

## Produce Bags

Order due January 9th  
Delivery January 16th


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

# JANUARY 2025

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

Reception: (506) 452-2753

Cell Phone: (506) 998-1665

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>IF SCHOOLS ARE CLOSED DUE TO WEATHER, R.E.A.C.H. PROGRAMMING IS CANCELLED</b>	1 <b>Closed for Christmas Break</b>	2 <b>Closed for Christmas Break</b>	3 <b>Closed for Christmas Break</b>
6 <b>Centre Closed</b>	7 <b>Sign Up Day</b> 9-12 Drop-in <b>10 Member Meeting</b> 1-2:30 Bingo \$3	8 10-12 Rug Hooking/ Knitting/Crocheting 10-12 Mindfulness 1-3 Junk Journal/DD's	9 9-12 Drop-in 10-12 Art Class <b>1-3 Thrifting</b>	10 10-12 Nutrition & Me <i>Tuna Casserole</i> <i>PB Cup Brownies</i> Centre Closed at 1
13 <b>Centre Closed</b>	14 9-12 Drop-in 10 Book Club <b>1-3 New Year Resolution Activity</b>	15 10-12 Rug Hooking/ Knitting/Crocheting 10-12 Mindfulness 1-3 Junk Journal/DD's	16 9-12 Drop-in 10-12 Art Class 1-2:30 Bingo \$3	17 <b>Centre Closed</b>
20 <b>Centre Closed</b>	21 9-12 Drop-in 10 Book Club <b>1-3 Bowling \$3</b>	22 10-12 Rug Hooking/ Knitting/Crocheting 10-12 Mindfulness 1-3 Junk Journal/DD's	23 9-12 Drop-in 10-12 Art Class <b>1-3 Craft</b>	24 10-12 Nutrition & Me <i>Chicken Enchiladas</i> <i>Chocolate Oat Cookies</i> Centre Closed at 1
27 <b>Centre Closed</b>	28 9-12 Drop-in 10 Book Club <b>12 Spaghetti Lunch \$3</b> 1-2:30 Bingo \$3	29 10-12 Rug Hooking/ Knitting/Crocheting 10-12 Mindfulness 1-3 Junk Journal/DD's	30 9-12 Drop-in 10-12 Art Class <b>1-3 Movie</b>	31 10-12 Nutrition & Me <i>Beef Stroganoff</i> <i>Hello Dolly Squares</i> Centre Closed at 1