













May 2024

Evening Social Recreation Rehabilitation Program

A program of the Canadian Mental Health Association Hamilton Branch

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Central Memorial Recreation Center 93 West Ave South	Pinky Lewis Recreation Center 192 Wentworth Street North	Central Memorial Recreation Center 93 West Ave South	Pinky Lewis Recreation Center 192 Wentworth Street South
6:00 – 8:00 pm	6:00 – 8:00 pm	6:00 – 8:00 pm	6:00 – 8:00 pm
 <p>United Way Halton & Hamilton</p>  <p>Hamilton</p>	<p>1 Word Search Day</p> 	<p>2 Crepes & Strawberries</p> 	<p>3 Card Making</p> 
<p>7 Fruit Salad</p> 	<p>8 Movie Night</p> 	<p>9 Kindness Chain Creations</p> 	<p>10 Dice Game</p> 
<p>14 DIY Bird Feeders</p> 	<p>15 Cards</p> 	<p>16 Comic Strip Creations</p> 	<p>17 Comedy Night</p> 
<p>21 Bingo</p> 	<p>22 Mindfulness Colouring</p> 	<p>23 Ice Cream Night</p> 	<p>24 Spring Walk</p>  <p>Meet at Gage and Main at 6 p.m.</p>
<p>28 Flower Pot Painting</p> 	<p>29 Name That Tune</p> 	<p>30 Trivia Challenge</p> 	<p>31 Paint by Number</p> 

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