



Canadian Mental Health Association  
Fort Frances Branch  
Mental health for all

# Dryden CMHAFF Drop-In Centre

April 2018

52 Van Horne Ave.

Located In The Back

223-8841 ext. 224 or 225

MON	TUES	WED	THURS	FRI
2 <b>CLOSED</b> Easter Monday	3 <b>Haircuts</b> 10-12	4 <b>Baking</b> Walking	5 Walking Art/Craft D&D	6 <b>Movies</b> Healthy Living Food Box Drop off
9 <b>BINGO</b> Park Walk	10 Apples to Apples	11 Gym/Pool Walking	12 Walking D&D	13 <b>Movies</b>
16 Park Walk	17 Bowling@1pm	18 Card Game <b>Birthdays</b> Gym/Pool Walking	19 Walking Art/Craft D&D	20 <b>Movies</b> Healthy Living Food Box pickup
23 Park Walk	24 Apples to Apples	25 <b>Museum</b> Gym/Pool Walking	26 Walking D&D	27 <b>Movies</b>
30 BINGO@1pm <b>Walmart Trip</b> Park Walk	1 May <b>Haircuts</b> 10-12 Bowling@1pm	2 Gym/Pool Walking	3 Walking Art/Craft D&D	4 <b>Movies</b>

Hours of Operation:  
9:30am to 3:00pm

Unless otherwise stated

### Events Description

- ⇒ **HAIR CUTS 5\$**, Come with washed hair, sign up
- ⇒ **BINGO**—USEFUL PRIZES !
- ⇒ **Art/Craft** — You decided what you want to make, get creative!
- ⇒ **Walks**—Boost your mood by walking!  
**JUST ASK!**
- ⇒ **D&D**—Play games, your choice!
- ⇒ **Movie Day**—Friday
- ⇒ **Birthdays** celebration for all members this month
- ⇒ **WALMART Trip**—SIGN UP REQUIRED
- ⇒ **YOGA** is 12:10pm Tues/Thurs, meet Gina at the pool and fitness centre before
- ⇒ **Baking** ~ Learn to bake and bring your ideas
- ⇒ **Bowling** ~ We provide passes for two games
- ⇒ **Rec Centre** ~ Kam can take you ~ **Just Ask!**
- ⇒ **Seasonal Events**