
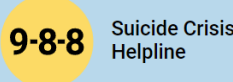


BRIDGES Activity Calendar

OPEN WEEKDAYS EXCEPT HOLIDAYS 10AM TO 3PM

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
IN CRISIS AND NEED SOMEONE? 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			TO MAKE AN APPOINTMENT WITH STAFF OR REGISTER FOR AN EVENT OR ACTIVITY, CALL 780-865-4464		1 COFFEE TIME 10AM WALK IN THE PARK 11AM	2
3	4	5	6	7	8	9
IF YOU NEED HELP AND ARE NOT SURE WHO TO CALL, DIAL 	CLOSED FOR HERITAGE DAY	CORN CHOWDER CARE PARTNER SUPPORT GROUP W/ FCSS 7:00	COFFEE TIME 10AM ROCK PAINTING 11:00 AM HINTON UKULELE GROUP 7PM	DELUXE PASTA SALAD CRIBBAGE WITH GOOD COMPANIONS 7:00PM	COFFEE TIME 10AM BAKING WITH ALPHIA 11:00 AM	
10	11	12	13	14	15	16
THINKING ABOUT SUICIDE OR WORRIED ABOUT SOMEONE ELSE? 	BRIDGES IS CLOSED THIS WEEK TO ACCOMMODATE STAFF HOLIDAYS. WE APOLOGIZE FOR THE DISRUPTION. WE'LL BE BACK IN THE OFFICE MONDAY AUGUST 18!				HINTON UKULELE GROUP PERFORMS AT THE HINTON ART WALK @ GREEN SQUARE 2:30PM	
		KNIT NIGHT WITH THE YARNBAGS 7:00	HINTON UKULELE GROUP 7PM	CRIBBAGE WITH GOOD COMPANIONS 7:00PM		Private Event
17	18	19	20	21	22	23
	COFFEE TIME 10AM YARD-ZEE IN THE PARK 11AM	ZUPPA TOSCANA (SAUSAGE & SPINACH SOUP) KNIT NIGHT WITH THE YARNBAGS 7:00	BRIDGES WILL BE CLOSED. FIND US AT GREEN SQUARE FOR THE HINTON FAMILY WELLNESS FAIR!	HOT CHICKEN SALAD CRIBBAGE WITH GOOD COMPANIONS 7:00PM	COFFEE TIME 10AM	
24	25	26	27	28	29	30
	COFFEE TIME 10AM GREENHOUSE 1PM	BEEF STROGNOFF SOUP KNIT NIGHT WITH THE YARNBAGS 7:00	COFFEE TIME 10AM WALK IN THE PARK 11AM HINTON UKULELE GROUP 7PM	PICNIC AT KELLY'S BATHTUB (CLOSED AT 10:30AM) CRIBBAGE WITH GOOD COMPANIONS 7:00PM	COFFEE TIME 10AM GREENHOUSE 1PM	