

# BRIDGES Activity Calendar

OPEN WEEKDAYS EXCEPT HOLIDAYS 10AM TO 3PM

# OCTOBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>IN CRISIS AND NEED SOMEONE?</b> Hinton Mental Health 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 COFFEE TIME 10AM  WALK IN THE PARK 11:00 AM  HINTON UKULELE GROUP 7PM	2 MEATLOAF & MASHED POTATOES  CRIBBAGE WITH GOOD COMPANIONS 7:00PM	3 COFFEE TIME 10AM  PIZZA AND A MOVIE 5:30 PM	4   Private Event
5  NATIONAL DEPRESSION SCREENING DAYS OCTOBER 6-12  Free anonymous quiz at areyoufeelingok.com	6 COFFEE TIME 10AM  AUTUMN CRAFT 11 AM Register ahead  EVERY BODY CAN DANCE 7PM	7 LASAGNA SOUP  CARE PARTNER SUPPORT GROUP W/ FCSS 7PM	8 COFFEE TIME 10AM  WALK IN THE PARK 11:00 AM  HINTON UKULELE GROUP 7PM	9 TURKEY LUNCHEON  CRIBBAGE WITH GOOD COMPANIONS 7:00PM	10 COFFEE TIME 10AM INTRO TO ZENTANGLE 11:00 AM  KARAOKE Lounge 7pm	11 IF YOU NEED HELP AND ARE NOT SURE WHO TO CALL, DIAL  211
12 THINKING ABOUT SUICIDE OR WORRIED ABOUT SOMEONE ELSE?  9-8-8 Suicide Crisis Helpline	13 CLOSED FOR THANKSGIVING  HAPPY thanksgiving	14 BEEF BARLEY SOUP  KNIT NIGHT WITH THE YARBAGS 7:00	15 COFFEE TIME 10AM  BEAD HEADRESS ORNAMENT CRAFT 11:00 AM  HINTON UKULELE GROUP 7PM	16 FRANKS & BEANS WITH CAESAR SALAD  CRIBBAGE WITH GOOD COMPANIONS 7:00PM	17 COFFEE TIME 10AM  TRIP TO THE LIBRARY 11:00 AM	18
19	20 COFFEE TIME 10AM  BAKING WITH ALPHIA 11:00 AM  EVERY BODY CAN DANCE 7PM	21 TOMATO MAC SOUP & GRILLED CHEESE  Private Event	22 COFFEE TIME 10AM  HALLOWEEN CRAFT 11:00 AM  RURAL RENEWAL STREAM SOCIAL 5:30PM	23 TURKEY POT PIE  CRIBBAGE WITH GOOD COMPANIONS 7:00PM	24 COFFEE TIME 10AM  POTLUCK DINNER 5:30 COMMUNITY JAM 7pm	25  Private Event
26	27 COFFEE TIME 10AM  PUMPKIN CARVING 11:00 AM  EVERY BODY CAN DANCE 7PM	28 VEGETABLE SOUP & GARLIC BREAD  KNIT NIGHT WITH THE YARBAGS 7:00	29 COFFEE TIME 10AM  FLOOR CURLING WITH FRIENDS FROM PVL 1:30 PM  HINTON UKULELE GROUP 7PM	30 HAMBURGER CASSEROLE  CRIBBAGE WITH GOOD COMPANIONS 7:00PM	31 COFFEE TIME 10AM HALLOWEEN MOVIE DAY 11 AM  HAPPY HALLOWEEN	TO MAKE AN APPOINTMENT WITH STAFF OR REGISTER FOR AN EVENT OR ACTIVITY, CALL 780-865-4464
	Private Event					