

BRIDGES Activity Calendar

OPEN WEEKDAYS EXCEPT HOLIDAYS 10AM TO 3PM

FEBRUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	IN CRISIS AND NEED SOMEONE?					
TO MAKE AN APPOINTMENT OR REGISTER FOR AN ACTIVITY, CALL 780-865-4464	Hinton Mental Health Services 780-865-8247 AB Mental Health Helpline 1-877-303-2642 CMHA Rural Distress Line 1-800-232-7288 AB Addictions Helpline 1-800-332-2322 YES Shelter for Women 780-865-5133 H.E.L.P. Homeless Resources 780-865-1686 Indigenous Help Line 1-844-944-4744					
1	2	3	4	5	6	7
IF YOU NEED HELP AND ARE NOT SURE WHO TO CALL, DIAL 211	COFFEE TIME 10AM SIT & SOAK 11AM (REGISTER AHEAD) EVERY BODY CAN DANCE 7PM	TACO SOUP CARE PARTNER SUPPORT GROUP W/ FCSS 7PM	COFFEE TIME 10AM DROP IN FOREVER TREE CRAFT 11AM HINTON UKULELE GROUP 7PM	SHEPHERD'S PIE CRIBBAGE WITH GOOD COMPANIONS 7:00PM	COFFEE TIME 10AM BAKING WITH ALPHIA 11AM (REGISTER AHEAD)	
8	9	10	11	12	13	14
	COFFEE TIME 10AM SIT & SOAK 11AM (REGISTER AHEAD) EVERY BODY CAN DANCE 7PM	GNOCCHI SOUP JASPER RECOVERY PEER GROUP 7PM	COFFEE TIME 10AM BAKING WITH ALPHIA 11AM (REGISTER AHEAD) HINTON UKULELE GROUP 7PM	PEROGY CASSEROLE & SALAD CRIBBAGE WITH GOOD COMPANIONS 7:00PM	COFFEE TIME 10AM VALENTINE'S DAY TEA 11AM KARAOKE Lounge 7pm	Private Event
15	16	17	18	19	20	21
THINKING ABOUT SUICIDE OR WORRIED ABOUT SOMEONE ELSE? 9-8-8 Suicide Crisis Helpline	CLOSED HAPPY FAMILY DAY	HAMBURGER SOUP RANDOM ACTS OF KINDNESS DAY! OPEN TALK DROP-IN WITH RSW TANNIS 6:30 PM	COFFEE TIME 10AM PAPER LANTERNS 11AM (REGISTER AHEAD) ART OF BELONGING 7PM REGISTER AHEAD	BAKED BEANS & HOT DOGS CRIBBAGE WITH GOOD COMPANIONS 7:00PM	COFFEE TIME 10AM DIY LIP BALM 11AM (REGISTER AHEAD) ART OF BELONGING OPEN HOUSE SHOWCASE 7PM	Private Event
22	23	24	25	26	27	28
	COFFEE TIME 10AM SIT & SOAK 11AM (REGISTER AHEAD) EVERY BODY CAN DANCE 7PM	VEGGIE SOUP & GRILLED CHEESE KNIT NIGHT WITH THE YARNBAGS 7PM	COFFEE TIME 10AM ACRYLIC PAINTING 11AM (REGISTER AHEAD) HINTON UKULELE GROUP 7PM	TURKEY BROCCOLI PENNE JASPER RECOVERY PEER GROUP 1PM FLOOR CURLING 1PM CRIBBAGE WITH GOOD COMPANIONS 7:00PM	COFFEE TIME 10AM COMMUNITY JAM 7PM	Private Event