





Canadian Mental
Health Association
Brant-Haldimand-Norfolk

February 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>9-11:30 Members meeting and sign up day</p> <p>1-3:30 Afternoon drop-in/ sign-up</p>	<p>4</p> <p>9-10:00 Goal Club <i>-Sign up</i> 10-11:30 Coffee House</p> <p>1-3:30 Group Games Afternoon</p>	<p>5</p> <p>CENTRE CLOSED</p>	<p>6</p> <p>9-11:30 Morning Drop-in</p> <p>12:00 Lunch Outing to Piper Arms <i>-Sign up, meet there, cost \$ depends on what you order</i></p>	<p>7</p> <p>9:30 Volunteering at the Food Bank Warehouse <i>-Sign up, meet there</i></p> <p>1-3:30 Movie afternoon at the Centre</p>
<p>10</p> <p>9-11:00 Darts & Pool at the Navy Club <i>-Sign up, meet there</i></p> <p>1-3:30 Afternoon Drop-in</p>	<p>11</p> <p>9-11:30 Valentines Day Cards & Crafts</p> <p>12:30-3:00 Pizza Party! <i>-Sign up, cost \$3– Pizza, chips, pop</i></p>	<p>12</p> <p>CENTRE CLOSED</p>	<p>13</p> <p>9-11:30 Pictionary</p> <p>1:00 Bowling at Echo Bowl <i>Sign up, meet there, \$10 includes shoes & two games</i></p>	<p>14</p> <p>9-11:30 Valentines Day Morning get-together</p> <p>1-3:30 Sweet Treat Social</p> 
<p>17</p> <p>Centre Closed for Family Day</p>	<p>18</p> <p>9-11:30 Music Appreciation and Mindfulness Coloring</p> <p>12:30 Hot Chili Lunch at Alternatives <i>-Sign up, freshly cooked chili with a buttered bun and Caesar salad</i></p>	<p>19</p> <p>CENTRE CLOSED</p>	<p>20</p> <p>9-11:30 Balloon Animals with Brent</p> <p>1-3:30 Bingo & Birthday Bash</p>	<p>21</p> <p>9-11:30 Coffee & Cards</p> <p>1-2:00 Afternoon Ice Cream walk <i>-Sign up, meet at Alternatives, cost depends on what you order</i></p> <p>1-3:30 Afternoon Drop-in</p>
<p>24</p> <p>9:15 Volunteering at Friendship House <i>Sign up, meet there</i></p> <p>1-3:30 Expressive Arts with Mabe</p>	<p>25</p> <p>9-10:00 Breakfast Club <i>-Sign up</i></p> <p>10-11:30 Coffee House</p> <p>1-3:30 Game Den</p>	<p>26</p> <p>CENTRE CLOSED</p>	<p>27</p> <p>9-11:30 Morning Drop-in</p> <p>1-3:30 Creative Journaling <i>-Sign up</i></p>	<p>28</p> <p>9-10:30 D.I.Y Stress balls - <i>Sign up</i></p> <p>10-11:30 Dice Games</p> <p>1-3:30 Open Swim at YMCA <i>Sign up, meet there, cost \$3</i></p>
<p>3</p>	<p>4</p>		<p>Notes: 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 Brent; 519-752-2998 ext. 131</p>	