



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

52 Van Horne Ave.

Back Entrance

(807) 223-8841 ext. 24 or 25

MON	TUES	WED	THURS	FRI
26 September Chair yoga 1:30pm	27 Zen doodle	28 Walking @ 1:30pm Community Garden	29 Games Day HSP GRP – Education @ Hospital	30 Movie Day Yoga @ 10:30am
3 Chair yoga 1:30pm Bingo	4 Picture Tracing	5 Walking @ 1:30pm Word Searches	6 Games Day HSP GRP – Last hike at Aaron Park	7 Movie Day Yoga @ 10:30am Walking @ 1:30pm HLFB D/O
10 Thanksgiving CLOSED	11 HAIRCUTS @10am	12 Birthdays!	13 Games Day HSP GRP - Games @ Hospital	14 Movie Day Yoga @ 10:30am Walking @ 1:30pm
17 Coloring	18 Education Bowling@1pm	19 Walking @ 1:30pm	20 Games Day HSP GRP - Cooking at Luthern church	21 Movie Day HLFB P/U Yoga @ 10:30am Walking @ 1:30pm
24 Drop-in 31 Drop-in Happy Halloween	25 Education	26 Walking @ 1:30pm	27 Games Day HSP GRP – Pharmacist (tentative)	28 Movie Day Yoga @ 10:30am Walking @ 1:30pm

- HAIR CUTS COST \$5, COME WITH CLEAN, FRESHLY WASHED HAIR, FIRST COME FIRST SERVE—WILL TAKE PLACE IN THE BOARD-ROOM.
- 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!
- CELEBRATE BIRTHDAYS
- CALENDAR SUBJECT TO CHANGE