



Canadian Mental
Health Association
Brant-Haldimand-Norfolk

August 2019

Alternatives Activity Centre Social Recreation Program

(519) 752-2998 ext . 114

Mon	Tue	Wed	Thu	Fri
	<p>Executive: President- Laura F. Vice President- Ed W. Secretary- Catlin D. Reps-Anita M, James M and Lo A.</p> <p>At this month's members meeting will be voting for a couple positions for executive.</p>	<p>Notes: Reminder to please check after sign up day what activities you are on list for and also let us know if you can't make it so other people get a chance!</p>	<p>9-10 Morning Drop In 10-12 Members Meeting and Calendar Planning 1-4 Apples to Apples Game</p> <p>Sign up day</p>	<p>9-11:45 Mindfulness Morning- Word searches, cross words 11:45-1:15 Tunes in the park 1:15-3 Open Cupboard Craft</p> <p>Closing at 3 due to lunch program Sign up day</p>
<p>5</p> <p>Civic holiday Centre closed</p>	<p>6</p> <p>9-10 Wellness Checks 10-12 Guest Speaker- Police officer on Frauds 1-4 Ice Cream Outing to OMG Ice Cream-Bring money to cover cost 1-4 Mood Walks</p>	<p>7</p> <p>Centre is Closed</p>	<p>8</p> <p>9-10 Coffee Hour 10-12 Crochet with Jess: Bring supplies if you have some 1-4 Open Cupboard Craft</p>	<p>9</p> <p>9-12 Yahtzee Morning 1-4 Board Game afternoon</p>
<p>12</p> <p>9-10 Morning Drop In 10-3 Twin Valley Zoo \$12 + pack a lunch</p> <p>Closing at 3 due to lunch program</p>	<p>13</p> <p>9-12 Morning clean up of centre- Come help tidy up centre 1-4 Darts at Moose Lodge 1-4 Mood Walks</p>	<p>14</p> <p>Centre is Closed</p>	<p>15</p> <p>9-11 Pictionary Morning 11-1:30 Stacked Restaurant Cost depends on what you order. 1:30-3 Cards and Games</p> <p>Closing at 3 due to lunch program</p>	<p>16</p> <p>9-11 Mohawk for Frisbee Golf 11-3 BBQ at Mohawk parks \$5.00</p> <p>Closing at 3 due to lunch program</p>
<p>19</p> <p>9-11 Games morning 11-3 Brant Park Picnic and swim (pack your own lunch or bring money for the canteen) \$2 for swimming</p>	<p>20</p> <p>9-10:30 Wellness Checks 10:30-12 Talk with Elaine on dealing with family "drama"/situations 1-4 Painting Kindness Rocks 1-4 Mood Walks</p>	<p>21</p> <p>Centre is Closed</p>	<p>22</p> <p>9-10:30 Morning Drop in 10:30-3 Earl Haig for swim and 1 round of mini putt \$9.50. Bring money for lunch or pack a lunch.</p> <p>Closing at 3 due to lunch program</p>	<p>23</p> <p>9-4 Royal Botanical Gardens \$18 Please pack a lunch</p>
<p>26</p> <p>9-11 Anita and Lo's Breakfast Club -Free 11-12 Wellness Checks 1-4 Volunteering at Participation support Services</p>	<p>27</p> <p>9-10 Morning Drop In 10-12 Items in a bag-Mindfulness activity 1-4 Frozen Yogurt with Jess \$1 Mood Walks Full Day</p>	<p>28</p> <p>Centre is Closed</p> <p>Executive Meeting and Phone calling following meeting</p>	<p>29</p> <p>9-11 Morning Games 11-3 Shopping At Channel Control and other stores in that area. Pack a lunch or bring money to go somewhere nearby for lunch. Centre closing at 3</p>	<p>30</p> <p>9-12 Birthday Bash and Bingo 1-4 Bowling 10 Pin \$9</p>