

BRIDGES Activity Calendar

December 2019

DISCOVER NEW ACTIVITIES IN A SOCIAL ATMOSPHERE. MAKE CONNECTIONS. JOIN OUR RECREATION EXPLORATION PROGRAM!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Are you a MEMBER? Support BRIDGES buy a \$10 annual membership!	2 COFFEE TIME 10 AM ~SWIMMING 11:30~ ~YOGA 7 PM~	3 Veggie Soup & Biscuits ~YOGA 7 PM~	4 COFFEE TIME 10 AM ~SWIMMING 11:30~ Growing Great Kids Lunch Meeting 12:00	5 Chili BRIDGES BOARD MEETING 11:30 AM COMPASS 7 PM	6 COFFEE TIME 10 AM ZUMBA 7:30 PM	7 PRIVATE FUNCTION
8 BRIDGES SHARE SHOP WEEK ➔	9 COFFEE TIME 10 AM ~SWIMMING 11:30~ ~YOGA 7 PM~	10 Beef Barley & Buns ~YOGA 7 PM~	11 COFFEE TIME 10 AM ~SWIMMING 11:30~ Rotary Club 12:00 Men's Group 1:00 PM	12 Hot Dogs & Fries COMPASS 7 PM	13 COFFEE TIME 10 AM ZUMBA 7:30 PM	14
15 Recreation Exploration Register for free access to winter programming like yoga, swimming, photography & more!	16 COFFEE TIME 10 AM ~SWIMMING 11:30~ ~YOGA 7 PM~	17 Corn Chowder & Egg Salad ~YOGA 7 PM~	18 COFFEE TIME 10 AM Men's Group 1:00 PM PRIVATE FUNCTION 5:30 PM	19 No Hot Lunch Today BRIDGES FAMILY Christmas Celebration	20 COFFEE TIME 10 AM FCSS Family Christmas Light Tour 5:00 PM	21 Returning Wednesdays Starting January 8 7PM HINTON UKULELE GROUP
22 Ask Alphaia about "Walk and Talk" sessions with the PATH's SafeWalk program!	23 COFFEE TIME 10 AM	24-25 CLOSED FOR CHRISTMAS HOLIDAYS UNTIL JANUARY 2, 2020 PRIVATE FUNCTION			26-27	28 The Bridges Board and staff wish you all a Merry Christmas!
29 Rec Explore activities are 100% free to members who register!	30	31 <i>New Year's Eve</i>	If you're in crisis, need any kind of help that isn't 911, and you don't know who to call: CALL 211		IN CRISIS AND NEED SOMEONE? Hinton Mental Health 780-865-8247 Alberta Mental Health Helpline 1-877-303-2642 CMHA Rural Distress Line 1-800-232-7288 Alberta Addictions Helpline 1-800-332-2322 Yellowhead Emergency Shelter 780-865-5133	