



# THE ABILITIES CENTRE

LEISURE AND LEARNING GUIDE  
SPRING & SUMMER 2020



[WWW.BRANTWOOD.CA](http://WWW.BRANTWOOD.CA)

HOURS OF OPERATION:

MONDAY - THURSDAY 9 AM - 9 PM

FRIDAY 9 AM - 8 PM



# THE ABILITIES CENTRE



In 2018, Brantwood joined with local partners to transform  
Brantwood's Recreation Therapy Centre into a

## COMMUNITY HUB

The Abilities Centre is a place for people of all abilities to access  
and participate in local recreation, health and  
learning programs including:

- Passport Services
- Personal Development and Life Skills Classes
- Land and Water Fitness Programs
- Onsite Heated Therapy Pool
- Multi-Sensory Room
- Specialized Fitness Equipment

[WWW.BRANTWOOD.CA](http://WWW.BRANTWOOD.CA)



**Spring Sessions Start**  
**March 30<sup>th</sup> - June 26<sup>th</sup> 2020**

**Summer Sessions Start**  
**June 29<sup>th</sup> - August 28<sup>th</sup> 2020**

**Who Can Register:** Adults over the Age of 18 (Camp Ages 16+)

**Cost Per Class:**

**\$26.00** per half day/**\$52.00** per full day

**\$5.00** Class Drop In Fee (as applicable)

**\$37.00/hour** for Additional 1:1 Support

**Inn on Strawberry Hill (Overnight Respite) \$250.00/night**

**\*\*Memberships Available: Sensory Room and Hyrdrotherapy Pool**

**\*\*Additional Supports and Material Costs May Apply**

**How Do I Register:**

**Option #1 - Register** and **pay online** for any class, from anywhere, at any time, at:



**Option #2 - Register** and **pay in person** at the Abilities Centre using the Registration Form at Reception (25 Bell Lane)

**Online Registration Opens March 9<sup>th</sup>**

**I Would Like More Information:**

**Contact Tracy Humphrey**

**Manager of Passport Services and the Abilities Centre**

**thumphrey@brantwood.ca**

**519-753-2658 ext. 148**

# Do You Have Passport Funding?

**We Can Help You Develop a Plan,  
Provide Staffing and  
Support Your Dreams and Goals!**





# PASSPORT COMBO MENU

**For \$5000 of Passport Funding You Could Choose . . .**

**Contact Tracy Humphrey with Your Passport Order @ 519-753-2658**

**PASSPORT FUNDING & OPTIONS**

**Over 125 Hours of 1:1 Support for Sports, Learning, Volunteering**

**2 Classes Every Week For the ENTIRE Year at the Abilities Centre**

**10 Weekends of Overnight Respite OR  
21 Single Nights of Respite at the Inn on Strawberry Hill**

**6 Weeks of Summer Camp PLUS  
5 Overnight Respite WEEKENDS at the Inn on Strawberry Hill**

**2 Weeks of Summer Camp PLUS  
2 Weeks of Overnight Summer Camp PLUS  
1 Week of March Break Camp PLUS  
Weekly Pool and Multisensory Room Access AND  
10 hours of 1:1 Support**

**Weekly Pool and MultiSensory Access PLUS  
1 Week March Break Camp PLUS  
4 Weeks Summer Camp AND  
60 hours of 1:1 Support**

**Create Your Own Custom Passport Combo**



## Day and Overnight Respite Services

### Are You Ready for a Break?

Caring for a loved one is a tough job, both physically and emotionally, and time off is essential to maintain a balanced and healthy life.

Brantwood offers overnight, weekend, vacation, and emergency respite at our **Inn on Strawberry Hill**.

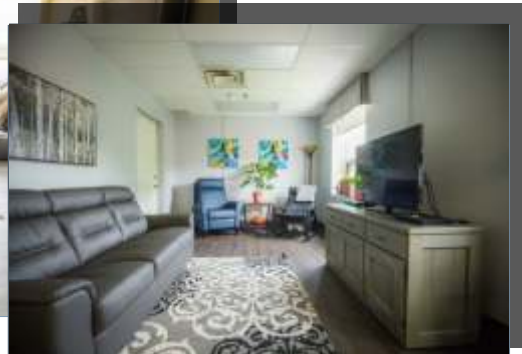
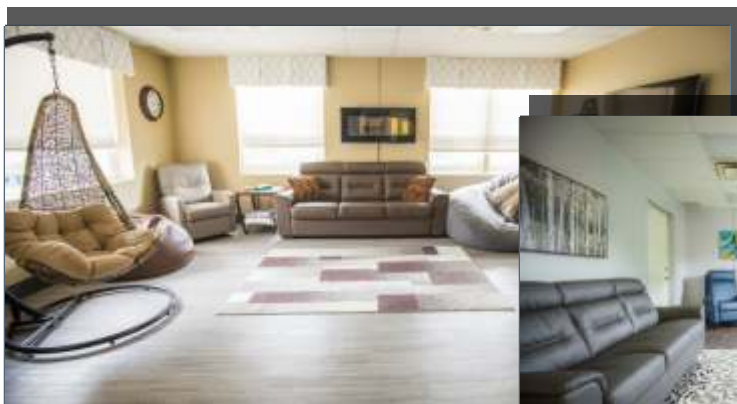


## Explore The Inn on Strawberry Hill

**Schedule Your Tour Today!**

**Email: [thumphrey@brantwood.ca](mailto:thumphrey@brantwood.ca)**

**Call: 519-753-2658 ext 148**





## **Do You Start Your Day Early?**

**Some family members need to get out the door before 8:30 so they can arrive on time!**



## **Do You Need to Get to Work Before the Abilities Centre Opens?**

**In today's world, work involves a variety of shifts that don't start or finish when your family member is able to leave!**

## **Do You Need Time Early or Later in the Day to Get Things Done?**



**Grocery shopping, picking up dinner, or just getting your long list done as fast as possible is a reality!**

## **Before & After Supports Available**

**Let Brantwood Help You With Your Busy Schedule**

**Email: [thumphrey@brantwood.ca](mailto:thumphrey@brantwood.ca)**

**Call: 519.753.2658**



# Strawberry Social

June 13<sup>th</sup>, 2020



1:00pm - 3:00pm  
The Abilities Centre  
(25 Bell Lane)



**Brantwood Community Services Invites  
All Family, Friends and Neighbours  
To An Afternoon of  
Music, Strawberries, and  
Tours of The Abilities Centre**

Please **RSVP** by June 5, 2020

**[reception@brantwood.ca](mailto:reception@brantwood.ca)**

**(519) 753-2658**

**[WWW.BRANTWOOD.CA](http://WWW.BRANTWOOD.CA)**

# THE ABILITIES CENTRE

**Spring Session Starts March 30<sup>th</sup> - June 26<sup>th</sup> 2020**

**Summer Session Starts June 29<sup>th</sup> - August 28<sup>th</sup> 2020**

## **Where's Your Focus?**

**The Abilities Centre Offers Courses/Classes in 5 Areas**



### **Recreation & Leisure**

Learn and connect with others who have similar interests in and around the community



### **Land & water Fitness**

Achieve and maintain your health and fitness goals by land or in the hydrotherapy pool



### **Healthy Relationships & Safety Skills**

Develop friendships and learn to stay healthy and safe at home and in your community



### **Life Management**

Build your skills to increase home and community independence



### **Employment & Supported Volunteerism**

Build your skills to obtain and maintain employment and volunteer positions

**Guide Page Colours Match the Class/Course Focus Area**

**SPACE IS LIMITED - REGISTER TODAY!**

**WWW.BRANTWOOD.CA**





## ANIMAL KINGDOM

Learn about different animals from near and far, and visit a local zoo. This **Wednesday** class includes 2 all day local activities

**APRIL - JUNE**

**Wednesdays**

**2:00 - 2:50pm**



## OUT AND ABOUT!

Get out and experience what your community has to offer. Participants will explore their community including the Library, Gretzky Centre, local museums and more.

**APRIL - AUGUST**

**Mondays**

**1:00 - 2:50pm**



## GEOCACHING

The ultimate game of hide and seek! Participants will be divided into two groups for this real world treasure hunt. Students will learn how to use a GPS system to hide and locate a geocache container.

**APRIL - AUGUST**

**Tuesdays**

**1:00 - 2:50pm**



## AUTISM OMNI VISTA

Explore key areas for people on the Autism Spectrum: social, emotional, communication, motor skills, and sensory using innovative technology.

<b>APRIL - AUGUST</b>	<b>Tuesdays</b>	<b>9:30 - 10:20am</b>
	<b>Thursdays</b>	<b>10:30 - 11:20am</b>



## SENSORY EXPLORATION

Experience various forms of stimulation by exploring all five senses while participating in hands-on sensory activities, objects, lights, and sounds within the multi-sensory room, and the Omni Vista projector.

<b>APRIL - JUNE</b>	<b>Mondays, Wednesdays</b>	<b>2:00 - 2:50pm</b>
	<b>Tuesdays</b>	<b>10:30 - 11:20am</b>
<b>JULY - AUGUST</b>	<b>Mondays</b>	<b>2:00 - 2:50pm</b>
	<b>Tuesdays</b>	<b>10:30 - 11:20am</b>



## COLOUR MUSIC

Experience **art therapy** activities by freeing your mind and expressing on a canvas! Participants will create a new canvas each week, while listening to different genre's of music in the courtyard.

<b>APRIL - JUNE</b>	<b>Thursdays</b>	<b>9:30 - 10:20am</b>
<b>JULY - AUGUST</b>	<b>Wednesdays</b>	<b>2:00 - 2:50pm</b>
	<b>Thursdays</b>	<b>9:30 - 10:20am</b>

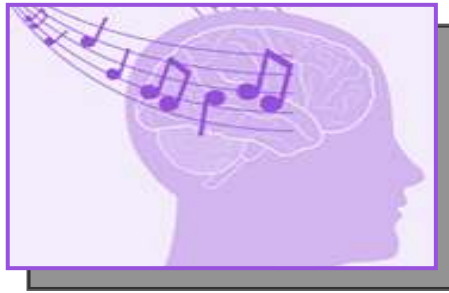


## TROPICAL TUNES

**Join us while we listen to Tropical Island Music** Hits That Will Send You Dancing to the Beach. Create beautiful sounds with instruments, under the sun. Enjoy relaxing outside while you play a variety of musical instruments.

<b>APRIL - AUGUST</b>	<b>Tuesdays</b>	<b>1:00 - 1:50pm</b>
	<b>Fridays</b>	<b>10:30 - 11:20am</b>





## MUSIC THERAPY with Dana DaCosta

Music Therapy is an interactive opportunity to be involved in movement activities, playing a selection of instruments, singing, group drumming, and relaxation.

**APRIL - AUGUST**

**Tuesdays**

**10:30 - 11:20am**

**Thursdays**

**1:00 - 1:50pm**



## PLAYER PLAYER

Monopoly? Life? Go Fish? Yardzee? **You name it, we will play it!**

**APRIL - AUGUST**

**Mondays, Fridays**

**9:30 - 10:20am**

**Tuesdays, Thursdays**

**10:30 - 11:20am**



## GREEN THUMBS

Get your hands dirty while creating and maintaining sustainable community, herb, flower, and vegetable gardens here and all over the city. The **Wednesday** class includes the opportunity for 2 all day local activities within our community.

<b>APRIL - JUNE</b>	<b>Monday to Friday</b>	<b>1:00 - 2:50pm</b>
<b>JULY - AUGUST</b>	<b>Mondays,</b>	<b>9:30 - 11:20am</b>
	<b>Wednesdays, Fridays</b>	
	<b>Tuesdays &amp; Thursdays</b>	<b>1:00 - 2:50pm</b>



## BOOK WORMS

A good book club is made up of two crucial things: the people in it and the books you read. Together lets experience paper and audio books to develop lively discussions, meaningful debates over plot points, literary devices, and character motives. All while enjoying the beautiful outdoors.

**APRIL - AUGUST    Tuesdays & Fridays    9:30 - 10:20am**





## SHOW STOPPERS

Build your social skills through acting, trust exercises, and theatre games. Participants will travel to local theatres and have the opportunity to show off their skills in a performance at the end of the course.

<b>APRIL - JUNE</b>	<b>Tuesdays</b>	<b>1:00 - 1:50pm</b>
	<b>Thursdays</b>	<b>10:30 - 11:20am</b>



## CREATIVE ARTS

Get hands-on learning experience exploring creative expression through various art forms (painting, drawing, abstract art of shapes, form, colour and line) to create your own unique art.

<b>APRIL - JUNE</b>	<b>Mondays</b>	<b>10:30 - 11:20am</b>
<b>JULY - AUGUST</b>	<b>Mondays</b>	<b>10:30 - 11:20am</b>
	<b>Thursdays</b>	<b>10:30 - 11:20am</b>



## SMART EXCHANGE

Let's get interactive with games using the Smart Exchange Board!

**APRIL - AUGUST**

**Tuesdays, Thursdays**

**9:30 - 10:20am**



## SCIENCE

Let's get creative and messy with science experiments such as making a volcano erupt!

**APRIL - JUNE**

**Wednesdays**

**10:30 - 11:20am**



## ECO ART SCAVENGER HUNT

Do you enjoy hunting for treasures? Join us as we go on a scavenger hunt for various items to create art projects based on a game of clues that you are given. Participants will hunt for items one week and create projects the next week.

**APRIL - JUNE**

**Friday**

**10:30 - 11:20am**



## BACKYARD BBQ

Do you have a BBQ at home and wish to learn how to grill? Join Backyard BBQ to learn basic grilling techniques while preparing simple, delicious recipes you can enjoy and share at home.

**JULY - AUGUST**

**Mondays**

**1:00 - 2:50pm**



## CHARMED GARDEN

Looking for ways you can decorate your gardens? Learn how to make painted rocks, stepping stones, whimsical garden art, and so much more!

**JULY - AUGUST**

**Wednesdays**

**1:00 - 1:50pm**



## BUTTERFLY

Make a butterfly garden by learning about the various types of butterflies, harvesting chrysalises, and celebrating with a butterfly release. This **Wednesday** class includes the opportunity for 2 all day local activities within our community.

**APRIL - JUNE**

**Wednesdays**

**1:00 - 1:50pm**



The **multi-sensory room** is an environment that provides sensory stimulation using lighting effects, colour, sounds, music, and scents.

The **multi-sensory room** can be used both actively for teaching and passively for relaxation.

Equipment inside the multi-sensory room consists of overhead lights, solar wheel projector, light spray, star projector, bubble tube, line lite panel, weighted blanket, water bed, and omni-vista projector.

**Single Visit:** \$13.00 per person

**10 Visit Membership:** \$115.00

**25 Visit Membership:** \$259.00



## MULTI-SENSORY GROUP

Enjoy the Multi-Sensory Room with others including calming as well as developing skills such as switching, cause and effect, and colour or hand-eye coordination skills.

<b>APRIL - JUNE</b>	<b>Wednesdays</b>	<b>9:30 - 10:20am</b>
---------------------	-------------------	-----------------------

Service in Action

# Kiwanis AKTION CLUB

YOU are invited to come and check out  
Brantwood's **Kiwanis Aktion Club.**

**Meeting Dates — 1st & 3rd Monday:**

January 6 & 20

February 3 & 17

March 2 & 16

April 6 & 20

May 4

June 1 & 15

**1:00-2:00pm**

- ♦ A service club where you make a difference
- ♦ Giving back is rewarding and fulfilling
- ♦ Develop leadership skills and have a voice
- ♦ Help better our community and help those in need

**Believe in us —  
we have really big hearts!**



**Brantwood Community Services**

The Abilities Centre  
Multi-Purpose Room  
25 Bell Lane  
Brantford, ON N6A 1E1

Contact: Cathy Humble  
Phone: 753-2658 x 143  
Email: [chumble@brantwood.ca](mailto:chumble@brantwood.ca)







**Are You a Young Adult with a Developmental Disability  
Looking for Some Adventures this Summer?**

**Brantwood's Summer Escape  
offers 10 WEEKS  
of Adventures!**

**CHECK THESE DATES & ADVENTURES OUT !!!**

**To The Rescue!**

**June 29 - July 3, 2020**

***Survivor, Mission Possible***

**July 6 - 10, 2020**

**Symphony of the Five Senses**

**WWW.BRANTWOOD.CA**



## **Trip a Day**

July 20 - 24, 2020

## **Mad Science**

July 27 - 31, 2020

## **To Infinity and Beyond!**

August 4 - 7, 2020

## **Animal Planet**

August 10 - 14, 2020

## **Splish Splash**

August 17 - 21, 2020

## **Random Acts of Kindness**

August 24 - 28, 2020

**Look for Registration at**



**MyCommunityHub.ca**



## Hydrotherapy Pool Punch Pass

**Single Visit:      \$6.00 per person**

**10 Visit Punch Pass:      \$57.50**

**25 Visit Punch Pass: \$129.50**

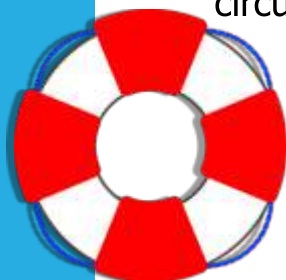


**The Punch Pass Can Be Used for  
Open Swims or for Swim Classes**

## Benefits of Warm Water Swimming

The value of swimming in warm water has great benefits!

Warm water has healing qualities, including relieving arthritic pain, increasing the blood flow and thereby improving the circulation and relaxing the muscles, body and mind.



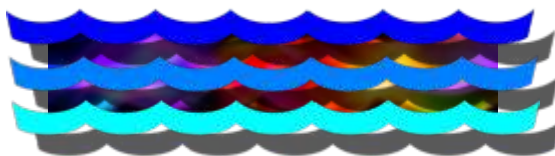
**Ease Stress Away By Swimming  
Every Day!**



## AQUA SPORTS

Learn how to play games and sports in the water including volleyball, basketball, and marco polo. Each session includes a warm up and cool down.

**APRIL - AUGUST**   **Mondays & Fridays**   **9:30 - 11:20am**



## SENSORY SWIM

A gentle pace class with calming music and reduced lighting in the hydrotherapy pool.

**APRIL - AUGUST**   **Wednesdays**   **9:30 - 10:20am**  
**Mondays, Wednesdays, Fridays**   **1:00 - 2:50pm**



## OPEN SWIM

This is an ideal swim time if you're looking for the chance to socialize with your peers, enjoy pool games and music.

**APRIL - AUGUST**   **Tuesdays & Thursdays**   **9:30 - 11:20am**  
**1:00 - 2:50pm**



## SPORTS

**He Shoots - He Scores! The Crowd Goes Wild!** Join us as we play various sports from field hockey to basketball.

<b>APRIL - JUNE</b>	<b>Fridays</b>	<b>2:00 - 2:50pm</b>
<b>JULY - AUGUST</b>	<b>Mondays</b>	<b>1:00 - 1:50pm</b>
<b>JULY - AUGUST</b>	<b>Wednesdays, Fridays</b>	<b>2:00 - 2:50pm</b>



## PACES

**Ready - Set - Go!** Join others in setting personal goals for distance and steps and then walk or roll your way to the finish line.

<b>APRIL - JUNE</b>	<b>Tuesdays, Fridays</b>	<b>9:30 - 10:20am</b>
<b>JULY - AUGUST</b>	<b>Tuesdays</b>	<b>9:30 - 10:20am</b>



## HEAD SPACE

Clear your head through meditation and learning relaxation techniques.

<b>APRIL - JUNE</b>	<b>Tuesdays</b>	<b>2:00 - 2:50pm</b>
<b>JULY - AUGUST</b>	<b>Tuesdays</b>	<b>10:30 - 11:20am 2:00 - 2:50pm</b>





## TRAILBLAZERS

Travel Brantford's Trail System and explore the flowers, trees and birds. If you're lucky, you might even see a deer! The **Wednesday** class includes the opportunity for **2 all day local activities** within our community.

<b>APRIL - JUNE</b>	<b>Wednesdays</b>	<b>1:00 - 2:50pm</b>
	<b>Thursdays</b>	<b>9:30 - 11:20am</b>
<b>JULY - AUGUST</b>	<b>Thursdays</b>	<b>9:30 - 11:20am</b>



## ZUMBA FOR BEGINNERS

Dance your heart rate up, get your body moving, and the blood pumping. This class is inclusive to people of all abilities!

<b>APRIL - JUNE</b>	<b>Mondays, Fridays</b>	<b>1:00 - 1:50pm</b>
	<b>Wednesdays</b>	<b>10:30 - 11:20am</b>
<b>JULY - AUGUST</b>	<b>Wednesdays</b>	<b>10:30 - 11:20am</b>
	<b>Fridays</b>	<b>1:00 - 1:50pm</b>



## CHAIR YOGA with Lisa Roney

Take a break from your daily stress and come and join us for gentle Chair Yoga. This class will work on range of motion of all of our major joints and muscles timed to the rhythm of our own unique inhales and exhales.

**APRIL - AUGUST**

**Fridays**

**10:30 - 11:00am**



## MASSAGES

Enjoy relaxing music while receiving a free, professional massage from Westervelt College students. Consent forms must be completed prior to participation.

**APRIL - AUGUST**

**Mondays**

**9:30 - 10:20am**



## CALMING BODIES

Enjoy a relaxing environment with dim lighting and calming music while you complete gentle range of motion exercises with hand and foot massages.

**APRIL - JUNE**

**Tuesdays**

**10:30 - 11:20am**

**Fridays**

**1:00 - 1:50pm**

**JULY - AUGUST**

**Fridays**

**1:00 - 1:50pm**



## BOOT CAMP with Lisa Roney

Advanced weight conditioning workout with high intensity intervals focusing on functional training with bodyweight exercises and weights.

Participants must be able to independently follow instructions.

**APRIL - AUGUST**

**Tuesdays**

**7:00 - 8:00pm**



## POUND FIT

Combine aerobic movements with the beat and rhythm of drums to get your heart rate up in this fast-paced workout. All materials are provided.

**APRIL - AUGUST**

**Tuesdays**

**2:00 - 2:50pm**

**Wednesdays**

**1:00 - 1:50pm**



## BUST A MOVE

Get Ready to MOVE! This class will give you the opportunity to use our specialized fitness equipment such as the 3-wheel bike and walker. In addition, learn fun dance styles including country, hip hop and even the moonwalk.

**APRIL - AUGUST**

**Monday to Friday**

**9:30 - 10:20am**



## OPEN FUTURE LEARNING

Complete inspirational, online training modules such as Rights, When Rights May be Limited; Trauma-Informed Care; More Than Speech; and Diversity and Women.

**APRIL - JUNE**

**Fridays**

**10:30 - 11:20am**



## WALK, TALK, SNAP!

Come out and meet new people as we explore what is happening around the neighbourhood. Grab your camera, take some photos, make new friends and create a social media blast about all the fun.

**APRIL - AUGUST**

**Tuesdays**

**1:00 - 1:50pm**

**Thursdays & Fridays**

**2:00 - 2:50pm**



## **COOKING ... BAM!**

Learn how to prepare a variety of dishes, from vegetarian meals to traditional home cooking taking 30 minutes or less to prepare.

**APRIL - AUGUST**

**Thursdays**

**1:00 - 2:50pm**



## **ORDER UP!!**

See what cooking for customers is like. You will learn how to follow recipes and make items that would be served for dinner and lunch.

**APRIL - AUGUST**

**Fridays**

**1:00 - 2:50pm**



## **POWERFUL YOU**

Explore healthy lifestyles, the importance wellness plays in your life. As we learn we will make body scrubs, smoothies and other health and wellness products for everyone to use.

**APRIL - JUNE**

**Mondays, Thursdays**

**10:30 - 11:20am**



## THE GARDENING CHEF

Put your homegrown herbs and veggies to good use this summer with fresh-from-the-garden recipes. You won't want to miss a bite.

**APRIL - JUNE**

**Mondays**

**1:00 - 2:50pm**

## Cooking 101

### COOKING BASICS

Learn the basics of cooking to increase your skills in the kitchen including how to use basic kitchen tools and cook simple dishes.

**APRIL - AUGUST**

**Tuesdays**

**1:00 - 2:50pm**

## Baking 101

### BAKING BASICS

Learn how to bake delicious treats by following recipes, measuring and mixing ingredients, and sampling your creations! This **Wednesday** class includes the opportunity for 2 all day local activities within our community.

**APRIL - AUGUST**

**Wednesdays**

**9:30 - 11:20am**





## SHOPPING ON A BUDGET

Gain the skills to plan your trip to the grocery store by learning how to read flyers, compare costs, and create a menu following a budget.

**APRIL - JUNE**

**Tuesdays**

**10:30 - 11:20am**



## SUPER MARKET SWEEP

Learn to navigate the grocery store, follow a grocery list and budget for the grocery list.

**APRIL - AUGUST**

**Thursdays**

**1:00 - 2:50pm**

## LAUGHTER YOGA

**Alzheimer Society**  
BRANT

Healthy Exercise to **BEAT STRESS**,  
Strengthen the **IMMUNE SYSTEM** and  
Create a **POSITIVE MIND STATE!**



**APRIL -  
AUGUST**

**Mondays**

**10:30 - 11:20am**



### COFFEE CART

See what it's like to work in a café. You will learn how to take orders, payments, stock items, and interact with customers.

**APRIL - AUGUST**

**Wednesdays & Fridays**

**10:30 - 11:20am**



### LOCAL LOVE

Explore different opportunities to give back to your community. Volunteer for local causes and charities each week. Explore all the different opportunities to give back in your local community.

**APRIL - AUGUST**

**Fridays**

**1:00 - 2:50pm**



### RESTORE VOLUNTEERING

Volunteer your time at the ReStore to make a difference in your community.

**APRIL - AUGUST**

**Thursdays**

**1:00 - 2:50pm**

**JOIN US!**

# Parents Helping Parents Resource Group

## **WHEN**

**4<sup>th</sup> Thursday of every month**

**6pm - 8pm**

**January 23 / February 27 / March 26**

**April 23 / May 28 / June 25**

## **WHERE**

**The Abilities Centre Entrance #1**

**25 Bell Lane, Brantford, Ontario**

## **RECREATION PROGRAMMING**

is available for your son or daughter while you meet with other parents & caregivers

**COST  
FREE!**

## **HOST**

**Cathy Humble**, a Brantwood Supervisor and long-term advocate for people with developmental disabilities and autism.

## **PARENTS & CAREGIVERS**

supporting teens and adults with autism and/or a developmental disability

## **TIME TO SHARE**

your experiences, ideas, successes and challenges with other parents and caregivers

## **INFORMATION/ REGISTRATION**

Call Marianne

@ 519-753-2658 x 100

Or email

reception@brantwood.ca



[www.brantwood.ca](http://www.brantwood.ca)





## **COOKING BAM!**

**Mondays 6:00 - 8:00**

Learn how to prepare a variety of dishes, from vegetarian meals to traditional home cooking taking 30 minutes or less to prepare.

**\$13/night**



## **SOCIAL CLUB**

**Tuesdays 6:00 - 8:00**

Join us every Tuesday night to connect with new people, enjoy a Guys Night and a Ladies Night, watch movies, go swimming, bowling, or other activities within our community and here at Brantwood.

**\$13/night + activity fee, light snack and drink provided**



## **MUSIC & MOVEMENT**

**Wednesdays 6:00 - 8:00**

Enjoy all the benefits music has to offer! We will explore a variety of musical activities from singing, story telling, moving to the music, and relaxation. **\$13/night, light snack and drink provided**



## **PAINT NIGHT with Mike**

**Thursdays 6:00 - 8:00**

Paint nights are a creative way to hang out with your friends and create masterpieces! Join Mike and create 13 different canvas art projects over the next 3 months. More information to follow.

**\$20/night, includes supplies**

# DANCE NIGHT!

6:00 - 8:00pm

\$10 at the  
Door

Do you love music, dancing, and  
meeting new people?

**Friday April 24, 2020**

**Friday May 22, 2020**

**Friday June 19, 2020**







**Located at The**  
**ABILITIES CENTRE**

**Garden Features Include:**

**Ground Gardens,  
Raised Gardens & 2 Indoor  
Hydroponic Tower Gardens**

**Interested in Joining the Equal Grounds Community**

**Garden Team contact:**

**Deb Thornberry**

**519-753-2658 ext. 461**

**WE CAN'T WAIT TO MEET YOU!**







**You can now**

## **REGISTER ONLINE**

We are very excited to inform you that you can now register and pay for any class, membership or program, from anywhere, at any time, online at:

# **MyCommunityHub.ca**

### **What is My Community Hub?**

My Community Hub is an online website that provides information on where to go for great activities offered by Developmental Service Agencies across Ontario. You can browse, register and pay for services in just a few clicks.

### **It's Easy & Convenient:**

1. Go to [www.mycommunityhub.ca](http://www.mycommunityhub.ca) and Create an **Account**
2. Find and **Register** for the Class/Course by entering the **Class Name** in the Search box Select - **Add to Cart**
3. **Pay** - Proceed to checkout
4. Your **Receipt** will always be available online whenever you need it.

### **What happens if I don't have access to the Internet?**

We will continue to assist you in registering for services and processing your payments in person at Reception. Simply complete the Registration Form and drop it off at reception with payment (credit card and debit available).

### **Questions or Comments?**

Call 519-753-2658 ext. 100

**SKIP THE LINE, REGISTER ONLINE!** 

Brantwood Community Services and Participation  
Support Services Invite you!!!

**SAVE THE DATE**

2020 Jane's Walk



**FRIDAY MAY 1<sup>st</sup>, 2020**

**10:30 AM**

**Route #1** Brantwood to Princess Anne Park (Helen Ave.)

**Route #2** Participation Support Services to Princess Anne Park

**Route #3** Brantwood neighbourhood along Stratford

Terrace loop

Looking for something  
delicious to share at  
an upcoming party  
or business meeting?

## **Alyssa's Good Looking Cooking**

offers muffins, cupcakes, simple cakes,  
and hot lunches for your enjoyment.

**Order Today  
519-751-5219**

[alyssasgoodlookingcooking@gmail.com](mailto:alyssasgoodlookingcooking@gmail.com)



## **2<sup>nd</sup> ANNUAL KINDNESS BALL**

**Saturday, April 18, 2020 | 6:00pm**

**White Eagle Banquet Hall**

**1015 Barton St. E, Hamilton, ON**

Brantwood Community Services is a proud Silver Sponsor for Friends 4 Kindness' biggest fundraiser. 100% of the proceeds goes towards **Unbirthday Parties** and initiatives!

Tickets are **\$40** each which includes a meal and dance.

**19+ event | Cash Bar | Raffles**

# 24<sup>th</sup> Annual Charity Golf Tournament

**Walter Gretzky Municipal Golf Course,  
Banquet and Learning Academy**

(Former Northridge Municipal Golf Course)

12:00pm Shotgun Start



## Sponsorship Opportunities Available

- **Access Alternative Markets!**
- **Gain Visibility & Exposure**
- **Affiliate Your Business with a Worthy Cause!**

**Registration includes** complimentary bucket of balls on driving range prior to shotgun start, 18 holes of golf, putting contest, mulligans, cart, lunch, reception dinner, and take home prize!



**It's Official  
DOUG  
GILMOUR  
Will be golfing  
with us!**



**To Register or For Sponsorship**

**Information Contact:**

**Juliana Webberman**

**Fundraising Development**

**Coordinator**

**Tel: (519) 753-2658 ext. 114**

**WWW.BRANTWOOD.CA**



25 Bell Lane  
Brantford ON N3T 1E1  
519-753-2658  
[www.brantwood.ca](http://www.brantwood.ca)  
[info@brantwood.ca](mailto:info@brantwood.ca)

