

BRIDGES Activity Calendar

March 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 H.E.L.P. Homeless Resources 780-865-1686 Indigenous Help Line 1-844-944-4744			1 Coffee Time 10:00 Sit & Soak @ Pool 10:30 Options Seniors Session 12 PM Private Event 6:30PM 7PM  HINTON UKULELE GROUP	2 Perogies & Sausage Cribbage with Good Companions 7:00PM	3 Coffee Time 10:00 Nature Walk 11:00 Zumba 6:30PM	4
5	6	7	8	9	10	11
ASK ALPHA ABOUT NATURE WALKS – ANY WEEKDAY, WEATHER PERMITTING	Coffee Time 10:00 Art Session 11:00 Options Seniors Session 12:30 PM Private Event 6-7PM Yoga w/ Allison 6:30 Register in advance.	Men's Group 10:30 Chicken Tortilla Soup Care Partner Support Group w/ FCSS 7:00	Coffee Time 10:00 Sit & Soak @ Pool 10:30 Private Event 5:30PM Private Event 6:30PM	Meatloaf & Mashed Potatoes Cribbage with Good Companions 7:00PM	Coffee Time 10:00 Billiards 4:00PM Register in Advance	
12	13	14	15	16	17	18
	Coffee Time 10:00 Private Event 6-7PM Yoga w/ Allison 6:30 Register in advance.	Men's Group 10:30 Pea Soup & Bannock Knit Night with The Yarnbags 7:00	Coffee Time 10:00 Sit & Soak @ Pool 10:30 Board Meeting 6:30PM Private Event 6:30PM 7PM  HINTON UKULELE GROUP	Pizza & Salad Cribbage with Good Companions 7:00PM	Coffee Time 10:00 Nature Walk 11:00 Options Seniors Session 9:00 AM Zumba 6:30PM	
19	20	21	22	23	24	25
	Coffee Time 10:00 Art Session 11:00 Yoga w/ Allison 6:30 Register in advance.	Men's Group 10:30 Tomato Mac Soup & Grilled Cheese Bowling 4:00PM Knit Night with The Yarnbags 7:00	Coffee Time 10:00 Sit & Soak @ Pool 10:30 7PM  HINTON UKULELE GROUP	Beef Dip & Coleslaw BEST Program: Parent & Toddler Activity 1:00	Coffee Time 10:00 Options Seniors Session 1:00 PM Billiards 4:00PM Register in Advance	
26	27	28	29	30	31	
IF YOU NEED HELP AND ARE NOT SURE WHO TO CALL, DIAL 	BEST Program: Gnome Painting 9:30 – register in advance Options Seniors Session 12:30 PM Yoga w/ Allison 6:30 Register in advance.	Men's Group 10:30 Cream of Cauliflower Soup & Buns BEST Program: Buddha Board Mindfulness activity 1:00 Knit Night with The Yarnbags 7:00	Coffee Time 10:00 Sit & Soak @ Pool 10:30 Options Seniors Session 9-12:00 and 6-9:00 7PM  HINTON UKULELE GROUP	Chili & Buns BEST Program: Stress Ball Craft 1:00 – register in advance	Coffee Time 10:00 7PM  COMMUNITY Jam Session	