

# BRIDGES Activity Calendar

# July 2022

BRIDGES has free bread Mondays and Thursdays thanks to the Food Bank and Produce on Mondays thanks to Freson Bros. Valley.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<p>If you're in crisis, need any kind of help that isn't 911, and you don't know who to call: <b>CALL 211</b></p>		<p>1</p> <p><b>CLOSED FOR CANADA DAY</b></p> 	<p>2</p>
<p>3</p> <p><b>BRIDGES HOURS: WEEKDAYS 9:00 – 2:00</b></p>	<p>4</p> <p>Coffee Time 10:00 Garden or Walk 11AM</p>	<p>5</p> <p>Chicken Noodle Soup &amp; Egg Salad Sandwich</p> <p>Alzheimer's &amp; Dementia Care Partner Support Group w/ FCSS 7:00 PM</p>	<p>6</p> <p>Coffee Time 10:00</p> <p>7PM  HINTON UKULELE GROUP</p>	<p>7</p> <p>Egg &amp; Cheese on a bun with Hashbrowns</p> <p>Garden or Walk 11AM</p>	<p>8</p> <p>Coffee Time 10:00</p> <p> <b>CAREFREE FRIDAY BBQ 12 PM</b></p>	<p>9</p>
<p>10</p> 	<p>11</p> <p>Coffee Time 10:00 Garden or Walk 11AM</p> <p><b>MOVIE NIGHT 6:00PM</b> The Man from Toronto Register with Alpha</p>	<p>12</p> <p>Bean &amp; Bacon Soup &amp; Garlic Bread</p> <p>Swimming 10:30AM</p> <p>Knit Night with The Yarnbags 7PM</p>	<p>13</p> <p>Coffee Time 10:00 Walk at Athabasca Riverfront Park 11AM ROTARY CLUB 12:00</p> <p>7PM  HINTON UKULELE GROUP</p>	<p>14</p> <p>Chili &amp; Buns</p> <p>Garden or Walk 11AM</p>	<p>15</p> <p>Coffee Time 10:00</p> <p> <b>CAREFREE FRIDAY BBQ 12 PM</b></p>	<p>16</p>
<p>17</p>	<p>18</p> <p>Coffee Time 10:00 Garden or Walk 11AM</p>	<p>19</p> <p>Coffee Time 10:00 Swimming 10:30AM</p> <p>Knit Night with The Yarnbags 7PM</p>	<p>20</p> <p>Coffee Time 10:00</p> <p><b>BOWLING 4:00PM</b></p> <p>7PM  HINTON UKULELE GROUP</p>	<p>21</p> <p>Coffee Time 10:00 Garden or Walk 11AM</p>	<p>22</p> <p>Coffee Time 10:00</p> <p> <b>CAREFREE FRIDAY BBQ 12 PM</b></p>	<p>23</p>
<p>24</p> <p><b>You are not alone.</b> Our staff are trained in Mental Health First Aid and can provide support during your Mental Health Intake process with AHS</p>	<p>25</p> <p>Coffee Time 10:00 Garden or Walk 11AM</p>	<p>26</p> <p>Coffee Time 10:00 Swimming 10:30AM</p>	<p>27</p> <p>Coffee Time 10:00 Garden or Walk 11AM</p>	<p>28</p>	<p>29</p> <p> <b>CAREFREE FRIDAY BBQ 12 PM</b></p>	<p>30</p>
<p><b>BRIDGES IS MOVING TO OUR NEW LOCATION AT 250 HARDISTY AVE. (Good Companions Hall) BY THE END OF JULY.</b></p> <p><b>OUR HOT LUNCH PROGRAM WILL BE SUSPENDED FROM JULY 15 TO AUGUST 9, WHILE WE PREPARE, MOVE, AND SETTLE INTO OUR NEW HOME!</b></p>						