

# BRIDGES Activity Calendar

# May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<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 Indigenous Help Line 1-844-944-4744			1 Coffee Time 10:00 Nature Walk 11AM  7PM  HINTON UKULELE GROUP	2 Chicken à la King & Biscuits  Cribbage with Good Companions 7:00PM	3 Coffee Time 10:00 May Market in the Mall – Find us fundraising Friday & Saturday	4 May Market in the Mall – Find us fundraising Friday & Saturday  PRIVATE EVENT
5	6	7	8	9	10	11
<b>RED DRESS DAY</b>  Honouring Murdered and Missing Indigenous Women, Girls and Two-spirit people.	Coffee Time 10:00 Greenhouse 11:00AM  Yoga 6:30PM	<b>Men's Group 10:30</b> <b>TACO TUESDAY</b> With Las Tres Marias!  Care Partner Support Group w/ FCSS 7:00PM	Coffee Time 10:00 Easting Well on a Budget 9:30am  7PM  HINTON UKULELE GROUP	Spaghetti & Garlic Bread  Walk Wellness Way 9:30 AM Cribbage with Good Companions 7:00PM	Coffee Time 10:00 Mothers' Day Craft 11:00 music & mocktails at <b>KARAOKE LOUNGE 7PM</b>	<b>May 6-12</b> Mental Health Week. This year's theme is Healing Through Compassion. Ask about the CMHA Compassion Toolkit!
13	14	15	16	17	18	19
To make an appointment with staff or register for special events, call 780-865-4464 Mon-Fri, 9am-2pm	Coffee Time 10:00 Greenhouse 11:00AM  Yoga 6:30PM	<b>Men's Group 10:30</b> Vegetable Soup & Egg Salad Sandwich  Knit Night with The Yarnbags 7:00PM	Coffee Time 10:00 Nature Walk 11AM  7PM  HINTON UKULELE GROUP	Hot Dogs & Macaroni Salad  Cribbage with Good Companions 7:00PM	Coffee Time 10:00  Billiards 4:00 PM	
20	21	22	23	24	25	26
<b>IF YOU NEED HELP AND ARE NOT SURE WHO TO CALL, DIAL 211</b>	 <b>Closed for Victoria Day</b> Monday May 20, 2024	<b>Men's Group 10:30</b> Creamy Sausage Soup and Biscuits Rural Mental Health Network Strategic Plan 11-4 Knit Night with The Yarnbags 7:00PM	Coffee Time 10:00 Poverty Simulation with HELP 4-7PM  Bowling 4:00 PM 7PM  HINTON UKULELE GROUP	Chili & Corn Bread  Cribbage with Good Companions 7:00PM	Coffee Time 10:00 Craft 11:00	
27	28	29	30	31		
Spread the word 9-8-8 Suicide Crisis Helpline	Coffee Time 10:00  AMEspace Project 5:30 PM	<b>Men's Group 10:30</b> Tomato Mac Soup & Buns  Knit Night with The Yarnbags 7:00PM	Coffee Time 10:00 Nature Walk 11AM  West Central Airshed Society AGM & Event	Shepherd's Pie & Bannock  Cribbage with Good Companions 7:00PM	Coffee Time 10:00 Billiards 4:00 PM  <b>COMMUNITY JAM 7PM</b>	