



BRIDGES Activity Calendar

OPEN WEEKDAYS EXCEPT HOLIDAYS 10AM TO 3PM

May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
MAY 5-11 IS MENTAL HEALTH WEEK! ASK US ABOUT THE FREE ONLINE MENTAL HEALTH WORKSHOP SERIES FROM RMHN, FCSS AND RECOVERY	IN CRISIS AND NEED SOMEONE? 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			SHEPHERD'S PIE OPTIONS SENIORS PROGRAM WRAP-UP 4PM CRIBBAGE WITH GOOD COMPANIONS 7PM	COFFEE TIME 10AM GREENHOUSE 11AM	PRIVATE EVENT
						PRIVATE EVENT
4	5	6	7	8	9	10
RED DRESS DAY IS MAY 5  Honouring Murdered and Missing Indigenous Women, Girls and Two-spirit people.	COFFEE TIME 10AM MMIWG2S WALK 11AM AT PARKS WEST MALL EVERY BODY CAN DANCE 7PM	TURKEY NOODLE SOUP CARE PARTNER SUPPORT GROUP WITH FCSS 7PM	COFFEE TIME 10AM BOWLING 4PM REGISTER AHEAD HINTON UKULELE GROUP 7PM	TUNA QUESADILLA & MACARONI SALAD CRIBBAGE WITH GOOD	COFFEE TIME 10AM GREENHOUSE 11AM KARAOKE LOUNGE 7PM	PRIVATE EVENT
11	12	13	14	15	16	17
IF YOU NEED HELP AND ARE NOT SURE WHO TO CALL, DIAL 211	COFFEE TIME 10AM COOKING WITH ALPHIA 11AM REGISTER AHEAD EVERY BODY CAN DANCE 7PM	CREAM OF BROCCOLI SOUP KNIT NIGHT WITH THE YARNBAGS 7PM	COFFEE TIME 10AM BOWLING 4PM REGISTER AHEAD HINTON UKULELE GROUP 7PM	TURKEY POT PIE CRIBBAGE WITH GOOD COMPANIONS 7PM	COFFEE TIME 10AM SUNCATCHERS CRAFT 11:00 AM	PRIVATE EVENT
18	19	20	21	22	23	24
THINKING ABOUT SUICIDE OR WORRIED ABOUT SOMEONE ELSE? 9-8-8 Suicide Crisis Helpline	CLOSED FOR VICTORIA DAY	TOMATO MAC SOUP & EGG SALAD SANDWICH HEALTHY RELATIONSHIPS PEER GROUP 6:30PM	COFFEE TIME 10AM WALK IN THE PARK 11AM HINTON UKULELE GROUP 7PM	SPAGHETTI & MEAT SAUCE CRIBBAGE WITH GOOD COMPANIONS 7PM	COFFEE TIME 10AM GREENHOUSE 11AM	PRIVATE EVENT
25	26	27	28	29	30	31
TO MAKE AN APPOINTMENT WITH STAFF OR REGISTER FOR AN EVENT / ACTIVITY, CALL 780-865-4464	COFFEE TIME 10AM DROP-IN ROCK PAINTING CRAFT 11:00 AM EVERY BODY CAN DANCE 7PM  AMEspace Project 5:30 PM	MINISTRONE SOUP KNIT NIGHT WITH THE YARNBAGS 7PM	COFFEE TIME 10AM WALK IN THE PARK 11AM HINTON UKULELE GROUP 7PM	TURKEY DIVAN CRIBBAGE WITH GOOD COMPANIONS 7PM	COFFEE TIME 10AM NALOXONE TRAINING WITH OPTIONS 11AM COMMUNITY JAM 7PM	PRIVATE EVENT