





March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:30am Chair Yoga	2
3	4	5 10:30am Walk 1pm Creative Writing	6 10:30am Swim and Soak	7	8	9
10	11 10am Snowshoe and Lunch \$4	12 10:30am Walk 1pm Creative Writing	13 10:30am Swim and Soak	14 1pm Club Social -Wheel of Fortune	15 10:30am Chair Yoga	16
17 HAPPY ST. PATRICKS DAY 	18 Wildlife Museum Tour	19 9am Pancake Breakfast 10:30am Walk 1pm Creative Writing	20 10:30am Swim and Soak	21 5pm Dinner and Movie \$2.50	22 10:30am Chair Yoga 12:45pm Bowling \$3	23
24	25 10am Snowshoe and Lunch \$4	26 10:30am Walk 1pm Creative Writing	27 12pm Easter Dinner	28 1pm Club Social Painting	29 Good Friday CMHA Closed	30
31 HAPPY EASTER 	<i>1st April Easter Monday CMHA Closed</i>			TO SIGN UP PLEASE CALL HANNAH: 250-542-3114 ext. 202 Or Call or Text (250) 241-6659	ALL PROGRAMS REQUIRE MANDATORY SIGN-UP	CMHA IS LOCATED at 3100 28th Ave Vernon, BC (250) 542-3114 www.cmhavernon.ca