




Canadian Mental
Health Association
Brant-Haldimand-Norfolk

July 2024

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Centre Closed for Canada Day</p> <p>Wishing Everyone a Safe and Happy Canada Day</p> <p>1</p>	<p>2</p> <p>9-11:30 Members Meeting & Calendar Planning / Sign Up Day</p> <p>1-3:30 Afternoon Drop-in</p>	<p>3</p> <p>CENTRE CLOSED</p>	<p>4</p> <p>9-10:30 Coffee and Chats 10:30-11:30 Trivia Morning</p> <p>1-3:30 Game Den</p>	<p>5</p> <p>9:30 Volunteering at the Foodbank Warehouse -Sign up, meet there</p> <p>11:30-2:30 Tunes in the Park followed by Cold Treat at Alt. -Sign up, meet at Alt. Band starts at 12, Boom Babiez Band</p>
<p>8</p> <p>9:30-11:00 Darts & Pool at the Navy Club -Sign up, meet at Alternatives and walk over together</p> <p>1-3:30 Afternoon Drop-in</p>	<p>9</p> <p>Centre Closed for Outing 11:00-3:30 Earl Haig Family Fun Park -The cost depends on what you do, see sign up sheet for details. \$14 Splash & Putt \$11.75 Splash only</p>	<p>10</p> <p>CENTRE CLOSED</p>	<p>11</p> <p>9-11:30 Local Trail Walk Together! -Sign up, meet at Alt, leaving at 9:15</p> <p>1-3:30 Bowling at Echo Bowl -Sign up, meet there \$10</p>	<p>12</p> <p>9-11:30 Cards and Dice Morning</p> <p>11:30-2:30 Tunes in the Park followed by Cold Treat at Alt. -Sign up, meet at Alt. Band starts at 12, Michael Hogg Band</p>
<p>15</p> <p>9-11:30 Music Appreciation and Mindfulness Coloring</p> <p>1-3:30 Creative Journaling -Sign up</p>	<p>16</p> <p>9-11:30 Alt Art</p> <p>1-3:30 Movie Afternoon</p>	<p>17</p> <p>CENTRE CLOSED</p>	<p>18</p> <p>9-11:30 Scrapbooking Club -Bring your own photos & photo albums</p> <p>1-3:30 DROM -Sign up, limited copies available</p>	<p>19</p> <p>9:00 Aqua fit at YMCA -Sign up, meet there, class starts at 9:15, \$5 if not using a membership</p> <p>12:00 Lunch Outing at the Centre -Sign up, Jumbo Dragon, ordering in. Cost depends on what your order.</p>
<p>22</p> <p>9-11:30 Volunteering at Friendship House -Sign up, meet there</p> <p>1-3:30 Rock Planting Art -Sign up, cost \$2.00</p>	<p>23</p> <p>Centre Closed for Out of Town Trip</p> <p>9-3:00 Valens Conservation Area Hiking and Swimming -Sign up \$5, pack a lunch, bring hiking and beach gear!</p>	<p>24</p> <p>CENTRE CLOSED</p>	<p>25</p> <p>9-11:30 Cards and Coffee</p> <p>1:00 Strawberry Picking at Brantwood Farms -Sign up, meet there \$16.00. See sign up sheet for details.</p>	<p>26</p> <p>9-10:30 Breakfast Club -Sign up 10-11:30 Coffee House \$</p> <p>11:30-2:30 Tunes in the Park followed by a Cold Treat at Alt. -Sign up, meet at Alt. Band starts at 12, Bob's Wire Band</p>
<p>29</p> <p>9:30-10:30 Warm Water Workout at the Gretzky Centre -Sign up, be there at 9:00 to get a pass. \$7.10 Passes are limited.</p> <p>1-3:30 Expressive Arts with Mabe</p>	<p>30</p> <p>9-11:30 Morning Drop-In</p> <p>1-3:30 Bingo & Birthday Bash</p>	<p>Notes: Location and times may vary depending on the program. See calendar for details. For more information please contact Alternatives staff Natalie; 519-752-2998 ext. 131 Please welcome new staff, Kayla to Alternatives!</p>		