



Canadian Mental
Health Association
Brant-Haldimand-Norfolk

September 2022

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

5 Mon	Tue	Wed	Thu	Fri
<p>Notes: Location and times may vary depending on program. See calendar for details. For more information please contact Alternatives staff—Natalie; 519-752-2998 ext. 131 or Amy; 519-752-2998 ext. 113.</p>		Centre Closed	<p>1</p> <p>9-11:30 Members Meeting & Sign Up Day</p> <p>1-3:30 Members Meeting & Sign Up Day</p>	<p>2</p> <p>9-10:30 Check in's & Weekend Planning / Back to School Memories Talk</p> <p>10:30– 11:30 Snack & Chat: Budgeting</p> <p>1-3:30 Painting Afternoon-</p>
<p>5</p> <p>CLOSED for Labour Day</p>	<p>6</p> <p>9-11:30 Creative Journaling Club -SIGN UP</p> <p>1-3:30 Positive Affirmation Game</p>	Centre Closed	<p>7</p> <p>9-11:30 Hidden Heart activity (Note: Will be using balloons which are latex)</p> <p>1-3:30 Pictionary Afternoon</p>	<p>8</p> <p>9-10:30 Word Activities Morning and Weekend Planning Talk</p> <p>10:30-11:30 Snack & Chat</p>
<p>12</p> <p>9-11:30 Morning Drop-in</p> <p>1-3:30 Electronic Game Day</p>	<p>13</p> <p>9-11:30 D.I.Y Hanging Clothes Pin Picture Frame -SIGN UP</p> <p>1-3:30 Goal Club -SIGN UP</p>	Centre Closed	<p>14</p> <p>Closed for Trip</p> <p>9-3:00 Beach Day @ Christies Conversation Area</p>	<p>15</p> <p>9-10:30 Weekend Planning and Trivia Morning</p> <p>10:30-11:30 Snack & Chat</p> <p>1-3:30 Bowling Club—SIGN UP, Meet @ Echo bowl \$11</p>
<p>19</p> <p>9-11:30 Coffee Walk—Meet at Centre and bring money for a drink at Tim Hortons</p> <p>1-3:30 Movie Afternoon</p>	<p>20</p> <p>9:15-10:00 Aquafit –Meet at YMCA—SIGN UP \$9 if not using YMCA membership</p> <p>10:30– 11:30 Coffee & Chats</p> <p>1-3:30 D.I.Y Rustic Wood Bathroom Tray -SIGN UP, \$4.00</p>	Centre Closed	<p>21</p> <p>9-11:30 Group Creative Coloring Morning</p> <p>1-3:30 Who Are You Activity-Bring pictures of you, friends, family, pets, things you like</p>	<p>22</p> <p>9-10:30 Crumpled Heart and Crinkle Emotion Art</p> <p>10:30-11:30 Snack & Chat</p> <p>12– Lunch Outing at Angles Diner -SIGN UP, meet there, 125 King George Rd</p>
<p>26</p> <p>9-11:30 Lets Get Acquainted!</p> <p>1-3:30 City Walk —Meet @ Alternatives, leaving at 1:20 p.m.</p>	<p>27</p> <p>9-11:30 Cards & Coffee</p> <p>1-2:00 Book Club—What did you think of the Fault in Our Stars?</p> <p>2-3:30 Trip to the Library</p>	Centre Closed	<p>28</p> <p>9-11:30 Breakfast Club -SIGN UP</p> <p>1-3:30 Bingo & Birthday Bash -SIGN UP</p>	<p>29</p> <p>9-10:30 Weekend Planning and Scategories Morning</p> <p>10:30-12 Snack & Chat</p> <p>1-3:30 Painting Kindness Rocks -Bring some rocks</p>
				<p>30</p>