

BRIDGES Activity Calendar

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<p>Coffee Time 10:00 Sit & Soak 11:00AM</p> <p>Yoga 6:30PM Register in advance</p>	<p>Men's Group 10:30 Borscht Soup & Buns</p> <p>Care Partner Support Group w/ FCSS 7:00PM</p>	<p>Coffee Time 10:00</p> <p>7PM  HINTON UKULELE GROUP</p>	<p>Hot Chicken Salad</p> <p>Cribbage with Good Companions 7:00PM</p>	<p>Coffee Time 10:00</p> <p>Billiards 4:00 PM</p>	<p>PRIVATE EVENT</p>
7	8	9	10	11	12	13
	<p>Coffee Time 10:00 Sit & Soak 11:00AM</p> <p>Yoga 6:30PM Register in advance</p>	<p>Men's Group 10:30 Navy Bean Soup & Cornbread</p> <p>Knit Night with The Yarnbags 7:00PM</p>	<p>Coffee Time 10:00</p> <p>Bowling 4:00PM (register)</p> <p>7PM  HINTON UKULELE GROUP</p>	<p>Hamburger Goulash</p> <p>Cribbage with Good Companions 7:00PM</p>	<p>Coffee Time 10:00</p> <p>music & mocktails at KARAOKE LOUNGE 7PM</p>	
14	15	16	17	18	19	20
<p>To make an appointment with staff or register for special events, call 780-865-4464 Mon-Fri, 9am-2pm</p>	<p>Coffee Time 10:00 Sit & Soak 11:00AM</p> <p>Yoga 6:30PM Register in advance</p>	<p>Men's Group 10:30 Hamburger Soup & Biscuits</p> <p>Knit Night offsite 6:00PM</p> <p>Victim Services AGM 5:30 PM</p>	<p>Coffee Time 10:00 Beaver Boardwalk 11AM</p> <p>Board Meeting 6:30</p> <p>Volunteer Fair at the PATH 6-8pm</p>	<p>Pancakes & Sausages</p> <p>Cribbage with Good Companions 7:00PM</p>	<p>Coffee Time 10:00</p> <p>Billiards 4:00 PM</p> <p>TRIVIA NIGHT 6:00 PM</p>	<p>BRIDGES, OPTIONS & HELP Volunteer Appreciation Event 5:00pm @ The Venue</p>
21	22	23	24	25	26	27
<p>IF YOU NEED HELP AND ARE NOT SURE WHO TO CALL, DIAL 211</p>	<p>Coffee Time 10:00 Sit & Soak 11:00AM</p> <p>Yoga 6:30PM Register in advance</p>	<p>Men's Group 10:30 Cream of Broccoli Soup & Garlic Bread</p> <p>Knit Night with The Yarnbags 7:00PM</p>	<p>Coffee Time 10:00 Nature Walk 11AM</p> <p>Rural Renewal Stream Social 5:30</p>	<p>Chicken Potato Casserole</p> <p>Cribbage with Good Companions 7:00PM</p>	<p>Coffee Time 10:00 Red Dress Pins Craft 11:00</p> <p>COMMUNITY JAM 7PM</p>	
28	29	30	<p>IN CRISIS AND NEED SOMEONE?</p> <p>Hinton Mental Health 780-865-8247</p> <p>Alberta Mental Health Helpline 1-877-303-2642</p> <p>CMHA Rural Distress Line 1-800-232-7288</p> <p>Alberta Addictions Helpline 1-800-332-2322</p> <p>Yellowhead Emergency Shelter 780-865-5133</p> <p>H.E.L.P. Homeless Resources 780-865-1686</p> <p>Indigenous Help Line 1-844-944-4744</p>			
<p>Spread the word</p> <p>9-8-8 Suicide Crisis Helpline</p>	<p>Coffee Time 10:00 Sit & Soak 11:00AM</p> <p>Yoga 6:30PM Register in advance</p>	<p>Men's Group 10:30 Taco Soup & Chips</p> <p>Movie Night 6:30PM</p>				