





















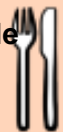





BRIDGES Activity Calendar

May 2019

"May, more than any other month of the year, wants us to feel most alive." - Fennel Hudson

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>1</p> <p>COFFEE TIME 10 AM </p> <p>Rotary Club 12 PM Men's Group 1 PM</p> <p>7PM  HINTON UKULELE GROUP</p>	<p>2</p> <p>Shepherd's Pie </p> <p>Meditation 12:30 With Jenn Fanjoy</p>	<p>3</p> <p>COFFEE TIME 10 AM </p>	<p>4</p> <p>PRIVATE FUNCTION</p>
<p>5</p> <p>CMHA's MENTAL HEALTH WEEK →</p>	<p>6</p> <p>COFFEE TIME 10 AM </p> <p>FCSS Seniors' Tea with Randy Smith</p> <p>PRIVATE FUNCTION 5 PM</p>	<p>7</p> <p>Tomato Mac Soup & Tuna Sandwich </p> <p>TABLETOP TUESDAY Boardgames 1 PM</p>	<p>8</p> <p>COFFEE TIME 10 AM </p> <p>Men's Group 1 PM</p> <p>★ BRIDGES AGM 7 PM</p>	<p>9</p> <p>Spaghetti & Meat Sauce </p>	<p>10</p> <p>COFFEE TIME 10 AM </p> <p>Lil' Chefs with ParentLink 10 AM</p>	<p>11</p> <p>Zumba will return to BRIDGES in September!</p>
<p>12</p>	<p>13</p> <p>COFFEE TIME 10 AM </p>	<p>14</p> <p>Vegetable Soup & Biscuits </p>	<p>15</p> <p>COFFEE TIME 10 AM </p> <p>Rotary Club 12 PM Men's Group 1 PM</p> <p>7PM  HINTON UKULELE GROUP</p>	<p>16</p> <p>Hot Dogs & French Fries </p>	<p>17</p> <p>COFFEE TIME 10 AM </p>	<p>18</p>
<p>19</p>	<p>20</p> <p>COFFEE TIME 10 AM </p>	<p>21</p> <p>Chili Soup & Cheese Buns </p>	<p>22</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>23</p> <p>Chili & Buns </p>	<p>24</p> <p>COFFEE TIME 10 AM </p> <p>BRIDGES Board Meeting 11:30 7 PM Jam Session</p>	<p>25</p>
<p>26</p>	<p>27</p> <p>COFFEE TIME 10 AM </p> <p>F.R.I.E.N.D.S. Women's Group 6:30</p>	<p>28</p> <p>Chicken Noodle & Egg Salad Sandwiches </p>	<p>29</p> <p>COFFEE TIME 10 AM </p> <p>Rotary Club 12 PM Men's Group 1 PM</p> <p>7PM  HINTON UKULELE GROUP</p>	<p>30</p> <p>Pancakes & Sausages </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>	