

## Fruit and Veggie Bags

Order due May 2<sup>nd</sup>  
Delivery May 9<sup>th</sup>

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

## May 2024

**Capital Region Mental Health & Addictions (REACH CENTRE)**

Office: (506) 452-2753

Cell Phone: (506) 998-1665

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MEMBERS ARE REQUIRED TO SIGN UP FOR ACTIVITIES THAT THEY WOULD LIKE TO PARTICIPATE IN.</b>		1 10-12 Rug Hooking, Knitting, Crocheting 1-3 Junk Journal 1-3 Knitting, Crocheting (self-led)	2 9-12 Drop-in 10-12 Art Class <b>1-3 Thrift Store Shopping at Frenchy's</b>	3 10-12 Nutrition & Me Centre Closed at 1
6 10-12 Sound Bath with Kat Roberts 1-3 Walking Club	7 <b>SIGN UP DAY</b> 9-12 Drop-in 10 Book Club <b>12 Lunch and Learn</b> 1-2:30 Bingo \$3	8 10-12 Rug Hooking, Knitting, Crocheting 1-3 Junk Journal 1-3 Knitting, Crocheting (self-led)	9 9-12 Drop-in 10-12 Art Class <b>1-3 Craft</b>	10 10-12 Nutrition & Me Centre Closed at 1
13 10-12 Breath Work with Jackie Johnstone 1-3 Diamond Dotz	14 9-12 Drop-in 10 Book Club <b>1-3 Skip-Bo Tournament</b>	15 10-12 Rug Hooking, Knitting, Crocheting 1-3 Junk Journal 1-3 Knitting, Crocheting (self-led)	16 Centre Closed for morning. <b>1-3 Downtown Walk</b>	17 10-12 Nutrition & Me Centre Closed at 1
20 <b>Victoria Day Centre Closed</b>	21 9-12 Drop-in 10 Book Club 1-2:30 Bingo \$3	22 10-12 Rug Hooking, Knitting, Crocheting 1-3 Junk Journal 1-3 Knitting, Crocheting (self-led)	23 9-12 Drop-in 10-12 Art Class <b>1-3 Talk Learn Grow Presentation</b>	24 <b>Centre Closed</b>
27 10-12 "Your Recovery Journey" SSNB 1-3 Walking Club	28 9-12 Drop-in 10 Book Club <b>1-3 Movie</b>	29 10-12 Rug Hooking, Knitting, Crocheting 1-3 Junk Journal 1-3 Knitting, Crocheting (self-led)	30 <b>Sloppy Joe Lunch \$3</b> 9-12 Drop-in 10-12 Art Class 1-2:30 Bingo \$3	31 10-12 Nutrition & Me Centre Closed at 1