







BRIDGES Activity Calendar

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>IN CRISIS AND NEED SOMEONE?</p> <p>Hinton Mental Health 780-865-8247 Alberta MH Helpline 1-877-303-2642 Rural Distress Line 1-800-232-7288 AB Addictions Helpline 1-800-332-2322 YES Shelter 780-865-5133 HELP Homeless Resource 780-865-1686 Indigenous Help Line 1-844-944-4744</p>			<p>CLOSED NEW YEARS DAY 1</p> 	<p>2</p> <p>DAY PROGRAMS ARE CLOSED FOR HOLIDAYS</p> <p>Cribbage with Good Companions 7:00PM</p>	<p>3</p> <p>DAY PROGRAMS ARE CLOSED FOR HOLIDAYS</p> <p>Private Event</p>	<p>4</p>
<p>5</p> <p>BRIDGES HOURS For Drop In Centre Monday to Friday (excluding holidays) 9:00 am – 2:00 pm</p>	<p>Coffee Time 10:00 Sit & Soak 11AM Register ahead</p> <p>EVERY BODY CAN DANCE 7PM</p>	<p>6</p> <p>Cream of Potato Soup</p> <p>Care Partner Support Group w/ FCSS 7:00PM</p>	<p>7</p> <p>Coffee Time 10:00 Trivial Pursuit 11AM</p> <p>7PM  HINTON UKULELE GROUP</p>	<p>8</p> <p>Shepherds Pie</p> <p>Cribbage with Good Companions 7:00PM</p>	<p>9</p> <p>Coffee Time 10:00 Northern Rockies Museum 11AM Register ahead</p> <p>KARAOKE LOUNGE 7PM</p>	<p>10</p>
<p>11</p>	<p>12</p>	<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>
<p>To make an appointment with staff or register for special events, call 780-865-4464 Mon-Fri, 9am-2pm</p>	<p>Coffee Time 10:00 Sit & Soak 11AM Register ahead</p> <p>EVERY BODY CAN DANCE 7PM</p>	<p>Beef Barley Soup</p> <p>Knit Night with The Yarnbags 7:00PM</p>	<p>Coffee Time 10:00</p> <p>7PM  HINTON UKULELE GROUP</p>	<p>Perogy Casserole</p> <p>Cribbage with Good Companions 7:00PM</p>	<p>Coffee Time 10:00</p> <p>Private Event</p>	<p>18</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>IF YOU NEED HELP AND ARE NOT SURE WHO TO CALL, DIAL</p> <p>211</p>	<p>Coffee Time 10:00 Sit & Soak 11AM Register ahead</p> <p>EVERY BODY CAN DANCE 7PM</p>	<p>Hamburger Soup</p> <p>Healthy Relationships Peer Group 6:30PM</p>	<p>Coffee Time 10:00</p> <p>Bowling 4PM SPECIAL GENERAL MEETING 6:30PM (BOARD MEETING FOLLOWS)</p>	<p>Pancakes & Sausages</p> <p>Cribbage with Good Companions 7:00PM</p>	<p>Coffee Time 10:00 Craft 11AM Register ahead</p>	<p>26</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	<p>Private Event</p>	<p>31</p>
<p>Private Event</p>	<p>Coffee Time 10:00 Sit & Soak 11AM Register ahead</p> <p>EVERY BODY CAN DANCE 7PM</p> <p> AMespace Project 5:30 PM</p>	<p>Veggie Soup & Turkey Sandwiches</p> <p>Knit Night with The Yarnbags 7:00PM</p>	<p>Coffee Time 10:00 Craft 11AM Register ahead</p> <p>7PM  HINTON UKULELE GROUP</p>	<p>Beef Stew</p> <p>Cribbage with Good Companions 7:00PM</p>	<p>Coffee Time 10:00</p> <p>COMMUNITY JAM 7PM</p> <p></p>	<p>Spread the word</p> <p>9-8-8 Suicide Crisis Helpline</p>