

# BRIDGES Activity Calendar

# October 2021

Join us for the Sisters In Spirit Vigil, Monday October 4 at 12:00, honouring Murdered & Missing Indigenous Women and Girls, hosted online by the Native Women's Association of Canada: <https://www.nwac.ca/event/sisters-in-spirit-virtual-vigil/>.

| Sun | Mon   | Tue  | Wed   | Thu  | Fri   | Sat  |
|-----|---|--|---|--|---|--|
|     | <p><b>IN CRISIS AND NEED SOMEONE?</b></p> <p>Hinton Mental Health 780-865-8247<br/>           Alberta Mental Health Helpline 1-877-303-2642<br/>           CMHA Rural Distress Line 1-800-232-7288<br/>           Alberta Addictions Helpline 1-800-332-2322<br/>           Yellowhead Emergency Shelter 780-865-5133<br/>           H.E.L.P. Homeless Resources 780-865-1686</p> |  | <p>If you're in crisis, need any kind of help that isn't 911, and you don't know who to call:<br/> <b>CALL 211</b></p>  |  | <p>1<br/> <b>Coffee Time 10:00</b><br/> <b>Greenhouse 11:00</b></p> <p>Reminder: Wear <b>RED</b> on Monday for the <b>MMIWG Vigil</b></p> | <p>2<br/> <b>BRIDGES HOURS: WEEKDAYS 9:00 – 2:00</b></p>   |
| 3   | <p>4<br/> <b>Coffee Time 10:00</b></p> <p><b>Vigil for Murdered &amp; Missing Indigenous Women and Girls 12:00 PM</b></p>   | <p>5<br/> <b>Tomato Basil Soup &amp; Grilled Cheese</b></p> <p><b>Alzheimer's &amp; Dementia Care Partner Support Group w/ FCSS 7:00 PM</b></p>  | <p>6<br/> <b>Coffee Time 10:00</b><br/> <b>Greenhouse 11:00</b></p> <p>7PM  <b>HINTON UKULELE GROUP</b> On Zoom</p>   | <p>7<br/> <b>Turkey Luncheon</b></p>               | <p>8<br/> <b>Coffee Time 10:00</b><br/> <b>Greenhouse 11:00</b></p>   | <p>9<br/> <b>You are not alone.</b><br/>           Our staff are trained in Mental Health First Aid and can provide support during your Mental Health Intake process with AHS.</p> |
| 10  | <p>11<br/> <b>BRIDGES IS CLOSED TODAY</b></p> <p></p>  | <p>12<br/> <b>Chicken Noodle Soup &amp; Egg Salad Sand.</b></p> <p><b>Knit Night with The Yarnbags 7PM on ZOOM</b></p>   | <p>13<br/> <i>Join us for a walk, nature photos and picnic at the Beaver Boardwalk, Leaving BRIDGES 10:30</i><br/> <b>ROTARY CLUB 12:00</b></p> <p>7PM  <b>HINTON UKULELE GROUP</b> On Zoom</p> | <p>14<br/> <b>Pasta Alfredo with Mushrooms</b></p> | <p>15<br/> <b>Coffee Time 10:00</b><br/> <b>Art Session or Walk &amp; Talk 10:30</b></p>  | <p>16<br/> <b>We have volunteer opportunities available! Ask Janice for info! 780-865-4464</b></p>   |
| 17  | <p>18<br/> <b>Coffee Time 10:00</b><br/> <b>Art Session or Walk &amp; Talk 10:30</b></p>  | <p>19<br/> <b>Vegetable Soup &amp; Fresh Biscuits</b><br/>  <b>BRIDGES Board Meeting 4:30 PM</b></p> <p><b>Knit Night with The Yarnbags 7PM on ZOOM</b></p> | <p>20<br/> <b>Coffee Time 10:00</b><br/> <b>Art Session or Walk &amp; Talk 10:30</b></p> <p>7PM  <b>HINTON UKULELE GROUP</b> On Zoom</p>  | <p>21<br/> <b>Lazy Cabbage Rolls</b></p>           | <p>22<br/> <b>Coffee Time 10:00</b><br/> <b>Halloween Art Craft Session 10:30</b></p>   | 23   |
| 24  | <p>25<br/> <b>Coffee Time 10:00</b><br/> <b>Art Session or Walk &amp; Talk 10:30</b></p>  | <p>26<br/> <b>Onion Soup &amp; Garlic Bread</b></p> <p><b>Knit Night with The Yarnbags 7PM on ZOOM</b></p>   | <p>27<br/> <b>Coffee Time 10:00</b><br/> <b>Art Session or Walk &amp; Talk 10:30</b><br/> <b>ROTARY CLUB 12:00</b></p> <p>7PM  <b>HINTON UKULELE GROUP</b> On Zoom</p>                        | <p>28<br/> <b>Hot Dogs &amp; Potato Salad</b></p>  | <p>29<br/> <b>Coffee Time 10:00</b><br/> <b>Art Session or Walk &amp; Talk 10:30</b></p>  | 30   |
| 31  | <p></p>   |  |   |  |   |  |