




**Canadian Mental  
Health Association**  
Brant-Haldimand-Norfolk

# June 2023

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

Mon	Tue	Wed	Thu	Fri
<p><b>Notes:</b> 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>			<p><b>1</b> 9-11:30 Members Meeting 1-3:30 Jordan G's Board Game Afternoon  <b>Sign Up Day</b>-Starting after members meeting</p>	<p><b>2</b> 9-11:30 Volunteer at Food Bank <b>-Sign up, Meet there, 111 Sherwood Dr.</b>  1-3 TH&amp;B Bridge Art Project: Come see our work on the painted panel and add your mark by doing your thumbprint on our tree Meet at bridge, Drop in anytime between 1-3</p>
<p><b>5</b> 9-10:30 Goal Club –Discuss, Encourage &amp; Share Tips! 10:30-11:30 Coffee House Drop-in 1-3:30 Stitched Galaxy Art <b>-Sign up</b></p>	<p><b>6</b> 9:30-11:30 Lets Get Gardening! <b>-Sign up, Meet at Earl Haig Community Garden, Free</b>  1-3:30 Creative Journaling <b>-Sign up</b></p>		<p><b>7</b> Centre Closed</p>	<p><b>8</b> 9-10:30 Morning Check in's and What's in the news 10:30-11:30 Guest Speaker: Special Olympics  1-3:30 Centre Closed</p>
<p><b>12</b> 9-11:30 Darts and Pool at the Navy Club <b>-Meet at Alt, leaving at 9:15 and walking over together</b> 1-3:30 Chess with Jake - Come learn the basics and have fun!</p>	<p><b>13</b> 10-11:30 Hydrotherapy at YMCA \$4.75 <b>-Sign up, Meet there</b> 1-2:30 Book Club Discussion 2:30-3:30 Finish the Fault in Our Stars Movie (from last month)</p>	<p><b>14</b> Centre Closed</p>	<p><b>15</b> 9-11:30 Card Game Morning  1-3:30 Tour of Brantford Public Library– Main Branch <b>Sign up, Meet at centre and walk over together</b></p>	<p><b>16</b> 9-11:30 Board Game morning  1-3:30 Walk to OMG Ice Cream for a treat<b>-Sign Up, Meet at centre and cost depends on what you order</b></p>
<p><b>19</b> 9-11:30 Painting Kindness Rocks  1-3:30 3-3:30 Movie Afternoon</p>	<p><b>20</b> 9-10:30 Mindfulness Colouring and Activities:Word searches etc. 10:30-11:30 Guest Speaker: Alzheimer's Society 1-3:30 Bingo and Birthday Bash</p>	<p><b>21</b> Centre Closed</p>	<p><b>22</b> 9-10:30 Breakfast Club 10:30-11:30 Card Game Morning 1-3:30 Swimming at YMCA <b>-Sign up, Meet there \$3 if don't have a membership</b></p>	<p><b>23</b> 9-10:30 Yahtzee Morning 10:30-11:30 Snack and Chat 1-3:30 Bowling at Echo Bowl 5 pin <b>-Sign up, Meet there, \$10</b></p>
<p><b>26</b> 9-11:30 Volunteering at Friendship House <b>-Sign up, Meet there</b>  1-3:30 Expressive Arts with Mabe</p>	<p><b>27</b> Centre Closed for Trip  10:00 –3:30 Valens Conservation Area Beach Day <b>-Sign up, Meet @ Alt. \$5.00, Pack a lunch and/or bring money for a cold treat if desired.</b></p>	<p><b>28</b> Centre Closed</p>	<p><b>29</b> 9-11:30 Music Appreciation  1-3:30 Photo Scavenger Hunt with Jess G.</p>	<p><b>30</b> 9-11:30 Mindfulness Colouring and Morning Hang Outs  1-3:30 Games Afternoon</p>