



November 2023



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>CMHA IS LOCATED @ 3100 28th Ave Vernon, BC (250) 542-3114</p> <p>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>	<p><i>1</i></p> <p>10:30 Stretch and Swim</p>	<p><i>2</i></p> <p>1pm Club Social Seasons of Ornaments</p>	<p><i>3</i></p> <p>10am Chair Yoga</p>	<p><i>4</i></p>
<p><i>5</i></p>	<p><i>6</i></p>	<p><i>7</i></p> <p>10:30 am Hot Dog & Marshmallow Roast \$2.00</p> <p>1pm Creative Writing</p>	<p><i>8</i></p> <p>10:30 Stretch and Swim</p>	<p><i>9</i></p> <p>1pm Club Social Seasons of Ornaments</p>	<p><i>10</i></p> <p>10am Chair Yoga</p>	<p><i>11</i></p>  <p>Remembrance Day</p>
<p><i>12</i></p> 	<p><i>13</i></p> <p>CMHA CLOSED</p>	<p><i>14</i></p> <p>1pm Creative Writing</p>	<p><i>15</i></p> <p>10:30 Stretch and Swim</p>	<p><i>16</i></p> <p>1pm Club Social Seasons of Ornaments</p>	<p><i>17</i></p> <p>10am Chair Yoga</p> <p><i>*festival of crafts</i></p>	<p><i>18</i></p> <p><i>*festival of crafts</i></p>
<p><i>19</i></p>	<p><i>20</i></p> <p>12:30 pm Snow Shoeing</p>	<p><i>21</i></p> <p>9 am Pancake Breakfast!</p> <p>1pm Creative Writing</p>	<p><i>22</i></p> <p>10:30 Stretch and Swim</p>	<p><i>23</i></p> <p>1pm Club Social Seasons of Ornaments</p> <p>5pm Dinner and Movie \$2.50</p>	<p><i>24</i></p> <p>10am Chair Yoga</p>	<p><i>25</i></p> <p><i>*winter market at Shubert center</i></p>
<p><i>26</i></p>	<p><i>27</i></p> <p>12:30 pm Snows Shoeing</p>	<p><i>28</i></p> <p>1pm Creative Writing</p>	<p><i>29</i></p> <p>10:30 Stretch and Swim</p>	<p><i>30</i></p> <p>1pm Club Social Seasons of Ornaments</p>		