



# February 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>CMHA IS LOCATED</b> <b>at 3100 28th Ave</b> <b>Vernon, BC</b> <b>(250) 542-3114</b> <b><a href="http://www.cmhavernon.ca">www.cmhavernon.ca</a></b>	<b>ALL PROGRAMS</b> <b>REQUIRE</b> <b>MANDATORY</b> <b>SIGN-UP</b>	<b>TO SIGN UP PLEASE</b> <b>CALL HANNAH:</b> <b>250-542-3114 ext. 202</b> <b>Or Call or Text</b> <b>(250) 241-6659</b>		<b>1</b> <b>11:45am</b> <b>Town Hall</b> <b>Meeting</b> <b>Lunch Provided</b>	<b>2</b> <b>10am</b> <b>Chair Yoga</b>	<b>3</b>
<b>4</b>	<b>5</b> <b>11am</b> <b>Keep Fit Have Fun</b>  <b>12:15pm</b> <b>Snowshoeing</b>	<b>6</b> <b>10:15am</b> <b>Indoor Walk</b>  <b>1pm</b> <b>Creative Writing</b>	<b>7</b>	<b>8</b>  <b>1pm</b> <b>Club Social</b>	<b>9</b> <b>10am</b> <b>Chair Yoga</b>  <b>1:30 - 2:30pm</b> <b>Feel Good Friday</b>	<b>10</b>
<b>11</b>	<b>12</b> <b>11am</b> <b>Keep Fit Have Fun</b>  <b>12:15pm</b> <b>Snowshoeing</b>	<b>13</b> <b>9am Free</b> <b>Pancake Breakfast</b>  <b>1pm</b> <b>Creative Writing</b>	<b>14</b>  <b>Black Shirt - Black Dress</b> <b>Valentines Dinner</b> <b>4pm - 3 course meal</b> <b>\$3/pp</b>  <b>MUST SIGN UP.</b> <b>- Bring a guest</b>	<b>15</b>  <b>1pm</b> <b>Club Social</b> <b>(Movie)</b>	<b>16</b> <b>10am</b> <b>Chair Yoga</b>  <b>1:30 - 2:30pm</b> <b>Feel Good Friday</b>	<b>17</b>
<b>18</b>	 <b>Happy</b> <b>Family Day</b>  <b>CMHA Closed</b>	<b>20</b>  <b>1pm</b> <b>Creative Writing</b>	<b>21</b> <b>10:30am</b> <b>Stretch and Swim</b> <b>( must pre register)</b>	<b>22</b> <b>3pm</b> <b>Tube Town</b> <b>\$10</b> <b>Dinner Included</b>	<b>23</b> <b>10am</b> <b>Chair Yoga</b>  <b>1:30 - 2:30pm</b> <b>Feel Good Friday</b>	<b>24</b>
<b>25</b>	<b>26</b> <b>11am</b> <b>Keep Fit Have Fun</b>  <b>12:15pm</b> <b>Snowshoeing</b>	<b>27</b> <b>10:15am</b> <b>Indoor Walk</b>  <b>1pm</b> <b>Creative Writing</b>	<b>28</b> <b>10:30am</b> <b>Stretch and Swim</b> <b>( must pre register)</b>	<b>29</b>  <b>1pm</b> <b>Club Social</b> <b>(Bingo)</b>		