



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

# June 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>9-11:30</b> Members Meeting/ Calendar Planning  <b>1-3:30</b> Card Game Afternoon <b>Sign up day</b>	<b>3</b> <b>9-11:30</b> Leaf art/ paint  <b>1-3:30</b> Nature Trivia	<b>4</b>  <b>Centre Closed</b>	<b>5</b> <b>9-11:30</b> Board Game Morning  <b>1-3:30</b> Mohawk Park for walk and Disc Golf <b>Sign up, meet there in upper parking lot</b>	<b>6</b> <b>9:30</b> Volunteering at the Food Bank Warehouse <b>Sign up, meet there</b> <b>1-3:30</b> Apples to Apples Game
<b>9</b> <b>9-11</b> Darts and Pool at Navy Club  <b>1-3:30</b> Alcohol Ink Coaster *Note their will be strong scent <b>Sign up, \$4, Last day to sign up/cancel June 4th</b>	<b>10</b> <b>9-10</b> Coffee Hour <b>10-11:30</b> Guest Speaker: Housing Workers on Bed Bugs  <b>1-3:30</b> Goal Club	<b>11</b>  <b>Centre Closed</b>	<b>12</b> <b>9-3</b> Out and About Drive: Morning scenic drive, Bell Homestead Tour \$12.50, Picnic Lunch (Pack a lunch or we will stop and bring money to buy something), Afternoon stop at Little Brown Cow Depending on time perhaps a walk at Apps Mill <b>Sign Up, \$12.50</b>	<b>13</b> <b>9-11:30</b> Father's Day Coffee Social and making Father's Day goody jars <b>Sign up for goody jars \$3, Last day to Sign up is June 10th</b>  <b>1-3:30</b> Mandala coloring
<b>16</b> <b>9-11:30</b> Dice Game Morning  <b>1-3:30</b> Paint Pouring on Canvas <b>Sign Up, \$3, Last day to sign up is June 10th</b>	<b>17</b> <b>9-11:30</b> Make a card craft  <b>12:00</b> Sammy's rec room . <b>Sign up, Meet there, last day to sign up is June 13th. Cost depends on what you order.</b>	<b>18</b>  <b>Centre Closed</b>	<b>19</b> <b>9-11:30</b> Alt Art Morning-Bring in projects to work on or use supplies we have  <b>1-3:30</b> Karaoke Afternoon	<b>20</b> <b>9-11:30</b> Keychain making <b>Sign up \$2, Last day to sign up is June 17th</b>  <b>1-3:30</b> Grab the Mic: Game
<b>23</b> <b>9:15</b> Volunteering at Friendship House <b>Sign Up, Meet there</b>  <b>1-3:30</b> Expressive Arts with Ma- be	<b>24</b> <b>9-10</b> Morning drop in <b>10-11:30</b> Boundaries Talk with Razeena <b>1-3:30</b> Birthday Bash and Bingo <b>Sign up, Last day to sign up June 20th</b>	<b>25</b>  <b>Centre Closed</b>	<b>26</b> <b>9-10:30</b> Breakfast Club <b>Sign up, Free, Last day to sign up June 24th</b> <b>10:30-11:30</b> Morning Drop In/ Mindfulness Morning <b>1-3:30</b> Creative Journaling Club	<b>27</b> <b>9-11:30</b> Drop in and Mosaic Coloring on paper  <b>1-3:30</b> Bowling <b>Sign up, \$10, Meet there</b>
<b>30</b> <b>9-11:30</b> Music Appreciation  <b>1-3:30</b> Open Swim at YMCA <b>Sign up, \$3.25 if no member- ship, Meet there, bring lock for locker</b>	<b>Alternatives staff:</b> (519)752-2998 Amy- Ext. 113 Razeena-Ext. 131			