



Dryden CMHAFF Drop-In Centre

May 2018

52 Van Horne Ave.
Located In The Back
 223-8841 ext. 224 or 225

MON	TUES	WED	THURS	FRI
30 Bingo Walmart trip Park Walk	1 Walking Haircuts 10-12 Bowling@1pm	2 Gym/Pool Walking	3 Walking Art/Craft D&D	4 Movies Healthy Living Food Box Drop off
7 Yahtzee	8 Walking/Cards	9 Event BBQ	10 D&D	11 Movies
				
14 Bingo	15 Paint/Art Walking	16 Walking Birthdays	17 Art/Paint D&D	18 Movies Healthy Living Food Box pickup
21 CLOSED Victoria Day	22 Craft-Beads Walking	23 Walking June Calendar Planning Meeting @11am	24 Card Game D&D	25 Movies
28 Word Search	29 Yahtzee Walking	30 Walking Breakfast	31 Walmart trip D&D	1 ~June~ Movies

- 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** — 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
 - ⇒ **Food** ~ Learn to cook and bring your ideas
 - ⇒ **Bowling** ~ We provide passes for two games
 - ⇒ **Rec Centre** ~ Kam can take you ~ **Just Ask!**
 - ⇒ **Seasonal Events**