
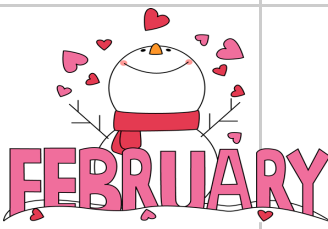




Canadian Mental
Health Association
Brant-Haldimand-Norfolk

February 2023

Alternatives Activity Centre Social Recreation Program
20 Darling St. Brantford, ON. (519) 752-2998 ext. 114

Mon	Tue	Wed	Thu	Fri
<p>Welcome to Therapeutic Recreation Awareness Month 2023!</p>	<p>- Let Your Passions Flow -</p>	<p>Centre Closed</p>	<p>1 9-11:30 Members Meeting Sign up is after the meeting. 1-3:30 Apples to Apples Game</p>	<p>2 9-11:30 Hot Chocolate Morning and Chat 1-3:30 Rummoli</p>
<p>#SlayYourLeisure 6 9-11:30 Leisure Assessment & Importance of Recreation Discussion 1-3:30 Goal Club #5 -Sign up</p>	<p>7 9-11:30 Collective Art Part 3 -Must have previously signed up to attend 1-2:30 Book Club—What did you think of Late Nights on Air? 2:30-3:30 Trip to the Library</p>	<p>8 Centre Closed</p>	<p>9 9-11:30 Valentine's Gnomes with Jess G. Sign up, Free 1-3:30 Yoga at the centre- YouTube Bring a mat or blanket for the floor and wear comfy clothing</p>	<p>10 9-10:30 Crazy 8's Morning 10:30-11:30 Snack N Chat 1-3:30 Bowling- Sign up and meet there, \$10</p>
<p>#SlayYourLeisure 13 9-10:00 Be Fit For Life -Meet @ Gretzky Centre, Sign up, \$9.50 1-3:30 Window into Recreation: Collaborative Art Project!</p>	<p>14 9-11:30 50 Things I love Activity 11:30 Valentines Day lunch at Chucks Roadhouse -Sign up, Cost depends on what you order</p>	<p>15 Centre Closed</p>	<p>16 9-10:30 Morning Drop-in and check-ins 10:30-11:30 Guest Speaker: HOPE 1-3:30 Family Totem Pole activity</p>	<p>17 Centre Closed For Trip Go Karts Hamilton -Sign up, \$25.00 Meet at Centre at 9:45 AM</p>
<p>Centre Closed Family Day</p>	<p>20 9-11:30 Music Appreciation & Mindfulness Coloring 1-3:30 Creative Journaling -Sign up</p>	<p>21 Centre Closed Pink shirt day for anti bullying</p> 	<p>22 9-10:30 Breakfast Club -Free 10:30-11:30 Cards Morning 1-3:30 Balloon Badminton with Student: Ashley</p>	<p>23 9-10:30 Left Right Centre Game 10:30-11:30 Snack N Chat 1-3:30 Swimming at YMCA- Sign up, \$5.75 if don't have a membership</p>
<p>#SlayYourLeisure 27 9-11:30 Long Live Your Brain! Activity & Discussion on Recreation For Brain Health 1-3:30 Heart Bingo and Birthday Bash</p>	<p>28 9-11:30 D.I.Y Coasters -Sign up 12:15-1:00 Aqua Yoga -Meet at the Gretzky Centre, Cost \$9.50, Sign up</p>		<p>Notes: Location and times may vary depending on program. See calendar for details. For more information please contact Alternatives staff Amy; 519-752-2998 ext. 113. or Natalie; 519-752-2998 ext. 131</p>	