










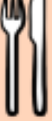





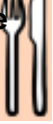





BRIDGES Activity Calendar

June 2019

"It is the month of June, the month of leaves and roses, when pleasant sights salute the eyes and pleasant scents the noses." - Nathaniel Parker Willis

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>IN CRISIS AND NEED SOMEONE?</p> <p>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>		<p>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>			1
2	3	4	5	6	7	8
<p>SENIORS' WEEK! →</p>	<p>COFFEE TIME 10 AM </p>	<p>Veggie Soup & Biscuits </p> <p>Seniors' Ukulele Singalong 6:00 PM</p>	<p>COFFEE TIME 10 AM </p> <p>Rotary Club 12 PM Men's Group 1 PM</p>	<p>Chili & Buns </p> <p>Meditation 12:30 With Jenn Fanjoy</p>	<p>Seniors' Tea & Peru Presentation with Randy Smith 2:30PM Diabetes & Your Feet w/ Lise the Foot Care Nurse 3:45 PM</p>	<p>Seniors' "Chat with the Doctors" 11 AM – 12 PM</p>
9	10	11	12	13	14	15
	<p>COFFEE TIME 10 AM </p>	<p>Mushroom Soup & Garlic Naan Bread </p>	<p>COFFEE TIME 10 AM </p> <p>Men's Group 1 PM</p> <p>7PM  HINTON UKULELE GROUP</p>	<p>Chicken & Veg Casserole </p> <p>WALK & TALK 10 AM</p> <p>DUNGEONS & DRAGONS NETWORK 6:30 PM</p>	<p>COFFEE TIME 10 AM </p>	
16	17	18	19	20	21	22
	<p>COFFEE TIME 10 AM </p>	<p>Tomato Mac Soup & Grilled Cheese </p>	<p>COFFEE TIME 10 AM </p> <p>Rotary Club 12 PM Men's Group 1 PM Bowling 2 PM</p> <p>7PM  HINTON UKULELE GROUP</p>	<p>Sausage & Penne </p>	<p>COFFEE TIME 10 AM </p> <p>BRIDGES Board Meeting 11:30</p>	
23/ /30	24	25	26	27	28	29
	<p>COFFEE TIME 10 AM </p> <p>F.R.I.E.N.D.S. Women's Group 6:30</p>	<p>Chicken Noodle & Egg Salad </p>	<p>COFFEE TIME 10 AM </p> <p>Rotary Club 12 PM Men's Group 1PM</p> <p>7PM  HINTON UKULELE GROUP</p>	<p>Pizza & Salad </p>	<p>7 PM Jam Session</p>	