




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

May 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
	Mental Health Week May 5-11 #UnmaskingMentalHealth	<u>Alternatives staff:</u> (519) 752-2998 Amy-Ext. 113 Razeena-Ext. 131	1 9-11:30 Members Meeting/Calendar Planning *If time permits sign up after meeting 1-3:30 Mindfulness Afternoon-Colouring and word activities Sign Up Day	2 9-10 Coffee Hour 10-11:30 Pictionary Morning 1-3:30 Games Afternoon
5 9-9:30 Morning Drop In 9:30-11:30 Flag Raising for Mental Health Week at Harmony Square and Meet and Greet at BRISC-Meet at Centre and walk over at 9:30 1-3:30 Cinco de Mayo-Nachos and talk about our mental health journey Sign Up, \$1, Last day to sign up or cancel is May 2nd.	6 9-10 Morning Drop In 10-11:30 Chalk it up: Decorate our sidewalk with positive statements/awareness for mental health week and Mindfulness morning 1-3:30 Self Care Kit with Leanne Sign Up, \$1, Last day to sign up or cancel is May 2nd	7 Centre Closed	8 9-11:30 Drop In, Scrapbooking and Knitting/Crocheting Morning 1-3:30 Goal Club Afternoon	9 9-11:30 Mother's Day High Tea Sign Up, Free, Last day to sign up is May 6th 1-3:30 Board Game Afternoon
12 9-11 Darts and Pool at Navy Club Sign up, Meet there 1-3:30 Grab the Mic: Game	13 9-11:30 Music Appreciation 1-3:30 Alt. Art Come use supplies we have to make something or bring a project from home and work on it!	14 Centre Closed	15 9-12 Dice Game Morning 12-1 Pizza Lunch Sign Up, \$3 for 3 slices of pizza, Last day to sign up or cancel is May 13th 1-2 Afternoon Drop In Closing early due to lunch program	16 9-11:30 Trivia Morning 1-3:30 Movie Afternoon
 Centre Closed	20 9-11:30 Mindfulness Morning: Word Activities and Colouring 1-3:30 Name that tune	21 Centre Closed	22 9-11:30 Spring Walk by river and to Serenity's Sign up, meet at centre, bring money for drink 1-3:30 Rummoli Afternoon	23 9:00 -Aquafit at YMCA Sign Up, Meet there, \$3.25 if no membership 1-3:30 Bowling: 5 Pin at Echo Bowl Sign up, \$10, Meet there
26 9:30 Volunteering at Friendship House Sign up, meet there 1-3:30 Expressive Arts with Mabe	27 9-11:30 Journaling Club 1-3:30 Bingo and Birthday Bash Sign up, Last day to sign up May 23rd	28 Centre Closed	29 9-10:30 Breakfast Club Sign Up, Last day to sign up is May 26th 10:30-11:30 Drop In 1-3:30 Wizard Game Tournament with Jerry P. Sign Up, Last day to sign up is May 26th	30 9-10 Coffee Hour 10-11:30 Family Feud 1-3:30 Catan Game