

# 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
			<b>Coffee Time 10:00</b> Poppy Pins with OPTIONS 11:00  7PM  HINTON UKULELE GROUP	Breakfast Bagels & Hashbrowns  Cribbage with Good Companions 7:00PM	<b>Coffee Time 10:00</b>  Billiards 4:00	PRIVATE EVENT
5	6	7	8	9	10	11
	<b>Coffee Time 10:00</b> Gaming with Rémi 10:00 Sit & Soak 11:00AM	<b>Men's Group 10:30</b> Cabbage Roll Soup  Care Partner Support Group w/ FCSS 7:00	<b>Coffee Time 10:00</b> Art: Dream catchers 11:00AM – register with Alpha  7PM  HINTON UKULELE GROUP	Chili & Buns  Cribbage with Good Companions 7:00PM	<b>Coffee Time 10:00</b> 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	<b>BRIDGES is closed today.</b>  PRIVATE EVENT	<b>Men's Group 10:30</b> Broccoli & Potato Soup  Knit Night with The Yarnbags 7:00	<b>Coffee Time 10:00</b> 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	<b>Coffee Time 10:00</b>  Billiards 4:00	
19	20	21	22	23	24	25
	<b>Coffee Time 10:00</b> Real Talk Free Domestic Violence Workshop 10:00AM ← REGISTER ONLINE Sit & Soak 11:45AM	<b>Men's Group 10:30</b> Bacon & Split Pea Soup  Knit Night with The Yarnbags 7:00	<b>Coffee Time 10:00</b>  <b>MOVIE NIGHT 6:00</b>	Chicken Casserole  Cribbage with Good Companions 7:00PM	<b>Coffee Time 10:00</b> Art Session 11:00 (Christmas Deco)  <b>COMMUNITY JAM 7PM</b>	
26	27	28	29	30		
(Hinton Ukulele Group) PATH to Christmas Singalong Concert at the PATH, 5:00PM  FREE ADMISSION WITH FOOD BANK DONATION	<b>Coffee Time 10:00</b> Gaming with Rémi 10:00 Sit & Soak 11:00AM	<b>Men's Group 10:30</b> Vegetable Soup & Egg Salad Sandwiches  Knit Night with The Yarnbags 7:00	<b>Coffee Time 10:00</b>  <b>Bowling 4:00PM</b>  7PM  HINTON UKULELE GROUP	Cheeseburgers & French Fries  Cribbage with Good Companions 7:00PM		<b>IF YOU NEED HELP AND ARE NOT SURE WHO TO CALL, DIAL</b> 