

Fruit and Veggie Bags

Order due July 2nd
Delivery July 9th

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

July 2026

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEMBERS ARE REQUIRED TO SIGN UP FOR ACTIVITIES THAT THEY WOULD LIKE TO PARTICIPATE IN.	SIGN-UP DAY	1 CLOSED FOR CANADA DAY 	2 9-12 Drop In 10-12 Art Class 1-3 Thrift Store	3 9:30-12 Nutrition & Me Centre Closed at 12 Tuna Tomato Bake/Strawberry Shortcake
SUMMER TRIPS IN JULY: July 8 th St. Andrew's July 15 th Mactaquac July 22 nd Black's Harbour July 29 th Wallflower Animal Sanctuary	7 9-12 Drop In 10-12 Book Club 1-3 Bingo \$3	8 St. Andrew's Trip 9-12 Drop In 10-12 R/K/C 1-3 DD/JJ/Walking Club	9 9-12 Drop In 10-12 Art Class 1-3 Seniors Afternoon (55+)	10 9:30-12 Nutrition & Me Centre Closed at 12 Pasta Salad/Pecan Tarts
13 Centre Closed	14 <u>9-11 Drop-In</u> 11-2:30 Callithumpians (Bring lunch)	15 Mactaquac Trip 9-12 Drop In 10-12 R/K/C 1-3 DD/JJ/Walking Club	16 9-12 Drop In 10-12 Art Class 1-3 Calendar Planning	17 9:30-12 Nutrition & Me Centre Closed at 12 Lentil Sloppy Joe's/Chocolate Chip Cookies
20 9:00-12:00 CMHA Presentation: Mental Health and Resilience	21 9-12 Drop In 10-12 Book Club 1-3 A trip to the library!	22 Blacks Harbour Trip 9-12 Drop In 10-12 R/K/C 1-3 DD/JJ/Walking Club	23 9-12 Drop In 10-12 Art Class 1-3 Outdoor Games	24 9:30-12 Nutrition & Me Centre Closed at 12 Sheetpan Gnocchi/Banana Pudding
27 Centre Closed	28 9-12 Drop In 10-12 Book Club 1-3 Bingo \$3	29 Wallflower Trip 9-12 Drop In 10-12 R/K/C 1-3 DD/JJ/Walking Club	30 9-12 Drop In 10-12 Art Class 1-3 Bingo \$3	31 9:30-12 Nutrition & Me Centre Closed at 12 Pad Thai/Sundae