




Canadian Mental  
Health Association  
Brant-Haldimand-Norfolk

# December 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p><b>9-11:30</b> Members Meeting and Sign up Day</p> <p><b>1-3:30</b> Afternoon Drop-in / Sign up</p>	<p><b>3</b></p> <p><b>9-11:30</b> Cards &amp; Dice Hangouts</p> <p><b>1:00</b> Walking the Indoor Track at Wayne Gretzky Centre -Sign up, meet there</p>	<p><b>4</b></p> <p><b>Centre Closed</b></p>	<p><b>5</b></p> <p><b>9-11:00</b> Morning Drop-in Centre Closed Early for Client Kids Party (12 years and under) Must have purchased a ticket to attend.</p>	<p><b>6</b></p> <p><b>9:00-11:30</b> All Things Baby—A Celebration!</p> <p><b>1-3:30</b> Game Den</p>
<p><b>9</b></p> <p><b>9:00</b> Volunteering at Friendship House -Sign up</p> <p><b>1-2:30</b> Holiday Themed Family Feud</p> <p><b>2:30-3:30</b> Karaoke</p>	<p><b>10</b></p> <p><b>9-10:00</b> Goal Club</p> <p><b>10-11:30</b> Coffee House Hour</p> <p><b>1-3:30</b> Creative Journaling -Sign up</p>	<p><b>11</b></p> <p><b>Centre Closed</b></p>	<p><b>12</b></p> <p><b>9-11:30</b> Mindfulness Morning</p> <p><b>12</b> Holiday Lunch Outing at Young Great Wall -Sign up, meet there, cost depends on what you order ——Natalie's last day——</p>	<p><b>13</b></p> <p><b>9-11:30</b> Morning Drop-in</p> <p><b>1-3:30</b> Ugly Christmas Sweater Party! Vote for the best sweater, winner gets a prize!</p>
<p><b>16</b></p> <p><b>9-10:00</b> Coffee House</p> <p><b>10-11:30</b> Name that Tune</p> <p><b>1-3:30</b> Holiday Crafts Afternoon -Sign up</p>	<p><b>17</b></p> <p><b>9-11:30</b> Music Appreciation and Mindfulness Coloring</p> <p><b>1-3:30</b> Centre Closed for the Afternoon</p>	<p><b>18</b></p> <p><b>Centre Closed</b></p>	<p><b>19</b></p> <p><b>9-11:30</b> Morning Winter Walk - Sign up, meet at Alternatives</p> <p><b>1-3:30</b> Holiday movie afternoon at the Centre</p>	<p><b>20</b></p> <p><b>9-11:30</b> Centre Closed for the Morning</p> <p><b>1:00</b> Bowling at Echo Bowl - Sign up, meet there, \$10 includes shoes and two games</p>
<p><b>23</b></p> <p><b>9-11:30</b> No Bake Holiday Platters -Sign up, \$3</p> <p><b>1-3:30</b> Expressive Arts with Mabe</p>	<p><b>24</b></p> <p><b>9-11:30</b> Holiday Morning Drop-in Centre Closed in afternoon for Christmas Eve Wishing everyone a safe and happy holiday season!</p>	<p><b>25</b></p> <p><b>Centre Closed for Christmas Day</b></p>	<p><b>26</b></p> <p><b>Centre Closed for Boxing Day</b></p>	<p><b>27</b></p> <p><b>9-11:30</b> Morning Drop-in</p> <p><b>1-3:30</b> Alt Art</p>
<p><b>30</b></p> <p><b>9-10:00</b> Breakfast Club -Sign up</p> <p><b>10-11:30</b> Coffee House Hour</p> <p><b>1-3:30</b> Game Den</p>	<p><b>31</b></p> <p><b>9-11:30</b> New Years Eve Morning Get Together</p> <p><b>1-3:30</b> High Class Bingo and Birthday Bash—A New Years Eve celebration.</p>		<p><b>Notes:</b> Location and times may vary depending on program. See calendar for details. For more information please contact Alternatives staff - Kayla; 519-752-2998 ext. 113. or Natalie; 519-752-2998 ext. 131</p>	