


MARCH 2023

ALPHA COURT DAY CENTRE

270 Windsor Street – Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CALENDAR LEGEND At the Day Centre Outdoor Programming Community Indoor Programming</p> <p>ALPHA COURT DAY CENTRE (807) 683-7729</p> <p>DAY PROGRAM FACILITATORS Contact Information: Jesse jjames@alphacourt.ca (807) 627 – 8831 Sharon sgreshuk@alphacourt.ca or (807) 627 – 6119</p> <p><u>*Please note: All programming requires registration</u></p> <div style="text-align: center; margin-top: 10px;">  <p>Find us on facebook</p> </div>		<p>1 10:00AM – 11:00AM (Sharon) CANVAS PAINTING (Day Centre) ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “Sloppy Joe’s” *Please register ***</p> <p>1:00PM – 2:00PM (Jesse) TAI CHI (Day Centre) *Please register – limited spots available ***</p> <p>2:00PM – 3:00PM (Sharon) BINGO at the Day Centre/ Zoom *Please register ***</p> <p>3:00PM – 4:00PM (Sharon/ Jesse) WOMEN’S GROUP at Intercity Shopping Centre) *Please register</p>	<p>2 10:30AM – 11:30AM (Sharon) COLOURING (Day Centre) *Please register ***</p> <p>11:00AM – 12:00PM (Jesse) YOGA (Zoom) ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 2:00PM (Jesse) “We have sewing machines!” with Jesse (Day Centre) *Please Register ***</p> <p>2:30PM – 3:30PM (Jesse/ Sharon) MALL WALKING Intercity Shopping Centre, 1000 Fort William Road *Please register</p>	<p>3 10:30AM – 12:00PM (Sharon) COFFEE TALK with Peer Connections (Day Centre) *Please register ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) ***</p> <p>1:30PM – 2:30PM (Jesse/ Sharon) SNOWSHOEING (Location to be determined) *Please register</p>

<p>6 10:30AM – 12:00PM (Sharon) COFFEE TALK with Peer Connections (Day Centre) *Please register *** 11:00am- 12:00pm (Jesse) BADMINTON (West Thunder Community Centre) *Please register *** 12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “Grilled Cheese” *Please register *** 1:00pm-1:45pm (Jesse) Boxing class (Day Centre) *** 2:00PM – 3:00PM (Jesse) Fit4less (Fit4less/ *Please register) (Jesse)</p>	<p>7 10:00AM – 11:00AM (Sharon) JOURNALING (Zoom) *** 10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) *** 10:30AM – 12:00PM(Sharon/ Meagan) COPING WITH EVERYDAY STRESSORS *Please register (3/5) *** 12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “Chicken Broccoli Alfredo” *Please register *** 1:00pm-1:45pm (Jesse) Boxing class (Day Centre) *** 1:00PM – 2:00PM SOCIAL GAMING (Day Centre) *Please register</p>	<p>8 9:30AM – 10:30AM (Sharon) JEWELRY GROUP (Day Centre) *Please register *** 10:30AM – 11:30AM (Jesse) COPING WITH CHAOS (Day Centre) Session 1/5 *Please register *** 12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “Stir Fry” *Please register *** 1:30PM - 2:30pm (Sharon) BINGO at the Day Centre/ Zoom *Please register</p>	<p>9 10:30AM – 11:30AM (Sharon) COLOURING (Day Centre) *Please register *** 11:00AM – 12:00PM (Jesse) YOGA (Zoom) *** 11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) *** 1:00PM – 2:00PM (Jesse) NEW/ INTERESTED TOUR OF THE DAY CENTRE *PLEASE REGISTER *** 2:30PM – 3:30PM (Jesse/ Sharon) MALL WALKING Intercity Shopping Centre, 1000 Fort William Road *Please register</p>	<p>10 10:00AM – 12:00PM (Sharon) BAKING GROUP “Chocolate Chip Cookies” Please register *** 11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) *** 12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “Chicken Wraps” *Please register *** 1:00PM – 3:00PM (Jesse) MOVIE (Day Centre) “TBD” *** 1:30PM – 2:30PM (Jesse) Boxing class (Day Centre) *Please register</p>
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<p>13 10:00AM-10:30AM (Jesse) DAY CENTRE CHECK IN (Zoom) ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:00pm-1:45pm (Jesse) Boxing class (Day Centre) ***</p> <p>1:30PM – 4:00PM OOSHKE PROGRAMMING “Arts & Crafts” Location: Day Centre</p>	<p>14 10:00AM – 11:00AM (Sharon) JOURNALING (Zoom) ***</p> <p>10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>10:30AM – 12:00PM(Sharon/ Meagan) COPING WITH EVERYDAY STRESSORS *Please register (4/5) ***</p> <p>11:00AM – 12:00PM MEET THERAPY DOG TIMBER *Please register ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “Pasta Bake” *Please register ***</p> <p>1:00pm-1:45pm (Jesse) Boxing class (Day Centre) ***</p> <p>1:00PM – 2:00PM SOCIAL GAMING (Day Centre) *Please register</p>	<p>15</p> <p>DAY CENTRE CLOSED 8:30AM – 12:00PM</p> <p>1:00PM – 2:00PM (Jesse) TAI CHI (Day Centre) *Please register – limited spots available ***</p> <p>2:00PM – 3:00PM (Sharon) BINGO at the Day Centre/ Zoom *Please register ***</p> <p>3:00PM – 4:00PM (Sharon/ Jesse) WOMEN’S GROUP at the Day Centre) *Please register</p>	<p>16 10:30AM – 11:30AM (Sharon) COLOURING (Day Centre) *Please register ***</p> <p>11:00AM – 12:00PM (Jesse) YOGA (Zoom) ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 2:00PM (Jesse) “We have sewing machines!” with Jesse (Day Centre) *Please Register ***</p> <p>2:30PM – 3:30PM (Jesse/ Sharon) MALL WALKING Intercity Shopping Centre, 1000 Fort William Road *Please register</p>	<p>17 10:30AM – 12:00PM (Sharon) COFFEE TALK with Peer Connections (Day Centre) *Please register ***</p> <p>11:00AM – 12:00PM (Jesse/ Sharon) RECORD SUSPENSION PROGRAM PRESENTATION from John Howard Society *Please register ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “Grilled Cheese” *Please register ***</p> <p>1:30PM – 2:30PM (Jesse/ Sharon) SNOWSHOEING (Location to be determined) *Please register ***</p> <p>2:30PM – 3:15PM (Sharon/ Jesse) TIE DYE (Day Centre) *Please register</p>
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<p>20 10:30AM – 12:00PM (Sharon) COFFEE TALK with Peer Connections (Day Centre) *Please register ***</p> <p>11:00am- 12:00pm (Jesse) BADMINTON (West Thunder Community Centre) *Please register ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “Grilled Cheese” *Please register ***</p> <p>1:30PM – 2:30PM (Sharon/ Jesse) BOWLING at Mario’s Bow *Please register/\$5.00 – per person ***</p> <p>1:00pm-1:45pm (Jesse) Boxing class (Day Centre) ***</p> <p>2:00PM – 3:00PM (Jesse) Fit4less (Fit4less/ *Please register) (Jesse)</p>	<p>21 10:00AM – 11:00AM (Sharon) JOURNALING (Zoom) ***</p> <p>10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse)</p> <p>***</p> <p>1:00pm-1:45pm (Jesse) Boxing class (Day Centre) ***</p> <p>1:00PM – 2:00PM SOCIAL GAMING (Day Centre) *Please register</p>	<p>22 9:30AM – 10:30AM (Sharon) JEWELRY GROUP (Day Centre) *Please register ***</p> <p>10:30AM – 11:30AM (Jesse) COPING WITH CHAOS (Day Centre) Session 2/5 *Please register ***</p> <p>1:00PM – 2:00PM (Jesse/Sharon) INCOME TAX PROGRAM (Day Centre) *Please register – limited spots available ***</p> <p>2:30pm – 3:30pm (Sharon) BINGO at the Day Centre/ Zoom *Please register</p>	<p>23 10:00am – 11:00am(Jesse) “We have sewing machines!” with Jesse (Day Centre) *Please Register ***</p> <p>10:30AM – 11:30AM (Sharon) COLOURING (Day Centre) *Please register ***</p> <p>11:00AM – 12:00PM (Jesse) YOGA (Zoom) ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 2:00PM (Jesse) EXPERIENCE THUNDER BAY (Conservatory) *Please register ***</p> <p>2:30PM – 3:30PM (Jesse/ Sharon) WALKING GROUP at Marina Park *Please register/ Weather depending</p>	<p>24 10:00AM – 12:00PM (Sharon) COOKING GROUP “PIZZA” Please register ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “PIZZA” *Please register ***</p> <p>1:00PM – 3:00PM (Meagan) JEOPARDY with Meagan *Please register ***</p> <p>1:30PM – 2:30PM (Jesse) Boxing class (Day Centre) *Please register</p>
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<p>27 10:00AM-10:30AM (Jesse) DAY CENTRE CHECK IN (Zoom) ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “Sloppy Joe’s” *Please register ***</p> <p>1:00pm-1:45pm (Jesse) Boxing class (Day Centre) ***</p> <p>1:30PM – 4:00PM OOSHKE PROGRAMMING “Arts & Crafts” Location: Day Centre</p>	<p>28 10:00AM – 11:00AM (Sharon) JOURNALING (Zoom) ***</p> <p>10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>10:30AM – 12:00PM(Sharon/ Meagan) COPING WITH EVERYDAY STRESSORS *Please register (5/5) ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “Lasagna” *Please register ***</p> <p>1:00pm-1:45pm (Jesse) Boxing class (Day Centre) ***</p> <p>1:00PM – 2:00PM SOCIAL GAMING (Day Centre) *Please register</p>	<p>29 10:00AM – 11:00AM (Sharon) CANVAS PAINTING (Day Centre) ***</p> <p>10:30AM – 11:30AM (Jesse) COPING WITH CHAOS (Day Centre) Session 3/5 *Please register ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “Chicken Broccoli Alfredo” *Please register ***</p> <p>1:00PM – 2:00PM (Jesse/ Sharon) COPING THROUGH ART at the Day Centre *Please register ***</p> <p>1:00PM – 2:00PM (Jesse/Sharon) INCOME TAX PROGRAM (Day Centre) *Please register – limited spots available ***</p> <p>2:00PM – 3:00PM (Sharon) BINGO at the Day Centre/ Zoom *Please register ***</p> <p>3:00PM – 4:00PM (Sharon/ Jesse) WOMEN’S GROUP at the Day Centre *Please register</p>	<p>30 10:00AM – 11:00AM (Jesse) YOGA (Zoom) ***</p> <p>10:30AM – 11:30AM (Sharon) COLOURING (Day Centre) *Please register ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 2:00PM (Jesse) “We have sewing machines!” with Jesse (Day Centre) *Please Register ***</p> <p>2:30PM – 3:30PM (Jesse/ Sharon) WALKING GROUP at the Day Centre *Please register/ Weather depen</p>	<p>31 10:30AM – 12:00PM (Sharon) COFFEE TALK with Peer Connections (Day Centre) *Please register ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) ***</p> <p>12:00PM – 1:00PM (Sharon/ Jesse) TIE DYE (Day Centre) *Please register ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “PIZZA” *Please register ***</p> <p>1:30PM – 2:30PM (Jesse/ Sharon) SNOWSHOEING (Location to be determined) *Please register/ Weather depending</p>
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