



Dryden CMHA Drop-In Centre
Monthly Calendar of Activities
For January 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
2 CLOSED	3 Drop-in Re-opens	4 Trip to Library 11:00 am	5 Games Day HSP GRP – TBD	6 Movie Day HLFB D/O
9 NWHU Healthy eating on a budget 10:30am	10 Arts and Crafts	11 Breakfast @10:30am	12 Games Day HSP GRP – Games	13 Movie Day
16 Bingo@1pm	17 Chair Yoga 1:30 pm	18 Birthdays Bowling @1pm	19 Games Day HSP GRP – Movie	20 Movie Day HLFB P/U
23 Drop-in	24 Arts and Crafts	25 Breakfast @10:30am	26 Games Day HSP GRP – Undecided	27 Movie Day
30 Drop-in	31 Relaxation ~ Breathing/meditation 1:30 pm	1 February Walmart Trip Sign up now	2 Games Day HSP GRP – Craft Day	3 Movie Day