

BRIDGES Activity Calendar

OPEN WEEKDAYS EXCEPT HOLIDAYS 10AM TO 3PM

JANUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	IN CRISIS AND NEED SOMEONE?			CLOSED	1	CLOSED
TO MAKE AN APPOINTMENT OR REGISTER FOR AN ACTIVITY, CALL 780-865-4464 	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			<i>Happy New Year!</i>		3
4	5	6	7	8	9	10
IF YOU NEED HELP AND ARE NOT SURE WHO TO CALL, DIAL 	COFFEE TIME 10AM SIT & SOAK 11AM (REGISTER AHEAD) EVERY BODY CAN DANCE 7PM	PIZZA SOUP	COFFEE TIME 10AM DROP IN FOREVER TREE CRAFT 11AM	SLOPPY JOE HASHBROWN CASSEROLE	COFFEE TIME 10AM LIBRARY TRIP 11AM	
11	12	13	14	15	16	17
	COFFEE TIME 10AM SIT & SOAK 11AM (REGISTER AHEAD) EVERY BODY CAN DANCE 7PM	BEEF STROGANOFF SOUP	COFFEE TIME 10AM DIAMOND DOT ART 11AM (REGISTER AHEAD)	OPEN FACE TURKEY SANDWICHES	COFFEE TIME 10AM PIZZA AND A MOVIE 5:30 PM (REGISTER AHEAD)	
18	19	20	21	22	23	24
THINKING ABOUT SUICIDE OR WORRIED ABOUT SOMEONE ELSE? 	COFFEE TIME 10AM SIT & SOAK 11AM (REGISTER AHEAD) EVERY BODY CAN DANCE 7PM	PASTA E FAGIOLI SOUP	COFFEE TIME 10AM DROP IN CRAFT 11AM  BRIDGES BOARD MEETING 6:30PM	SPAGHETTI WITH MEAT SAUCE JASPER RECOVERY PEER GROUP 1PM	COFFEE TIME 10AM BAKING WITH ALPHIA 11AM (REGISTER AHEAD)	
25	26	27	28	29	30	
	COFFEE TIME 10AM SIT & SOAK 11AM (REGISTER AHEAD) EVERY BODY CAN DANCE 7PM	CREAM OF POTATO SOUP	COFFEE TIME 10AM VALENTINES CRAFT 11AM (REGISTER AHEAD)	JAMBALAYA	COFFEE TIME 10AM 	