




# April 2018

## Alternatives Activity Centre-Social Recreation Program

(519) 752-2998 ext . 114

Mon	Tue	Wed	Thu	Fri
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<p><b>Easter Monday Centre is Closed</b></p> 	<p><b>Sign Up Day</b> 9-12 Mood Walks 10-12 Coffee Hour 10-11 Guest Speaker: GELA 11-12 Drop in 1-4 A Journal a day program <i>Nikkita starts full time placement today</i></p>	<p><b>Centre Is Closed</b></p>	<p><b>Sign Up Day</b> 9-10 Coffee Hour 10-12 Members Meeting/Calendar Planning and Executive elections 12-1 Pizza Lunch \$3 Need to be signed up and pay 1-3 Apples to Apples and saying thanks and goodbye to Charlotte our student</p>	<p>9-1:30 Walk to Farmers Market and volunteer (10-12) for the Cancer Society handing out Daffodil Pins then buy lunch there 1:30-3 Games afternoon</p> <p><b>Closing at 3 due to lunch program</b></p>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<p>9-10:30 Doug's Breakfast Club \$2.75 10:30-12 Trivia Morning 1-4 The Brown Cow Tour (bring cash if you wish to buy some of their product)</p>	<p>9-12 Mood Walks 9-12 Group canvas art with Nikkita and Whitney \$2 1-4 A Journal a day program</p>	<p><b>Centre Is Closed</b></p>	<p>9-9:30 Coffee Time 9:30-11:30 Budgeting with Anita 11:30-12 Drop In 1-4 Walk over and tour of city hall</p>	<p><b>Opening at 10 due to lunch program</b></p> <p>10-11:45 Mindfulness Coloring 11:45-4 Lunch and learn and cinema therapy at Welcome In</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<p>9-10:30 Caroline D's Breakfast \$2.75 10:30-12 Saying thank you &amp; goodbye to Whitney and playing Games 1-2 Afternoon Drop In 2-4 Serenity Candles</p>	<p>9-12 Mood Walks 9-10 Drop In 10-12 Guest speaker from Sexual Assault Centre on their services 1-4 A Journal a day program</p>	<p><b>Centre Is Closed</b></p>	<p>8:30-4 Out of town trip Trip to Peace Ranch \$5.00 and Lunch Provided</p>	<p>9-11 Yahtzee Morning 10-2 Lunch Outing to Montana's cost depends on what you order. 2-3 Afternoon drop-in <b>Closing at 3 due to lunch program</b></p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<p>9-10:30 Catlin's Breakfast Club \$2.75 10:30-12 Games Morning 1-4 Tour of the Brantford Public Library (Newly Revovation )</p>	<p>9-12 Mood Walks 9-12 Games and saying thank you and goodbye to Nikkita 1-4 A Journal a day program <i>Nikkita's Last day</i></p>	<p><b>Centre is Closed</b> <b>1:00 Executive Meeting and Phonecalling following meeting</b></p>	<p>9-10 GRCHC Nurse Is In 10-12 Games Morning 1-4 Volunteering at the Brantford Food Bank</p>	<p>9-10 Coffee Hour 10-12 Guest Speaker -David Li Pharmaist Shopper Drug Mart 1-4 Channel Control Shopping</p>
<b>30</b>				
<p>9-10:30 Bonnie's Breakfast Club-Free 10:30-12 Guest Speaker: SPCA-Will be bringing a animal 1-4 Birthday Bash and Bingo</p>	<p>Congratulations to Kathy and Catlin! Last month they got married!</p> <p>Elaine will be off for a few months and she will be missed and hoping she has a healthy and speedy recovery</p>	<p><u>A Journal A Day Program</u> Nikkita is running a 4 week program on Tuesday afternoons called A Journal A Day. You have to be able to attend all 4 sessions and it will be a closed group so need to sign up and centre will be closed</p>	<p>Thank you to all our students for their time in Alternatives. We enjoyed having you and wish you all the best in your future!</p>	<p><u>Notes/Reminders:</u> -\$2 yearly membership is due this month, please pay ASAP -Executive elections will take place on April 5<sup>th</sup> for Vice President, Secretary, Treasurer and 4 representatives (Need to be here to run and to vote)</p>