



# BRIDGES Activity Calendar

## October 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <b>BETTER BITES</b> By BRIDGES <i>Order online, by phone or drop-in</i>	2 Coffee Time 10am	3 Beef Barley Soup Egg Sandwich 12 Noon 	4 Coffee Time 10am Rotary Club	5 Shepherd's Pie Mixed Salad 12 Noon 	6 Coffee Time 9:30 am	7 <b>BETTER BITES</b> By BRIDGES <i>Order online, by phone or drop-in</i>
8	9 CLOSED Thanksgiving	10 Vegetable Soup Roast Beef Sandwiches 	11 Coffee Time 10am Rotary Club	12 Chicken Pasta Caesar Salad 12 Noon 	13 Coffee Time 9:30 am	14
15	16 Coffee Time 10am Lil Chefs Shawn / Brian away	17 Sausage Frittata & Vegetables  Shawn / Brian away	18 Coffee Time 10am Rotary Club Bowling 1:00 pm	19 Maritime Chowder Biscuits 12 Noon 	20 Coffee Time 9:30 am 	21 Dinner and a Movie 5:30pm
22	23 Coffee Time 10am	24 Chicken Rice Bologna Sandwiches 12 Noon 	25 Coffee Time 10am Rotary Club	26 Chili on a Bun Mixed Salad 12 Noon 	27 Coffee Time 9:30 am Jam Session 7pm	28
29 <b>BETTER BITES</b> By BRIDGES <i>Order online, by phone or drop-in</i>	30 Coffee Time 10am	31 Cream of Celery Tuna Sandwich 12 Noon 				<b>BETTER BITES</b> By BRIDGES <i>Order online, by phone or drop-in</i>

**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 - 780-865-4464  
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