



# CMHA Kelowna -Wellness Programs Schedule

## Activities & Programs During the month of April

*Do small things with Great Love*

Monday April 1	Tuesday April 2	Wednesday April 3	Thursday April 4
 <p>The center is closed</p>	11am SkillBuilding- Psychology Speak 11am Wellness Time & Activities 12:30 pm - Drumcircle with Leya	10am Art Class (S) 11am Yoga (S) 11am Chocolat (S) 4pm – 6pm Peer Support Group (Online and In-Person)	10am Neighbourhood walk 11am Wellness Time & Activities 12:30 pm - Jackbox Games
Monday April 8	Tuesday April 9	Wednesday April 10	Thursday April 11
12pm - 1pm Wellness Time & Activities 1pm – 3pm Peer Support Group (Online and In-Person)	11am Skill-Building- Self Care 11am Wellness Time & Activities 12:40pm Qi Gong with Hajme 12:30 pm- Trivia	10am Art Class (S) 11am Yoga (S) 11am Scavenger Hunt (S) 4pm – 6pm Peer Support Group (Online and In-Person)	10am Walk Walk Walk 11am Wellness Time & Activities 12:30 pm - Building Planters
Monday April 15	Tuesday April 16	Wednesday April 17	Thursday April 18
12pm - 1pm Wellness Time & Activities 1pm – 3pm Peer Support Group (Online and In-Person)	11am Skill-Building-Finding Community 11am Wellness Time & Activities 12:30 pm - Grocery Bingo	10am Art Class (S) 11am Yoga (S) 12:30pm Sun Catcher - Tree of Life(S) 4pm – 6pm Peer Support Group (Online and In-Person)	10am 20 min step to the beat 11am Wellness Time & Activities 12:30 pm - Earth Day- Planting
Monday April 22	Tuesday April 23	Wednesday April 24	Thursday April 25
12pm - 1pm Wellness Time & Activities 1pm – 3pm Peer Support Group (Online and In-Person)	11am Skill-Building- Art with Amy 11am Wellness Time & Activities 12:40pm Qi Gong with Hajme 12:30 pm - Overrated or Underrated	10am Art Class (S) 11am Yoga (S) 12:30pm Nature Walk (S) 4pm – 6pm Peer Support Group (Online and In-Person)	10am Fabulous 50 walking 11am Wellness Time & Activities 12:30 pm - Music Request & Birthdays
Monday April 29	Tuesday April 30		
12pm - 1pm Wellness Time & Activities 1pm – 3pm Peer Support Group (Online and In-Person)	11am Skill-building- Just Breathe 11am Wellness Time & Activities 12:30 pm - Card making		



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



# APRIL

## WORD SEARCH



# A P R I L

a d x a l i p c w a i  
 y i g b e e d u j n s  
 k a a i o l a v t h s  
 u m e o h o f d u o e  
 f b z i i u f h l i m  
 a n c k j a o i i i y  
 h d b n g r d o p u i  
 a e e e l b i i o j v  
 m a g f o o l u d p a  
 e a s t e r v i k e x  
 p s a l m e o i o u a  
 b v t o u u n c t o t  
 c u n d e r g r a d s  
 p a s s o v e r u u e  
 e s h o w e r s r y i  
 d a t a b f e d u r n  
 v b l o o m q f s a i  
 e s h p f g z v w x a



### WORDS

- showers
- underground
- daffodil
- tulip
- bloom
- taurus
- diamond
- earth
- easter
- passover
- fool



- 01 What are some things that you've bought recently?
- 02 What are some things that you've made recently?
- 03 Write about three friendships which you've made online.
- 04 What did your family used to do on weekends when you were little?
- 05 What makes your heart ache?
- 06 How did you get to school when you were little?
- 07 What makes you laugh out loud?
- 08 Who were your favourite musicians when you were a teenager?
- 09 Have you recently argued or disagreed with anyone?
- 10 How would you describe your family?
- 11 What are you thankful for right now?
- 12 Write down everybody in your entire extended family.
- 13 If you could only keep ten items of clothing, what would they be?
- 14 Describe something that you've kept from your childhood.
- 15 Who was your first sweetheart?
- 16 What is something that you've been struggling with this month?
- 17 Write down all your hobbies.
- 18 What makes you jump out and shout for joy?
- 19 Who was your favourite teacher from school?
- 20 What did you like to buy from the school canteen?
- 21 What are three lessons that you've recently learnt?
- 22 What is your idea of the perfect evening?
- 23 Describe your relationship with your father.
- 24 What are two things you would like to change about the world we live in?
- 25 What is something that you're scared or anxious about right now?
- 26 Do you feel loved?
- 27 What are three things from this past month that have required attention?
- 28 What are three things from this past month that has been heartwarming?
- 29 How are you feeling today?
- 30 What is your favourite thing about Sunday afternoons right now?