



April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 EASTER CMHA CLOSED	2 10am Walk	3 10:30am Swim and Soak	4 1pm Club Social	5 10:30 Chair Yoga	6
7	8 10am Snowshoe (weather dependent)	9 10am Walk 1:30pm Talent Show Practice	10 10:30am Swim and Soak 5pm Dinner and a Movie \$2.50	11 1pm Club Social	12 10:30 Chair Yoga	13
14	15 10am Fire and Hot Dog Roast \$3	16 10am Walk 1:30pm Talent Show Practice	17 10:30am Swim and Soak	18 1pm Club Social Family Feud	19 10:30 Chair Yoga	20
21	22	23 10am Walk 1:30pm Talent Show Practice	24 9am Crazy Creek Hot Pools \$12 Lunch included	25 1pm Club Social	26 10:30 Chair Yoga	27
28	29	30 10am Walk 1:30pm Talent Show Practice		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