




December 2018

Alternatives Activity Centre-Social Recreation Program
 (519) 752-2998 x114

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9-10:30 Laura and Anita's Breakfast Club \$2.75 + Amy doing wellness check 10:30-12 Card Game morning 1-4 Apples to Apples Game</p> <p>Sign Up Day</p>	<p>4</p> <p>9-10 Coffee Hour 10-12 Mindfulness Colouring 1-4 Open Cupboard Craft</p> <p>Sign Up Day</p> <p>1-4 Mood Walks</p>	<p>5</p> <p>Centre is Closed</p>	<p>6</p> <p>9-10 Morning Drop In 10-12 Members Meeting/Calendar Planning Meeting</p> <p>Centre is closed in afternoon-Hope to see you at the CMHA Christmas Party! *Had to purchase tickets in advance</p>	<p>7</p> <p>9-12 Decorate the Centre for holidays and making Christmas Stockings Morning \$3 1-4 Brown cow Tour and talk on how to make cheese</p>
<p>10</p> <p>9-10:30 Gale's Breakfast Club \$2.75 + Amy doing wellness checks 10:30-12 Talk on manners and respect with Amy 1-4 Craft with Jess and Stephanie: Making Christmas Bulbs \$3</p>	<p>11</p> <p>9-10:30 Mindfulness Colouring Morning 10:30-12 Talk on hygiene with Amy 1-4 Shanghi Card Game afternoon 4-7 Mood Walks slide show and evening walk to Glenhyrst</p>	<p>12</p> <p>Centre is Closed</p>	<p>13</p> <p>9-9:30 Morning Drop In 9:30-10:30 Nurse from GRCHC in 10:30-12 Mindfulness Colouring 1-4 Volunteering with the Salvation Army Kettle Program</p>	<p>14</p> <p>9-10 Coffee Hour 10-11 Landlord and tenant issues with Lawyer from Legal Aid 11-12 Drop In</p> <p>Closed in afternoon-staff have a meeting</p>
<p>17</p> <p>9-10:30 Mike M's Breakfast Club Free + Amy doing wellness checks 10:30-12 Music Therapy-Come tell us what your favourite song is/why and we will play it for the group 1-4 Decorating Gingerbread Men and making hot chocolate in a bag \$4</p>	<p>18</p> <p>9-10 Morning Drop In 10-11 Wills and POA guest speaker from Legal Aid 11-3 Christmas Meal Outing at Swiss Chalet. Cost depends on what you order. No Mood Walks today</p>	<p>19</p> <p>Centre is Closed</p> <p>10:30-3 Mood walks Christmas Dinner</p>	<p>20</p> <p>9-9:30 Drop In 9:30-10:30 Fire Prevention officer on Home safety 10:30-12 Holiday Trivia 1-4 Cookies/Brownies in a Jar \$4</p>	<p>21</p> <p>9-12 Holiday word activities 1-4 GRCHC cooking class</p>
<p>24</p> <p>9-12 Hot chocolate morning and holiday discussion 1-4 Holiday Movie</p>	<p>25</p> <p>Closed Christmas Day</p> 	<p>26</p> <p>Closed Boxing Day</p>	<p>27</p> <p>9-12 Pictionary Morning 1-4 Holiday Bingo</p> <p>*January Calendars are out</p>	<p>28</p> <p>9-12 Mindfulness Colouring and New Years word activities 1-4 Clean up centre holiday decorations</p>
<p>31</p> <p>9-10 Coffee Hour 10-12 Discussion on New Years Resolutions 1-4 New Years Party</p>	<p>Wishing all members and their friends and family a very healthy, safe and fun Holiday Season!</p> <p>Wishing all the best in 2019!</p>		<p><u>Notes:</u></p> <p>-No Executive meeting or phoning this month due to holidays. -This month is low cost month and January will be no cost month for activities</p>	<p><u>Executive:</u></p> <p>President: Tina B. Vice President: Laura F. Treasurer: Jordan G. Reps: Amanda B, Gale I, Olivia A. and Paula L</p>