



September 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>CMHA IS LOCATED @ 3100 28th Ave Vernon, BC</p> <p>(250) 542-3114 www.cmhavernon.ca</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>			1	2
3	<p>4 CMHA</p>  <p>CLOSED</p>	5	6	7 1pm Club Social	8 10am Chair Yoga	9
10	11 10am Farmers Market	12 9am Kamloops Wildlife Park \$12	13	14 12pm Roger Harris Celebration of Life	15 10am Chair Yoga	16
17	18	19 Green Bay Camp	20 Green Bay Camp	21 Green Bay Camp	22 Green Bay Camp 	23
24	25 1pm BINGO !	26 1pm Paddle Boarding	27 10am Last Boat Ride of the Season! \$3	28 1pm Club Social	29 10am Chair Yoga	30 National Day for Truth and Reconciliation