

## Art Gives Us Freedom

Caitlin Heinloo

In times of hardship or struggle, we all need a way to distract ourselves from our troubles. For a person with mental illness, there is deep reassurance in having an escape from the strain of life's daily challenges. Where you don't have to think about when your next doctor's appointment will be, what to talk about in therapy, or if your medication needs to be refilled. A place where the difficulties of mental illness can create something rather than being daunting or destructive.

Our imaginations allow us to create an internal world. No matter the medium, when we share that world with others, we create art. It isn't easy to be vulnerable and share this private internal world, but it is important to do so. By sharing something we've created, we make the real world wiser. Moreover, our courage to share our creativity can inspire courage in others to face their own challenges and allow a little escape.

Engaging in art can significantly benefit mental health by providing a creative outlet for expression, reducing stress and anxiety, and promoting well-being, even in non-therapy contexts. Here is a deeper look at the connection between art and mental health:

### Stress and Anxiety Reduction

The process of creating art, regardless of the medium, can help individuals become present and focused, naturally reducing stress and anxiety.

### Emotional Expression

Art provides a non-verbal way to express emotions and experiences, which can be practically helpful for individuals who struggle to articulate their feelings verbally.

### Improved Self-Esteem and Confidence

Completing creative projects can boost self-esteem and build confidence, as individuals experience a sense of accomplishment and mastery.

### Enhanced Social Connection

Participating in art activities, whether individual or in groups, can foster social connections and a sense of community.

### Cognitive Benefits

Engaging in art can improve cognitive function, including attention, memory and creativity.

### Mindfulness and Focus

The act of creating art can help individuals practice mindfulness and focus, promoting a sense of calm and well-being.

### Improved Coping skills

Art can be a valuable tool for coping with difficult emotions, trauma and life challenges.

### Physical Health Benefits

Studies have shown that engaging in art can lower cortisol levels, the stress hormone, and even improve cardiovascular health.

## Awakening The Spirit Art Show and Sale 2025

The Awakening the Spirit Art Show and Sale is to celebrate the strengths, talents and creativity of people living with mental illness. Through art and creativity we hope to break down some of the barriers and stigma that exist as well as give people living with mental illness a medium through which to express themselves.

Important Dates for Artists	
28 <sup>th</sup> April - 3 <sup>rd</sup> May	Poster Art Submissions to CMHA
15 <sup>th</sup> May	Committee Selects Poster
19 <sup>th</sup> May – 13 <sup>th</sup> June	Framing Workshop at CMHA
16 <sup>th</sup> June – 20 <sup>th</sup> June	Submission of Artwork to CMHA.
24 <sup>th</sup> July - 20 <sup>th</sup> August	Awakening the Spirit Art Show and Sale
21 <sup>st</sup> August 9:30 am to 10:30 am	Pick-up unsold artwork at the Vernon Community Arts Centre

### 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.

### CMHA closed



**Friday 18th and Monday 21st  
For Easter**

### 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

# CHANGES TO THE KITCHEN PROGRAM

Starting April 1st

## New Kitchen Schedule

MON	TUES	WED	THRS	FRI
<p>Open 9 AM - 11 AM</p> <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Light breakfast</li> </ul> <p><b>CLOSED AT 11</b></p> <p>Peer Led Grocery Shop</p>	<p>Open 9 AM - 11 AM</p> <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Light breakfast</li> </ul> <p><b>CLOSED AT 11</b></p> <p>Skill Building &amp; Education</p>	<p>Open 9 AM - 11 AM</p> <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Light breakfast</li> </ul> <p>FREE LUNCH</p> <p><b>CLOSED AT 2</b></p>	<p>Open 9 AM - 11 AM</p> <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Light breakfast</li> </ul> <p><b>CLOSED AT 11</b></p> <p>Skill Building &amp; Education</p>	<p>Open 9 AM - 11 AM</p> <ul style="list-style-type: none"> <li>• Coffee</li> <li>• Light breakfast</li> </ul> <p><b>CLOSED AT 11</b></p> <p>Peer Led Baking</p>

### Things to Note

- We will **no longer be accepting charges** for meals
- As of April 1st, there will be **no take-outs**
- Coffee, tea, light breakfast will be available daily **for free**
- Starting April 1st, we will only be providing lunch **on Wednesdays**. This meal will be **free**.

### If You Have an Unfinished Meal Card...

- You can put the remaining balance towards
  - A rec activity
  - Green Bay
  - Georgette Shop
  - Paying off charge balance

**See reception to make arrangements.**

If you have any questions, please write them down and put them in the question box in the kitchen. Our Team is here to help you navigate these changes.



## Easter Dinner



Wednesday 16th April at 12pm

Sign up for Jen's Turkey Dinner for Easter on Wednesday 16th April at noon and have a hoppin' good time!

**You must sign up.**

Contact Reception in person or by calling 250-542-3114!

## Alternate Food Programs

### FOOD SECURITY PROGRAMS

**Common Threads Hot Meal Program** 2601 43 Ave. Hot meals served weekly: no registration required

Mondays 2pm – 4pm & Thursdays 9am – 11am, closed holidays

**Vernon Meals on Wheels Services** (Vernon, Coldstream, & Surrounding Areas: \$9 - \$11 cash, cheque, or e-transfer).

Meals delivered to homes for seniors & individuals with long-term health concerns/disabilities who have difficulty preparing meals. Contact: Mary or Diane at 250-549-4201

**Upper Room Mission** - Day Shelter Services, 3403 27th Ave. Two meals (breakfast & dinner), frozen meals clothing, washrooms, showers, & laundry for people 19 or older.

Monday - Friday 9am – 4pm, Saturday 2pm – 5pm

### VERNON FOOD BANKS

**Salvation Army Food Bank Services** 3303 32 Ave. Weekly grocery support for families & individuals in need.

Eligibility: ID, address, & proof of income. Visit or call 250-549-4111

Monday - Friday 9:30am – 4pm, Thursdays 9:30am – 3pm

**Vernon Alexis Park Church Food Pantry Services** 3906 35A Street. Food pantry program and groceries for families & individuals in need. Registration: [www.alexis.church/pantry](http://www.alexis.church/pantry)

Monday - Thursday 9am – 1pm

**Vernon Trinity United Church Food Pantry Services** 3300 Alexis Park Dr. Hampers for families & individuals.

Eligibility: Name, number of adults and/or children & ages. Visit or call 250-545-0797

Tuesday - Friday 9am – 4pm

### MEAL PROGRAMS

**Saturday Street Lunch at All Saint's Anglican Church** 3205 27 Street.

Saturdays from 11am – 12:30pm

**Vernon Street Church Lunch Program Services at The Salvation Army** – House of Hope Parking Lot, 3303 32nd Ave.

Sundays at 1 PM (including holidays)

**Church Packman's Open Hearts Services** Free meals, clothing, blankets and hygiene items for those in need.

Wednesdays at 4 pm at the North end of Vernon (close to Tim Horton's and Walmart)

Sundays at 6 pm behind People Place

### BC FARMER'S MARKET COUPON PROGRAM

\$27 per week coupon for up to 16 weeks to be used at the Farmer's Market. How to Apply: North Okanagan Friendship Center (250-542-1247), NexusBC Community Resource Centre (250-545-0585, only for seniors 60+) or Armstrong Food Bank (250-546-3465)

### GOOD FOOD BOX PROGRAM

Pick up local produce boxes of fresh, local fruits & vegetables. Small Box: \$15 (9-11.5 pounds) Large Box: \$25 (18.5-24 pounds). Place your order by the 5th online, or in-person at agency partners (Independent Living or the North Okanagan Youth & Family Services Society) [www.goodfoodbox.ca](http://www.goodfoodbox.ca)

## Volunteer Appreciation Week Social

Friday 25th April

11am

All volunteers come join CMHA Staff in the Kitchen for a social to celebrate all that you do! There will be appetizers, non-alcoholic drinks and space to socialize and get to know volunteers from all over CMHA: Peer Support, Kitchen, Reception, Janitorial, and The Georgette.



## Bag Lunch Basics with Jen

Thursday 3rd April

11am

Bagged lunch basics will be covering what to pack for your lunch. This class comes with the added bonus of making and taking your bagged lunch home.

If you are wondering what would be good to pack for lunch, then we have a class for you! We are going to cover what kinds of sandwiches you can make, how to use your leftovers for lunches, and what kind of snacks you can pack to keep a good variety with your lunches.

**You must sign up.**

Contact Reception in person or by calling 250-542-3114!

## Coldest Night of the Year 2025

Our Coldest Night of the Year walk on February 22nd was an overwhelming success.

The event was held at Civic Memorial Park and thanks to the 200 walkers who participated, our volunteers and our sponsors, we raised more than \$30,000 for the North Okanagan Rent Bank.

A special shout-out to the students and staff at Silver Star Elementary School who held their own walk and raised funds for the Rent Bank and housing security.

We live in such a fantastic community.



## GREEN BAY CAMP

**Tuesday 23rd - Friday 26th September**

**\$135.00**

**DO YOU WISH TO ATTEND GREEN BAY CAMP THIS YEAR?  
SIGN UP AND START PAYING NOW!**



You can have 3 relaxing days & nights to enjoy the fresh air, great meals, and accommodations and perhaps take part in some of the fun activities.

For more information and to sign up call Hannah at 250-542-3114 ext. 202 or text/call (250) 241-6659

## A FREE TAX CLINIC WILL BE AVAILABLE!

**February 24th - April 30th**

It's that time of the year again: Income Tax Time and CMHA will be holding an Income Tax Workshop to help alleviate any worries you may have about this tax season.

CMHA will be hosting the Community Volunteer Income Tax Program (CVITP) free Tax Clinic from February 24th to April 30th 2025.

Please contact Zoe to book an appointment at (250) 542-3114 ext. 227. Please have all your tax forms ready and bring all relevant forms such as your T4, T4A, T4A(OAS), T4A(P), T5007, T5, T3, TRIF, T4E & T4RSP to your appointment.

If you do not have access to all of your tax forms, accessing them online during your appointment may be possible.

In order to be eligible for the CVITP, individuals must have a modest income and a simple tax situation. In general, a tax situation is simple if an individual has no income or if their income comes from these sources:

- ⇒ Employment
- ⇒ Pension
- ⇒ Benefits such as CPP, OAS, PWD, EI or social assistance
- ⇒ Support Payments

You may be eligible for the Disability Tax Credit (DTC), which is a non-refundable tax credit that reduces the amount of income tax a person with disabilities or their family members may have to pay. For more information please contact your doctor, go to [Canda.ca/disability-tax-credit](http://Canda.ca/disability-tax-credit) or call 1-800-959-8281.

## 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)

**LLTTF Enjoy Your Baby - VIRTUAL  
(5 weeks)**

Tuesdays April 1st, 8th, 15th, 22nd, and 29th

2:00pm - 4:00pm

**Building Better Boundaries (6 weeks)**

Thursdays April 17th. and 24th, May 1st, 8th, 15th, and 22nd

10:30am - 12:00pm

**Budgeting Basics (5 weeks)**

Tuesdays June 3rd, 10th, 17th, 24th and July 8th

10:30am - 12:00pm



## Kitchen Hours of Operation

Breakfast, lunch, coffee and tea are **all free.**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00am-11:00am</b> Coffee and Breakfast	<b>9:00am-11:00am</b> Coffee and Breakfast	<b>9:00am-2:00pm</b> Coffee and Breakfast. Fresh lunch served at 12pm.	<b>9:00am-11:00am</b> Coffee and Breakfast	<b>9:00am-11:00am</b> Coffee and Breakfast

Breakfast available Monday to Friday. Fresh lunch available Wednesday only.

## This Month's Recipe April 17th National Banana Day

### Quick and Easy Banana Muffins

Share them with friends, or keep in the freezer for a breakfast or snack on the go!

#### Ingredients:

- |   |  |
|---|--|
| 1 and 1/2 cups all-purpose flour<br>1 teaspoon baking powder<br>1 teaspoon baking soda<br>1/2 teaspoon salt<br>optional: 1 teaspoon ground cinnamon<br>optional: 1/4 teaspoon ground nutmeg<br>1 and 1/2 cups mashed bananas (about 4 medium or 3 large ripe bananas) | 6 Tablespoons unsalted butter, melted<br>2/3 cup brown sugar<br>1 large egg, at room temperature<br>1 teaspoon pure vanilla extract<br>2 Tablespoons (30ml) milk*<br>optional: 1 cup chopped walnuts, pecans, or chocolate chips |
|---|--|

#### Instructions:

1. Preheat oven to 425°F. Spray a 12-count muffin pan with nonstick spray or use cupcake liners.
2. Whisk the flour, baking powder, baking soda, and salt together in a medium bowl. If adding cinnamon or nutmeg whisk them in now. Set aside.
3. In a large bowl mash the bananas. Beat or whisk in the melted butter, brown sugar, egg, vanilla extract, and milk.
4. Pour the dry ingredients into the wet ingredients, then beat or whisk until combined. If adding nuts or chocolate chips, fold them in now. Batter will be thick.
5. Spoon the batter into liners, filling them all the way to the top.
6. Bake for 5 minutes at 425°F, then, keeping the muffins in the oven, reduce the oven temperature to 350°F.
7. Bake for an additional 16–18 minutes at 350°F or until a toothpick inserted in the center comes out clean.
8. Allow the muffins to cool for 5 minutes in the muffin pan, then transfer to a wire cooling rack to continue cooling.

Muffins stay fresh covered at room temperature for a few days, in the refrigerator for up to 1 week, or in the freezer for 3 months.

# CMHA and Local ACTIVITIES

## Halcyon Hot Springs Day Trip

Thursday 24th April

8am

\$20

Lunch and snacks included

Situated in a spectacular waterfront location on beautiful Upper Arrow Lake, with views of the soaring Monashee Mountains unfolding before them, sign up to visit the hot springs!

**YOU MUST SIGN UP!**

To Sign Up Please Contact Hannah  
(250) 542-3114 ext 202 or Call/text 250-241-6659



## Shoparama Spring Market

Saturday April 5th 10am - 6pm

Sunday April 6th 10am - 5pm

Vernon Rec Centre

Come and support a budding bunch of Entrepreneurs, Crafters, and Home-Based Business. Baking tooooo!! Over 80 vendors are showcasing lots of new and unique products...all under 1 roof. There will be entertainment, door prizes and a yummy concession.

**Free admission**

## Chair Workouts

Fridays, 4th, 11th, 25th April

1pm

It's not about being better than someone else, it's about being better than the day before.

**YOU MUST SIGN UP!**

To Sign Up Please Contact Hannah  
(250) 542-3114 ext 202 Call/text 250-241-6659



## Community Expo - Greater Vernon Chamber of Commerce

Kal Tire Place North

Saturday April 26th

9am - 4pm

The Chamber's fifth annual Community Expo, is proudly presented by Lake City Casino and World Health & Fitness.

This event puts community at the forefront, bringing together businesses, non-profits, and government exhibitors under one roof at Kal Tire Place North.

**It's Free to attend.**



## Bag Lunch Basics with Jen

Thursday 3rd April

11am

If you are wondering what would be good to pack for lunch, then we have a class for you! We are going to cover what kinds of sandwiches you can make, how to use your leftovers for lunches, and what kind of snacks you can pack to keep a good variety with your lunches.

**YOU MUST SIGN UP!**

To Sign Up Please Contact the Front Desk  
(250) 542-3114 or stop by Reception!

## Vernon Wellness Fair

Saturday April 12th 10am - 5pm

Sunday April 13th 10am - 4pm

Vernon Rec Centre

The Vernon Wellness Fair features over 100 Exhibitors with products and services for a fun day out. Pamper yourself with luxury bath and body products, learn about health and wellness, become inspired by cooking, home, and garden ideas, find unique gifts and spend some time bonding with a loved one. **Free admission**

## Club Social

Thursdays at 1pm

New location! Downstairs!

April 3rd

Bingo

April 10th

Tie Dye

April 17th

Decorate Sugar Cookies



## CREATIVE CORNER

### The Dog Found Family and Friend

by; Violet Mobley

A dog decided to look around,  
To see where a good friend could be found,  
So he decided to leave his home,  
And start an adventure around to roam.  
He first came upon a cat,  
All pretty, white, grey and fat,  
But when he with him wanted to chat,  
The cat didn't at all want that,  
And instead started to run,  
The dog then thought he'd have other fun,  
To befriend a bird he saw bathing in the sun,  
But instead of wanting to stay,  
The bird saw the dog and flew away.  
Thought the dog, "I'm not having any luck today  
To find a new friend, so I'll be on my way."  
So, no longer waiting to roam,  
The dog turned around and started for home,  
But when he got half way there,  
He stopped and started to stare,  
For on a front step where he often sat,  
There lay a puppy round and fat,  
The dog thought "Well how about that!"  
"It's clear as anything can be,  
That my family adopted a friend for me!"  
No more did the dog have to roam,  
To find a friend to call his own,  
For the puppy came to live in his home,  
All happy this tale does end,  
To the dog the puppy was family and friend.



by Colin Carney



### Points to Ponder

1. "To succeed in life, you need three things: a wishbone, a backbone, and a funny bone." — Reba McEntire
2. "If you cannot do great things, do small things in a great way." — Napoleon Hill
3. "The best thing to hold onto in life is each other." — Audrey Hepburn
4. "So long as the memory of certain beloved friends lives in my heart, I shall say that life is good." — Helen Keller

Submitted by Janice

**Do You Enjoy Creative Writing?  
Creative Writing Benefits The Brain!  
Try this creative writing prompt by Violet.**

As the lovely sound of a singing bird drifted through my  
bedroom window I ...

**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!**



# ADULT COLOURING PAGE

colouring relaxes the mind



*Happy Easter !*

# 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

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

### MEDIUM

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

Basket

Bunny

Carrot

Celebration

Chick

Chocolate

Decorated

Ducklings

Easter

Eggs

Flowers

Grass

Hop

Hunt

Jellybeans

Parade

Rabbit

Spring

Sunday

Tulip



# Easter Word Search



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

**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
North Okanagan Legal/Tenancy Advocate	1-778-475-0808
	1-800-665-1185



# April 2025



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<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>	<p>1 <b>10am Outdoor Hike</b></p>	<p>2 <b>10am Soak and Swim</b></p>	<p>3 <b>1pm Club Social BINGO</b></p>	<p>4 <b>1pm Chair Workout</b> <b>5pm Dinner and Movie \$2.50</b></p>	<p>5</p>
6	7	<p>8 <b>10am Outdoor Hike</b></p>	<p>9 <b>10am Soak and Swim</b></p>	<p>10 <b>1pm Club Social Tie Dye</b></p> 	<p>11 <b>1pm Chair Workout</b></p>	12
13	14	<p>15 <b>10am Outdoor Hike</b></p>	<p>16 <b>10am Soak and Swim</b> <b>12pm Easter Dinner</b> <i>*you must sign up*</i></p>	<p>17 <b>10am Shenanigans Market</b> <b>1pm Club Social Decorate Cookies</b></p>	<p>18 <b>Good Friday</b> <b>CMHA CLOSED</b></p>	19
20	21 <b>Easter Monday</b> <b>CMHA CLOSED</b>	22	23 <b>10am Soak and Swim</b>	<p>24 <b>8am Day Trip to Halcyon Hot Springs</b> <b>\$20 Lunch and Snacks Included</b></p> 	<p>25 <b>11 am Volunteer Appreciation Tea - in the Conference Room</b> <b>1pm Chair Workout</b></p>	26
27	28	29 <b>10am Outdoor Hike</b>	30 <b>10am Soak and Swim</b>	<p>*Club Social along with Shenanigans will take place downstairs moving forward.</p>	<p><b>*Outdoor Hikes will be weather dependent.</b></p>	<p>CMHA IS LOCATED at 3100 28th Ave Vernon, BC (250) 542-3114 <a href="http://www.cmhavernon.ca">www.cmhavernon.ca</a></p>