

April 2024

EVENING SOCIAL RECREATION REHABILITATION PROGRAM a program of the Canadian Mental Health Association Hamilton Branch

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Central Memorial Recreation Centre 93 West Ave South	Pinky Lewis Recreation Centre 192 Wentworth Street North	Central Memorial Recreation Centre 93 West Ave South	Pinky Lewis Recreation Centre 192 Wentworth Street North
6:00 - 8:00 pm	6:00 - 8:00 pm	6:00 - 8:00 pm	6:00 - 8:00 pm
2 Suncatcher Creations 	3 Mindfulness Colouring 	4 TRIVIA NIGHT 	5 DIY Message in a bottle 
9 Making Flap Jacks 	10 Spring Flower Paper Art 	11 Spring Puzzlers 	12 Spring Scavenger @ Gage Park  Meet at Gage and Main @ 6 p.m.
16 Movie Day 	17 SPRING BINGO 	18 Pictionary 	19 Game Night 
23 MINI PIZZAS 	24 Scrapbook Art 	25 ART Eploration Night  Meet at the AGH at 6pm	26 CARDS 
30 DIY Garden Signs 	  		

		BARTON							
		CANNON		B					
JOHN	WELLINGTON	VICTORIA	WENTWORTH	SANFORD	SHERMAN	GARFIELD	FAIRHOLT	BARNESDALE	
		KING							
		MAIN							
	JACKSON	WEST AVE. C				BLAKE	ASHFORD	SPRINGER	
	HUNTER								
	X						MAPLEWOOD		
	YOUNG	STINSON							

THE EVENING SOCIAL RECREATION REHABILITATION PROGRAM

- C** Tuesday 6-8 pm Central Memorial Recreation Centre
93 West Avenue South
- C** Wednesday 6-8 pm Pinky Lewis Recreation Centre
192 Wentworth Street North
- C** Thursday 6-8 pm Central Memorial Recreation Centre
93 West Avenue South
- B** Friday 6-8 pm Pinky Lewis Recreation Centre
192 Wentworth Street North
- X** Canadian Mental Health Association
131 John St. S
(905) 521-0090 Ext. 238

**** Times and locations may vary depending on program. See calendar for time and location changes. ****