

Monday	Tuesday	Wednesday	Thursday	Friday
May 2023 REACH Calendar of Events				Capital Region Mental Health & Addictions (REACH CENTRE) Reception: 452-2753 Activity Room 451-8414
1 Centre Closed	2 9-12 Drop-in 10 Sign-up for new classes 1-2:45 Bingo \$2.00	3 Centre Closed	4 9-12 Drop-in 1-3 Thrift Store Shopping	5 10-12 Nutrition & Me Centre Closed at 1:00
8 10-12 Craft 1-3 Diamond Dotz	9 9-12 Drop-in 11:30 Pizza \$1 slice Order and payment in advance 1-2:45 Bingo \$2.00	10 10-11:30 Knitting & Crocheting 1:30-3:00 Rug Hooking	11 9-12 Drop-in 10-12 Art Class 1-3 Personalized planting	12 10-12 Nutrition & Me Centre Closed at 1:00
15 10-12 Craft 1-3 Diamond Dotz	16 9-12 Drop-in 1-2:45 Bingo \$2.00	17 10-11:30 Knitting & Crocheting 1:30-3:00 Rug Hooking	18 9-12 Drop-in 10-12 Art Class 1-3 Bingo \$2.00	19 Centre Closed For Cleaning
22 Closed Victoria Day	23 9-12 Drop-in 10 Birthday Cake 1-2:45 Bingo \$2.00	24 10-11:30 Knitting & Crocheting 1:30-3:00 Rug Hooking	25 9-12 Drop-in 10-12 Art Class 1-3 Movie	26 Centre Closed
29 10-12 Craft 1-3 Diamond Dotz	30 9-12 Drop-in 1-3 Talk by Amy Burns of the Schizophrenia Society & free bingo	31 10-11:30 Knitting & Crocheting 1:30-3:00 Rug Hooking		Fruit and veggie money due by May 4 - \$ 15.00 Delivery May 10