

# THE GRAPEVINE

# DECEMBER 2024

## TRADITIONS OF LIGHT Winter Celebrations Around the World

Caitlin Heinloo

Whatever you do to celebrate the holidays, the glow of candles and lights during the darker days of winter has always gone beyond necessity and holds significance for different cultures all around the world. Usually aligning with the solstice and a desire for a return to more temperate seasons, the glow of a flickering or twinkling light is a symbol used in many celebrations.

Most people are familiar with the Christmas Tree as one of the most recognizable symbols associated with the western holiday season, with its most distinguishing feature being a covering of small lights. Decorated with candles before the widespread use of electricity, it was meant to symbolize the tree in the biblical Garden of Eden. The first display using electric lights was created in the late 1800s, and soon popularized their use over open-flame options. However, many celebrations still incorporate traditional candlelight as a major part of holiday practices.



In the Jewish tradition of lighting the Menorah, where a candelabra with eight candles is lit with an accompanying prayer and song, one candle for each day. This practice is meant to represent the successful military hold-out of the Jewish Maccabees against the Greek Empire in the 2nd century BCE. Trapped in a temple without reinforcements, a single day's oil was miraculously able to last for eight days, until help arrived.



Kwanzaa, a holiday which incorporates traditions from across Africa, similarly light seven candles in red, black, and green. Placed in a Kinara (a candle holder similar to the Menorah) the colors represent the Pan-African flag and symbolize the struggles and triumphs of the Afro-American population. A relatively young tradition, the holiday was created in 1966 in response to the Watts Riots and the civil rights movement in the United States, as a non-Eurocentric holiday.



To the south in Mexico, Posada, a caroling tradition, is marked by the use of Luminarias. Candles cradled in bags of paper line the streets and doorways to represent the path taken by Mary and Joseph in their search for lodging just prior to Jesus' birth. As children sing carols and go door to door, they carry candles and ask if 'there is room' for them to come in and partake in holiday festivities.

Another tradition, created from a mix of Christian and Pagan practices, St. Lucia's Day is a holiday tradition celebrated in many European countries, from the south in Italy to Sweden in the north. The name Lucia means 'light', and a young girl who represents the saintly figure wears a crown of leaves and lighted candles. She leads a procession on the longest day of the year, representing the return of longer warmer days.



All over the world, it is a common sight to see houses and streets lit up for the cold winter months. These traditions bring us together to gather and celebrate. Beyond being a simple decoration, the warming sight of lights in the dark seasons is meant to inspire hope and help remind us that brighter days are sure to come.

### CMHA Vernon and District

recognize, honour, and respect the unceded territory of the Syilx Nation and the people of N'kmaplqs (Head of the Lake) whose traditional and ancestral territory CMHA Vernon and District offices are situated. We respect their connection to the tmx'ula?x'w (land) and honour their history and culture through continuing education.

The Grapevine is an independent newsletter published monthly by CMHA Vernon and District Branch through collaboration of CMHA volunteers, CMHA participants and CMHA staff. (Available in hardcopy, through the CMHA Vernon website or via email)

The Grapevine encourages those living with mental health to submit articles, letters to the editors, cartoons, jokes, poetry or anything you think will be of interest to peers and professionals alike. No recompense is provided for any submissions and they shall be considered as the author's own work unless otherwise indicated.

The Editors will make every effort to publish any material submitted, subject to for length, taste and appropriateness. Ideas or opinions expressed do not necessarily reflect those of Grapevine or of its affiliated organizations.



### To Contact Us

Main Office  
3100 - 28<sup>th</sup> Avenue, Vernon BC  
V1T 1W3  
Phone: 250-542-3114  
Fax: 250-549-8446  
www.cmhavernon.ca  
cmha@cmhavernon.ca

Peer Support  
250-542-3114 ext. 299  
peeroutreach.vernon  
@cmhavernon.ca

Trans Peer Support  
trans.peer@cmhavernon.ca

## CMHA Holiday Closures

December 24th - Half-day (closed at noon) December 25th, 26th, and 27th - Closed

December 31st - Half-day (closed at noon) January 1st - Closed

## Foodanomics

### Kitchen Education Program

Are you interested in learning basic kitchen skills which include baking, cooking, meal planning, grocery tips and tricks, and the opportunity to get your food safe certificate? Then Jen has the class for you!

CMHA is happy to announce that there is a new class called Foodanomics that will be starting in January 2025!

To express interest in this program please sign up at the front desk.

### Peer Support

*To contact Peer Support call 250-542-3114 ext. 299 or  
drop by the office 10am - 3pm Monday - Thursday, 10am - 1:30pm Fridays*

Happy Holidays!

The Peer Support crew would like to wish everyone safe and happy holidays! We know that the holiday season can be a challenging time for many people, so we invite you to pop into the Peer Support office any time during our holiday business hours to visit and connect with a peer volunteer.

We will be closed Tuesday 24th December to Friday 27th December, reopening for Monday 30th December and closing for Tuesday December 31st and Wednesday January 1st: regular hours will resume Thursday 2nd January.

We look forward to finishing off the year and bringing in the new one with some familiar faces and some new ones!

## Pathways to Wellness

Pathways to Wellness is CMHA Vernon's education program. The goal is to eliminate stigma by providing education on mental well-being and mental illness.

It is a supportive learning environment where you are welcome. You may have a mental illness or a mental health problem, or you may be on a personal journey of wellness or be supporting someone who is. All that is required is an openness to learning.

To register call **Dani** at **250-542-3114** ext. **242** or email [workshops@cmhavernon.ca](mailto:workshops@cmhavernon.ca)

### Goal Setting

Monday December 9th

10:30am - 12pm

Learn and discuss tools to help you identify, plan for, and accomplish goals.

### Creative Coping

Tuesday December 17th

9:00am - 11am

There are so many great ways to cope with stress, worries and anxiety. Come learn about and try some different ways to use creativity to boost your mental wellness.

### Winter Wellness

Monday December 23rd

1:00pm - 3:00pm

Come engage in various activities that promote joy, wellness, and a boost in mood. The goal is to spread cheer, share compassion and smiles with each other before the holidays.

### When Anxiety and Panic Attack

Mondays January 13th, 20th, 27th, February 3rd, 10th, 24th

10am - 11:30am

Virtual option available

### All About Abuse

Friday January 17th

9:30am - 11:30am



## Free Christmas Dinners

### Festive Feast

11am - 12:30pm

All Saints Anglican Church (3205 27 St)

### Christmas Meal

1pm - 2pm

Salvation Army (3303 32nd Ave)

### Christmas Dinner and Blessing Backpacks

2pm - 5pm

Upper Room Mission (3403 27 Ave)

### Christmas Feast, Stockings and Santa

6pm - 7pm

Packman Open Hearts (Corner of 26th Ave and 36th St)

### Together for Christmas

3pm - 6pm

Schubert Centre (3505 30th Ave)

- formally at St James School



## Interior Health Lunch and Learn

Wednesday 11th December at 12pm

Scott Gorman from Interior Health Mental Health and Substance Use to do a Lunch and Learn about the Substance Use Day Program. In this program learn to create a better understanding of substance use, the impacts on our body, and replace them with healthy, coping and social connections within the community. The purpose of this program is to provide you with tools and skills to sustain a healthy and balanced lifestyle in community.

Scott will also be speaking about other Interior Health Mental Health programs available.

Lunch will be provided for free.

## Living Life to the Full

Want to know how to feel happier, more confident and worry less right now? Would you like to learn new ways of dealing with what life throws at you? Living Life to the Full is a fun and interactive course that will help you understand your feelings, thoughts and behaviours, and what to do about them!

### Evidence Based

The course uses Cognitive Behavioural Therapy (CBT), an evidence-based therapy approach that has been evaluated and has been found to work well.

### Group Course

The approach is fun and interactive, and you learn with others who are going through similar experiences in a welcoming and non-judgmental environment.

### Structured Learning

Sessions are moderated by a certified facilitator and include a booklet, handouts and exercises to guide your learning.

**Living Life to the Full** will be held every **Wednesday for 8 weeks starting January 8th, 10:00 am - 11:30 am**. To sign up contact **Dani** at **250-542-3114 ext. 242** or email **workshops@cmhavernon.ca**

To learn more about Living Life to the Full visit **[www.livinglifetothefull.ca](http://www.livinglifetothefull.ca)**

**LLTTF: Enjoy Your Baby** will be piloted at CMHA Vernon in 2025. This 5 week course targets new parents or caregivers and aims to give them tools to cope with mood changes, stress and anxiety as they care for their infants, from newborn to 14 months old. It is based on CBT principles, similar to the LLTTF content.

If you, or someone you support may be interested in taking this program, contact **Dani** at **250-542-3114 ext. 242** or email **[dani.hamilton@cmhavernon.ca](mailto:dani.hamilton@cmhavernon.ca)**

**LIVING LIFE  
TO THE FULL**  
helping you to help yourself



## Shelter Hub

Every Wednesday 11am - 2pm (December 4th, 11th, 18th)

Study Room at the Vernon Regional Library

This free Turning Points service is a part of shelter diversion to take steps to prevent folks for experiencing homelessness. It is a drop-in service that is free to those facing eviction, those who could benefit from community supports or just need a hand up. This service is not to stop anyone from accessing the shelter but to ensure the best steps are taken for each person, recognizing everyone's situation is unique.

This service is available through to April, with more potentially scheduled after.

Contact **Turning Points** by calling 250-542-3555, emailing [info@turningpoints.ngo](mailto:info@turningpoints.ngo) or visiting [www.turningpoints.ngo](http://www.turningpoints.ngo)

## Social Recreation



Participants had a terrific time at the Halloween dance and party: winning door prizes and having fun at the photobooth.



In preparation for Remembrance Day and in tribute to our veterans, Social Rec participants created poppies



Participants went to Crazy Creek Hot Pools Resort to soak in the hot pools. Such a relaxing time spent socializing with others.



# International Day of Persons with Disabilities

## The Beginning

Since its inception in 1945, the United Nations (UN) has outlined and reiterated its commitment to calling for the creation of inclusive, accessible and sustainable societies and communities – most notably with the adoption of the Universal Declaration of Human Rights in 1948. Over time, the UN has honed its focus on promoting the well-being and welfare of people living with disabilities, and in 1992 called for an international day of celebration for people living with disabilities to be held on December 3 each year.

International Day of People with Disabilities is not owned by the UN – it is owned by everyone: people, organisations, agencies, charities, places of learning – all of whom have a vital role to play in identifying and addressing discrimination, marginalization, exclusion and inaccessibility that many people living with disabilities face. International Day of People with Disabilities is one day on the international calendar, yet it symbolizes the actions we should take every day, in order to create diverse and accepting communities.



## What is International Day of People with Disabilities for?

**Celebration** – to recognize and value the diversity of our global community, and to cherish the role we all play, regardless of our abilities.

**Learning** – to understand and learn from the experiences of people with living with a disability.

It is a day for optimism – to look towards the future and the creation of a world where a person is not characterised by their disabilities, but by their abilities.

**Action** – where all people, organizations, agencies and charities not only show their support for International Day of People with Disabilities, but take on a commitment to create a world characterized by equal human rights.

## The Objective

1. Educating people within the community around barriers to inclusion.
2. Providing opportunities for supported education/ training/ volunteerism and employment for people with disability.
3. Providing social and personal support to people living with disability.
4. The provision of transport services to people with disability to support inclusion and participation within the community.
5. Social enterprise grants: funds generated by International Day of People with Disabilities go in part towards the creation of social trading businesses.

## Theme of 2024

The theme for this year is "Amplifying the leadership of persons with disabilities for an inclusive and sustainable future." This theme recognizes the important role that persons with disabilities play in creating a more inclusive and sustainable world for all. It also emphasizes the importance of the participation of persons with disabilities in decision-making processes that affect their lives.

The theme this year reflects the current international political and policy context, in particular the Pact for the Future and the upcoming 2025 World Summit for Social Development, and the need to create momentum for achieving the 2030 Agenda. The theme seeks to amplify the centrality of the leadership role of persons with disabilities, in all of these efforts - from the global to the local.

## Kitchen Hours of Operation

Lunch is \$2.50 ~ Coffee and Tea is 50 cents.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00am-11:30am</b> Coffee & Toast	<b>9:00am-2:00pm</b> Fresh lunch served at 12pm	<b>9:00am-2:00pm</b> Fresh lunch served at 12pm	<b>9:00am-2:00pm</b> Fresh lunch served at 12pm	<b>9:00am-2:00pm</b> Fresh lunch served at 12pm

Fresh lunches available Tuesday through Friday.

## This Month's Recipe December 13 National Beef Stew Day

### Ingredients

2 pounds stewing beef trimmed and cubed	1 pound potatoes peeled and cubed
3 tablespoons all-purpose flour	4 carrots cut into 1 inch pieces
½ teaspoon garlic powder	4 ribs celery cut into 1 inch pieces
½ teaspoon salt	3 tablespoons tomato paste
½ teaspoon black pepper	1 teaspoon dried rosemary
3 tablespoons olive oil	2 tablespoons cornstarch
1 onion chopped	2 tablespoons water
6 cups beef broth	¾ cup peas



### Instructions

1. Combine flour, garlic powder and salt & pepper. Toss beef in flour mixture.
2. Heat olive oil in a large Dutch oven or pot. Cook the beef and onions until browned.
3. Add beef broth while scraping up any brown bits in the pan.
4. Stir in potatoes, carrots, celery, tomato paste, and rosemary. Reduce heat to medium low, cover and simmer 1 hour or until beef is tender (up to 90 minutes).
5. Mix the cornstarch and water to create a slurry. Slowly add the slurry to the boiling stew to reach desired consistency (you may not need all of the slurry: if you'd like a thinner stew use less and if you like a thicker stew use it all).
6. Stir in peas and simmer 5-10 minutes.
7. Serve your stew with salt and pepper to taste.

Have leftovers? The stew can be kept frozen for up to 3 months!



# CMHA and Local ACTIVITIES

## Christmas Lights Tour

Tuesday 17th  
6pm

6th annual Christmas Lights Tour! This includes the best decorated homes in Vernon for the 2024 season!



**YOU MUST SIGN UP!**

To Sign Up Please Contact Front  
Reception: (250) 542-3114

## Artsolutely Holiday Artisan Market & Fundraiser

Open Daily Every Shopping Day in December:  
November 30 – December 24, 2024!  
**Vernon Community Arts Centre**

Monday to Friday 9am-7pm, Saturdays  
9am -5pm, Sundays 11am-4pm  
Special Hours on December 24, 9am-1pm



**Free entry and parking**

## Bethlehem Star

Friday 6th  
6pm

Featuring a live Bethlehem market, hot chocolate, home-baked cookies and a gospel presentation.

**YOU MUST SIGN UP!**

To Sign Up Please Contact Front  
Reception: (250) 542-3114

## Shoparama

Saturday 7th 10am - 6pm  
Sunday 8th 10am - 5pm

**Vernon Rec Centre and Gymnasium**

Join in on Shoparama Holiday Gift Sale the first weekend of December!

**Free admission** (option to leave a cash donation for the Salvation Army Foodbank Kettle).



## Winter Wellness

**Appies and a Movie**

Monday 23rd  
1pm

Come engage in various activities that promote joy, wellness, and a boost in mood. The goal is to spread cheer, share compassion and smiles with each other before the holidays.

**YOU MUST SIGN UP!**

To Sign Up Please Contact Front  
Reception: (250) 542-3114

## Cribbage Night

Wednesday 4th, 11th, 18th  
6pm - 8pm

**Vernon Regional Library**

“Fifteen Two, and the rest won’t do!” Cribbage Night is all about fun and friendly competition for all ages. **Free to join.** Feel free to drop in for a game or two, observe others playing, and pick up the rules of the game. The library provides cribbage boards, but you're welcome to bring your own.



## Club Social Seasons of Ornaments

Thursday 12th December

Bring your creativity and holiday spirit!



## Tea and Songs with Glen and Serenity

Tuesday 24th December  
10:30am



“The best way to spread Christmas Cheer, is singing loud for all to hear!” - Buddy the Elf

## New Years Eve Bingo

Tuesday 31st  
10am



## Mood Disorder Group

**Drop-in on Fridays 1:30 - 3:00**

Located in the Peer Support Office

The Mood Disorder Association BC peer-led support group is a safe place to share your story, your struggles and accomplishments, and to listen to others as they share similar concerns. You can get a sense of belonging, informal education about your mental health challenges, and the support of others who have ‘been there’. The support group is facilitated by trained volunteers with lived experience of mental health concerns. Please note: support groups are not intended to provide counselling or therapy and are not affiliated with CMHA Vernon.



# CREATIVE CORNER

## DIY Cookie Cutters

### Supplies

- Disposable aluminum tray
- Scissors
- Ruler
- Marker
- Paper
- Stapler



### Directions

1. Cut the edges off of the aluminum tray so that only the bottom remains. Then, trim the edges of any rough edges.
2. On the short edge of the tray, mark as many 2 ½ inch wide strips as possible.
3. Cut the strips out.
4. Each 2 ½ strip will be able to be made into 1 cookie cutter.
5. Draw a dotted line down the middle of a strip lengthwise.
6. Fold each long edge into the dotted line. Then, flatten with the edge of your marker or ruler.
7. Fold the strip in half lengthwise. Then, flatten again with the edge of your marker or ruler.
8. Draw the shape(s) you want your cookies to look like on a piece of paper. This will be your cookie cutter template. Don't worry if the shapes aren't perfect, it's just a guideline!
9. Using the template as your guide, bend and fold the strips of aluminum into the shapes you want.
10. Use a stapler to close your shape.
11. Repeat the steps to make as many cookie cutters as you want.
12. Make your favorite cookie dough recipe and use your homemade cookie cutters!



## The Snow Fairy

By Violet Mobley

I looked out of my window and for goodness sake!  
 There was a fairy riding on a snowflake!  
 She saw me and waved my way,  
 I was shocked and didn't know what to say,  
 She was a real beautiful sight,  
 Her hair was long and silvery white,  
 She wore a dress as white as a dove,  
 As she traveled on this snowflake from above,  
 Her eyes were as blue as could be,  
 As she smiled and winked at me,  
 Then quietly without a sound,  
 She dismounted the snowflake as it reached the ground.  
 I noticed then that in her hand  
 She held a wand, waved it, and with one command,  
 There suddenly stood a marvelous tree,  
 All decorated for all to see,  
 It was a Christmas gift for me,  
 I knew then at this time of year,  
 The snow fairy appears bringing lots of cheers,  
 To you and me and all we hold dear,  
**Merry Christmas and Happy New Year!**

## My Experience With Schizophrenia

By Violet Mobley

I'm outside on a short walk. The fog is all around me.  
 It's closing in on me. I can no longer see far ahead. It's  
 rather upsetting. How will I find my way? My head feels  
 rather dull. I feel drugged though I haven't taken anything.  
 What must I do to get out of here again? I stop and allow  
 myself to be still. Suddenly a ray of sunshine pierces the fog  
 around my head. Gazing upwards I spot a patch of blue.  
 Then someone takes my hand. It's a close family member of  
 mine. They lead me through the thinning fog into the  
 sunshine. All will be fine now.

**Feeling Creative? We Always Welcome New Poems  
 and Stories For Our Grapevine!**

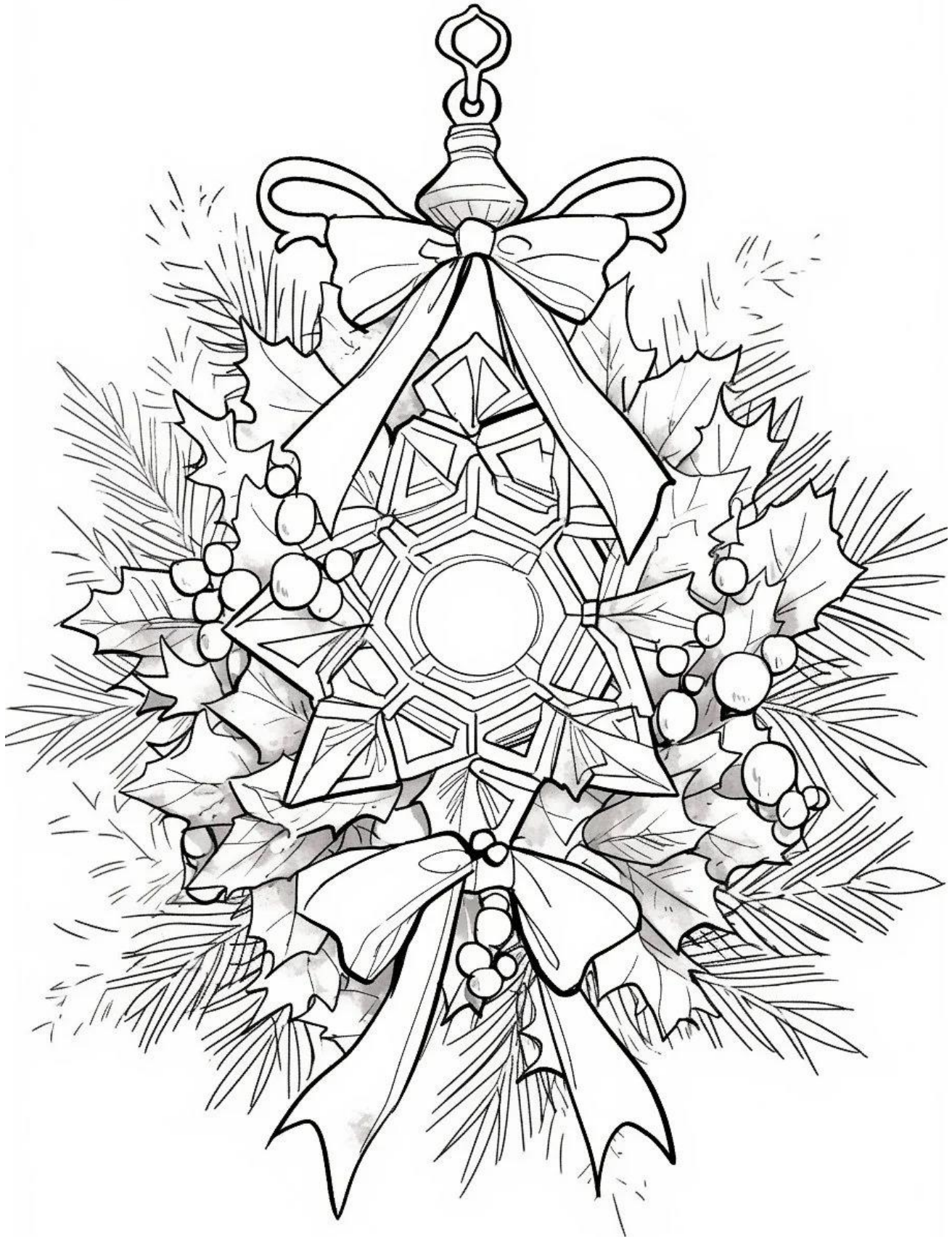
**Creative But Not A Writer? We Take Submissions For  
 Art Work Or Cartoons For The Grapevine!**

**Do You Enjoy Creative Writing?  
 Creative Writing Benefits The Brain!  
 Try this creative writing prompt by Violet.  
 A vision of a Christmas angel...**



# ADULT COLOURING PAGE

colouring relaxes the mind



# Sudoku

The rules of the game are simple: each of the nine blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box. The difficulty lies in that each vertical nine-square column, or horizontal nine-square line across, within the larger square, must also contain the numbers 1-9, without repetition or omission. Every puzzle has just one correct solution.

EASY

		3				2		
	6		9	8			4	3
4	9			3	1			6
9		7				8	6	
	4			9	8			
		5	4		7	1		9
6					3	9		5
5		8	1				7	2
2		9		5	6		3	8

MEDIUM

			1					
							7	1
4			6		3			5
		5		9			1	8
			4					2
		7						
	2		1					6
	6		7	4				3
		4					8	

# Christmas Word Search

C D E C E M B E R U S T O R V  
 G H D W A R E C R A O S R I P  
 I A R R E I N D E E R A B E R  
 N S L E I G H E J A N S R C E  
 G N G A S E O G I S A N T A S  
 E O S T O C K I N G M O J N E  
 R R I H L V C N G D E R O D N  
 B T C A O I D G L D N T L Y T  
 R H A M E L G E E A T H G C S  
 E L V E S G L H D E S P H A L  
 A I C R D A S Y T Y C O T N E  
 D C H R I S T M A S X L S E E  
 A R A Y B R E A S A N E R A F  
 C A R O L S W R W I N T E R S  
 S T G I N G L L Y O R N A S T

- Candy Cane
- Carols
- Christmas
- December
- Elves
- Gingerbread
- Jingle
- Holly
- Lights
- Merry
- North Pole
- Ornaments
- Presents
- Reindeer
- Santa
- Sleigh
- Stocking
- Tree
- Winter
- Wreath

**MEDICAL SUPPORTS**

**CareConnect I.D.A Pharmacy**

*Walk-in services*

provided by Dr. Morgan Campbell  
 CareConnect I.D.A Pharmacy  
 120-5301 25th Ave  
 9 am to 1 pm, Monday to Thursday

**Vernon Urgent and Primary Care Clinic**

*Urgent care and limited harm reduction supplies*  
 101-3105 28th Ave  
 (250) 541-1097

Provides primary medical care  
 9:30am to 8:30pm, 7 days a week, 365 days a year

**Options For Sexual Health Clinic**

1440 14<sup>th</sup> Ave  
 (250) 241-3154  
 6:00pm to 9:00pm, Tuesdays and Thursdays

**Vernon Downtown Mental Health and Substance Use**

*Overdose Prevention Site*  
 3306A 32<sup>nd</sup> Ave  
 (250) 503-3737

9:00am to 3:00pm, Monday to Friday  
 Closed from 12:00pm to 1:00pm

**NUTRITION PROGRAMS**

**Saturday Lunch Program**

All Saints Anglican Church  
 2601 43<sup>rd</sup> Street  
 (250) 542-3179  
 Saturdays from 11:00am to 2:00pm  
 Free for those in need

**The Upper Room Mission**

*A warm place and meals for those in need.*  
 3403 27<sup>th</sup> Ave

Monday to Friday, 9am to 4pm,  
 Saturday and Sunday, 2pm to 6pm  
 Breakfast 9:30-10:30 am / Dinner 2:30– 3:30 pm

**Common Threads (The Arbour)**

*FREE hot meal, clothing for all ages, bread, and haircuts when volunteers available.*  
 Vernon Alliance Church  
 2601 43<sup>rd</sup> Ave  
 (250) 545-7105

Mondays 2pm - 4pm and Thursdays 9am - 11am

**EMERGENCY SERVICES**

Ambulance/Police/Fire	911
Suicide Crisis Helpline	988
Non-Emergency Police	250-545-7171
Community Response Team	250-260-7893
Interior Crisis Line	1-888-353-2273
Mental Health Support Line	310-6789
Vernon Hospital	250-545-2211
Poison Control	1-800-567-8911
Food Bank	250-549-4111

**SHELTER**

Archway Transition House	250-542-1122
Our Place	250-542-4041
Turning Points	250-542-3555

**COMMUNITY SERVICES**






CMHA Vernon	250-542-3114
Peer Support Services	250-542-6155
Mental Illness Family Support	250-260-3233
Mental Health & Substance Use	250-549-5737
Family Resource Center	250-545-3390
Social Assistance	1-866-866-0800
Upper Room Mission	250-549-1231
Friendship Centre	250-542-5311
Okanagan Indian Band Community Services & Development	250-542-5094
Nexus BC Connect Program	250-545-0585
Independent Living Vernon	250-545-9292
John Rudy Health Resource Centre	250-938-8092
Legal Aid	250-545-3666
Neighborhood Link	250-558-5527





# December 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	3 KITCHEN CLOSED at 12:30 10:30am Walk/Snowshoeing	4 KITCHEN CLOSED 10:30am Soak and Swim (leave CMHA 10:10)	5 CMHA CLOSED Christmas Dinner and Dance (doors open at 4:30pm)	6 1pm Yoga 6pm Bethlehem Star 	7
8	9	10 10:30am Walk/Snowshoeing	11 10:30am Soak and Swim (leave CMHA 10:10)	12 1pm Club Social Seasons of Ornaments	13 KITCHEN CLOSED at 12:30 1pm Yoga	14
15	16 	17 9am Free Pancakes 10:30am Walk/ Snowshoeing 6pm Christmas Lights Tour	18	19 1pm Festive Shenanigans Market	20 1pm Yoga	21 Winter Solstice 
22	23 1pm Winter Wellness, Appies and a Movie	24 10:30am Tea and Songs HALF DAY 8am to 12pm	25  CHRISTMAS DAY CMHA CLOSED	26 BOXING DAY CMHA CLOSED	27 CMHA CLOSED	28
29	30	31 10am NYE Bingo HALF DAY 8am to 12pm	1 January NEW YEARS DAY CMHA CLOSED		ALL PROGRAMS REQUIRE MANDATORY SIGN-UP	TO SIGN UP PLEASE CALL RECEPTION: 250-542-3114