



May 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>CMHA IS LOCATED at 3100 28th Ave Vernon, BC (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 Call or Text (250) 241-6659</p>	1	2	3 10:30am Chair Yoga	4
5	6	7 1pm Outdoor Hike	8 10:30am Soak and Swim (leave CMHA 10:10am)	9 Block Party 12pm \$2.50 BBQ	10 10:30am Chair Yoga	11 9am Fishing Forever
12 Happy Mother's Day	13 10am Farmers Market	14 9am Pancake Breakfast 1pm Outdoor Hike	15 10:30am Soak and Swim (leave CMHA 10:10am)	16 10:30am Gardens 1pm Club Social	17 10:30am Chair Yoga	18
19	20 Victoria Day CMHA Closed	21 1pm Outdoor Hike	22 10:30am Soak and Swim (leave CMHA 10:10am) 4:30pm Games at "The Place" (meet at CMHA)	23 10:30am Gardens 1pm Swan Lake Garden Explore Bring money for ice cream.	24	25
26	27	28 1pm Outdoor Hike	29 CMHA CLOSED	30	31	