



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

52 Van Horne Ave.

Back Entrance

(807) 223-8841 ext. 24 or 25

MON	TUES	WED	THURS	FRI
1 C off	2 MEDITATION @11am/	3 GARDENING -Planting @ 11am	4 GAMES DAY/ HOSPITAL GRP -Walk	5 MOVIE DAY/ Healthy Living Food Box Order Drop-off
8 GARDENING/ ART/CRAFTS	9 WALK @ 1pm	10 GARDENING/ WELLNESS GROUP@ 1pm	11 GAMES DAY/ HOSPITAL GRP -BBQ at Sandy Beach Drop-in CLOSED @	12 MOVIE DAY
15 C off HAIRCUTS 10-12pm EDUCATIONAL MOVIE @ 1pm	16 GARDENING @ 11am/ WALK @ 1pm	17 GARDENING @ 11am/ BINGO	18 GAMES DAY/ HOSPITAL GRP -Walk & Photos	19 MOVIE DAY/ Healthy Living Food Box Order Pick-ups
22 GARDENING/ WALK @ 1PM	23 MEDITATION @11am/ GARDENING	24 BBQ LUNCH WALK @ 1:30pm	25 GAMES DAY/ HOSPITAL GRP -Beach day	26 MOVIE DAY/
29 EDUCATIONAL MOVIE @ 1pm	30 GARDENING/ WALK @ 1PM	1 CLOSED CANADA DAY!	2 GAMES DAY/ HOSPITAL GRP -Beach day	3 MOVIE DAY Healthy Living Food Box Order Drop-off

- 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 TO GET SOME SHOPPING DONE!**