## **July 2020**

THE REC. PR	OGRAM NATURE V	WALK AND PHOTOG	RAPHY PROJECT E	BEGINS JULY 22! RE	GISTER NOW TO P	ARTICIPATE!
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Hinton Ment Alberta Men CMHA Rural Alberta Addi Yellowhead	tal Health Helpline   Distress Line	MEONE? 780-865-8247 1-877-303-2642 1-800-232-7288 1-800-332-2322 780-865-5133 780-865-1686	New Fruit & Veg ↓ 1  CLOSED FOR  CANADA DAY	New bread every Thursday  GREENHOUSE 11AM	Walk & Talk 11AM	Donation Station & Office Hours 9:00 – 2:00 Monday to Friday
H.A.D.S.A.N.S. Annual General	New Fruit & Veg, New bread every Monday	GREENHOUSE 11AM	Walk & Talk 11AM	9 GREENHOUSE 11AM	10 Walk & Talk 11AM	11
Meeting 4:00 PM  12  Talk to Alphia about limited	13		UKULELE GROUP	16	17	18
return of Recreation Exploration programming!	Walk & Talk 11AM	GREENHOUSE 11AM  Knit Night with The Yarnbags 7PM	7PM HINTON UKULELE GROUP	GREENHOUSE 11AM	Walk & Talk 11AM	
You Can Support BRIDGES by renewing your \$10 Membership for the 2020/21 year.	20 Walk & Talk 11AM	GREENHOUSE 11AM  Knit Night with The Yarnbags 7PM	PHOTOGRAPHY BEGINS! Walk & Photo 11AM  7PM HINTON UKULELE GROUP	23 GREENHOUSE 11AM	24 Walk & Photo 11AM	25
26	27 Walk & Talk 11AM	28 GREENHOUSE 11AM	Walk & Photo 11AM	GREENHOUSE 11AM	31 Walk & Photo 11AM	If you're in crisis, need any kind of help that isn't 911, and you don't know who to call:
		Knit Night with The Yarnbags 7PM	7PM HINTON UKULELE GROUP			CALL 211