

CMHA Kelowna -Wellness Programs Schedule

Activities & Programs During the month of March

Chiropractor clinic/scan new!!

Monday March 4	Tuesday March 5	Wednesday March 6	Thursday March 7
12pm Wellness Time & Activities	11am Smell the flowers 11am Wellness Time & Activities 12:40-1:15pm Qi Gong with Hajime	11am Art Class (S) 11am Yoga with Lexi (S) 12:30 Chiro Talk and Scan (S)	10am Fitness Hour- Neighbourhood Walk 11am Wellness Time & Activities
1pm – 3pm Peer Support Group (Online and In-Person)	Password	4pm – 6pm Peer Support Group (Online and In-Person)	Jackbox Games
Monday March 11	Tuesday March 12	Wednesday March 13	Thursday March 14
12pm Wellness Time & Activities	11am Feel the Change 11am Wellness Time & Activities	10 – 11:30am Art Class (S) 12:30 Yoga with Michelle(S) 12:30 Movie/Doc (S)	10am Fitness Hour- Belly Dancing Tutorial 11am Wellness Time & Activities
1pm – 3pm Peer Support Group (Online and In-Person)	Trivia	4pm – 6pm Peer Support Group (Online and In-Person)	St.Patrich Day Party
Monday March 18	Tuesday March 19	Wednesday March 20	Thursday March 21
12pm Wellness Time & Activities	11am Self Love 11am Wellness Time & Activities 12:40-1:15pm Qi Gong with Hajime	10 – 11:30am Art Class (S) 11am Yoga with Lexi (S) 12:30 Walk and coffee (S)	10am Fitness Hour- 20 min step to the beat 11am Wellness Time & Activities
1pm – 3pm Peer Support Group (Online and In-Person)	Guess Who?	4pm – 6pm Peer Support Group (Online and In-Person)	Truth is stranger than fiction
Monday March 25	Tuesday March 26	Wednesday March 27	Thursday March 28
12pm Wellness Time & Activities	11am Art with Amy 11am Wellness Time & Activities	10 – 11:30am Art Class (S) 11am Yoga with Michelle (S) 12:30 Egg colouring (S)	10am Fitness Hour- Fabulous 50 walking 11am Wellness Time & Activities
1pm – 3pm Peer Support Group (Online and In-Person)	Things in a Box	2:00-3:30 Art with Fay (S) 4pm – 6pm Peer Support Group	Music Request & Birthdays



St. Patty's day party March 14 fun, games dancing and food. Art class with Fay March 27!



Canadian Mental Health Association, Kelowna & District

504 Sutherland Ave Kelowna, BC V1Y 5X1

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

Website: CMHAKelowna.com



