








# BRIDGES Activity Calendar

# November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat												
<p>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></p>		<p><b>Men's Group 10:30</b> 1</p> <p>Mushroom Soup &amp; Egg Salad</p> <p>Alzheimer's &amp; Dementia Care Partner Support Group w/ FCSS 7:00 PM</p>	<p>2</p> <p>Coffee Time 10:00 Swimming 11AM</p> <p>7PM  HINTON UKULELE GROUP</p>	<p>3</p> <p>Lazy Cabbage Rolls</p> <p>Zumba 6-7 PM Cribbage with Good Companions 7PM</p>	<p>4</p> <p>Coffee Time 10:00 Art Session 11:00</p> <p>OPTIONS Seniors Session 6-7:30PM</p>	<p>5</p>												
	<p>6</p> <p>Private Event 5pm-10pm</p>	<p>7</p> <p>Coffee Time 10:00 Nature Session 11AM</p> <p>Yoga w/ Allison 7PM Register with Alpha Mahjong with Good Companions 7PM</p>	<p>8</p> <p>Men's Group 10:30</p> <p>Beef Noodle Soup &amp; Biscuits</p> <p>Knit Night with The Yarnbags 7PM</p>	<p>9</p> <p>Coffee Time 10:00</p> <p>Art Session 11AM Cardmaking Register with Alpha</p> <p>7PM  HINTON UKULELE GROUP</p>	<p>10</p> <p>Chicken Divan</p> <p>"Where I'm From" Poetry workshop 11AM Register with Alpha Zumba 6-7 PM Cribbage with Good Companions 7PM</p>	<p>11</p> <p>CLOSED</p> <p></p> <p>In Remembrance</p>	<p>12</p> <p>Private Event</p>											
<p>13</p> <p><b>BRIDGES HOURS: WEEKDAYS 9:00 – 2:00</b></p>	<p>14</p> <p>Coffee Time 10:00 Nature Photography 11AM</p> <p>Private Event 5:30 Mahjong with Good Companions 7PM</p>	<p>15</p> <p>Men's Group 10:30</p> <p>Vegetable Soup &amp; Grilled Cheese</p> <p>Knit Night with The Yarnbags 7PM</p>	<p>16</p> <p>Coffee Time 10:00 Swimming 11AM</p> <p> BRIDGES Board Meeting 6:30</p> <p>7PM  HINTON UKULELE GROUP</p>	<p>17</p> <p>Taco Bake</p> <p>Cribbage with Good Companions 7PM</p>	<p>18</p> <p>Coffee Time 10:00</p> <p>OPTIONS Seniors Session 12-3PM</p> <p>BRIDGES Social 5:30PM Register with Alpha</p>	<p>19</p>												
<p>20</p>	<p>21</p> <p>Coffee Time 10:00 Outdoor Meditation 11AM</p> <p>Yoga w/ Allison 7PM Register with Alpha Mahjong with Good Companions 7PM</p>	<p>22</p> <p>Men's Group 10:30</p> <p>Cream of Potato Soup</p> <p>Knit Night with The Yarnbags 7PM</p>	<p>23</p> <p>Coffee Time 10:00</p> <p>Bowling 4:00PM</p> <p>7PM  HINTON UKULELE GROUP</p>	<p>24</p> <p>CLOSED UNTIL 12:00</p> <p>Lunch at 12:30 today Perogy Casserole</p> <p>Mental Health First Aid w/ H.E.L.P. &amp; Imagine 8:30-4 Zumba 6-7 PM Cribbage 7PM</p>	<p>25</p> <p>Coffee Time 10:00 Art Session 11:00</p> <p>Mental Health First Aid w/ H.E.L.P. &amp; Imagine 8:30-4</p> <p>7PM  COMMUNITY Jam Session</p>	<p>26</p>												
<p>27</p> <p><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</p>	<p>28</p> <p>Coffee Time 10:00 Leather Craft 11AM</p>	<p>29</p> <p>Men's Group 10:30</p> <p>Lasagna Soup &amp; Garlic Bread</p> <p>Knit Night with The Yarnbags 7PM</p>	<p>30</p> <p>Coffee Time 10:00 Swimming 11 AM</p> <p>OPTIONS Seniors Session 6-8:30PM</p>	<p><b>IN CRISIS AND NEED SOMEONE?</b></p> <table> <tr> <td>Hinton Mental Health</td> <td>780-865-8247</td> </tr> <tr> <td>Alberta Mental Health Helpline</td> <td>1-877-303-2642</td> </tr> <tr> <td>CMHA Rural Distress Line</td> <td>1-800-232-7288</td> </tr> <tr> <td>Alberta Addictions Helpline</td> <td>1-800-332-2322</td> </tr> <tr> <td>Yellowhead Emergency Shelter</td> <td>780-865-5133</td> </tr> <tr> <td>H.E.L.P. Homeless Resources</td> <td>780-865-1686</td> </tr> </table>			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
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