

# BRIDGES Activity Calendar

# November 2023

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	2	3	4
			Coffee Time 10:00 Poppy Pins with OPTIONS 11:00 7PM  HINTON UKULELE GROUP	Breakfast Bagels & Hashbrowns Cribbage with Good Companions 7:00PM	Coffee Time 10:00 Billiards 4:00	PRIVATE EVENT
5	6	7	8	9	10	11
	Coffee Time 10:00 Gaming with Rémi 10:00 Sit & Soak 11:00AM	Men's Group 10:30 Cabbage Roll Soup Care Partner Support Group w/ FCSS 7:00	Coffee Time 10:00 Art: Dream catchers 11:00AM – register with Alpha 7PM  HINTON UKULELE GROUP	Chili & Buns Cribbage with Good Companions 7:00PM	Coffee Time 10:00 Art Session 11:00 (Winter Gnomes)	
12	13	14	15	16	17	18
To make an appointment with staff or register for special events, call 780-865-4464	BRIDGES is closed today. PRIVATE EVENT	Men's Group 10:30 Broccoli & Potato Soup Knit Night with The Yarnbags 7:00	Coffee Time 10:00 Trip to the Soda Shoppe 11AM register with Jordan. BRIDGES BOARD MEETING 6:30PM 7PM  HINTON UKULELE GROUP	Beef Stew & Biscuits OPTIONS Seniors Activity 1-3 Cribbage with Good Companions 7:00PM	Coffee Time 10:00 Billiards 4:00	
19	20	21	22	23	24	25
	Coffee Time 10:00 Real Talk Free Domestic Violence Workshop 10:00AM ← REGISTER ONLINE Sit & Soak 11:45AM	Men's Group 10:30 Bacon & Split Pea Soup Knit Night with The Yarnbags 7:00	Coffee Time 10:00 MOVIE NIGHT 6:00	Chicken Casserole Cribbage with Good Companions 7:00PM	Coffee Time 10:00 Art Session 11:00 (Christmas Deco) COMMUNITY JAM 7PM 	
26	27	28	29	30		
(Hinton Ukulele Group) PATH to Christmas Singalong Concert at the PATH, 5:00PM FREE ADMISSION WITH FOOD BANK DONATION	Coffee Time 10:00 Gaming with Rémi 10:00 Sit & Soak 11:00AM	Men's Group 10:30 Vegetable Soup & Egg Salad Sandwiches Knit Night with The Yarnbags 7:00	Coffee Time 10:00 Bowling 4:00PM 7PM  HINTON UKULELE GROUP	Cheeseburgers & French Fries Cribbage with Good Companions 7:00PM		IF YOU NEED HELP AND ARE NOT SURE WHO TO CALL, DIAL 