT 3 AM	**DAY THIRTEEN** THE PERFECT SLOW DANCE SONG	**DAY FOURTEEN** FAVORITE 80'S POWER BALLAD	**DAY FIFTEEN** A SONG THAT MAKES YOU WANT TO FALL IN LOVE
DAY SIXTEEN A SONG BY A "BAD BOY"	**DAY SEVENTEEN** A SONG ABOUT BEHAVING BADLY	**DAY EIGHTEEN** YOUR FAVORITE DISNEY SONG	**DAY NINETEEN** A SONG IN A GENRE YOU DON'T USUALLY LISTEN TO	**DAY TWENTY** A SONG BY AN UNDER-APPRECIATED ARTIST
DAY TWENTY ONE SONG FROM THE 90S	**DAY TWENTY TWO** SONG YOU'D REC TO A FRIEND	**DAY TWENTY THREE** A SONG YOU'D PICK TO LISTEN TO FOREVER	**DAY TWENTY FOUR** SONG ABOUT FOOD OR DRINKS	**DAY TWENTY FIVE** SONG YOU ABSOLUTELY DON'T UNDERSTAND
DAY TWENTY SIX A SONG BY SOMEONE WITH THE BEST VOICE	**DAY TWENTY SEVEN** A SONG ABOUT BEING THANKFUL	**DAY TWENTY EIGHT** SONG ABOUT SHOPPING	**DAY TWENTY NINE** A SONG THAT GETS YOU READY FOR THE HOLIDAYS	**DAY THIRTY** BEST CHRISTMAS SONG

CHECK OUR IG HIGLIGHTS
FOR A CLEAN COPY

NOVEMBER CHALLENGE
#ELLEFLUENCENOVEMBER

1 . Repost this image
2. Your happy place
3. Friday feeling
4. Favourite book
5. Fireworks
6. Motivational quote
7. Strike a pose
8. Your cosy home
9. Autumnal drink
10. November rain
11. Your View
12. Family tradition
13. Favourite #girlboss
14. Something old
15. #OOTD
16. Throwback
17. Pudsey fun
18. Cannot live without
19. Soul Sunday
20. Grateful for...
21. Favourite holiday ever
22. Your mess
23. What makes you smile
24. Your nails
25. Your bookshelf
26. It's Laura's birthday - share you on your birthday
27. Bad habit
28. Morning sky
29. Real, not perfect
30. Beginning to look like Christmas