




Dryden CMHA Drop-In Centre Monthly Calendar of Activities For July

52 Van Horne Ave.

Back Entrance

(807) 223-8841 ext. 24 or 25

MON	TUES	WED	THURS	FRI
29 EDUCATIONAL MOVIE @ 1pm	30 GARDENING/ WALK@ 1PM	1  CLOSED CANADA DAY!	2 GAMES DAY/ HOSPITAL GRP -Beach @11am (Johnson's or Ghost)	3 MOVIE DAY/ Healthy Living Food Box Order Drop-off
6 P off ART/CRAFTS -Finish up unfinished crafts	7 GARDENING	8 WELLNESS GROUP @ 1pm	9 GAMES DAY/ HOSPITAL GRP -Free fishing	10 MOVIE DAY
13 WALK	14 GARDENING/ WALK	15 EDUCATIONAL MOVIE @ 1pm	16 GAMES DAY/ HOSPITAL GRP -BBQ @ Sandy Beach	17 MOVIE DAY/ Healthy Living Food Box Order Pick-ups
20 GARDENING/ WALK	21 WALK @ 11am CLOSED @ 1:30pm	22 MEDITATION 10am & 1pm	23 GAMES DAY/ HOSPITAL GRP -Walk -meet at drop-in	24 MOVIE DAY/ MOVIE DAY/
27 C off all week EDUCATIONAL MOVIE @ 1pm	28 ART/CRAFTS	29 GARDENING	30 GAMES DAY/ HOSPITAL GRP -Walk meet @ hospital	31 MOVIE DAY

- HAIR CUTS **COST \$5**, COME WITH CLEAN, FRESHLY WASHED HAIR, FIRST COME FIRST SERVE.
- BOWLING—LEAVE FROM THE DROP-IN, PLAY 1 OR 2 GAMES
- BINGO—LOTS OF COOL PRIZES TO WIN!
- ARTS/CRAFTS—LOTS OF NEAT THINGS TO DO—ALL MATERIALS SUPPLIED
- WALKS ARE WEATHER PERMITTING
- HOSPITAL GROUP—CONFERENCE ROOM C IN THE MENTAL HEALTH WING OF THE HOSPITAL, CALENDARS AVAIL., OPEN TO EVERYONE!
- GAMES DAY—WII OR OTHER VIDEO GAMES, ALSO CARDS AND BOARD GAMES AVAIL. TOO!
- MOVIE DAY—ALWAYS A GREAT SELECTION OF MOVIES TO CHOOSE FROM!
- **CALENDAR SUBJECT TO CHANGE**
- **WALMART TRIP - GET DROPPED OFF AT WALMART FOR 1 1/2 HRS TO GET SOME SHOPPING DONE!**