

# May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1 Awakenings: 10am - 12pm Erin Woods. Early Learners: 1:00pm - 2:00pm Dover	2 Beltline: ESL Club 10AM - 12PM, 1:30PM - 3:30pm Lincoln Park: Grab a Snack 3:00pm-4:00pm Temple: Grab a snack 3:00pm-4:00pm	3 Erin Woods: Grab a Snack 3:00pm-4:00pm	4
5 Red Dress Day	6	7 ESL Club: 10:00am - 12:00pm, 1:30PM - 3:30PM Dover	8 Golden Club: 10:30am - 12pm Beltline	9 Beltline: ESL Club 10AM - 12PM, 1:30PM - 3:30pm Lincoln Park: Grab a Snack 3:00pm-4:00pm Temple: Grab a snack 3:00pm-4:00pm	10 Erin Woods: Grab a Snack 3:00pm-4:00pm	11
12 Mother's Day	13	14 ESL Club: 10:00am - 12:00pm, 1:30PM - 3:30PM Dover	15 Awakenings: 10am - 12pm Erin Woods.	16 Beltline: ESL Club 10AM - 12PM, 1:30PM - 3:30pm Lincoln Park: Grab a Snack 3:00pm-4:00pm Temple: Grab a snack 3:00pm-4:00pm	17 Erin Woods: Grab a Snack 3:00pm-4:00pm	18
19	20 Victoria Day	21 ESL Club: 10:00am - 12:00pm, 1:30PM - 3:30PM Dover	22 Golden Club: 10:30am - 12pm Beltline	23 Beltline: ESL Club 10AM - 12PM, 1:30PM - 3:30pm Lincoln Park: Grab a Snack 3:00pm-4:00pm Temple: Grab a snack 3:00pm-4:00pm	24 Erin Woods: Grab a Snack 3:00pm-4:00pm	25
26	27	28 ESL Club: 10:00am - 12:00pm, 1:30PM - 3:30PM Dover	29 Awakenings: 10am - 12pm Erin Woods.	30 Beltline: ESL Club 10AM - 12PM, 1:30PM - 3:30pm Lincoln Park: Grab a Snack 3:00pm-4:00pm Temple: Grab a snack 3:00pm-4:00pm	31 Erin Woods: Grab a Snack 3:00pm-4:00pm	1

## Golden Club

The Golden Club is a center of reunion where Seniors of all backgrounds can gather to create community, to reduce isolation, improve wellbeing and increase knowledge of available resources.

Contact:  
hubs@winsyyc.ca or cal (825) 540-4717  
for more details!

**Youth Coding Club 2.0:** Do you know a girl or non-binary youth interested in learning CSS? Youth Coding Club might be the right program for them! Contact [hubs@winsyyc.ca](mailto:hubs@winsyyc.ca) to learn more!

**Calgary Counselling Center:** They offer counselling for individuals, families, and couples on a sliding scale cost to provide services with accessible prices. Visit [Calgarycounselling.com](http://Calgarycounselling.com) or call (403) 691-5991 for more information.

### Did you Know?

May is Mental Health Awareness Month!  
Everyone has the right to access mental health resources, if you or someone you know is in crisis, please call The Calgary Distress Center (403) 266 4357