

CMHA MENTAL HEALTH WEEK MAY 1ST - MAY 7TH

Each May, people across Canada rally around CMHA's Mental Health Week. Inaugurated by CMHA in 1951, May 1-7, 2023 marks the 72nd annual Mental Health Week in Canada. Mental Health Week is a social change campaign to educate the public and shift beliefs and perceptions about mental health. It helps promote behaviours and attitudes that foster well-being, support good mental health and create a culture of understanding and acceptance. Mental Health Week 2023 and MY STORY will shine a spotlight on community mental health care programs, communities and voices while showcasing the importance of securing universal mental health care, what it can look like and how mental health care can be expressed and nurtured.

Storytelling is a fundamental part of being human. Our stories make us human. They're how we pass down information, culture, language and ways of life. They connect us with our families and ancestors. Collectively and individually, we have multiple layers and stories that make us who we are and while each year 1 in 5 Canadians experience a mental illness or mental health issue, 5 in 5 of us – that's all people – have mental health. Stories can be shared in many different forms – written, spoken, or through music, art, movement, nature, and more. Sharing personal experiences and stories is not only valuable for promoting understanding — it can help us see the world from different perspectives.

Stories help build connection and stronger communities. Stories let us share information in a way that creates empathy which in turn promotes a feeling of emotional connection between individuals, groups, families and communities. That connection, the one that recognizes the ways that we're the same and promotes understanding despite our differences, is the foundation of building stronger communities.

Sharing stories and experiences with each other, especially of difficult times and challenges, can benefit a person's mental health and help others feel like they are not alone. For those struggling with mental health challenges, hearing others' brave stories can offer a sense of comfort and solidarity that helps to reduce feelings of isolation. The vulnerability we show in telling our stories gives other people hope, courage and strength to overcome their own struggles. Sharing experiences with each other can help destigmatize mental health disorders. The more we share stories of the challenges and difficulties we've overcome, the easier it is to talk about such conditions and disorders. By hearing, seeing and learning of others' experiences in the world through storytelling, we can destigmatize mental health and raise awareness of important issues, while encouraging individuals to seek help and support.

You are invited to our annual CMHA Block Party to celebrate CMHA Mental Health Week at Polson Park! Come join us **Thursday 4th May** at the Polson Park Bandshell **11:30am - 2pm** for a BBQ by donation, live music from "6 Shades of Grey", information tables and much more!



Meet CMHA's Wellness/Rehab Practicum Student!

Hello Everyone! My name is Serenity, I am so excited for the opportunity to be completing my final practicum with CMHA and to meet all the wonderful people here. I am a second year student in the Human Service Worker program at the Okanagan College and I have previously worked at North Okanagan Youth and Family Services Society supporting children and youth. I have been passionate about working in the mental health field since I was a youth myself, and I am grateful for the opportunity to be here and learn more about the programs CMHA has to offer.

A little about me... I have lived all over BC and even briefly in Alberta but I am now lucky to be settled here in Vernon on the beautiful, traditional, and unceded territory of the Syilx Okanagan and Secwépemc nations. I have a four year old daughter named Isabella and love to read and cook. If you see me around, come say hi. I can't wait to meet everyone!



The Grapevine:

An independent newsletter published monthly by CMHA members in the Vernon Area. (Available in hardcopy or electronically)

The Grapevine encourages members of Mental Health services to submit articles, letters to the editors, cartoons, jokes and poetry or anything you think will be of interest to other members. Our deadline is the 15th of each month for the up-coming issue. No recompense is provided for any submissions and they shall be considered as the author's own work unless otherwise indicated.

The Editorial Committee will make every effort to publish any material submitted, subject to for length, taste and appropriateness. Ideas or opinions expressed do not necessarily reflect those of Grapevine or of its affiliated organizations.

CMHA Will Be Closed



Monday May 22nd

To Contact Us

Main Office

3100 - 28th Avenue
Vernon BC, V1T 1W3

Phone: 250-542-3114

Fax: 250-549-8446

cmha@cmhavernon.ca

Peer Support

250-542-6155

peeroutreach.vernon@cmhavernon.ca

Trans Peer Support

trans.peer@cmhavernon.ca



Awakening The Spirit Art Show And Sale

Poster Submissions to CMHA are Due May 1st - 5th

Compositions in all media are welcome including sculpture, watercolor, acrylic, oil, photography, pencil, charcoal, pastel, pen & ink, 3D, mixed media, collage, carvings etc.

Pick up forms at reception or for more information call **Zoe (ext. 227)** or **Tami (ext. 211)**.

IMPORTANT DATES FOR ARTISTS	
May 1 st – 5 th	Poster Submissions to CMHA
May 12 th	Committee Selects Poster
June 1 st – 23 rd	Framing Workshop at CMHA
June 26 th – 30 th	Submission of Artwork to CMHA.
August 3 rd – 22 nd	Awakening the Spirit Art Show and Sale
August 23 rd 9:30 to 10:30 AM	Pick-up unsold artwork at the Vernon Community Arts Centre



Fishing Forever - Saturday 13th May



Fishing is a skill that can be learned and enjoyed by anyone. Through the Fishing Forever program, the B.C. Wildlife Federation helps spread the message that if you have a disability you can still get out and enjoy what nature can offer. The Fishing Forever program provides an opportunity where people with disabilities can learn, or continue, to fish and enjoy the outdoors. Rides will be offered there and back from the CMHA Main Office.

Sign up is mandatory. Please see board in the kitchen to sign up!

GREEN BAY CAMP

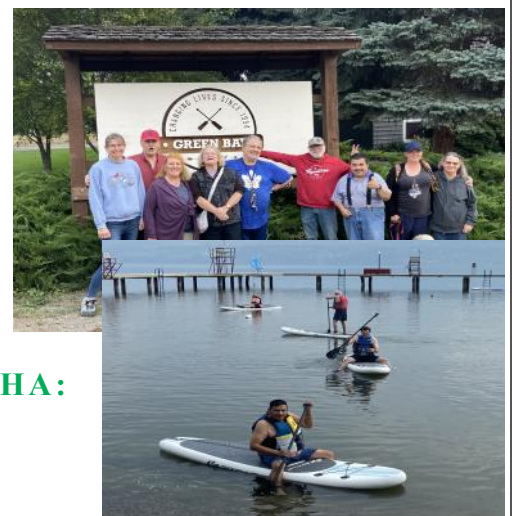
SEPTEMBER 19TH - 22ND

SIGN UP AND START PAYING NOW!

You can have 3 relaxing days & nights to enjoy the fresh air, great meals, and accommodations and perhaps take part in some of the fun activities.

For more information and to sign up call Hannah at CMHA:

250-542-3114 ext. 202





In Memory Of Patricia “Gail” Freeman

7th September 1952 - 27th March 2023

Gail was a special lady who loved her family and friends dearly and always had time for them. Her friendliness, generosity and kindness earned her a lot of friends. She loved her jobs at CMHA and Little Caesar’s. She touched a lot of people in her life and she will be greatly missed.

Written by Glenn Slaney

TOWNHALL MEETING! WEDNESDAY 17th MAY

at 12:00pm in the Conference Room

Come on down and enjoy a FREE LUNCH!

This will be an opportunity for Participants and Staff to connect and discuss upcoming programs, give feedback, and share ideas about CMHA and how we can continue to work together to improve mental health in our community.

Best Wishes to Tami in Her New Role!

Hi everyone!

I am excited to say that I am going to be working in a new program that CMHA is developing, the “Youth Integrated Services Hub”. We have taken to calling it the “YISH”. The YISH will be a place where youth can come to access mental health services.

Carly Skanes is the manager of the YISH and has been working hard for a long time on turning this vision into a reality. In the future, there will be a large space that has many different services for youth, CMHA will be working with community organizations to make it easier for youth that are struggling to find help.

Right now, we have some temporary office space that is on 30th Avenue tucked right in between Corbett’s Office Supplies and Caken’Me Crazy, and that is the office where I will be working out of. I will continue coming by the Kitchen, Peer Support, the Georgette, and the CMHA office to see everyone, so you will still see me around lots!

My new role is the Youth Education and Program Coordinator. I will be working with the Youth Advisory Committee to make sure that the YISH continues to reflect what youth want to see, as well as running groups like Living Life to the Full for Youth and Kids in Control and working on other programming.

That means I will be moving out of the Wellness Education Coordinator role, and soon someone new will be coming to fill my shoes. I am happy to say that I continue to be a part of the CMHA-Vernon team and am so glad to continue working with so many incredible people at such an amazing organization and am excited to be a part of developing what the YISH will become in the future!



Happy Volunteer Week!

Volunteer Appreciation BBQ May 6th

April 17th – 21st was National Volunteer Week! Volunteers are an essential part of CMHA and make many positive contributions to our community. We celebrated our hard-working volunteers from all over CMHA: The Georgette Shop, Janitorial, Front Reception, the Kitchen, Peer Support, Peer Advisory Committee, Good Morning Program, Crisis Line, Care to Speak and World Suicide Prevention Day Committee on April 18th with vanilla and chocolate cupcakes.



If you missed out on the cupcake-cake there is a **Volunteer Appreciation BBQ** Saturday May 6th, 11am - 3pm at Kin Beach. Lunch will be served at 11:30am.

If you are interested in volunteering please contact Zoe at 250-542-3114 ext. 227.

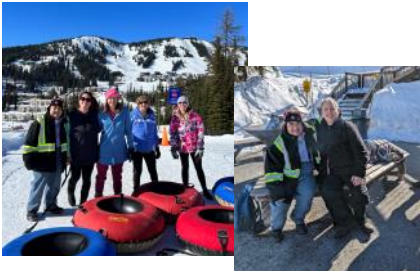
Easter Dinner



On Thursday 6th April CMHA served the amazing easter dinner and dessert made by Jenn, Tommy and Hannah. Everyone was raving about this delicious spread!



Tubing



On March 30th CMHA went up to Silver Star to go Tubing. 5 participants and one Georgette volunteer joined Hannah and Zoe for a night of tubing, hot dogs, smores, hot chocolate and good times. Keep an eye on the calendar for more adventures in the community!



CMHA's Got Talent



CMHA recently hosted a Talent Show involving our participants. This was inspired by Alex Mackenzie, who hosted Comedy for a Cause in Vernon in 2022 with the proceeds going towards CMHA. Alex was generous enough to come and do a Comedy Workshop with our participants. This encouraged them to step out of their comfort zone and show off their talents!



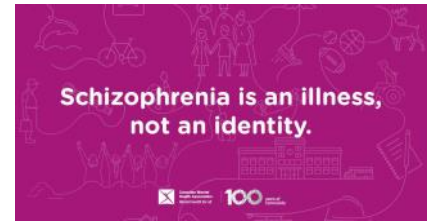
The goal of Alex Mackenzie's Comedy for a Cause Tour is to rebuild a sense of community by bringing people together through the power of laughter, love and giving. Their mission is to provide professional entertainment to large audiences across Canada while contributing proceeds to local Not-for-Profit Organizations. **CMHA Vernon is so honored and grateful to be the chosen organization for the May 6th event!**

Alex Mackenzie's Comedy for a Cause

Alex Mackenzie's Comedy for a Cause tour is a world class comedy show featuring the best comedians in the world. These acts have been featured on Netflix, Sirius XM, Just for Laughs, CBC's LOL and so much more.

World Schizophrenia Day - 24th May

Schizophrenia is classified as a serious mental health disorder that impacts an individual's ability to think, feel, and behave clearly. The condition is marked by psychosis, which is characterized by a loss of reality caused by a disruption in the way the brain processes information. People with schizophrenia interpret reality differently, leading to symptoms like hallucinations, paranoia, confusion, disordered speech, disorder thinking, bizarre behavior, and more.



Some say that the 24th May is the day in the late 1700's that Drs. Jean-Baptiste Pussin and Philippe Pinel, in France released the patients under their care who were treated under cruel and unjust measures. Philippe Pinel, especially, is considered a pioneer who helped initiate humane treatment of people with mental illness.

Three percent of the population will experience psychosis. One in 100 people will be diagnosed with schizophrenia. While attitudes toward mental health have changed, the myths, misunderstandings, and misconceptions surrounding early psychosis and schizophrenia remain stubbornly high. **Schizophrenia Awareness Day is practiced on a global scale to break down the stigma and prejudice that weigh down individuals who experience this disorder.**



How to Spread Schizophrenia Awareness

In the same way, we educate ourselves and communities about physical health concerns like heart disease, it is equally important to start conversations about mental illness, how to recognize it, and the available treatment options.

- **Educate yourself:** This is the best way of spreading awareness and chipping away at the wall of stigma and social misconceptions about schizophrenia.
- **Ask your loved ones how they're doing:** Helping others starts with your inner circle. Speak to your family, partner, and colleagues and ask them how they're doing. Listen to their answers and offer your support. If they give any indication that they're highly stressed or depressed, let them know that there are resources available.
- **Open up about your experience:** Many people feel better and less alone when they can relate to others. For this reason, if you've ever struggled with mental health, sharing your experience with others can help spread awareness and encourage them to speak up about their struggles and get help.
- **Encourage kind language:** Any language that enforces the stigma of mental illness is harmful and can make someone diagnosed with a disorder like schizophrenia feel bad and discourage them from getting help.
- **Leverage social media:** Social media applications like Instagram, Facebook, Twitter, and TikTok are great platforms in which you can spread schizophrenia awareness.

Celebrities you may know who live with schizophrenia

1. Peter Green – Fleetwood Mac guitarist
2. Darrell Hammond – “Saturday Night Live” comedian
3. John Nash Jr. – Professor and prize-winning mathematician. The movie “A Beautiful Mind” (1998) starring Russell Crowe was based around his life.

An unknown mental health advocate said, “We know the bravery it takes to make it through each day managing our mental illness. We want others to understand where we've been, how hard we fight to make it through this thing called life, and how desperately we want to change the way the world views mental illness.”



If you or someone you know needs support:

1800SUICIDE 24/7 (1-800-784-2433)

310Mental Health Support 24/7 (310-6789)

Interior Crisis Line Support Network 24/7 (1-888-353-2273)

Crisis Chat Service (Thursday to Sunday 5-9pm): <https://www.interiorcrisisline.com/crisischat>

KUU-US First Nations and Indigenous Crisis Line 24/7 (1-800-588-8717)

Schizophrenia Society of Canada <https://schizophrenia.ca/>

BC Schizophrenia Society <https://www.bcscs.org/>

Free Pancake Breakfasts Are Back!

CMHA is excited to announce that free pancake breakfasts are starting again! Every Tuesday before check day there will be pancakes galore! Come in at 9:30am to the kitchen and feast upon pancakes.



Kitchen Hours of Operation



Monday	Tuesday	Wednesday	Thursday	Friday
Kitchen Closed	9:30am—2:30pm Fresh lunch served at 12pm	9:30am—2:30pm Fresh lunch served at 12pm	9:30am—2:30pm Fresh lunch served at 12pm	Coffee Only: 9:30am—2:30pm Frozen Meal Pick-Up: 11:30am—1pm

Lunch is \$2.50 ~ Coffee and Tea is 50 cents.

From Zoe's Kitchen to Your Home!

Greek Chicken and Potatoes

Ingredients

- 6 bone-in, skin-on chicken thighs
- 1 pound small Yukon gold potatoes halved
- 1/2 cup olive oil
- 1/3 cup lemon juice
- 1 teaspoon lemon zest
- 2 teaspoons kosher salt
- 1 teaspoon pepper
- 1 tablespoon minced garlic
- 2 teaspoons dried oregano
- 2 tablespoons chopped fresh parsley



Directions

- Preheat the oven to 400 degrees F.
- Place the olive oil, lemon juice, lemon zest, salt, pepper, garlic and oregano in a large bowl. Whisk to combine.
- Add the chicken and potatoes to the bowl; toss to coat with the marinade.
- Coat a sheet pan with cooking spray. Arrange the chicken and potatoes on the pan in a single layer.
- Bake for 40 - 45 minutes or until chicken is done and potatoes are tender, stirring halfway through the cooking time.
- Sprinkle with parsley and serve.

CMHA and Local ACTIVITIES

Visit The Kangaroo Creek farm

Thursday, May 25 at 9:30 am

for only \$4

Come visit kangaroos and wallabies up close and personal! Pet a 'roo and hold a joey. Learn more about these fascinating animals and many other delightful creatures and birds as well.



YOU MUST SIGN UP!
To Sign Up Please Call Hannah:
 (250)542-3114 Ext 202

Let's Go Walking!

Tuesdays at Okanagan College

May 9 at 10:30 am

May 23 & 30 at 12:30 pm

Walking is a wonderful way to get exercise, fresh air and relax your mind all at the same time.

YOU MUST SIGN UP!
To Sign Up Please Call Hannah:
 (250)542-3114 Ext 202

Vernon Regional Library

Wednesday, May 24

1 p.m. –2:30 pm

DROP IN !

Join the library for these free information and support meetings where they will discuss ways to manage health in a better way, learn from those who truly understand and from professionals who can help teach new ways to have a successful life despite chronic health issues.

Vernon Comic Con

@ Prestige Vernon Lodge

Saturday, May 6, 2023, 10:00 am. - 5:00 pm.

Join us for North Okanagan's own gathering of collectors and fans!

- comics
- cards
- collectables
- costumes (photo ops with characters)

Free parking at all downtown meters and Prestige Vernon Lodge hotel parking lot.

All ages welcome.

\$5 to attend (children 12 & under - free admission)

Canadian National Taekwon-Do Championships 2023

**FREE EVENT at Kal Tire Place,
May 6 & 7, 9am - 5pm**

Local TaeKwon-Do Club, Sundance Martial Arts, is hosting the Canadian National Taekwon-Do Championships 2023 on May 6 & 7 Vernon, BC at Kal Tire Place 9am-5pm!

The event is open to Canadian athletes of all ages and skill levels. It is especially important for Canadian black belts as it serves as an opportunity to earn a spot on the Canadian National Team at the World Championships in Tampere, Finland in September 2023.

Vernon will be welcoming between 400 to 500 athletes from 8 provinces along with several coaches, officials, and supporters including local Vernonite families and competitors.

This is the largest event of its kind ever held in the Okanagan Valley and is **free event** for locals and tourists to attend and watch!



The Mood Disorder Group

**Drop-in every
Friday 1:30pm - 3pm
in the Peer Support Office.**

CREATIVE CORNER

A Bird Sings

by Violet Mobley

A bird sings from way up in a tree,
 It seems he's singing only to me,
 He sings his tune sweetly and long,
 His is a very lovely song.
 It gives such joy to hear him sing.



What Is It?

A riddle by Violet Mobley

**What is it that has a name like a
 precious stone, does not sparkle, has
 three sides to it and is always outside?**
 A baseball diamond!

The Fall of a Mother's Life

by Janice

In the fall of a mother's life, her children drift
 away,
 Yet, she prays for them each and every day.
 She sits and wonders if she is still somewhere in
 their hearts,
 And now her world begins to fall apart.
 She looks at all the memories of years gone by,
 And when they never call, she wonders...Why?
 Where once she was full, the emptiness has
 flooded in,
 And, she asks herself, "Now where do I begin?"
 She knows that winter will soon be dropping by,
 And she fears it, yet welcomes it. She begins to
 cry.
 The road of life has been hard and long,
 And now she wonders, "Where do I belong?"

Points To Ponder

Submitted by Janice

1. How come abbreviated is such a long word?
2. Why do you press harder on a remote-control when you know the battery is dead?
3. Why are they called apartments, when they're all stuck together?
4. Why do we put SUITS in a Garment Bag, and put GARMENTS in a Suitcase?

**Do You Enjoy Creative Writing?
 Creative Writing Benefits The Brain!
 Try this creative writing prompt by
 Violet.**

A flock of birds.....

**Feeling Creative? We Always Welcome New
 Poems and Stories For Our Grapevine!
 Creative But Not A Writer? We Take
 Submissions For Art Work Or Cartoons For
 The Grapevine Also!**

ADULT COLOURING PAGE

“COLOURING RELAXES THE MIND”



Star Wars Day - May 4th

“MAY THE FOURTH BE WITH YOU!”

Sudoku

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box. The difficulty lies in that each vertical nine-square column, or horizontal nine-square line across, within the larger square, must also contain the numbers 1-9, without repetition or omission. Every puzzle has just one correct solution.

EASY

		4		5				
9			7	3	4	6		
		3		2	1		4	9
	3	5		9		4	8	
	9						3	
	7	6		1		9	2	
3	1		9	7		2		
		9	1	8	2			3
				6		1		

MEDIUM

8		6		1				
		3		6	4		9	
9							8	1
	8		3	9	6			
7		2		4		3		9
			5	7	2		8	
5	2	1						4
	3		7	5		2		
				2		1		5

Mother's Day Word Search

MOM

MOMMY

MAMA

GRANDMA

BEAUTIFUL

BELOVED

HEART

MOTHERHOOD

MATERNITY

FAMILY

MEMORIES

LOVE

DAUGHTER

SON

BABY

N	L	M	O	M	M	Y	S	M	B	R	B	S	W	S
J	I	A	B	M	E	L	E	S	E	E	A	W	O	G
U	O	B	E	L	O	V	E	D	L	G	B	M	S	L
L	M	L	I	O	D	T	E	K	L	A	Y	R	U	H
Y	E	R	I	S	O	N	G	Q	L	D	B	F	K	U
U	T	P	E	H	O	O	D	S	O	O	I	F	C	L
Y	T	I	N	R	E	T	A	M	D	T	T	R	E	O
V	W	C	A	P	E	Y	J	T	U	N	E	D	X	V
E	A	G	R	A	N	D	M	A	D	A	Y	A	T	E
R	L	M	E	U	B	O	E	T	I	S	O	U	P	E
R	E	G	G	L	C	B	I	T	O	I	R	G	A	M
B	A	B	Y	B	E	E	N	O	T	R	E	H	R	A
Y	A	D	I	R	D	O	O	H	R	E	H	T	O	M
U	Y	M	E	M	O	R	I	E	S	N	P	E	D	A
C	H	A	F	A	M	I	L	Y	O	G	E	R	E	E
X	L	R	O	V	Z	I	C	O	J	B	A	I	N	N
F	I	H	E	A	R	T	K	S	L	E	P	O	E	C
A	J	D	O	F	Z	I	C	B	J	W	H	M	O	M

Walk-in Medical Clinics

North Okanagan Medical Clinic:

Upstairs at Superstore
5001 Anderson Way
(250) -545-8338
9:00 am to 5:00pm, 7 Days per week

Vernon Urgent and Primary Care Clinic:

Limited harm reduction supplies.

101, 3105 28th Ave,
(250) 541-1097
Provides primary medical care from
9:30am - 8:30pm 7 days a week

Sterling Centre Medical Clinic:

Sterling Medical Building
#101 3210 25th Ave.
Phone (250) -778-475-8311
12:00pm to 7:00pm -Monday to Friday
9:00am to 1:00pm -Saturday and Sunday & Holidays

Options For Sexual Health Clinic:

1440 14th Ave.
Phone (250)-241-3154
Opens from 6:00pm to 9:00pm - Tuesdays and Thursdays

Vernon Downtown Mental Health and Substance Use :

Overdose Prevention Site
3306A 32nd Ave.
Phone (250)-503-3737

Opens 9:00am to 3:00pm - Monday to Friday

Saturday Lunch Program

All Saints Anglican Church
2601 43rd Street
Phone (250)-542-3179
Saturdays from 11:00am to 2:00pm
Free for those in need

The Upper Room Mission

A Warm Place and Meals for those in need.
3403 27th Ave.
Monday to Friday, 9am to 4pm,
Saturday and Sunday, 2pm to 6pm
Breakfast 9:30-10:30 am / Dinner 2:30– 3:30 pm

Common Threads (The Arbour)

Vernon Alliance Church, 2601-43rd Ave.
Phone: 250-545-7105
Mondays 2pm - 4pm and Thursdays 9am - 11am
FREE hot meal, clothing for all ages, bread, and haircuts (when
volunteers available).

Emergency Services

Ambulance/Police/Fire----- 911
Community Response Team-----250-260-7893
Interior Crisis Line----- 1-888-353-2273
Provincial Mental Health Line ----- 310-6789
(no area code needed)
Provincial Suicide Line-----1-800-784-2433
Talk Suicide----- 1-833-456-4566
(Text service is available 11:00am to 11:00pm PST)
Vernon Hospital ----- 250-545-2211
Poison Control----- 1-800-567-8911
Food Bank----- 250-549-4111
COVID-19 Hotline----1-888-COVID19 (1 -888-268-4319)

Shelter

Archway Transition House ----- 250-542-1122
Our Place----- 250-542-4041
Turning Points ----- 250-542-3555

Community Services

CMHA-Vernon-----250-542-3114
Legal Aid-----250-545-3666
Mental Health & Substance Use----- 250-549-5737
CMHA Family Support ----- 250-260-3233
Neighborhood Link----- 250-558-5527
Peer Support Services----- 250-542-6155
Social Assistance----- 1-866-866-0800
Upper Room Mission ----- 250-549-1231
Friendship Centre -----250-542-5311
Okanagan Indian Band Community Services
& Development ----- 250-542-5094
Hope Outreach ----- 250-258-7897
Nexus BC Connect Program ----- 250-545-0585
Independent Living Vernon ----- 250-545-9292
John Rudy Health Resource Centre ----- 250-938-8092

If you are feeling sick please call the Health Link BC Hotline at 8-1-1, visit <https://bc.thrive.health/>, or call your primary care provider, and follow their instructions.

COVID-19 Hotline is a non-medical information line about COVID-19.

It is available 7:30am—8:00pm, 7 days a week.

1 - 888 - COVID19 (1 - 888 - 268 - 4319)



May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>CMHA IS LOCATED @ 3100 28th Ave Vernon, BC (250) 542-3114 www.cmhavernon.ca</p>	<p>1 11am Keep Fit Have Fun</p>	<p>2 10:30 Walk</p>	<p>3 10:30 Stretch and Swim Leave CMHA @10:10</p>	<p>4 CMHA BLOCK PARTY Polson Park \$2.50 BBQ</p>	<p>5 10am Chair Yoga 10:30 Meditation</p>	
<p>7</p>	<p>8 11am Keep Fit Have Fun</p>	<p>9 10:30 Walk</p>	<p>10 10:30 Stretch and Swim Leave CMHA @10:10</p>	<p>11</p>	<p>12 10am Chair Yoga 10:30 Meditation</p>	<p>13 FISHING FOREVER Leave CMHA@10am</p>
<p>14 HAPPY MOTHERS DAY</p>	<p>15 11am Keep Fit Have Fun</p>	<p>16 FREE—— Pancake Breakfast</p>	<p>17 10:30 Stretch and Swim Leave CMHA @10:10</p>	<p>18 1pm Club Social</p>	<p>19 10am Chair Yoga 10:30 Meditation</p>	<p>20</p>
<p>21</p>	<p>22 CMHA CLOSED HAPPY VICTORIA DAY</p>	<p>23 12:30 Walk</p>	<p>24 10:30 Stretch and Swim Leave CMHA @10:10</p>	<p>25 9:30 am Kangaroo Farm \$4 1pm Club Social</p>	<p>26 10am Chair Yoga 10:30 Meditation</p>	<p>27</p>
<p>28</p>	<p>29 11am Keep Fit Have Fun</p>	<p>30 12:30 Walk</p>	<p>31 10:30 Stretch and Swim Leave CMHA @10:10</p>		<p>ALL PROGRAMS REQUIRE MANDATORY SIGN-UP</p>	<p>TO SIGN UP PLEASE CALL HANNAH: 250-542-3114 ext 202 Or (250) 241-6659 Call or Text</p>