



Dryden CMHA Drop-In Centre
 Monthly Calendar of Activities
 For March 2017

52 Van Horne Ave.
Back Entrance
 (807) 223-8841 ext. 24 or 25

- HAIR CUTS COST \$5, COME WITH CLEAN, FRESHLY WASHED HAIR, for members only
- 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
27 Drop-in	28 Drop-in	1 Membership Meeting	2 Games Day HSP GRP – Cancelled	3 Movie Day HLFB D/O
6 Haircuts 10am-12pm	7 Pool and Fitness Centre 10:30am	8 Breakfast @10:30am Dependant on member participation	9 Games Day HSP GRP – Movie	10 Movie Day <u>HFL@10:30am</u>
13 Bingo@ 11am or 1pm Dependant on member participation	14 Arts and Crafts <u>HFL@10:00am</u>	15 Birthdays Walmart Trip	16 Games Day HSP GRP – Walk	17 Movie Day HLFB P/U
20 Drop-in	21 Bowling@ 10:30am	22 Breakfast @10:30am Dependant on member participation	23 CLOSED@2pm Games Day HSP GRP – Cooking@Luthern <u>HFL@10:00am</u>	24 Movie Day
27 Drop-in	28 Pool and Fitness Centre 10:30am	29 Walmart Trip	30 Games Day HSP GRP – Bonfire@Maurice's	31 Movie Day <u>HFL@10:00am</u>