



August 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>CMHA IS LOCATED at 3100 28th Ave Vernon, BC</p> <p>(250) 542-3114</p> <p>www.cmhavernon.ca</p>	<p>***Green Bay Camp cut off is August 8th. Please pick up forms from front desk. Forms due August 16th</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 10:30am Chair Yoga	3
4	<p>5</p> 	6 10:30am Kal Tire Place Walk	7	8 1pm Club Social 5pm Dinner and a Movie	9 10:30am Chair Yoga	10
11	12 10am Paddle Boarding	13 10:30am Kal Tire Place Walk	14 10am BBQ Beach Day At the River \$5.00	15 1pm Club Social	16 10:30am Chair Yoga	17
18	19 10am Paddle Boarding	20 FREE PANCAKE BREAKFAST 10:30am Kal Tire Place Walk	21 7pm Drive In \$10	22 1pm Shenanigans Market	23 10:30am Chair Yoga	24
25 *Due to weather all outdoor programing will be subject to change.*	26 10am Paddle Boarding	27	28	29	30	31