

BRIDGES Activity Calendar

June 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Coffee Time 9:30 am Care Free Fridays BBQ	2 Scrapbooking weekend
3 Share Shop week Senior's Week	4 Coffee Time 10 am Music Mentor Senior's Week	5 Veggie Soup Biscuits Evening of Music – 6-7pm Senior's Week	6 Coffee Time 10am Rotary Club noon Music Mentor Senior's Week	7 Sausages & Perogies Meditation 12:30 pm Senior's Week F.R.I.E.N.D.S.	8 Senior's Health 10:30 Care Free Fridays BBQ Tea & Dessert 2-3pm	9 Share Shop week Senior's Week
10	11 Coffee Time 10 am Music Mentor	12 Hamburger Soup & Grilled Cheese Sandwiches	13 Coffee Time 10am Rocky Mountain Quilters Rotary Club noon Music Mentor	14 Evergreen Leadership Training 10-5 Meditation 12:30	15 Evergreen Leadership Training 9-4 Care Free Fridays BBQ	16 <i>Private</i> <i>Birthday</i> <i>party</i>
17 Father's Day	18 Coffee Time 10 am Music Mentor	19 Tomato Marconi Soup Bologna Sandwiches	20 Coffee Time 10am Rotary Club noon Bowling 1pm Music Mentor	21 <i>Chili & Biscuits</i> F.R.I.E.N.D.S. Female Role in Empowering & Nurturing Developmental Strategies	22 Coffee Time Music Mentor Care Free Fridays BBQ	23
24	25 Coffee Time 10 am Music Mentor	26 Chicken Soup Biscuits	27 Coffee Time 10am Rotary Club noon Music Mentor	28 Beef Stew Rolls	29 Coffee time Music Mentor Care Free Fridays BBQ	30

IN CRISIS AND NEED SOMEONE TO TALK TO?
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

THE BRIDGES SOCIETY
Supporting Mental Wellness for over 20 years
#102 - 111 Government Road (next to the Valley Clinic)
780-865-4464
Visit our new website! www.bridgeshinton.org