

















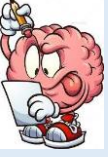


# January 2025

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

| Tuesday                                                                                                              | Wednesday                                                                                                                      | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Friday                                                                                                                                                                  |    |   |   |   |    |    |    |    |    |   |    |    |    |    |    |    |    |    |  |    |    |    |    |    |   |    |    |    |    |                                                                                                                                                                                  |
|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|---|---|---|----|----|----|----|----|---|----|----|----|----|----|----|----|----|--|----|----|----|----|----|---|----|----|----|----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Central Memorial Recreation Centre<br>93 West Ave. S.                                                                | Central Memorial Recreation Centre<br>93 west Ave. S.                                                                          | Central Memorial Recreation Centre<br>93 west Ave. S.                                                                                                                                                                                                                                                                                                                                                                                                                          | Pinky Lewis Recreation Centre<br>192 Wentworth St. N                                                                                                                    |    |   |   |   |    |    |    |    |    |   |    |    |    |    |    |    |    |    |  |    |    |    |    |    |   |    |    |    |    |                                                                                                                                                                                  |
| 6 to 8 p.m.                                                                                                          | 6 to 8 p.m.                                                                                                                    | 6 to 8 p.m.                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | 6 to 8 p.m.                                                                                                                                                             |    |   |   |   |    |    |    |    |    |   |    |    |    |    |    |    |    |    |  |    |    |    |    |    |   |    |    |    |    |                                                                                                                                                                                  |
|                                      | <p>1</p> <p>No Program</p>                    | <p>2</p> <p>DIY Vision Board</p>                                                                                                                                                                                                                                                                                                                                                             | <p>3</p> <p>Coffee Social</p>  <p>Meet at McDonalds at Gage and Main at 6 p.m.</p>   |    |   |   |   |    |    |    |    |    |   |    |    |    |    |    |    |    |    |  |    |    |    |    |    |   |    |    |    |    |                                                                                                                                                                                  |
| <p>7</p> <p>Zilch Challenge</p>    | <p>8</p> <p>Movie Night</p>                  | <p>9</p> <p>Board Games</p>                                                                                                                                                                                                                                                                                                                                                                 | <p>10</p> <p>Hamilton Art Crawl</p>  <p>Meet at James and King Street at 6 p.m.</p> |    |   |   |   |    |    |    |    |    |   |    |    |    |    |    |    |    |    |  |    |    |    |    |    |   |    |    |    |    |                                                                                                                                                                                  |
| <p>14</p> <p>Bracelet Making</p>  | <p>15</p> <p>Word Puzzles &amp; Boggle</p>  | <p>16</p> <p>BINGO</p> <table border="1" data-bbox="935 1234 1065 1402"> <tr><td>B</td><td>I</td><td>N</td><td>G</td><td>O</td></tr> <tr><td>13</td><td>27</td><td>38</td><td>47</td><td>64</td></tr> <tr><td>4</td><td>20</td><td>40</td><td>50</td><td>70</td></tr> <tr><td>11</td><td>28</td><td>48</td><td>66</td><td></td></tr> <tr><td>15</td><td>19</td><td>43</td><td>54</td><td>68</td></tr> <tr><td>7</td><td>29</td><td>31</td><td>55</td><td>65</td></tr> </table> | B                                                                                                                                                                       | I  | N | G | O | 13 | 27 | 38 | 47 | 64 | 4 | 20 | 40 | 50 | 70 | 11 | 28 | 48 | 66 |  | 15 | 19 | 43 | 54 | 68 | 7 | 29 | 31 | 55 | 65 | <p>17</p> <p>Mall Scavenger @ East Gate Square</p>  <p>Meet in the Food Court at 6 p.m.</p> |
| B                                                                                                                    | I                                                                                                                              | N                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | G                                                                                                                                                                       | O  |   |   |   |    |    |    |    |    |   |    |    |    |    |    |    |    |    |  |    |    |    |    |    |   |    |    |    |    |                                                                                                                                                                                  |
| 13                                                                                                                   | 27                                                                                                                             | 38                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 47                                                                                                                                                                      | 64 |   |   |   |    |    |    |    |    |   |    |    |    |    |    |    |    |    |  |    |    |    |    |    |   |    |    |    |    |                                                                                                                                                                                  |
| 4                                                                                                                    | 20                                                                                                                             | 40                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 50                                                                                                                                                                      | 70 |   |   |   |    |    |    |    |    |   |    |    |    |    |    |    |    |    |  |    |    |    |    |    |   |    |    |    |    |                                                                                                                                                                                  |
| 11                                                                                                                   | 28                                                                                                                             | 48                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 66                                                                                                                                                                      |    |   |   |   |    |    |    |    |    |   |    |    |    |    |    |    |    |    |  |    |    |    |    |    |   |    |    |    |    |                                                                                                                                                                                  |
| 15                                                                                                                   | 19                                                                                                                             | 43                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 54                                                                                                                                                                      | 68 |   |   |   |    |    |    |    |    |   |    |    |    |    |    |    |    |    |  |    |    |    |    |    |   |    |    |    |    |                                                                                                                                                                                  |
| 7                                                                                                                    | 29                                                                                                                             | 31                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | 55                                                                                                                                                                      | 65 |   |   |   |    |    |    |    |    |   |    |    |    |    |    |    |    |    |  |    |    |    |    |    |   |    |    |    |    |                                                                                                                                                                                  |
| <p>21</p> <p>Pictionary</p>       | <p>22</p> <p>Mindfulness Colouring</p>      | <p>23</p> <p>New Years Trivia</p>                                                                                                                                                                                                                                                                                                                                                          | <p>24</p> <p>Walk and Coffee</p>  <p>Meet at 47 Discovery Drive at 6 p.m.</p>      |    |   |   |   |    |    |    |    |    |   |    |    |    |    |    |    |    |    |  |    |    |    |    |    |   |    |    |    |    |                                                                                                                                                                                  |
| <p>28</p> <p>Pop Corn Night</p>   | <p>29</p> <p>Skip-bo</p>                    | <p>30</p> <p>Card Night</p>                                                                                                                                                                                                                                                                                                                                                                | <p>31</p> <p>Brain Teasers</p>                                                     |    |   |   |   |    |    |    |    |    |   |    |    |    |    |    |    |    |    |  |    |    |    |    |    |   |    |    |    |    |                                                                                                                                                                                  |

|      |            |                          |           |          |         |           |          |            |  |
|------|------------|--------------------------|-----------|----------|---------|-----------|----------|------------|--|
|      |            | BARTON                   |           |          |         |           |          |            |  |
|      |            | CANNON                   |           | <b>B</b> |         |           |          |            |  |
| JOHN | WELLINGTON | VICTORIA                 | WENTWORTH | SANFORD  | SHERMAN | GARFIELD  | FAIRHOLT | BARNESDALE |  |
|      |            | KING                     |           |          |         |           |          |            |  |
|      |            | MAIN                     |           |          |         |           |          |            |  |
|      | JACKSON    | WEST<br>AVE.<br><b>C</b> |           |          |         | BLAKE     | ASHFORD  | SPRINGER   |  |
|      | HUNTER     |                          |           |          |         |           |          |            |  |
|      | <b>X</b>   |                          |           |          |         |           |          |            |  |
|      | YOUNG      | STINSON                  |           |          |         | MAPLEWOOD |          |            |  |

## THE EVENING SOCIAL RECREATION REHABILITATION PROGRAM

- C**    **Tuesday**    **Central Memorial Recreation Centre**  
6-8 pm    **93 West Avenue South**
- C**    **Wednesday**    **Central Memorial Recreation Centre**  
6-8 pm    **93 West Avenue South**
- C**    **Thursday**    **Central Memorial Recreation Centre**  
6-8 pm    **93 West Avenue South**
- B**    **Friday**    **Pinky Lewis Recreation Centre**  
6-8 pm    **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.\*\***