



Canadian Mental
Health Association
Brant-Haldimand-Norfolk

October 2023

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

| Mon | Tue | Wed | Thu | Fri |
|---|--|---------------------------------------|--|---|
| <p>2</p> <p>9-11:30 Members Meeting and Sign Up Day</p> <p>1-3:30 Afternoon Drop in</p> | <p>3</p> <p>9-11:30 Coffee Walk -Meet at Alt. Leaving at 9:20 a.m.</p> <p>1-3:30 Lets bake some "no bake" pies! -Sign up, \$3</p> | <p>4</p> <p>Centre Closed</p> | <p>5</p> <p>9:00 Thanksgiving Breakfast Outing at Kingswood Restaurant (43 Colborne St W.) -Sign up, meet there, cost depends on what your order</p> <p>1-3:30 Expressive Arts with Mabe</p> | <p>6</p> <p>9-3:30 Norfolk County Fair & Horse Show -Sign up, meet at Alt. \$5, bring money for food, rides or anything you'd like!</p> |
| <p>9</p> <p>CLOSED for Thanksgiving</p> <p><i>Wishing everyone a happy Thanksgiving!</i></p> | <p>10</p> <p>9-10:30 Goal Club -Sign up</p> <p>10:30-11:30 Coffee House Hour</p> <p>1-3:30 Fall Walk at Mohawk Park -Sign up, meet there (upper parking lot)</p> | <p>11</p> <p>Centre Closed</p> | <p>12</p> <p>9-11:30 Creative Journaling -Sign up</p> <p>1-3:30 Afternoon Social</p> | <p>13</p> <p>9-10:30 Yahtzee Morning</p> <p>10:30-11:30 Snack & Chat</p> <p>1-3:30 Apple Picking at Brantwood Farms -Sign up, meet there \$8</p> |
| <p>16</p> <p>9-11:30 Darts & Pool at the Navy Club -Sign up, meet at the Alt. and walk over together. Leaving at 9:15 a.m.</p> <p>1-3:30 Scrapbooking Social -Bring your own photo album</p> | <p>17</p> <p>9-11:30 Coffee House</p> <p>1-3:30 Musical Thoughts -Sign up</p> | <p>18</p> <p>Centre Closed</p> | <p>19</p> <p>9-11:30 Mindfulness Coloring and Music Appreciation</p> <p>1-3:30 Disk Golf at Mohawk Park -Sign up, meet there (upper parking lot)</p> | <p>20</p> <p>9:15 Pilates at YMCA -Sign up, meet there, \$6.50 if not using membership starts at 9:30 a.m.</p> <p>1-2:00 Book Club Discussion</p> <p>2-3:30 Trip to the Library</p> |
| <p>23</p> <p>9-11:30 Volunteering at Friendship House -Sign up, meet there 452 Grey St.</p> <p>1-3:30 Game Den</p> | <p>24</p> <p>9-11:30 Painting Tutorial on Youtube -Farmhouse Autumn Pumpkin Patch</p> <p>1-3:30 Bingo and Birthday Bash</p> | <p>25</p> <p>Centre Closed</p> | <p>26</p> <p>9:00—3:00 Cambridge Butterfly Conservatory -Sign up, \$20, meet at Alt.</p> | <p>27</p> <p>9-11:30 Coffee House</p> <p>1-3:30 Game Den</p> <p>***Programs will be run by CMHA Peer Support Worker Elaine and Mabe today!</p> |
| <p>30</p> <p>9:00 Aquafit at YMCA -Sign up, meet there \$4.75 if not using membership (starts at 9:15)</p> <p>1-3:30 Nail and String Art -Sign up</p> | <p>31</p> <p>9-10:30 Breakfast Club</p> <p>10:30-11:30 Coffee House Hour</p> <p>1-3:30 Movie Club -Halloween themed</p>  | <p>Centre Closed</p> | <p>Notes: Location and times may vary depending on program. See calendar for details. For more information please contact Alternatives staff - Natalie; 519-752-2998 ext. 131</p> | |