

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|--|--|--|--|--|
| <b>5:30AM-10PM:</b><br>Kelowna Family Y<br>375 Hartman Road<br>250.765.5916<br><i>*Financial assistance on programs and services</i>         | <b>5:30AM-10PM:</b><br>Kelowna Family Y<br>375 Hartman Road<br>250.765.5916<br><i>*Financial assistance on programs and services</i>         | <b>5:30AM-10PM:</b><br>Kelowna Family Y<br>375 Hartman Road<br>250.765.5916<br><i>*Financial assistance on programs and services</i>               | <b>5:30AM-10PM:</b><br>Kelowna Family Y<br>375 Hartman Road<br>250.765.5916<br><i>*Financial assistance on programs and services</i>         | <b>5:30AM-10PM:</b><br>Kelowna Family Y<br>375 Hartman Road<br>250.765.5916<br><i>*Financial assistance on programs and services</i>         |
| <b>6AM-9PM:</b><br>H2O Centre<br>4075 Gordon Drive<br>250.764.4040<br><i>*Financial assistance on programs and services</i>                  | <b>6AM-9PM:</b><br>H2O Centre<br>4075 Gordon Drive<br>250.764.4040<br><i>*Financial assistance on programs and services</i>                  | <b>6AM-9PM:</b><br>H2O Centre<br>4075 Gordon Drive<br>250.764.4040<br><i>*Financial assistance on programs and services</i>                        | <b>6AM-9PM:</b><br>H2O Centre<br>4075 Gordon Drive<br>250.764.4040<br><i>**Financial assistance on programs and services</i>                 | <b>6AM-9PM:</b><br>H2O Centre<br>4075 Gordon Drive<br>250.764.4040<br><i>*Financial assistance on programs and services</i>                  |
| <b>9AM-12PM</b><br>Free haircuts<br>Kelowna's Gospel Mission<br>259 Leon Avenue  | <b>9AM-4PM:</b><br>Canadian Mental Health Association<br>504 Sutherland Avenue<br>250.861.3644<br>Call for program info and referral process | <b>9AM-4PM:</b><br>Canadian Mental Health Association<br>504 Sutherland Avenue<br>250.861.3644<br>Call for program info and referral process       | <b>9AM-4PM:</b><br>Canadian Mental Health Association<br>504 Sutherland Avenue<br>250.861.3644<br>Call for program info and referral process | <b>9AM-4PM:</b><br>Canadian Mental Health Association<br>504 Sutherland Avenue<br>250.861.3644<br>Call for program info and referral process |
| <b>9AM-4PM:</b><br>Canadian Mental Health Association<br>504 Sutherland Avenue<br>250.861.3644<br>Call for program info and referral process | <b>9:30AM:</b><br>Coffee<br>Ki-Low-Na Friendship Society<br>442 Leon Avenue<br>250.763.4905  | <b>9:30AM:</b><br>Coffee<br>Ki-Low-Na Friendship Society<br>442 Leon Avenue<br>250.763.4905  | <b>9:30AM:</b><br>Coffee<br>Ki-Low-Na Friendship Society<br>442 Leon Avenue<br>250.763.4905  | <b>9:30AM:</b><br>Coffee<br>Ki-Low-Na Friendship Society<br>442 Leon Avenue<br>250.763.4905  |
| <b>9:30AM:</b><br>Coffee<br>Ki-Low-Na Friendship Society<br>442 Leon Avenue<br>250.763.4905  | <b>9:30AM-1PM:</b><br>Ladies Haven<br>1305 W Hwy 33<br>250.868.2238<br>Free meal for women + children  | <b>9:30AM-1PM:</b><br>Ladies Haven<br>1305 W Hwy 33<br>250.868.2238<br>Free meal for women + children  | <b>10AM-11AM:</b><br>Coffee Hour<br>First United Church<br>721 Bernard Ave<br>250.762.3311   | <b>10AM and 3PM:</b><br>Fellowship with coffee + snacks<br>Kelowna's Gospel Mission<br>251 Leon Avenue                                       |
| <b>10AM and 3PM:</b><br>Fellowship with coffee + snacks<br>Kelowna's Gospel Mission<br>251 Leon Avenue                                       | <b>10AM and 3PM:</b><br>Fellowship with coffee + snacks<br>Kelowna's Gospel Mission<br>251 Leon Avenue                                       | <b>10AM and 3PM:</b><br>Fellowship with coffee + snacks<br>Kelowna's Gospel Mission<br>251 Leon Avenue   | <b>10AM and 3PM:</b><br>Fellowship with coffee + snacks<br>Kelowna's Gospel Mission<br>251 Leon Avenue                                       | <b>12PM:</b><br>Lunch<br>Kelowna's Gospel Mission<br>251 Leon Ave  |
| <b>12PM:</b><br>Lunch<br>Kelowna's Gospel Mission<br>251 Leon Avenue   | <b>10AM-11AM:</b><br>Coffee Hour<br>First United Church<br>721 Bernard Ave<br>250.762.3311   | <b>12PM:</b><br>Lunch<br>Kelowna's Gospel Mission<br>251 Leon Ave  | <b>12PM:</b><br>Lunch<br>Kelowna's Gospel Mission<br>251 Leon Ave  | <b>1:00PM-3PM:</b><br>Activities Day<br>Kelowna Gospel Mission<br>Hosted at City Park<br>(2010 start date is 2nd week in April)              |
| <b>4:30PM</b><br>Dinner<br>Kelowna's Gospel Mission<br>251 Leon Avenue   | <b>12PM:</b><br>Lunch<br>Kelowna's Gospel Mission<br>251 Leon Ave  | <b>1:30-2:30PM:</b><br>Peer Support Group<br>Kelowna's Gospel Mission<br>251 Leon Avenue   | <b>1:30PM-2:30PM</b><br>Free Haircuts<br>Kelowna's Gospel Mission<br>259 Leon Avenue   | <b>4:30PM:</b><br>Dinner<br>Kelowna's Gospel Mission<br>251 Leon Ave   |
|  | <b>4:30PM:</b><br>Dinner<br>Kelowna's Gospel Mission<br>251 Leon Ave   | <b>4:30PM:</b><br>Dinner<br>Kelowna's Gospel Mission<br>251 Leon Ave   | <b>4:30PM:</b><br>Dinner<br>Kelowna's Gospel Mission<br>251 Leon Ave   |  |
|  | <b>7:30PM-8:30PM:</b><br>Meal Outreach<br>Salvation Army<br>470 Queensway Ave<br>Museum parking lot  | <b>5:30PM-8PM:</b><br>Focus 2:42<br>(Dinner and personal development courses)<br>Evangel Church<br>3261 Gordon Drive<br>250.762.0682<br>*\$4/adult | <b>7:30PM-8:30PM:</b><br>Meal Outreach<br>Salvation Army<br>470 Queensway Ave<br>Museum parking lot  |  |

**Red:** Activity

**Blue:** Services, Support + Personal Development

**Green:** Meal

**Orange:** Coffee + snacks

# ATA GLANCE

## adult activities

Presented by:

