

Fruit and Veggie Bags

Order due May 1st
Delivery May 8th

MENTAL HEALTH R.E.A.C.H. CENTRE

May 2025

Mental Health R.E.A.C.H. Centre

Reception: (506) 452-2753

Cell Phone: (506) 998-1665

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
|  | <p>Coffee Time Every Thursday afternoon from 3-4. Meet a Staff at the Smythe Street Tim Hortons for Coffee and a Donut!</p> | | <p>1 9-12 Drop-in 10-12 Art Class 1-3 Thrifting</p> | <p>2 10-12 Nutrition & Me Muffin Meat Loaf, Mashed Potatoes & Ambrosia Salad Center Closed at 1pm</p> |
| <p>5 Walking Club 9-11 Coffee Time 11-12 Centre Closed at 1pm</p> | <p>6 SIGN-UP DAY 9-12 Drop-in 10 Book Club 1-2:30 BINGO \$3</p> | <p>7 9-12 Drop-in 10-12 Rug Hooking/ Knitting/Crocheting 1-3 ART & Emotion</p> | <p>8 9-12 Drop-in 10-12 Art Class 1-3 Trivia Afternoon</p> | <p>9 10-12 Nutrition & Me Teriyaki Chicken & Jello Poke Cake Center Closed at 1pm</p> |
| <p>12 Walking Club 9-11 Coffee Time 11-12 Centre Closed at 1pm</p> | <p>13 9-12 Drop-in 10 Book Club 1-3 Spring Wreath Making</p> | <p>14 CENTRE CLOSED Staff training</p> | <p>15 9-12 Drop-in 10-12 Art Class 1-3 Open Afternoon\ Calendar Planning</p> | <p>16 10-12 Nutrition & Me Fish Cakes & Brownies Center Closed at 1pm</p> |
| <p>19 Centre Closed Victoria Day</p> | <p>20 9-12 Drop-in 10 Book Club 1-3 Cat Café \$3</p> | <p>21 9-12 Drop-in 10-12 Rug Hooking/ Knitting/Crocheting 1-3 Reiki/Sound Bath w/Kat Roberts</p> | <p>22 9-12 Drop-in 10-12 Art Class 1-3 BINGO \$3</p> | <p>23 10-12 Nutrition & Me Lentil Salad & Vegan Oreo Desert Center Closed at 1pm</p> |
| <p>26 Walking Club 9-11 Coffee Time 11-12 Centre Closed at 1pm</p> | <p>27 9-12 Drop-in 10 Book Club 1-3 Movie</p> | <p>28 9-12 Drop-in 10-12 Rug Hooking/ Knitting/Crocheting 1-3 ART & Emotion</p> | <p>29 9-12 Drop-in 10-12 Art Class 12 Nacho Lunch \$3 1-2:30 BINGO \$3</p> | <p>30 10-12 Nutrition & Me Frittata & Yogurt Parfait Center Closed at 1pm</p> |