



October 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>1 10:30am Walk 1pm Creative Writing</p>	<p>2</p>	<p>3 1pm Club Social</p>	<p>4 1pm Chair Yoga</p>	<p>5</p>
<p>6</p>	<p>7</p>	<p>8 10:30am Walk 1pm Creative Writing</p>	<p>9 10:30am Soak and Swim (leave CMHA 10:10)</p>	<p>10 12pm Thanksgiving Dinner \$2.50 1pm Club Social</p> 	<p>11 1pm Chair Yoga</p>	<p>12</p>
<p>13</p>	<p>14  THANKSGIVING CMHA CLOSED</p>	<p>15 10:30am Walk 1pm Creative Writing</p>	<p>16 10:30am Soak and Swim (leave CMHA 10:10)</p>	<p>17 10am St Anne's Pumpkin Patch</p>	<p>18 1pm Chair Yoga</p>	<p>19</p>
<p>20</p>	<p>21 1pm Carving and Painting Pumpkins</p>	<p>22 9am Free Pancakes 10:30am Walk 1pm Creative Writing</p>	<p>23 10:30am Soak and Swim (leave CMHA 10:10)</p>	<p>24 1pm Shenanigans Market</p>	<p>25 1pm Chair Yoga</p>	<p>26</p>
<p>27</p>	<p>28</p>	<p>29 10:30am Walk</p>	<p>30 CMHA CLOSED 5:30pm Halloween Party</p>	<p>31 </p>	<p>TO SIGN UP PLEASE CALL RECEPTION: 250-542-3114</p>	