























BRIDGES Activity Calendar

September 2019

DISCOVER NEW ACTIVITIES IN A SOCIAL ATMOSPHERE. MAKE CONNECTIONS. JOIN OUR RECREATION EXPLORATION PROGRAM!

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2  LABOUR DAY	3 Hamburger Soup & Biscuits  WALK & TALK 1PM	4 COFFEE TIME 10 AM  Greenhouse 12 PM	5 Chicken Alfredo & Caesar Salad  WALK & TALK 1PM	6 COFFEE TIME 10 AM 	7	
8 Recreation Exploration <i>Register for free access to winter programming like yoga, swimming, photography & more!</i>	9 COFFEE TIME 10 AM 	10 Chicken Noodle & Egg Salad Sandwiches  WALK & TALK 1PM WORLD SUICIDE PREVENTION DAY	11 COFFEE TIME 10 AM  Greenhouse 12 PM	12 Chili & Bannock  Community Dinner w/ Grace Lutheran & Anglican Churches 5:30	13 COFFEE TIME 10 AM  BRIDGES BOARD MEETING 11:30 AM ZUMBA 7:30 PM	14 DUNGEONS & DRAGONS NETWORK 1:00 PM	
15 Men's Support Group Every Wednesday Resumes October 18!	16 COFFEE TIME 10 AM  Creative Arts Session 10 AM with Pine Valley Guests	17 Corn Chowder & Fresh Baked Bread  WALK & TALK 1PM	18 COFFEE TIME 10 AM  Greenhouse 12 PM Men's Group 1:00 PM 7PM  HINTON UKULELE GROUP	19 Burgers, Hot Dogs & Salad  WALK & TALK 1PM	20 COFFEE TIME 10 AM  "Holding onto Summer" Celebration 12:00 Ice Cream Sundaes! ZUMBA 7:30 PM	21	
22 H.U.G. Rehearsal	23 COFFEE TIME 10 AM  Valley Biz Community Meeting 7:00 PM	24 Taco Soup & Flatbread  WALK & TALK 1PM	25 COFFEE TIME 10 AM  Men's Group 1:00 PM Bowling 2 PM 7PM  HINTON UKULELE GROUP AT PINE VALLEY	26 Ham, Scalloped Potatoes & Veggies  WALK & TALK 1PM	27 COFFEE TIME 10 AM  H.U.G. Performs @ The PATH - Culture Days 7:00 PM ZUMBA 7:30 PM	28 <i>JAM NIGHT is cancelled for September.</i>	
29 Are you a MEMBER? Support BRIDGES buy a \$10 annual membership!	30 COFFEE TIME 10AM Creative Arts 10 AM with Pine Valley Guests Rural Mental Health Service Providers Meeting 1:00 F.R.I.E.N.D.S. 6:30	IN CRISIS AND NEED SOMEONE? 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				If you're in crisis, need any kind of help that isn't 911, and you don't know who to call: CALL 211	