



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

May 2024

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: Amy; 519-752-2998 ext.113. or Natalie; 519-752-2998 ext. 131				
			2 9-11:30 Members Meeting / Calendar Planning and Sign Up Morning 1-3:30 Games Den	3 9:30 Volunteering at Food Bank Warehouse -Sign up, meet there 1-3:30 Jordan G's Board Game Afternoon
6 9-11:30 Alternatives Mental Health Kick off Event! Social, coffee & chalk about it! <i>Please note at 9:30 we will be walking to Harmony Square for MH Flag Raising</i> 1-3:30 Comedy Movie at Alt.	7 9-11:30 Coffee Walk -Sign up, meet at Centre and leaving at 9:15, bring \$ for a drink 1-3:30 Creative Journaling -Sign up	8 CENTRE CLOSED	9 9-10 Morning Drop In 10-11:30 Outing to Library Look around, get items out, walk over together -Sign up 1-3:30 Bead Animal Keychain with Sabrina -\$3, Sign up	10 9-10 Coffee House \$ 10-11:30 Dice Morning: Yahtzee or Farkle 1-3:30 Alt. Art
13 9-11:00 Darts and Pool at the Navy Club -Sign up, meet at Alt. & walk over together, leaving at 9:15 1-3:30 Crafty Planting -Rescheduled from April	14 9-10:30 Goal Club 10:30-11:30 Coffee House \$ 1-3:30 Alt. Rainbow Wall Art -A collective art project that uses macrame, braiding, & different knotting techniques.	15 CENTRE CLOSED	16 9-10 Morning Drop In 10-11:30 Trivia Morning 12:00 Lunch Outing at Kelsey's -Sign up, meet there, cost depends on what you order	17 9-11:30 Mindfulness Morning 1:00-3:30 Bowling at Echo Bowl 5 pin -Sign up, meet there, \$10
20 Centre Closed For Victoria Day	21 Closed for Out of Town Trip 9-3:30 Jackson Square Mall Shopping, Farmers Market, & Movies -\$10.75 for movies + bring \$ for food or anything you want to purchase	22 CENTRE CLOSED	23 9-10 Breakfast Club -Sign up 10-11:30 Morning Drop In 1-3:30 YouTube Karaoke	24 9:00-11:30 Aquafit & Open Swim at YMCA -Sign up, meet there, \$5 (if not using a membership) 1-3:30 Scrapbooking -bring pictures &/or photo album
27 9-11:30 Volunteering at Friendship House -Sign up, meet there 1-3:30 Expressive Arts with Mabe	28 9-11:30 Dream Catcher's with Tyler -Sign up, \$6 (may be a 2 part program) 1-3:30 Afternoon Drop-in	29 CENTRE CLOSED	30 9-11:30 Spring Walk on trails to Serenity's Sign up, meet at Centre and bring \$ for a drink 1-3:30 Bingo and Birthday Bash	31 9-10 Morning check Ins 10-11:30 Just Dance on the Switch 1-3:30 Games Den