

# BRIDGES Activity Calendar

OPEN WEEKDAYS EXCEPT HOLIDAYS 10AM TO 3PM

# FEBRUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>TO MAKE AN APPOINTMENT OR REGISTER FOR AN ACTIVITY, CALL 780-865-4464</b>	<b>IN CRISIS AND NEED SOMEONE?</b> 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
<b>IF YOU NEED HELP AND ARE NOT SURE WHO TO CALL, DIAL</b> 	<b>COFFEE TIME 10AM</b> <b>SIT &amp; SOAK 11AM (REGISTER AHEAD)</b>  <b>EVERY BODY CAN DANCE 7PM</b>	<b>TACO SOUP</b>  <b>CARE PARTNER SUPPORT GROUP W/ FCSS 7PM</b>	<b>COFFEE TIME 10AM</b>  <b>DROP IN FOREVER TREE CRAFT 11AM</b>  <b>HINTON UKULELE GROUP 7PM</b>	<b>SHEPHERD'S PIE</b>  <b>CRIBBAGE WITH GOOD COMPANIONS 7:00PM</b>	<b>COFFEE TIME 10AM</b>  <b>BAKING WITH ALPHIA 11AM (REGISTER AHEAD)</b>	
8	9	10	11	12	13	14
	<b>COFFEE TIME 10AM</b>  <b>SIT &amp; SOAK 11AM (REGISTER AHEAD)</b>  <b>EVERY BODY CAN DANCE 7PM</b>	<b>GNOCCHI SOUP</b>  <b>JASPER RECOVERY PEER GROUP 7PM</b>	<b>COFFEE TIME 10AM</b>  <b>BAKING WITH ALPHIA 11AM (REGISTER AHEAD)</b>  <b>HINTON UKULELE GROUP 7PM</b>	<b>PEROGY CASSEROLE &amp; SALAD</b>  <b>CRIBBAGE WITH GOOD COMPANIONS 7:00PM</b>	<b>COFFEE TIME 10AM</b> <b>VALENTINE'S DAY TEA 11AM</b>  	Private Event
15	16	17	18	19	20	21
<b>THINKING ABOUT SUICIDE OR WORRIED ABOUT SOMEONE ELSE?</b>  	<b>CLOSED</b>  <b>HAPPY FAMILY DAY</b>	<b>HAMBURGER SOUP</b>  <b>RANDOM ACTS OF KINDNESS DAY!</b>  <b>OPEN TALK DROP-IN WITH RSW TANNIS 6:30 PM</b>	<b>COFFEE TIME 10AM</b>  <b>PAPER LANTERNS 11AM (REGISTER AHEAD)</b>  <b>ART OF BELONGING 7PM REGISTER AHEAD</b>	<b>BAKED BEANS &amp; HOT DOGS</b>  <b>CRIBBAGE WITH GOOD COMPANIONS 7:00PM</b>	<b>COFFEE TIME 10AM</b>  <b>DIY LIP BALM 11AM (REGISTER AHEAD)</b>  <b>ART OF BELONGING OPEN HOUSE SHOWCASE 7PM</b>	Private Event
22	23	24	25	26	27	28
	<b>COFFEE TIME 10AM</b>  <b>SIT &amp; SOAK 11AM (REGISTER AHEAD)</b>  <b>EVERY BODY CAN DANCE 7PM</b>	<b>VEGGIE SOUP &amp; GRILLED CHEESE</b>  <b>KNIT NIGHT WITH THE YARNBAGS 7PM</b>	<b>COFFEE TIME 10AM</b>  <b>ACRYLIC PAINTING 11AM (REGISTER AHEAD)</b>  <b>HINTON UKULELE GROUP 7PM</b>	<b>TURKEY BROCCOLI PENNE</b>  <b>JASPER RECOVERY PEER GROUP 1PM</b> <b>FLOOR CURLING 1PM</b> <b>CRIBBAGE WITH GOOD COMPANIONS 7:00PM</b>	<b>COFFEE TIME 10AM</b>  	Private Event