





February 2019

Alternatives Activity Centre-Social Recreation Program

(519) 752-2998 ext . 114

Mon	Tue	Wed	Thu	Fri
	<p>Notes:</p> <p>-Please dress warm for when we go out walking to our activities.</p> <p>-Please wipe boots off well before coming into the centre and on the mat when you come in the door. Feel free to bring a change of footwear as well.</p>	<p>Executive: President- Tina B. Vice President- Laura F. Treasurer- Jordan G. Secretaries/Reps- Amanda B. and Paula L. Reps-Gale I.</p>	<p>Join in on a couple events to celebrate Chinese New Year!</p> <p>At our April members meeting we will be voting for positions on executive so start thinking about if you would be interested. Ask current executive or staff if any questions.</p>	<p>9-10 Morning Drop In 10-11 Mel: Talk on Chinese New Years 11-12 Cards 1-4 Open Cupboard Craft</p> <p>Sign up day</p>
<p>9-10:30 Gale's Breakfast Club \$2.75 10:30-12 Mindfulness Coloring 1-4 Apples to Apples Game</p> <p>Sign up day</p>	<p>9-10 Coffee Hour 10-12 Cards and board games. 1-4 Brad Kidder GRCHC Outreach worker on their services 1-4 Mood Walks</p>	<p>Centre is Closed</p>	<p>9-10 Coffee Hour 10-12 Members Meeting and Calendar Planning 1-4 Craft with Patricia P.</p>	<p>9-12 Outing to Library: Pick up a book or return one and then to Harmony Square: Bring skates if have them and weather permitting and go to Coffee Culture for a warm drink 1-4 Bowling 10 Pin \$9</p>
<p>9-10:30 Anita and Ruth's Breakfast Club \$2.75 10:30-12 Trivia Morning 1-4 Making Chocolate with Jordan</p>	<p>9-10 Wellness Checks with Amy 10-12 Music Therapy with Amy 1-4 Walk down and tour St Vincent DePaul 1-4 Mood Walks</p>	<p>Centre is Closed</p>	<p>9-9:30 Drop In 9:30-10:30 GRCHC Nurse 10:30-12 Guest Speaker Markus from Modo yoga on being your own valentine 1-4 Valentine Party</p> 	<p>9-11 Mindfulness Colouring Morning 11-3 Lunch at Kings Buffett to Celebrate Chinese New Year then back to centre for drop in \$13.99 + tax and tip and pop is extra</p> <p>Closing at 3 due to lunch program</p> <p>*Colouring contest entries due today by 11 am</p>
<p>Centre is closed</p> <p>Family Day</p>	<p>9-10 Wellness Checks with Amy 10-12 Open Cupboard craft 1-4 Swim at YMCA \$4.50 1-4 Mood Walks</p>	<p>Centre is Closed</p>	<p>9-10 Coffee Hour 10-12 Board Games 1-4 Women's Group-Salt Cave \$25 Need to be paid by Feb 15th and that will be last day to cancel and get money back, limited spots Men's group Sandwiches and Movies \$3.00</p>	<p>9-4 Trip to Limeridge Mall-Bring a lunch or money to buy one</p>
<p>9-10:30 Wendy W's Free Breakfast Club + Wellness Check with Amy 10:30-12 Games 1-4 Smoothies with Jess</p>	<p>9-12 Volunteering at Friendship House 1-4 Kindness Stone Painting 1-4 Mood Walks</p>	<p>Centre is Closed</p> <p>1:00 Executive meeting and phone calling to follow after meeting</p>	<p>9-10 Drop In 10-12 Cards and Coloring 1-4 Birthday Bash and Bingo</p>	