



Canadian Mental
Health Association
Brant-Haldimand-Norfolk

November 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 - Kayla; 519-752-2998 ext. 113. or Natalie; 519-752-2998 ext. 131		CENTRE CLOSED	31 9-11:30 Members Meeting & Sign Up Day 1-3:30 Scary Movie at the Centre!	1 9:30 Volunteering at the Food Bank Warehouse -Sign up, meet there, limited space *see sign up sheet for details 1-3:30 Game Den
4 9-11 Darts & Pool at the Navy Club -Sign up, meet at Alternatives & walk over together 1-3:30 Pictionary	5 9-11:30 Creative Journaling -Sign up 1-3:30 Holiday Card Committee -Closed group must sign up to attend. Limited space, see sign up sheet for details	6 CENTRE CLOSED	7 9:00-11:00 Hydrotherapy at YMCA -Sign up, \$5 without membership 12:00 Lunch Outing at Zanders -Sign up, meet there, cost depends on what your order	8 9-10:30 Goal Club -Sign up 10:30-11:30 Coffee House Drop-in \$ 1-3:30 Alt Art
11 Closed for 	12 9-11:30 Morning Drop-in 1-3:30 Crock-a-Doodle -Sign up, meet there, cost depends on what you get	13 CENTRE CLOSED	14 9-11:30 Holiday Card Committee -Closed group must sign up to attend. See sign up sheet for details 1:00 Bowling at Echo Bowl -Sign up, meet there, \$10	15 9:00 \$5 Food Challenge with Leanne -Sign up, meet at Freshco, limited space available. See sign up sheet for details. 1-3:30 Afternoon Drop-in
18 9-11:30 Volunteering at Friendship House -Sign up, meet there, limited space *see sign up sheet for details 1-3:30 Game Den	19 9-11:30 Holiday Card Committee -Closed group must sign up to attend. See sign up sheet for details 1-3:30 Afternoon Drop-in	20 CENTRE CLOSED	21 9-11:30 Trivia Morning 1-3:30 Decorating The Alternatives Holiday Tree Social	22 9-11:30 Coffee & Chats 1-3:30 Brantford Cineplex Movie Theater -Meet there, see staff for detail, pay for your own ticket **confirm time closer to date
25 9:00 Aqua Fit at YMCA -Sign up, meet there \$5 if not using a membership 1-3:30 Expressive Arts with Ma-be	26 9-10:00 Breakfast Club 10-11:30 Coffee House Hour 1-3:30 Lynden Park Mall Outing Lunch and Shopping -Sign up, meet there. Cost - depends on what you purchase	27 CENTRE CLOSED	28 9-11:30 D.I.Y Christmas Ornaments -Sign up 1-3:30 Hot Chocolate Social	29 9-11:30 Holiday Card Committee - Closed group must sign up to attend. See sign up sheet for details 1-3:30 Bingo & Birthday Bash