



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

# December 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Notes:</b> 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. <b>**Please note:</b> Natalie will be on vacation from Monday December 11th to Friday December 15th. The Centre will remain open this week and programs will be facilitated by CMHA Workers; Debs, Elaine, Elyse, and Mabe. A big thank you to these staff! Please come out to say hi and make them feel welcomed! The Centre will be closed the week of December 25th to January 1st for stat holidays and staff vacation. See calendar for details.				<b>1</b> <b>9-11:30</b> Members Meeting and Sign Up Day <b>-Friendly Reminder that all program sign up is to be done in person</b> <b>1-3:30</b> Afternoon Drop-in
<b>4</b> <b>9-11:30</b> Darts and Pool at the Navy Club <b>-Sign up, meet there 54 Wardsworth St.</b> <b>1-3:30</b> The Wellness Den <b>-Sign up, closed group</b>	<b>5</b> <b>9:15</b> Warm Water Workout at Wayne Gretzky Centre <b>-Sign up, meet there, class starts at 9:30.</b> <b>Adult- \$9.50, Senior-\$8.30 (if not using membership)</b> <b>1-3:30</b> Holiday Karaoke	<b>6</b> <b>CENTRE CLOSED</b>	<b>7</b> <b>CLOSED FOR HO HO &amp; GO EVENT</b> <b>12-4:30</b> Adults <b>5-6:00</b> Adults with children <b>Must have purchased a ticket in advance to attend</b>	<b>8</b> <b>9-11:30</b> D.I.Y Holiday Wreath Making with Jess and Nat <b>-Sign up</b> <b>1-3:30</b> Game Den
<b>11</b> <b>9-11:30</b> Mindfulness Coloring and Music Appreciation <b>1-3:30</b> Game Den <i>Program will be facilitated by CMHA CSS Worker Elyse and Peer Support Worker Mabe today!</i>	<b>12</b> <b>9-10:30</b> Morning Drop-in <b>10:30-11:30</b> Never Have I Ever Game <b>1-3:30</b> Bingo and Birthday Bash <i>Program will be facilitated by CMHA Peer Support Worker Elaine and CSS Worker Debs today!</i>	<b>13</b> <b>CENTRE CLOSED</b>	<b>14</b> <b>9-11:30</b> Expressive Arts with Mabe <b>1-3:30</b> Family Feud <i>Program will be facilitated by CMHA CSS Worker Elyse and Peer Support Worker Mabe today!</i>	<b>15</b> <b>9-11:30</b> Hot Chocolate Social <b>1-3:30</b> Movie Afternoon <i>Program will be facilitated by CMHA Peer Support Worker Elaine &amp; CSS Worker Debs today!</i>
<b>18</b> <b>9:00</b> Aquafit at YMCA <b>-Sign up, meet there, starts at 9:15.</b> <b>\$4.75 if not using membership</b> <b>1-3:30</b> D.I.Y Holiday Gift Making <b>-Sign up</b>	<b>19</b> <b>CENTRE CLOSED FOR TRIP</b> <b>9-3:00</b> Limeridge Mall <b>-Bring money for lunch and/or whatever you would like!</b>	<b>20</b> <b>CENTRE CLOSED</b>	<b>21</b> <b>9-11:30</b> Creative Journaling <b>-Sign up, closed group</b> <b>12:30</b> Holiday Lunch Outing at Yong Great Wall <b>-Sign up, meet there, 82 King George Rd. -must sign up before December 15th</b>	<b>22</b> <b>9-10:30</b> Breakfast Club <b>10:30-11:30</b> Coffee House Hour <b>-Bring your holiday cheer!</b> <b>1-3:30</b> Bowling at Echo Bowl <b>-Sign up, \$10.00</b>
<b>25</b> <b>CLOSED FOR CHRISTMAS DAY</b> <b>Wishing Everyone A Safe &amp; Happy Holiday Season!</b>	<b>26</b> <b>CLOSED FOR BOXING DAY</b>	<b>27</b> <b>CENTRE CLOSED</b>	<b>28</b> <b>CLOSED FOR STAFF HOLIDAYS</b>	<b>29</b> <b>CLOSED FOR STAFF HOLIDAYS</b>