



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

MON	TUES	WED	THURS	FRI
30 CLOSED	31 CLOSED	1 CLOSED	2 Games Day/ Hospital Group	3 Movie Day
6 Arts/crafts	7 Bingo	8 Lunch Committee Meeting	9 Games Day/ Hospital Group	10 Movie Day
13 Bowling	14 Lunch Prep	15 Lunch	16 Games Day/ Hospital Group	17 Movie Day
20 Arts/crafts	21 Bingo	22 Lunch Committee Meeting	23 Games Day/ Hospital Group	24 Movie Day
27 Latch Hook	28 Lunch Prep	29 Lunch	30 Games Day/ Hospital Group	31 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
- LUNCH—COME HELP PREP, COOK OR CLEAN-UP AND ENJOY A GREAT MEAL!
- 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!