





November 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>CMHA IS LOCATED @ 3100 28th Ave Vernon, BC</p> <p>(250) 542-3114 www.cmhavernon.ca</p>	<p>ALL PROGRAMS REQUIRE MANDATORY SIGN-UP</p>	<p>TO SIGN UP PLEASE CALL RECEPTION: 250-542-3114</p>			<p><i>1</i> 1pm Chair Yoga</p>	<p><i>2</i></p>
<p><i>3</i> Don't Forget!</p>  <p>Set Your Clocks Back One Hour!</p>	<p><i>4</i></p> 	<p><i>5</i> 10:30am Walk</p> <p>1pm Creative Writing</p>	<p><i>6</i> 9am Crazy Creek Hot Pools \$12 Lunch Included</p>	<p><i>7</i> 1pm Club Social</p>	<p><i>8</i> 1pm Chair Yoga</p>	<p><i>9</i></p>
<p><i>10</i></p>	<p><i>11</i> Remembrance Day CMHA CLOSED</p>	<p><i>12</i> 10:30am Walk</p> <p>1pm Creative Writing</p>	<p><i>13</i> Trans Awareness Week Starts 13th - 19th</p> 	<p><i>14</i> 1pm Club Social Seasons of Ornaments</p>	<p><i>15</i> 1pm Chair Yoga</p>	<p><i>16</i></p>
<p><i>17</i></p>	<p><i>18</i></p>	<p><i>19</i> 9am Free Pancakes 10:30am Walk 1pm Creative Writing</p>	<p><i>20</i> Trans Day of Remembrance and Resilience 10:30am Soak and Swim (leave CMHA 10:10)</p>	<p><i>21</i> 12pm Town Hall 1pm Shenanigans Market</p>	<p><i>22</i> 1pm Chair Yoga</p>	<p><i>23</i></p>
<p><i>24</i></p>	<p><i>25</i></p>	<p><i>26</i> 10:30am Walk</p> <p>1pm Creative Writing</p>	<p><i>27</i> 10:30am Soak and Swim (leave CMHA 10:10)</p>	<p><i>28</i></p>  <p>1pm Club Social Seasons of Ornaments</p>	<p><i>29</i> 1pm Chair Yoga</p>	<p><i>30</i></p>