







# BRIDGES Activity Calendar

June 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
			1	2	3	4
<b>IN CRISIS AND NEED SOMEONE?</b> 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 H.E.L.P. Homeless Resources 780-865-1686			Coffee Time 10:00 Garden or Walk 11AM  7PM  HINTON UKULELE GROUP	Lasagna & Garlic Bread	Coffee Time 10:00 Arts Session 10:30	ROUND UP IN JUNE FOR BRIDGES AT  THANK YOU!
5	6	7	8	9	10	11
<b>BRIDGES HOURS: WEEKDAYS 9:00 – 2:00</b>	Coffee Time 10:00 Garden or Walk 11AM  Seniors Week Begins	Chicken & Rice Soup & Fresh Biscuits  Alzheimer's & Dementia Care Partner Support Group w/ FCSS 7:00 PM	Coffee Time 10:00 Garden or Walk 11AM ROTARY CLUB 12:00 SENIORS TEA 1:30 – 3:30 7PM  HINTON UKULELE GROUP	Hamburger Potato Casserole  Private Function 6:30PM	Coffee Time 10:00 Arts Session 10:30	
12	13	14	15	16	17	18
	Coffee Time 10:00 Garden or Walk 11AM  Private Function 5:30PM	Baked Potato Soup & Egg Salad Sandwich  Knit Night with The Yarnbags 7PM	Coffee Time 10:00  7PM  HINTON UKULELE GROUP	Macaroni & Cheese	Coffee Time 10:00 Arts Session 10:30	
19	20	21	22	23	24	25
	Coffee Time 10:00 Garden or Walk 11AM  MOVIE NIGHT 6:00PM Title TBA Register with Alpha	Mushroom Soup & Cheese Buns  Knit Night with The Yarnbags 7PM	Coffee Time 10:00 Garden or Walk 11AM ROTARY CLUB 12:00  BOWLING 4:00PM BRIDGES Board Meeting 6:00PM	Lazy Cabbage Rolls   1-4PM	Coffee Time 10:00 Arts Session 10:30	
26	27	28	29	30		
<u>You are not alone.</u> Our staff are trained in Mental Health First Aid and can provide support during your Mental Health Intake process with AHS	Coffee Time 10:00 Garden or Walk 11AM  Private Function 5:00PM	Beef Barley Soup With Buns  Knit Night with The Yarnbags 7PM	Coffee Time 10:00 Garden or Walk 11AM  7PM  HINTON UKULELE GROUP	Sweet & Sour Pork With rice		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>