



MENTAL HEALTH AWARENESS MONTH

Activities at Bridge House Every Thursday in May "2023"

May 4th- Join us at **2 PM** for a Wellness Fair in Club 880
Alliance/Access Independence/Optimus/G.B. Prevention Programs.

(Formerly ABCD)

- Our friend and dietician Inga Voloshin from ShopRite will provide healthy and nutritional information.
- Please sign up for hand massages with Marianne & Theresa
- 3 PM- Join Tim & Erika for a dance party in the dining room

May 11th- "Celebration" for members and staff 11:30 AM - 4:00 PM

**SUPER DUPER
WEENIE**

Super Duper Weenie Truck will be here!!! 11:30 AM - 1:30 PM
Music-Games-Karaoke, Bingo-Video Bowling, GOOD FOOD & FRIENDS!!

May 18th- Employment/Education Celebration 4 PM-6 PM

Invitation only

Guest speakers and light refreshments

We invite all members who worked, went to school or volunteered in the community during 2022 and who are currently employed.

May 25th- Family & Friends Open House 3:30 PM-6 PM.

Invite your family and friends to the clubhouse for a tour.

Guest Speaker-Thomas Burr, Public Policy and Affiliates Relations
Manager, NAMI-Connecticut.

Light refreshments will be served.