

## Fruit and Veggie Bags

Order due March 7th  
Delivery March 14th

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

## MARCH 2024

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

Reception: (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>	<b>REACH MEMBER MEETING</b> ALL CURRENT AND PAST MEMBERS ARE ENCOURAGED TO JOIN AND SHARE WITH US THEIR THOUGHTS AND SUGGESTIONS ON OUR PROGRAMMING  COFFEE, TEA AND SNACKS WILL BE PROVIDED			1 10-12 Nutrition & Me Centre Closed at 1
4 <b>Closed for Sign Up Week</b>	5 <b>SIGN UP DAY</b> 9-12 Drop-in 10 Member Meeting 1-2:30 Bingo \$2	6 <b>Closed for Sign Up Week</b>	7 9-12 Drop-in 10-12 Art Class <b>1-3 Thrift Store Shopping</b>	8 <b>REACH CENTRE OPEN HOUSE 1-3</b>
11 10-12 Mindfulness 1-3 Diamond Dotz	12 9-12 Drop-in 10 Book Club <b>1-3 Clue Afternoon</b>	13 10-12 Rug Hooking, Knitting, Crocheting 1-3 Junk Journal 1-3 Knitting, Crocheting (self-led)	14 9-12 Drop-in 10-12 Art Class <b>1-3 St. Patrick's Sip N' Paint</b>	15 10-12 Nutrition & Me Centre Closed at 1
18 10-12 Mindfulness 1-3 Walk at Grant Harvey	19 9-12 Drop-in 10 Book Club 1-2:30 Bingo \$2	20 10-12 Rug Hooking, Knitting, Crocheting 1-3 Junk Journal 1-3 Knitting, Crocheting (self-led)	21 9-12 Drop-in 10-12 Art Class <b>1-3 Bowling</b>	22 10-12 Nutrition & Me Centre Closed at 1
25 10-12 Zumba 1-3 Diamond Dotz	26 9-12 Drop-in 10 Book Club <b>1-3 Movie</b>	27 10-12 Rug Hooking, Knitting, Crocheting 1-3 Junk Journal 1-3 Knitting, Crocheting (self-led)	28 <b>Stew Lunch \$3</b> 9-12 Drop-in 10-12 Art Class 1-3 Bingo \$2	29 <b>Centre Closed for Good Friday</b>