



# September 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 CMHA IS LOCATED at 3100 28th Ave Vernon, BC (250) 542-3114 www.cmhavernon.ca	2 <b>Happy Labour Day!</b>  CMHA CLOSED	3  10:30am Walk	4	5	6  10:30am Chair Yoga	7
8	9	10  10:30am Walk  1pm Creative Writing	11  10am Davidson Orchards (Bring money for coffee and pie)	12  1pm Club Social  5pm Dinner and a Movie	13  10:30am Chair Yoga	14
15	16	17  Green Bay Camp	18  Green Bay Camp	19  Green Bay Camp	20  Green Bay Camp	21
22  <b>Autumn Equinox</b>	23  12:30pm Bingo	24  10:30am Walk  1pm Creative Writing	25  10:30am Soak and Swim	26  9am Kamloops Wildlife Park \$15.00 (lunch included)	27  10:30am Chair Yoga	28
29	30  National Day of Truth and Reconciliation CMHA CLOSED			ALL PROGRAMS REQUIRE MANDATORY SIGN-UP	TO SIGN UP PLEASE CALL HANNAH: 250-542-3114 ext.202 or Call or Text (250) 241-6659	<b>Pool is shutdown for cleaning until September 15</b>