



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

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

**MON                      TUES                      WED                      THURS                      FRI**

28 Open Art Project	29 Education YOGA	30 Baking	31 Games Day YOGA	1 Walmart Trip Movie Day Healthy Living Food Box Drop off at Safe- way
4 CLOSED Labour Day	5 Drop-in YOGA	6 Open Art Project	7 Games Day YOGA	8 Movie Day
11 Open Art Project	12 Drop-in YOGA	13 CLOSED Conference	14 CLOSED Conference	15 CLOSED Conference Healthy Living Food Box Pick up at Volunteer Centre
18 BINGO@ 11am or 1pm	19 Education YOGA	20 Closed@1pm Birthday's Open Art Project	21 Games Day YOGA	22 Movie Day
25 Drop-in	26 Drop-in YOGA	27 Baking Membership Meeting	28 Closed@2pm Games Day YOGA	29 Movie Day

**Events Description**

- ⇒ **HAIR CUTS-free at conference**, Come with clean, washed hair -for members
- ⇒ **BINGO**—USEFUL PRIZES !
- ⇒ **Open Art Project**— You decided what you want to make, get creative!
- ⇒ **Walks**—Boost your mood by walking!
- ⇒ **Games Day**—Play games, your choice!
- ⇒ **Movie Day**—Friday
- ⇒ **Birthdays** celebration for all members this month
- ⇒ **WALMART Trip**-SIGN UP REQUIRED
- ⇒ **YOGA** is 12:10pm Tues/Thurs at the pool and fitness centre
- ⇒ **Baking** ~ Learn to bake and bring your ideas
- ⇒ **BBQ** ~ Brief educational presentation before lunch
- ⇒ **Gardening** ~ tending the garden boxes each week
- ⇒ **Paint Wall** ~painting back wall of building