

- SEE BACK FOR ALL EXTRA DETAILS- NEW April Schedule printed April 3, 2024

April 2024 - CMHA Halifax/Dartmouth Social Clubs						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 EASTER 🐰 MONDAY CLUB & OFFICE CLOSED	2 1:00PM-3:00PM at Maritime Museum* 1675 Lower Water Street Halifax	3 1:30PM- 4:00PM at DSSC Birdhouse Painting	4 1:30PM-4:00PM at YMCA Hand Table Drumming	5 1:30PM-4:00PM Swim and Walking Track at Sportsplex Club CLOSED	6
7	8 1:30PM-2:30PM Zoom with Music by Larry	9 1:30PM-4:00PM at YMCA Chair Yoga	10 1:30PM- 4:00PM at DSSC Day of Pink - Anti-Bullying and Anti-Homophobia & Dance Songs of the City*	11 1:30PM-4:00PM at 2020 Gottingen Rainbow Yarn	12 1:30PM- 4:00PM at DSSC Karaoke	13
14	15 1:30PM-2:30PM Zoom with Music by Larry	16 1:30PM-4:00PM at YMCA Free day pass (Walking track, swimming, gym)	17 1:30PM- 4:00PM at DSSC Drawing Class with Robyn	18 1:30PM-4:00PM at Halifax Central Library - Meet at front door area	19 1:30PM-4:00PM at DSSC Autism Acceptance Month Guest Speaker: Debbie Carver (2PM-3PM)	20
21	22 1:30PM-2:30PM Zoom with Music by Larry	23 1:30PM-4:00PM Meet at Tim Horton's at Halifax Shopping Centre	24 1:30PM- 4:00PM at DSSC Digital Lesson and Questions with Adam	25 1:30PM-4:00PM at 2020 Gottingen Poetry with Anna: Poem, Poem, Go!	26 1:30PM- 4:00PM at DSSC Member's Meeting and Sponsored Birthday BINGO	27
28	29 1:30PM-2:30PM Zoom with music by Larry	30 1:30PM-4:00PM meet at YMCA Welcome Desk Walk in Public Garden	 Canadian Mental Health Association Halifax-Dartmouth Mental health for all	 REPRESENT #DAYOFPINK	 AUTISM ACCEPTANCE MONTH autism	 Parkinson Awareness Month

April 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

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 April 1st: Easter Monday

Outings

Tuesday April 2: Meet at Maritime Museum at 1PM - 3PM 1675
Lower Water Street Halifax.

Friday April 5: We will meet at DSSC at 1:30PM to walk to
Alderney to catch the #5 bus at 1:45PM to arrive at Zatzman
Sportsplex at 2:00PM. Open Swim in Leisure Pool open from
2:30PM-3:30PM, Walking track available to those who do not
wish to swim. We will bus back to Alderney at 3:45PM.

Wednesday April 10: Songs of the City @ Alderney Landing
Theatre 2 (6:30PM-8:00PM). LIMITED TICKETS AVAILABLE,
PLEASE LET STAFF KNOW IF YOU WOULD LIKE TO ATTEND.

Thursday April 18: Please meet at the Halifax Central Library for
1:30PM at the main doors.

Tuesday April 23: Please meet at the Halifax Shopping Centre
Tim Hortons at 1:30PM for tea and coffee!