



Canadian Mental Health Association
Brant-Haldimand-Norfolk

April 2025

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>9-11:30 Members Meeting/ Calendar Planning *Sign up after members meeting</p> <p>1-3:30 Drop in Afternoon and sign up</p>	<p>2</p> <p>CENTRE CLOSED</p>	<p>3</p> <p>9-11:30 Music Appreciation</p> <p>1-3:30 Alt. Art</p>	<p>4</p> <p>9:30 Volunteering at Brantford Food Bank Warehouse Sign Up, Meet there</p> <p>1-3:30 Rummoli afternoon</p>
<p>7</p> <p>9-10 Coffee Hour 10-11:30 Goal Club</p> <p>1-3:30 Games Den</p>	<p>8</p> <p>9-10 Coffee Hour 10-11 Guest Speaker: Diane H. on CMHA Court Program 11-11:30 Drop In</p> <p>1-3:30 Just Dance-Switch</p>	<p>9</p> <p>CENTRE CLOSED</p>	<p>10</p> <p>9-11:30 Mindfulness Morning: Colouring and Word activities</p> <p>1-3:30 Walk by the river and stop at Serenity's Sign Up, Meet at centre, Bring \$ for a drink</p>	<p>11</p> <p>9-10 Morning Drop In 10-11:30 What's in the news and check in's/Weekend Planning</p> <p>1-3:30 Open Swim at YMCA Sign Up, Meet there, \$3</p>
<p>14</p> <p>9:15 Volunteering at Friendship House Sign Up, Meet there</p> <p>1-3:30 Scrapbooking Afternoon</p>	<p>15</p> <p>9-11 Darts at Navy Club Sign Up, Meet there</p> <p>1-1:30 Drop In 1:30-2:30 Guest Speaker Lill on Mental Health Promotion and Education at CMHA 2:30-3:30 Knitting/Crochetting</p>	<p>16</p> <p>CENTRE CLOSED</p>	<p>17</p> <p>9-11:30 Shake it up with Morning Dice Games</p> <p>12:00 Lunch outing for Easter: The Works \$, Sign Up, Meet there</p>	<p>18</p> <p>Centre Closed for Good Friday</p>
<p>21</p> <p>Centre Closed for Easter Monday</p>	<p>22</p> <p>9-11:30 Trivia Morning</p> <p>1-3:30 Gardening Activity for Earth Day Sign Up, \$4</p>	<p>23</p> <p>CENTRE CLOSED</p>	<p>24</p> <p>9-10:30 Breakfast Club Sign Up</p> <p>10:30-11:30 Pictionary Morning</p> <p>1-3:30 Movie Afternoon</p>	<p>25</p> <p>9-11:30 Creative Journalling Morning</p> <p>1:00 Bowling-5 pin at Echo Bowl Sign Up, Meet there, \$10</p>
<p>28</p> <p>9-10 Morning Drop In 10-11:30 Painting on YouTube Sign Up, \$2</p> <p>1-3:30 Alternatives Talent Show Sign Up</p>	<p>29</p> <p>9-11:30 Mindfulness Morning: Colouring and Word activities</p> <p>1-3:30 Birthday Bash and Bingo afternoon Sign Up</p>	<p>30</p> <p>CENTRE CLOSED</p>		<div style="border: 1px solid black; padding: 5px;"> <p>For more information please contact Alternatives staff - Amy; 519-752-2998 ext. 113</p> </div>