

- SEE BACK FOR ALL EXTRA DETAILS

May 2024 - CMHA Halifax/Dartmouth Social Clubs						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1 1:30PM- 4:00PM at DSSC</b> Parkinson's Society Guest Speaker (2:00-3:00PM)	<b>2 1:30PM-4:00PM at YMCA</b> Charades and Pictionary Smile Cookies	<b>3 1:30PM-4:00PM at Nantucket McDonald's</b>	<b>4</b>
<b>5</b>	<b>6 1:30PM-2:30PM</b> Zoom with Music by Larry	<b>7 1:30PM-4:00PM at YMCA</b> Virtual Tourism Day- Passport Stamping	<b>8 1:30PM- 4:00PM at DSSC</b> Mental Health Awareness Week Back Writing Activity	<b>9 1:30PM-4:00PM at 2020 Gottingen St. Mental Health Awareness Week</b> Coffee House with Mike & Larry	<b>10 1:30PM- 4:00PM at DSSC</b> Feed Nova Scotia Food Truck Delivery!	<b>11</b>
<b>12</b>	<b>13 1:30PM-2:30PM</b> Zoom with Music by Larry	<b>14 1:30PM-4:00PM at Halifax Shopping Centre Tim Horton's</b> Tea and Coffee	<b>15 1:30PM- 4:00PM at DSSC</b> Puzzle Day Teams & Cards	<b>16 1:30PM-4:00PM at Parklane</b> Coffee and Cards	<b>17 1:30PM-4:00PM at DSSC</b> Sponsored Birthday BINGO & Member's Meeting	<b>18</b>
<b>19</b>	<b>20 NO ZOOM</b> Victoria Day	<b>21 1:30PM-4:00PM at YMCA</b> Sports day	<b>22 1:30PM- 4:00PM at DSSC</b> Cross Stitching with Adam	<b>23 1:30PM-4:00PM at YMCA</b> Taffy Day with Saltwater Taffy and a Craft	<b>24 1:30PM- 4:00PM at DSSC</b> World Schizophrenia & Psychosis Day	<b>25</b>
<b>26</b>	<b>27 1:30PM-2:30PM</b> Zoom with Music by Larry	<b>28 1:30PM-4:00PM at YMCA</b> Free Day Pass Day (Walking track, swimming, weights)	<b>29 1:30PM- 4:00PM at DSSC</b> Ice Breaker Day & Root Beer Float	<b>30 1:30PM-4:00PM at YMCA</b> Movie Day 🍿	<b>31 1:30PM- 4:00PM at DSSC</b> Scrapbook Day	

# May Important Information

## **Main Office**

Location: 2020 Gottingen Street, Halifax

Office Hours: **TUESDAY-FRIDAY 10:00AM-4:30PM**

Mainline: (902) 455-5445

## **CMHA Social Clubs**

***Dartmouth Location:*** Dartmouth Senior Service Center,  
45 Ochterloney Street, Dartmouth

***Halifax Locations:*** YMCA 5640 Sackville St. Halifax  
Hampton Inn, 1960 Brunswick Street, Halifax

**Social Club Line** - Mikayla & Robyn - (902) 455-0072

**Social Clubs Manager** - Bev Cadham - (902) 463-2187

**Building Bridges Manager** - Margaret Murray - (902) 455-6983

## **Club Hours**

Halifax: **1:30PM-4PM on Tuesdays and Thursday**

Locations and addresses above and on calendar

Dartmouth: **1:30PM-4PM on Wednesdays & Fridays** at the  
Dartmouth Senior Service Centre, 45 Ochterloney St, Dartmouth

**Zoom Days** Zoom chats with music by Larry take place on  
Monday's from 1:30PM-2:30PM. If you would like to be added to  
the Zoom list, please let Robyn or Adam know.

## **Closures**

**Monday May 20th:** Victoria Day

## **Outings**

**Friday May 3:** Meet at McDonald's (25 Nantucket) from 1:30PM -  
4PM

**Tuesday May 14:** Halifax Shopping Centre Food Court (Tim  
Horton's) from 1:30PM- 4PM

**Thursday May 16:** Parklane (5657 Spring Garden Road) - Meet  
at front doors. Cards and coffee from 1:30PM-4PM.

## **Reinstating Feed Nova Scotia Food Truck Delivery**

We are pleased to say that the food truck will be back, please  
respect all rules which will be available prior to entry of the club.  
This service is restricted to CMHA Halifax-Dartmouth members.