



DRYDEN CMHAFF DROP-IN CENTRE

January 2018

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

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!**
- ⇒ **Games Day**—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**

MON	TUES	WED	THURS	FRI
1 CLOSED HAPPY NEWYEAR	2 Word Search	3 Soup Making and Baking	4 Games Day	5 g off Movie Day Healthy Living Food Box Drop off
8 BINGO@ 11am or 1pm	9 Haircuts 10am-1pm YOGA	10 Art	11 Games Day YOGA	12 p off Movie Day
15 k off Word Search	16 k off Coloring YOGA	17 CLOSED Training	18 CLOSED Training	19 p off Movie Day Healthy Living Food Box pickup
22 BINGO@ 11am or 1pm	23 Bowling YOGA	24 Birthdays	25 Games Day YOGA	26 g off Movie Day
29 Puzzles	30 Word Search YOGA	31 Baking Walmart trip	1 Games Day YOGA	2 Movie Day