

Fruit and Veggie Bags

Order due April 3rd
Delivery April 10th


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

April 2025

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

Reception: (506) 452-2753

Cell Phone: (506) 998-1665

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Sign Up Day 9-12 Drop-in 10 Book Club 1-2:30 Bingo \$3	2 10-12 Rug Hooking/ Knitting/Crocheting 10-12 Mindfulness 1-3 Junk Journal/DD's	3 9-12 Drop-in 10-12 Art Class 1-3 Thrifting	4 10-12 Nutrition & Me Goulash & Banana Cream Pie Centre Closed at 1
7 Centre Closed	8 9-12 Drop-in 10 Book Club 1-3 Open Afternoon /Calendar Planning	9 10-12 Rug Hooking/ Knitting/Crocheting 10-12 Mindfulness 1-3 Junk Journal/DD's	10 9-12 Drop-in 10-12 Art Class 1-2:30 Bingo \$3	11 10-12 Nutrition & Me Vegan Dill Pickle Soup & Vegan Cookies Centre Closed at 1
14 10-12 Lucenda Richard Reiki	15 9-12 Drop-in 10 Book Club 1-3 Easter Tea	16 10-12 Rug Hooking/ Knitting/Crocheting 10-12 Mindfulness 1-3 Junk Journal/DD's	17 9-12 Drop-in 10-12 Art Class 1-3 Movie	18 Closed for Good Friday
21 Closed for Easter Monday	22 9-12 Drop-in 10 Book Club 1-3 Yarn Painting Project	23 10-12 Rug Hooking/ Knitting/Crocheting 10-12 Mindfulness 1-3 Junk Journal/DD's	24 9-12 Drop-in 10-12 Art Class 1-3 Pool @ Dooly's	25 10-12 Nutrition & Me Taco Salad & Oreo Dessert Centre Closed at 1
28 Centre Closed	29 9-12 Drop-in 10 Book Club Homemade Pizza \$3 1-2:30 Bingo \$3	30 10-12 Rug Hooking/ Knitting/Crocheting 10-12 Mindfulness 1-3 Junk Journal/DD's	Coffee Time Every Tuesday and Thursday afternoon from 3-5. Meet a staff at the Smythe St. Tim Hortons for a coffee and donut!	