





February

2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p><i>All Winter Carnival Activities are printed in blue. If you wish to participate Please Remember -Sign Up!</i></p>	<p><i>1</i> 10:30 Keep Fit and Have Fun</p>	<p><i>2</i> Groundhog Day <i>DROP IN SOCIAL AND LUNCH \$2.50</i> <i>Doors open @ 10</i></p>
<p><i>3</i> 12:30 Winter Carnival Snow Sculptures at Silver Star - sign up required</p>	<p><i>4</i> 6:00 Floor Hockey</p>	<p><i>5</i> 10:30 Wellness Ed.-Gratitude Treasure Hunt Tour Around Vernon 10:00-11:30</p>	<p><i>6</i> 10:30 Stretch and swim 12:45 Crafting</p>	<p><i>7</i> 10:30 Leaders Meeting 1:30 Mindfulness Meditation 2:00 Woman's Group</p>	<p><i>8</i> 10:30 Keep Fit and Have Fun Lost Treasure Indoor Market @ Kal Tire Place 12:45 pm</p>	<p><i>9</i> <i>DROP IN SOCIAL AND LUNCH \$2.50</i> <i>Doors open @ 10</i></p>
<p><i>10</i> Check out the costumes at the Polar Bear Swim 11:00-1:30 pm - sign up required</p>	<p><i>11</i> 6:00 Floor Hockey</p>	<p><i>12</i> 10:30 Wellness Ed.-Creativity 1:00 Walk to Hawaii</p>	<p><i>13</i> 10:30 Stretch and swim 12:45 Choir</p>	<p><i>14</i> 1:30 Mindfulness Meditation Happy Valentines Day! 5:30 Free Pizza dinner & Valentines Dance</p>	<p><i>15</i> 10:30 Keep Fit and Have Fun</p>	<p><i>16</i> <i>DROP IN SOCIAL AND LUNCH \$2.50</i> <i>Doors open @ 10</i></p>
<p><i>17</i></p> 	<p><i>18</i> Family Day Stat CMHA Closed</p>	 <p><i>19</i> 8:30 Free Breakfast 10:30 Wellness-Aging 1:00 Walk to Hawaii 5:00 pm Men's Group</p>	<p><i>20</i> CMHA CLOSED AT 1:30 PM</p>	<p><i>21</i> 1:30 Mindfulness Meditation 2:00 Woman's Group</p>	<p><i>22</i> 10:30 Keep Fit and Have Fun <i>GOOD FOOD BOX DEMO @ 1:00 PM</i></p>	<p><i>23</i> <i>DROP IN SOCIAL AND LUNCH \$2.50</i> <i>Doors open @ 10</i></p>
<p><i>24</i> CMHA is located at 3100 28th Ave #250-542-3114 www.vernon.cmha.bc.ca</p>	<p><i>25</i> 6:00 Floor Hockey</p>	<p><i>26</i> 9:30 Snowshoeing -sign up required 10:30 Wellness Ed.-Self-Compassion 1:00 Walk to Hawaii</p>	<p><i>27</i> 10:30 Stretch and Swim 12:45 Crafting</p>	<p><i>28</i> 1:30 Mindfulness Meditation 2:00 Woman's Group</p>	