

Fruit and Veggie Bags

Order due July 4th
Delivery July 11th

R.E.A.C.H. CALENDAR OF EVENTS

July 2024

Capital Region Mental Health & Addictions (REACH CENTRE)

Reception: (506) 452-2753

Cell Phone: (506) 998-1665

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed for Canada Day	2 Sign Up Day 9-12 Drop-in 10-11:30 Book Club 1-2:30 Bingo \$3	3 Trip to Mactaquac Picnic Lunch, \$5	4 9-12 Drop-in 10-12 Art Class 1-3 Thrift Store Shopping	5 10-12 Nutrition & Me Centre Closed at 1
8 10-12 "Your Recovery Journey" SSNB 1-3 Knitting,Rug Hooking,Crocheting 1-3 Diamond Dotz, Jjing	9 9-12 Drop-in 10-11:30 Book Club 1-3 Nashwaak Tubing \$5	10 Trip to St. Andrews Leave at 9am \$20	11 9-12 Drop-in 10-12 Art Class 1-3 Movie 4 Garrison Night Market	12 10-12 Nutrition & Me Centre Closed at 1
15 10-12 Mindfulness 1-3 Knitting,Rug Hooking,Crocheting 1-3 Diamond Dotz, Junk Journaling	16 9-12 Drop-in 10-11:30 Book Club 1-3 Scopa Tournament	17 Centre Closed	18 9-12 Drop-in 10-12 Art Class 1-2:30 Bingo \$3	19 10-12 Nutrition & Me Centre Closed at 1
22 10-12 "Your Recovery Journey" SSNB 1-3 Knitting,Rug Hooking,Crocheting 1-3 Diamond Dotz, Jjing	23 9-12 Drop-in 10-11:30 Book Club 1-3 Craft	24 Trip to Aboiteau Beach Leave at 9am, \$20	25 9-12 Drop-in 10-12 Art Class 1-3 Walk at Killarney	26 10-12 Nutrition & Me Centre Closed at 1
29 10-12 Mindfulness 1-3 Knitting,Rug Hooking,Crocheting 1-3 Diamond Dotz, Junk Journaling	30 9-12 Drop-in 10-11:30 Book Club 1-2:30 Bingo \$3	31 Trip to St. Martins Leave at 9am, \$20		MEMBERS ARE REQUIRED TO SIGN UP FOR ACTIVITIES THAT THEY WOULD LIKE TO PARTICIPATE IN.