



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

MON	TUES	WED	THURS	FRI
28 LATCH HOOK	29 BINGO	30 WALK	1 GAMES DAY/ HOSPITAL GRP -Games Day	2 MOVIE DAY Healthy Living Food Box Order Drop-off
5 ARTS/CRAFTS	6 HAIRCUTS 10-12pm	7 WALK	8 GAMES DAY/ HOSPITAL GRP -Education	9 MOVIE DAY
12 ARTS/CRAFTS Mental health collage	13 WALK	14 MENTAL HEALTH VIDEO	15 GAMES DAY/ HOSPITAL GRP—Cooking	16 MOVIE DAY Healthy Living Food Box Order Pick-ups
MENTAL HEALTH AWARENESS WEEK				
19 Victoria Day CLOSED	20 BINGO	21 WALK	22 GAMES DAY/ HOSPITAL GRP - Cooper Park Games	23 MOVIE DAY
26 BOWLING 1-3pm	27 WALK	28 ARTS/CRAFTS	29 GAMES DAY/ HOSPITAL GRP -Waterfront walk	30 MOVIE DAY

- 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, VEHICLE SPACE LIMITED SO SIGN-UP ASAP
- 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**