



## Dryden CMHAFF Drop-In Centre September 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/Craft** — You decided what you want to make!
- ⇒ **Walks**—Boost your mood by walking!
- JUST ASK!**
- ⇒ **D&D**—Play games!
- ⇒ **Movie Day**—Friday's
- ⇒ **Birthdays** celebration for all members this month
- ⇒ **WALMART Trip**—SIGN UP REQUIRED
- ⇒ **Cookie Wed** ~ Learn to bake and bring your ideas
- ⇒ **Card Games** ~ Apples to apples, Rummy etc
- ⇒ **Rec Centre** ~ Gina can take you ~ **Just Ask!**
- ⇒ **Seasonal Events**

| MON  | TUES  | WED  | THURS                          | FRI  |
|--|---|--|--------------------------------|--|
| 3<br><b>Closed Labour Day</b>                      | 4 <b>No Haircuts Free at the Conference</b>   | 5 <b>BBQ Helpers Needed</b>                                | 6 <b>Games Cards/Board</b>     | 7 <b>CLOSED</b>  |
| 10<br><b>Bingo/Walk</b>                            | 11 <b>Art/Craft Necklaces or Bracelets</b>    | 12<br><b>Cookie Wed</b>                                    | 13 <b>D&amp;D Walk</b>         | 14 p off <b>Movies Closed@Noon</b>   |
| 17 p off<br><b>Open@Noon</b>                       | 18<br><b>Bingo</b>                            | 19 <b>Fall Season Membership Meeting &amp; -Birthdays-</b> | 20<br><b>Games Cards/Board</b> | 21 <b>Movies—Jurassic World</b><br><b>Healthy Living Food Box pickup</b><br><b>D&amp;D</b> |
| 24 <b>Calendar Planning 11am/Walk/Weeding Week</b> | 25 <b>Art/Craft Shrink Plastic Key Chains</b> | 26<br><b>CLOSED Conference</b>                             | 27<br><b>CLOSED Conference</b> | 28<br><b>CLOSED</b>  |
| 1 October<br><b>Walk</b>                           | 2 <b>Walmart trip 10:30am</b>                 | 3 <b>Chair Yoga Library@10am</b><br><b>Meal?-Tentative</b> | 4 <b>Games Cards/Board</b>     | 5 <b>Movies/D&amp;D</b>  |

Mental Illness Awareness Week