

BRIDGES Activity Calendar

April 2019

Need tax help? You can get free help filing your Income Tax return this month. Call FCSS (780) 865-6036. File every year to receive eligible credits and benefits!

Sun	Mon	Tue	Wed	Thu	Fri	Sat									
	1 COFFEE TIME 10 AM	2 Hamburger Soup & Biscuits	3 COFFEE TIME 10 AM Rotary Club Men's Group 1pm 7PM HINTON UKULELE GROUP	4 Beef Vegetable Casserole Meditation 12:30 ZUMBA 7:30 PM	5 COFFEE TIME 10 AM	6									
7 VOLUNTEER WEEK → PRIVATE FUNCTION	8 COFFEE TIME 10 AM	9 Veggie Soup & Grilled Cheese	10 COFFEE TIME 10 AM Rotary Club Men's Group 1pm 7PM HINTON UKULELE GROUP	11 Hot Dogs & Mac & Cheese ZUMBA 7:30 PM	12 COFFEE TIME 10 AM Lil' Chefs with ParentLink 10 AM	13 Celebration of Life for Ann (Scottie) Viau 12:00 – 4:00									
14	15 COFFEE TIME 10 AM	16 Mushroom Soup & Egg Salad sandwiches	17 COFFEE TIME 10 AM Rotary Club Men's Group 1pm 7PM HINTON UKULELE GROUP	18 Roast Pork Potatoes & Veg ZUMBA 7:30 PM	19 CLOSED FOR GOOD FRIDAY	20									
21	22 CLOSED HAPPY EASTER!	23 Chicken Tortilla Soup & Cheese Buns	24 COFFEE TIME 10 AM Rotary Club Men's Group 1pm Bowling 2pm 7PM HINTON UKULELE GROUP	25 Taco Fries	26 COFFEE TIME 10 AM Jam Session 7 PM	27 FCSS & Our Lady of the Foothills Catholic Parish Community Breakfast 9:30 AM									
28 PRIVATE FUNCTION	29 COFFEE TIME 10 AM Rural Mental Health Service Provider Info Session 1:00-2:30 PM F.R.I.E.N.D.S. Women's Group 6:30	30 Mushroom Soup & Tuna Sandwiches	<p style="text-align: center;">IN CRISIS AND NEED SOMEONE?</p> <table border="0"> <tr> <td>Hinton Mental Health</td> <td>780-865-8247</td> </tr> <tr> <td>Mental Health Helpline</td> <td>1-877-303-2642</td> </tr> <tr> <td>Yellowhead Distress Line</td> <td>1-800-232-7288</td> </tr> <tr> <td>Yellowhead Emergency Shelter</td> <td>780-865-5133</td> </tr> </table>				Hinton Mental Health	780-865-8247	Mental Health Helpline	1-877-303-2642	Yellowhead Distress Line	1-800-232-7288	Yellowhead Emergency Shelter	780-865-5133	<p style="text-align: center;">If you're in crisis, need any kind of help that isn't 911, and you don't know who to call: CALL 211</p>
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