




Canadian Mental
Health Association
Brant-Haldimand-Norfolk

April 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>1</p> <p>CENTRE CLOSED</p>	<p>2</p> <p>9-11:30 Members Meeting/ Calendar Planning and Sign Up</p> <p>1-3:30 Afternoon Drop-in</p>	<p>3</p> <p>CENTRE CLOSED</p>	<p>4</p> <p>9-10 Morning Drop In 10-11:30 Guest Speaker: Fire Department</p> <p>1-3:30 Spring Walk</p>	<p>5</p> <p>9:30 Volunteering at the Food Bank Warehouse -Sign up, meet there</p> <p>1-3:30 Games Den</p>
<p>8</p> <p>9-11 Darts and Pool at the Navy Club -Sign up, meet there</p> <p>1-2:30 Goal Club 2:30-3:30 Alt. Coffee House \$</p>	<p>9</p> <p>9-11:30 D.I.Y Cat & Dog Toys -Sign up, if making a dog toy please bring a disposable water bottle</p> <p>1-3:30 Talent Show -Sign up</p>	<p>10</p> <p>CENTRE CLOSED</p>	<p>11</p> <p>9-11:30 Mindfulness Morning</p> <p>12:00 Lunch Outing: Pipers Arm -Sign up, meet there, \$</p>	<p>12</p> <p>9-11:30 Trivia Morning</p> <p>1-3:30 Bowling: 5 Pin at Echo Bowl -Sign up, \$10, meet there</p>
<p>15</p> <p>9:00 Volunteering at Friendship House -Sign up, meet there</p> <p>1-3:30 Games Den</p>	<p>16</p> <p>9-11:30 Creative Journaling -Sign up</p> <p>1-3:30 Chess with Jake</p>	<p>17</p> <p>CENTRE CLOSED</p>	<p>18</p> <p>9-11:30 Music Appreciation</p> <p>1-3:30 Contact North Guest Speaker Re. Education and Training</p>	<p>19</p> <p>9-11:30 Alt. Art <i>-Come out and do some art or bring a project you're working on!</i></p> <p>1-3:30 Farkle with Bobi and TJ</p>
<p>22</p> <p>9-11:30 Crafty Planting -Sign up, \$3</p> <p>1-3:30 Pickleball at Wayne Gretzky -Sign up, meet there, \$7.10 (Pickleball starts at 1:30, but get there at 1 to register)</p>	<p>23</p> <p>9-11:30 Rainbow Wall Art for Alt.</p> <p>1-3:30 Bingo & Birthday Bash</p>	<p>24</p> <p>CENTRE CLOSED</p>	<p>25</p> <p>Out of Town Trip 9-3 St. Jacobs Farmers Market - Sign up, meet at Alternatives, bring money to purchase food or items you want!</p>	<p>26</p> <p>9-11:30 Aqua fit and Open Swim at YMCA -Sign up, \$5 if don't have a membership, meet there</p> <p>1-3:30 Games Den</p>
<p>29</p> <p>9-10 Breakfast Club 10-11:30 Alt. Coffee House \$</p> <p>1-3:30 Expressive Arts with Mabe</p>	<p>30</p> <p>CENTRE CLOSED</p> <p>STAFF TRAINING</p>		<div style="border: 2px solid black; padding: 10px;"> <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-</p> </div>	