



DRYDEN CMHA DROP-IN CENTRE
MONTHLY CALENDAR OF ACTIVITIES
FOR JULY 2017

52 Van Horne Ave.
Back Entrance
223-8841 ext. 224 or 225

MON	TUES	WED	THURS	FRI
3 CLOSED Canada Day STATUTORY	4 Walk 10am YOGA	5 Garden(Tentative) Baking	6 Games Day	7 Movie Day Healthy Living Food Box Drop off at Safe- way
10 Haircuts 10am-12pm	11 Walk 10am YOGA	12 Garden(Tentative) Simple Arts/Crafts	13 Games Day YOGA in the park 10am-11:30am	14 Movie Day
17 Drop-in	18 Walk 10am YOGA	19 Lunch and Learn Birthday's BBQ@NOON	20 Garden(Tentative) Games Day YOGA in the park 10am-11:30am	21 Movie Day Healthy Living Food Box Pick up
24 BINGO@ 11am or 1pm	25 Walk 10am YOGA	26 Garden(Tentative) Simple Arts/Crafts	27 Games Day	28 CLOSED Vacation
31 Drop-in	1 Walmart Trip YOGA	2 Garden(Tentative) Baking	3 Games Day YOGA in the park 10am-11:30am	4 Movie Day

- ⇒ **HAIR CUTS COST \$5**,
COME WITH CLEAN, FRESHLY WASHED HAIR, for members only
- ⇒ **BINGO**—LOTS OF COOL PRIZES TO WIN!
- ⇒ **ARTS/CRAFTS**—ALL MATERIALS SUPPLIED!
- ⇒ **Walks**—BOOST YOUR MOOD BY WALKING AND TALKING, Just Ask.
- ⇒ **GAMES DAY**—VIDEO GAMES, CARDS AND BOARD GAMES AVAIL!
- ⇒ **MOVIE DAY**—ALWAYS NEWER MOVIES
- ⇒ **BIRTHDAYS** celebration for all members this month
- ⇒ **WALMART Trip**-SIGN UP REQUIRED
- ⇒ **Lunch Hour Yoga** is Tuesdays at the pool and fitness centre
- ⇒ **Fitness Program** ~ We have pool and fitness centre passes for members ~ask staff
- ⇒ **Lunch and Learn** ~ Brief educational presentation before lunch
- ⇒ **Gardening** ~ tending the garden boxes each week