

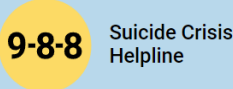


# BRIDGES Activity Calendar

OPEN WEEKDAYS EXCEPT HOLIDAYS 10AM TO 3PM

# APRIL 2026

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday                      |
|---|---|---|--|--|---|-------------------------------|
|   | <b>IN CRISIS AND NEED SOMEONE?</b><br>Hinton Mental Health Services 780-865-8247<br>AB Mental Health Helpline 1-877-303-2642<br>CMHA Rural Distress Line 1-800-232-7288<br>AB Addictions Helpline 1-800-332-2322<br>YES Shelter for Women 780-865-5133<br>H.E.L.P. Homeless Resources 780-865-1686<br>Indigenous Help Line 1-844-944-4744 |   | 1<br>COFFEE TIME 10AM<br>MOVIE AND POPCORN 11AM<br>HINTON UKULELE GROUP 7PM                                | 2<br>HONEY GARLIC MEATBALLS AND RICE<br>CRIBBAGE WITH GOOD COMPANIONS 7:00PM   | 3<br><b>CLOSED FOR GOOD FRIDAY</b>                                    | 4<br>Private Event            |
| 5   | 6   | 7   | 8  | 9  | 10  | 11                            |
|   | COFFEE TIME 10AM<br>SIT & SOAK 11AM (REGISTER AHEAD)<br>EVERY BODY CAN DANCE 7PM  | SAUSAGE & PARMESAN SOUP<br>OPTIONS HIVWY SENIORS ACTIVITY 1PM<br>CARE PARTNER SUPPORT GROUP W/ FCSS 7PM | COFFEE TIME 10AM<br>CARDMAKING WITH VICKI 11AM (REGISTER AHEAD)<br>HINTON UKULELE GROUP 7PM                | MILLION DOLLAR CHICKEN<br>CRIBBAGE WITH GOOD COMPANIONS 7:00PM   | COFFEE TIME 10AM<br>Private Event                                     | Full Weekend Private Event    |
| 12  | 13  | 14  | 15   | 16   | 17  | 18                            |
| TO MAKE AN APPOINTMENT OR REGISTER FOR AN ACTIVITY, CALL 780-865-4464   | COFFEE TIME 10AM<br>SIT & SOAK 11AM (REGISTER AHEAD)<br>EVERY BODY CAN DANCE 7PM  | BEEF BARLEY SOUP<br>OPTIONS HIVWY SENIORS ACTIVITY 1PM<br>JASPER RECOVERY PEER GROUP 7PM                | COFFEE TIME 10AM<br>CARDMAKING WITH VICKI 11AM (REGISTER AHEAD)<br>HINTON UKULELE GROUP 7PM                | CHEESEBURGER GOULASH<br>CRIBBAGE WITH GOOD COMPANIONS 7:00PM   | COFFEE TIME 10AM<br>BAKING WITH ALPHIA 11AM (REGISTER AHEAD)          | Private Event                 |
| 19  | 20  | 21  | 22   | 23   | 24  | 25                            |
| IF YOU NEED HELP AND ARE NOT SURE WHO TO CALL, DIAL                                    | COFFEE TIME 10AM<br>SIT & SOAK 11AM (REGISTER AHEAD)<br>EVERY BODY CAN DANCE 7PM  | HAM & CORN CHOWDER<br>OPTIONS HIVWY SENIORS ACTIVITY 1PM<br>OPEN TALK DROP-IN WITH RSW TANNIS 6:30 PM   | COFFEE TIME 10AM<br>DROP IN CRAFT 11AM<br>RED DRESS PINS FOR MMIGW2S<br>RURAL RENEWAL STREAM SOCIAL 5:30PM | TUNA QUESADILLA<br>JASPER RECOVERY PEER GROUP 1PM<br>VOLUNTEER FAIR 5PM AT HINTON LEGION<br>CRIBBAGE WITH GOOD COMPANIONS 7:00PM | COFFEE TIME 10AM<br>POTLUCK DINNER 5:30PM<br><b>COMMUNITY JAM 7PM</b> | Private Event                 |
| 26  | 27  | 28  | 29   | 30   |   |                               |
| THINKING ABOUT SUICIDE OR WORRIED ABOUT SOMEONE ELSE?<br> 9-8-8 Suicide Crisis Helpline | COFFEE TIME 10AM<br>SIT & SOAK 11AM (REGISTER AHEAD)<br>EVERY BODY CAN DANCE 7PM  | TORTELLINI SOUP<br>OPTIONS HIVWY SENIORS ACTIVITY 1PM<br>KNIT NIGHT WITH THE YARNBAGS 7PM               | COFFEE TIME 10AM<br>PAPER FLOWERS 11AM (REGISTER AHEAD)<br>OPTIONS HIVWY SENIORS ACTIVITY 6:30PM           | CHICKEN CORDON BLEU CASSEROLE<br>FLOOR CURLING 1PM<br>CRIBBAGE WITH GOOD COMPANIONS 7:00PM                                       |   | KARAOKE NIGHT RETURNS IN MAY! |