



Canadian Mental Health Association
Fort Frances Branch
Mental health for all

DRYDEN CMHAFF DROP-IN CENTRE

February 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
29 Puzzles	30 Bowling@1pm YOGA	31 Meeting, Open Late@10:45am Baking Walmart Trip	1 Games Day YOGA	2 p off Movie Day Healthy Living Food Box Drop off
5 BINGO@ 11am or 1pm	6 Haircuts 10-12 YOGA	7 Art	8 p off Games Day YOGA	9 p off Movie Day
12 Word Search	13 Coloring YOGA Valentine's Day	14 Birthdays Baking	15 Games Day YOGA	16 p off Movie Day Healthy Living Food Box pickup
19 Family Day CLOSED	20 Bowling@1pm YOGA	21 Art	22 Games Day YOGA	23 g off Movie Day
26 Puzzles	27 Word Search	28 g off Baking	1 March g off Games Day	2 March g off Movie Day