







February 2018

Alternatives Activity Centre Social Recreation Program

(519) 752-2998 ext . 114

Mon	Tue	Wed	Thu	Fri
 <p>FEBRUARY</p>	<p>Notes/Reminders:</p> <p>*With the cold weather please dress warm and remember to stomp boots off before coming in and on mat and/or bring a change of footwear</p> <p>*Reminder to pay or get IOU for drinks and snacks before you get the item.</p> <p>*For Chinese New Year, Year of the dog CMHA staff Mel will be having a few fun events such as colouring contest, fun facts and traditions and a lunch out.</p> <p>*Friday February 2nd and 9th 3:30-4:30 skate exchange at library can go and see if have your size</p>	<p>Facts about February</p> <ul style="list-style-type: none"> -Shortest month of the year -Black history month -National dental month -Birthstone: Amethyst -Flower: Primrose -Zodiac Sign: Aquarius and Pisces -CMHA 100th Anniversary 	<p>Centre is closed due to staff training</p>	<p>2</p> <p>9-10 Morning Drop In 10-12 Members Meeting/ Calendar Planning 12-1 Pizza Lunch \$3 Need to be here and paid by 10 in order to participate 1-3 Apples to Apples Game Closing at 3 due to lunch</p> <p>Sign Up Day </p>
<p>5</p> <p>9-10:30 Breakfast Club with Mike M. \$2.75 10:30-12 Cards 1-4 Skating if you have skates at Harmony Square and warm up at Coffee Culture-Bring money 1-4 Personality Dimension s Colors Workshop Sign Up Day</p>	<p>6</p> <p>9-12 Mens Group-In centre Womens Group Out- Going to Allantis and getting nails done \$40 for manicure and pedicure or \$25 for manicure or \$15 for just pedicure 1-4 Tape Painting with Nikkita \$2 1-4 Mood Walks</p>	<p>7</p> <p>Centre is Closed</p>	<p>8</p> <p>9-10 GRCHC Nurse/Dietician 10-11 Morning Drop In 11-2 Lunch at Swiss Chalet-Bring money to cover cost of meal 2-3 Afternoon Drop In Closing at 3 due to lunch program</p>	<p>9</p> <p>9-10 What's in the news, info/trivia about Winter Olympics which start today 10-12 Word searches, cross words and word scrambles 1-4 Bowling 5 pin \$8.50 for 2 games and shoe rental</p>
<p>12</p> <p>9-10:30 Breakfast club with Kathy E. \$2.75 10:30-12 Counsellor Kristen talking about Counselling Program and doing a positive affirmation 1-4 Bath Bombs with Nikkita \$4 1-4 Personality Dimensions Workshop</p>	<p>13</p> <p>9-10:30 Staff Mel talking about Chinese New Year 10:30-12 Elaine talking about coping with Anxiety 1-4 Birthday Cards for Kaitlin: local girl turning 18 that we will send birthday cards to (Was in newspaper) 1-4 Mood Walks</p>	<p>14</p> <p>Centre is Closed</p> 	<p>15</p> <p>8:30-4 Trip to Hamilton to Limeridge Mall Bring money for shopping and lunch</p>	<p>16</p> <p>Opening at 10 due to lunch program</p> <p>10-11:45 Trivia Morning 11:45-4 Lunch and Learn and Cinema Therapy at Welcome In First day of Chinese New Year</p>
<p>19</p> <p>Family Day Centre is Closed</p>	<p>20</p> <p>9-12 Cup designs with Nikkita and Whitney \$2 12-1 Lunch with Matt \$3 1-3 Games afternoon Closing at 3 due to lunch program 1-4 Mood Walks</p>	<p>21</p> <p>Centre is Closed</p>	<p>22</p> <p>9-10 Coffee Hour 10-12 Budgeting Workshop with Anita 1-4 Making Greeting Cards with Paula-Free</p>	<p>23</p> <p>9-11:30 Mindfulness colouring 11:30-2 Lunch at Kings Buffett for Chinese New Year \$15 includes lunch and tea this will be for staff of CMHA and clients 2-3 Afternoon Drop In Closing at 3 due to lunch program</p>
<p>26</p> <p>9-10:30 Breakfast Club with Jordan -Free 10:30-12 Knitting with Darlene 1-4 Scrapbooking afternoon 1-4 Personality Dimensions Workshop</p>	<p>27</p> <p>9-10 Coffee Hour 10-12 Mindfulness Colouring 1-4 Birthday Bash and Bingo 1-4 Mood Walks</p>	<p>28</p> <p>Centre is Closed</p> <p>1:00 Executive meeting and phone calling to follow after meeting</p>		<p>Executive:</p> <p>President- Bonnie H. Vice President- Tina B. Secretary- Caroline D. Treasurer- Jared S. Reps- Anita M, Ed W, Ruth N and Steve G.</p>