

BRIDGES Activity Calendar

OPEN WEEKDAYS EXCEPT HOLIDAYS 10AM TO 3PM

MAY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	IN CRISIS AND NEED SOMEONE? 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			MAY 4-10 IS MENTAL HEALTH WEEK	1 COFFEE TIME 10AM MUSEUM TRIP 1PM "Scouring Heaven and Earth" Exhibit	2 Private Event
3	4	RED DRESS DAY 5	6	7	8	9
TO MAKE AN APPOINTMENT OR REGISTER FOR AN ACTIVITY, CALL 780-865-4464	COFFEE TIME 10AM EVERY BODY CAN DANCE 7PM	ZUPPA TOSCANA SOUP RED DRESS DAY WALK HONOURING MMIWG2S @ PARKS WEST MALL 11AM CARE PARTNER SUPPORT GROUP W/ FCSS 7PM	COFFEE TIME 10AM TRIVIA DAY 11AM HINTON UKULELE GROUP 7PM	LASAGNA CRIBBAGE WITH GOOD COMPANIONS 7:00PM	COFFEE TIME 10AM MOTHERS' DAY CRAFT 11AM 	Private Event
10	11	12	13	14	15	16
BRIDGES 50/50 AT MOMS' CUP 3-on-3 HOCKEY @ THE HINTON CENTRE 	COFFEE TIME 10AM GREENHOUSE 11AM EVERY BODY CAN DANCE 7PM (SEASON END)	VEGETABLE SOUP OPTIONS HIVVY SENIORS ACTIVITY 1PM JASPER RECOVERY PEER GROUP 7PM	COFFEE TIME 10AM * WALKING GROUP 11AM (KIN PARK AND HARDISTY CREEK TRAIL) (REGISTER AHEAD) HINTON UKULELE GROUP 7PM	HAMBURGERS & POTATO SALAD CRIBBAGE WITH GOOD COMPANIONS 7:00PM	COFFEE TIME 10AM MOSAIC STEPPING STONE CRAFT WITH MARCINA 11AM	*REGISTER FOR OUR NEW WALKING GROUP ON ALTERNATE WEDNESDAYS! SET AND ACHIEVE NEW GOALS TOGETHER!
17	18	19	20	21	22	23
IF YOU NEED HELP AND ARE NOT SURE WHO TO CALL, DIAL 	CLOSED FOR VICTORIA DAY 	PIZZA SOUP OPTIONS HIVVY SENIORS ACTIVITY 1PM OPEN TALK DROP-IN WITH RSW TANNIS 6:30 PM	COFFEE TIME 10AM DIY ELECTROCULTURE GARDEN STAKE 11AM  BRIDGES BOARD MEETING 6:30PM Private Event 4-7PM	BUSINESS SUPPORT NETWORK 8:30AM BEEF STROGANOFF CRIBBAGE WITH GOOD COMPANIONS 7:00PM	COFFEE TIME 10AM	
24	25	26	27	28	29	30
THINKING ABOUT SUICIDE OR WORRIED ABOUT SOMEONE ELSE? 	COFFEE TIME 10AM GREENHOUSE 11AM	CHEESEBURGER SOUP OPTIONS HIVVY SENIORS ACTIVITY 1PM KNIT NIGHT WITH THE YARNBAGS 7PM	COFFEE TIME 10AM BAKING WITH ALPHIA 11AM WALKING GROUP 11AM (DRINNAN TO MARY REIMER PARK) (REGISTER AHEAD) HINTON UKULELE GROUP 7PM	TURKEY DIVAN FLOOR CURLING 1PM JASPER RECOVERY PEER GROUP 1PM CRIBBAGE WITH GOOD COMPANIONS 7:00PM	COFFEE TIME 10AM BAKING WITH ALPHIA 11AM 	Private Event