



Dryden CMHA Drop-In Centre
 Monthly Calendar of Activities
 For February 2017

52 Van Horne Ave.
Back Entrance
 (807) 223-8841 ext. 24 or 25

- HAIR CUTS **COST \$5**, COME WITH CLEAN, FRESHLY WASHED HAIR, FIRST COME FIRST SERVE.
- BOWLING—PLAY 2 GAMES
- BINGO—LOTS OF COOL PRIZES TO WIN!
- ARTS/CRAFTS—LOTS OF NEAT THINGS TO DO—ALL MATERIALS SUPPLIED
- WALKS—BOOST YOUR MOOD BY WALKING AND TALKING
- HOSPITAL GROUP—CONFERENCE ROOM C IN THE MENTAL HEALTH WING OF THE HOSPITAL, OPEN TO EVERYONE!
- GAMES DAY—VIDEO GAMES, CARDS AND BOARD GAMES AVAIL!
- MOVIE DAY—ALWAYS NEWER MOVIES
- CELEBRATE BIRTHDAYS
- TRIP TO WALMART-SIGN UP REQUIRED
- YOGA-MEET IN THE BOARDROOM TO RELAX AND STRETCH
- TRIP TO THE LIBRARY, FREE CARD FOR RESIDENTS
- OTHER SEASONAL EVENTS
- **Fitness program ~ See Gina for more info**

MON	TUES	WED	THURS	FRI
30 Drop-in	31 Relaxation Breathing/mediation 1:30pm	1 Walmart Trip Sign up now	2 Games Day HSP GRP – Craft Day	3 Movie Day HLFB D/O
6 Drop-in	7 Haircuts 10am-12pm	8 Breakfast @10:30am Dependant on member participation	9 Games Day HSP GRP – Open Discussion With veggies	10 Movie Day
13 Bingo@1pm	14 Chair Yoga 10:30 pm	15 Birthdays Bowling	16 Games Day HSP GRP – Coffee Day	17 Movie Day HLFB P/U
20 CLOSED Family Day	21 Arts and Crafts	22 Breakfast @10:30am Dependant on member participation	23 Games Day HSP GRP – Cooking@Luthern	24 Movie Day
27 Drop-in	28 Drop-in	1 March Membership Meeting	2 Games Day HSP GRP – Education	3 Movie Day