

May 2025

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	Central Memorial Recreation Center 93 West Ave South	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
 		1 Coffee and Poetry 	2 DIY Bird Feeders 
6 Nacho Night 	7 Movie Night 	8 DIY Card Making 	9 Art Crawl  Meet at James and Main at 6 p.m.
13 Spring I Spy Activity 	14 Pictionary 	15 Ice Cream Night 	16 ART NIGHT 
20 Bingo 	21 Board Games 	22 C.M.H.A Blue Jay Trip (Ticket Holders Only)  No Evening Program	23 Pier Walk  Meet at Granddads 574 James St N #1 @ 6 p.m.
27 Crazy 8's Challenge 	28 Mindful Colouring 	29 Word Search Night 	30 Pong Challenge 

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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
- B** Wednesday 6-8 pm Central Memorial Recreation Centre
93 West Avenue South
- 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.****