




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

January 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
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			1 9-11:30 Members Meeting & Sign Up Day 1-3:30 Afternoon Drop-in/Sign up	2 9:30 Volunteering at the Food Bank Warehouse <i>-Sign up, meet there</i> 1-3:30 Scrapbook club
6 9-11:30 Morning Coffee Walk <i>-Sign up, meet at Alternatives</i> 1-3:30 Game Den	7 9:00 AM Breakfast outing at Stacked <i>-Sign up, meet there, Cost depends what you order</i> 1-3:30 Trivia Afternoon	8 CENTRE CLOSED	9 9-11:30 Morning Drop-in 1-3:30 Painting on Youtube <i>-Sign up</i>	10 9-11:30 Create your Vision Board for 2025 1:00 Bowling at Echo Bowl <i>-Sign up, meet there, \$10 includes shoes and two games</i>
13 9-11:30 Snack & Chat – Ways to practice Winter Wellness 1:15 Warm Water Workout at Gretzky Centre <i>-Sign up, meet there, cost \$7.25</i>	14 9-11:30 Tie-dye Hoodies <i>-Sign up, limited space, bring your own hoodie or t-shirt</i> 1-3:30 Afternoon Drop-in	15 CENTRE CLOSED	16 9-11:30 Coffee and Cards 1-3:30 Afternoon outing to Channel Control <i>-Sign up, meet there, bring \$ for shopping</i>	17 9-11:30 Music appreciation and Mindfulness colouring 1-3:30 Movie afternoon at the Centre
20 9:15 Volunteering at Friendship House <i>-Sign up, meet there</i> 1-3:30 Euchre Afternoon	21 9-11:30 Morning Drop-in 1-3:30 Skating in Harmony Square <i>-Sign up, meet there</i>	22 CENTRE CLOSED	23 9-11:30 Build your own Zen Garden <i>-Sign up</i> 1-3:30 Bingo and Birthday Bash	24 9-11:30 D.I.Y Bath Bombs <i>-Sign up</i> 1-3:30 Walking the Indoor track at Wayne Gretzky Centre <i>-Sign up, meet there</i>
27 9-11:30 Creative Journaling <i>-Sign up</i> 1-3:30 Expressive Arts with Mabe	28 9-11:30 Yahtzee morning 1-3:30 Pajama Party! <i>-Sign up. Movie and popcorn included</i>	29 CENTRE CLOSED	30 9-10:00 Breakfast Club <i>-Sign up</i> 10-11:30 Coffee House Hour 1-3:30 Game Den	31 9-11:30 Alt Art 1-3:30 Learn to Crochet with Sabrina <i>-Sign up</i>