

BRIDGES Activity Calendar

January 2019

"This bright new year is given me to live each day with zest, to daily grow and try to be my highest and my best!" – William Arthur Ward

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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		1	2	3	4	5
	COFFEE TIME 10 AM 7PM HINTON UKULELE GROUP	Mushroom Soup & Tuna Sandwiches	COFFEE TIME 10 AM Men's Group 1pm	Chili Fries	COFFEE TIME 10 AM Lil' Chefs 10 AM ZUMBA 7PM	
6	7	8	9	10	11	12
	COFFEE TIME 10 AM 7PM HINTON UKULELE GROUP	Mushroom Soup & Tuna Sandwiches	COFFEE TIME 10 AM Men's Group 1pm	Sausage & Penne	COFFEE TIME 10 AM ZUMBA 7PM	
13	14	15	16	17	18	19
	COFFEE TIME 10 AM 7PM HINTON UKULELE GROUP	Chicken Noodle & Egg Salad	COFFEE TIME 10 AM Rotary Club Men's Group 1pm	Spaghetti	COFFEE TIME 10 AM ZUMBA 7PM	PRIVATE FUNCTION
20	21	22	23	24	25	26
	COFFEE TIME 10 AM 7PM HINTON UKULELE GROUP	Ham Soup & Cheese Buns	COFFEE TIME 10 AM Rotary Club Men's Group 1pm Bowling 2pm FCSS Community Dinner 5:30	Macaroni & Hot Dogs	COFFEE TIME 10 AM Jam Session 7 PM	ZUMBA 7PM
27	28	29	30	31		
	COFFEE TIME 10 AM 7PM HINTON UKULELE GROUP	Beef Barley Soup & Biscuits	COFFEE TIME 10 AM Rotary Club Men's Group 1pm	Beef Stew & Bannock		