

BRIDGES Activity Calendar

July 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|--|---|--|--|--|----------|---|
| <p>MANY THANKS TO OUR 2024 BBQ SPONSORS:</p>       | <p>1</p> <p>CLOSED FOR CANADA DAY</p>  | <p>2</p> <p>Men's Group 10:30 Borscht & Buns</p> <p>Care Partner Support Group w/ FCSS 7:00PM</p> | <p>3</p> <p>Coffee Time 10:00</p> <p>CLOSED AT 12:00 FOR STAFF DEVELOPMENT</p> <p>7PM  HINTON UKULELE GROUP</p> | <p>4</p> <p>Perogy Casserole</p> <p>Greenhouse 1PM</p> | <p>5</p> <p>Coffee Time 10:00</p> <p> CAREFREE FRIDAY BBQ 12 PM</p> | 6 | |
| | <p>8</p> <p>Coffee Time 10:00 Greenhouse 11:00AM</p> <p>Mahjong with Good Companions 7PM</p> | <p>9</p> <p>Men's Group 10:30 Tomato Beef Soup & Grilled Cheese</p> <p>Knit Night with The Yarnbags 7:00PM</p> | <p>10</p> <p>Coffee Time 10:00 Rock Painting 11AM</p> <p>7PM  HINTON UKULELE GROUP</p> | <p>11</p> <p>Beef Quesadillas & Salad</p> <p>Greenhouse 1PM</p> | <p>12</p> <p>Coffee Time 10:00</p> <p>RAFFLE DRAW for 2 Wild Mountain Weekend Passes</p> <p> CAREFREE FRIDAY BBQ 12 PM</p> | 13 | Private Event |
| | <p>15</p> <p>Coffee Time 10:00 Greenhouse 11:00AM</p> <p>Mahjong with Good Companions 7PM</p> | <p>16</p> <p>Beef Barley Soup and Biscuits</p> <p>RMHN Action Team 1 PM</p> <p>Bowling 4 PM</p> <p>Knit Night with The Yarnbags 7:00PM</p> | <p>17</p> <p>Coffee Time 10:00</p> <p>Outdoor Games at Athabasca Riverfront Park 11AM</p> <p>7PM  HINTON UKULELE GROUP</p> | <p>18</p> <p>Cheesy Chicken Casserole</p> <p>Greenhouse 1PM</p> | <p>19</p> <p>Coffee Time 10:00</p> <p> CAREFREE FRIDAY BBQ 12 PM</p> | 20 | To make an appointment with staff or register for special events, call 780-865-4464 Mon-Fri, 9am-2pm |
| | <p>22</p> <p>Coffee Time 10:00 Greenhouse 11:00AM</p> <p>Mahjong with Good Companions 7PM</p> | <p>23</p> <p>Men's Group 10:30 Corn Chowder & Garlic Bread</p> <p>Knit Night with The Yarnbags 7:00PM</p> | <p>24</p> <p>Coffee Time 10:00 Craft TBA 11AM</p> | <p>25</p> <p>Hamburger Pot Pie</p> <p>Greenhouse 1PM</p> | <p>26</p> <p>Coffee Time 10:00</p> <p> CAREFREE FRIDAY BBQ 12 PM</p> <p>Community Jam returns September!</p> | 27 | <p>IF YOU NEED HELP AND ARE NOT SURE WHO TO CALL, DIAL</p>  |
| | <p>29</p> <p>Spread the word</p> <p>9-8-8 Suicide Crisis Helpline</p> | <p>30</p> <p>Coffee Time 10:00 Greenhouse 11:00AM</p> <p>Mahjong with Good Companions 7PM</p> <p> AMEspace Project 5:30 PM</p> | <p>31</p> <p>Men's Group 10:30 Vegetable Soup & Buns</p> <p>Knit Night with The Yarnbags 7:00PM</p> | <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> | | | |