




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

# March 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><b>9-11:30</b> Members Meeting &amp; Sign up day</p> <p><b>1-3:30</b> Afternoon Drop-in/ Sign-up</p>	<p><b>4</b></p> <p><b>9-11:30</b> Alt Art</p> <p><b>1-3:30</b> Crochet Club -Sign up</p>	<p><b>5</b></p> <p><b>CENTRE CLOSED</b></p>	<p><b>6</b></p> <p><b>9-11:30</b> Snack &amp; Chat –What are your true colours?</p> <p><b>1-3:30</b> Cookie in a jar -Sign up, cost \$3</p>	<p><b>7</b></p> <p><b>9:30</b> Volunteering at the Food Bank Warehouse -Sign up, meet there</p> <p><b>1-3:30</b> Game Den</p>
<p><b>10</b></p> <p><b>9-11:00</b> Darts &amp; Pool at the Navy Club -Sign up, meet at Alternatives &amp; walk over</p> <p><b>1-3:30</b> Afternoon Drop-in</p>	<p><b>11</b></p> <p><b>9-11:30</b> Coffee and Chats</p> <p><b>12:00</b> Lunch outing at Piper Arms -Sign up, meet there, cost depends what you order</p>	<p><b>12</b></p> <p><b>CENTRE CLOSED</b></p>	<p><b>13</b></p> <p><b>9-11:30</b> Painting on YouTube</p> <p><b>1-3:30</b> Pictionary Afternoon</p>	<p><b>14</b></p> <p><b>9-11:30</b> Morning outing to Brantford Farmer's Market – Sign up, meet there, bring \$</p> <p><b>12:00</b> Sub lunch at the Centre</p>
<p><b>17</b></p> <p><b>9-11:30</b> Creative Journaling -Sign up</p> <p><b>1-3:30</b> St. Patty's Day Social </p>	<p><b>18</b></p> <p><b>9-11:30</b> Morning drop-in</p> <p><b>1-3:30</b> Game Den</p>	<p><b>19</b></p> <p><b>CENTRE CLOSED</b></p>	<p><b>20</b></p> <p><b>9-11:30</b> Coffee and Cards</p> <p><b>1-3:30</b> Bowling at Echo Bowl -Sign up, meet there, \$10 includes shoes &amp; two games</p>	<p><b>21</b></p> <p><b>9-11:30</b> D.I.Y Slime -Sign up, cost \$3</p> <p><b>1-3:30</b> Movie afternoon at the Centre</p>
<p><b>24</b></p> <p><b>9:15</b> Volunteering at Friendship House -Sign up, meet there</p> <p><b>1-3:30</b> Family Feud Afternoon</p>	<p><b>25</b></p> <p><b>9-10:00</b> Goal Club -Sign up</p> <p><b>10-11:30</b> Coffee House</p> <p><b>1-3:30</b> Bingo &amp; Birthday Bash</p>	<p><b>26</b></p> <p><b>CENTRE CLOSED</b></p>	<p><b>27</b></p> <p><b>9-11:30</b> Music Appreciation &amp; Mindfulness coloring</p> <p><b>1-3:30</b> Scrapbook Club</p>	<p><b>28</b></p> <p><b>9:15</b> Aquafit at YMCA -Sign up, meet there, cost \$5 w/o Membership</p> <p><b>1-3:30</b> Game Den</p>
<p><b>31</b></p> <p><b>9-10:00</b> Breakfast Club -Sign up</p> <p><b>10-11:30</b> Coffee House</p> <p><b>1-3:30</b> Afternoon Drop-in</p>		<p><b>CENTRE CLOSED</b></p>	<p><b>Notes:</b> Location and times may vary depending on program. See calendar for details. For more information please contact Alternatives staff - Amy; 519-752-2998 ext. 113. or Brent; 519-752-2998 ext. 131</p>	