

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 2	3
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					
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 CARE PARTNER SUPPORT GROUP W/ FCSS 7PM	COFFEE TIME 10AM DROP IN FOREVER TREE CRAFT 11AM HINTON UKULELE GROUP 7PM	SLOPPY JOE HASHBROWN CASSEROLE CRIBBAGE WITH GOOD COMPANIONS 7:00PM	COFFEE TIME 10AM LIBRARY TRIP 11AM 	Private Event
11	12	13	14	15	16	17
	COFFEE TIME 10AM SIT & SOAK 11AM (REGISTER AHEAD) EVERY BODY CAN DANCE 7PM	BEEF STROGANOFF SOUP JASPER RECOVERY PEER GROUP 7PM	COFFEE TIME 10AM DIAMOND DOT ART 11AM (REGISTER AHEAD) ART OF BELONGING 7PM REGISTER AHEAD	OPEN FACE TURKEY SANDWICHES CRIBBAGE WITH GOOD COMPANIONS 7:00PM	COFFEE TIME 10AM PIZZA AND A MOVIE 5:30 PM (REGISTER AHEAD)	Private Event
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 OPEN TALK DROP-IN WITH RSW TANNIS 6:30 PM	COFFEE TIME 10AM DROP IN CRAFT 11AM  ART OF BELONGING 7PM REGISTER AHEAD	SPAGHETTI WITH MEAT SAUCE JASPER RECOVERY PEER GROUP 1PM CRIBBAGE WITH GOOD COMPANIONS 7:00PM	COFFEE TIME 10AM BAKING WITH ALPHA 11AM (REGISTER AHEAD)	Private Event
25	26	27	28	29	30	
	COFFEE TIME 10AM SIT & SOAK 11AM (REGISTER AHEAD) EVERY BODY CAN DANCE 7PM	CREAM OF POTATO SOUP KNIT NIGHT WITH THE YARNBAGS 7PM	COFFEE TIME 10AM VALENTINES CRAFT 11AM (REGISTER AHEAD) HINTON UKULELE GROUP 7PM	JAMBALAYA CRIBBAGE WITH GOOD COMPANIONS 7:00PM	COFFEE TIME 10AM 	