		MARCH 2023			
ALPHA COURT DAY CENTRE					
270 Windsor Street – Room 221					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
CALENDAR At the Day Outdoor Prog Community Indoo ALPHA COURT I (807) 683 DAY PROGRAM F Contact Info Jesse jjames@alphacour Sharon sgreshuk@alphacour Sharon sgreshuk@alphacour	Centre gramming r Programming DAY CENTRE 3-7729 ACILITATORS rmation: t.ca (807) 627 – 8831 rt.ca or (807) 627 – 6119 ing requires registration	1 10:00AM – 11:00AM (Sharon) CANVAS PAINTING (Day Centre) *** 12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre "Sloppy Joe's" *Please register *** 1:00PM – 2:00PM (Jesse) TAI CHI (Day Centre) *Please register – limited spots available *** 2:00PM – 3:00PM (Sharon) BINGO at the Day Centre/ Zoom *Please register *** 3:00PM – 4:00PM (Sharon/ Jesse) WOMEN'S GROUP at Intercity Shopping Centre) *Please register	YOGA (Zoom) *** 11:00pm (Jacco)	3 10:30AM – 12:00PM (Sharon) COFFEE TALK with Peer Connections (Day Centre) *Please register *** 11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) *** 1:30PM – 2:30PM (Jesse/ Sharon) SNOWSHOEING (Location to be determined) *Please register	

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	7 10:00AM – 11:00AM (Sharon) JOURNALING (Zoom) **** 10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) *** 10:30AM – 12:00PM(Sharon/ Meagan) <u>COPING WITH EVERYDAY STRESSORS</u> *Please register (3/5) *** 12:00PM – 1:00PM (Jesse/ Sharon)	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 Erv"	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) ***	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
	***			*Please register *** 1:00PM – 3:00PM (Jesse) MOVIE (Day Centre) "TBD" *** 1:30PM – 2:30PM (Jesse) Boxing class (Day Centre)

13	14	15	16	17
10:00AM-10:30AM (Jesse)	10:00AM – 11:00AM (Sharon)	DAY CENTRE	<mark>10:30AM – 11:30AM (Sharon)</mark>	10:30AM – 12:00PM (Sharon)
DAY CENTRE CHECK IN (Zoom)	JOURNALING (Zoom)	DATCENTRE	COLOURING (Day Centre)	COFFEE TALK with Peer Connections
***	***	CLOSED	*Please register	(Day Centre)
11:00am- 12:00pm (Jesse)	10:30am- 12:00pm	CLOULD	***	*Please register
Fit4less (Fit4less/ *Please register) (Jesse)	Fit4less (Fit4less/ *Please register)	8:30AM - 12:00PM	11:00AM – 12:00PM (Jesse)	***
***	(Jesse)		YOGA (Zoom)	11:00AM – 12:00PM (Jesse/ Sharon)
1:00pm-1:45pm (Jesse)	***	1:00PM – 2:00PM (Jesse)	***	RECORD SUSPENSION PROGRAM
Boxing class (Day Centre)	$10:30\Delta M - 12:00PM(Sharon/Meagan)$			PRESENTATION from John Howard Society
boxing class (Day centre)	COPING WITH EVERYDAY STRESSORS	TAI CHI (Day Centre <mark>)</mark>	11:00am- 12:00pm (Jesse)	*Please register ***
1:30PM – 4:00PM	*Please register (4/5)	*Please register – limited spots available	Fit4less(Fit4less/ *Please register)	11:00am- 12:00pm (Jesse)
OOSHKE PROGRAMMING	***	***	(Jesse) ***	Fit4less (Fit4less/ *Please register)
	11:00AM - 12:00PM	<mark>2:00PM – 3:00PM (Sharon)</mark>		***
"Arts & Crafts"	MEET THERAPY DOG TIMBER	BINGO at the Day Centre/ Zoom	<mark>1:00PM – 2:00PM (Jesse)</mark>	
Location: Day Centre		*Please register	"We have sewing machines!" with	12:00PM – 1:00PM (Jesse/ Sharon)
	*Please register	***	Jesse (Day Centre) *Please Register	LUNCH at the Day Centre
	***	3:00PM – 4:00PM (Sharon/ Jesse)	***	"Grilled Cheese"
		WOMEN'S GROUP at the Day Centre)	2:30PM – 3:30PM (Jesse/ Sharon)	*Please register
	Lowen at the Day Centre	·	MALL WALKING	***
	<mark>"Pasta Bake"</mark>	*Please register	Intercity Shopping Centre, 1000 Fort	1:30PM – 2:30PM (Jesse/ Sharon)
	*Please register		William Road	SNOWSHOEING
	***		*Please register	(Location to be determined)
	1:00pm-1:45pm (Jesse)		<u> </u>	*Please register
	Boxing class (Day Centre)			***
	***			2:30PM – 3:15PM (Sharon/ Jesse)
	1:00PM – 2:00PM			TIE DYE (Day Centre)
	SOCIAL GAMING (Day Centre)			
	*Please register			*Please register

20	21	22	23	24
10:30AM – 12:00PM (Sharon)	10:00AM – 11:00AM (Sharon)	9:30AM – 10:30AM (Sharon)	10:00am – 11:00am(Jesse)	10:00AM – 12:00PM (Sharon)
COFFEE TALK with Peer Connections	JOURNALING (Zoom)	JEWELRY GROUP (Day Centre)	"We have sewing machines!" with	COOKING GROUP "PIZZA"
<mark>(Day Centre)</mark>	***	*Please register	Jesse (Day Centre) *Please Register	Please register
*Please register	10:30am- 12:00pm	***	***	***
***	Fit4less (Fit4less/ *Please register)	10:30AM – 11:30AM (Jesse)	10:30AM – 11:30AM (Sharon)	11:00am- 12:00pm (Jesse)
11:00am- 12:00pm (Jesse)	(Jesse)		COLOURING (Day Centre)	
BADMINTON (West Thunder Community	***	COPING WITH CHAOS (Day Centre)	*Please register	Fit4less (Fit4less/ *Please register)
Centre)	1:00pm-1:45pm (Jesse)	Session 2/5	U	***
*Please register	Boxing class (Day Centre)	*Please register	***	12:00PM – 1:00PM (Jesse/ Sharon)
***			11:00AM – 12:00PM (Jesse)	LUNCH at the Day Centre
12:00PM – 1:00PM (Jesse/ Sharon)		1:00PM – 2:00PM (Jesse/Sharon)	YOGA (Zoom)	"PIZZA"
	<mark>1:00PM – 2:00PM</mark>	INCOME TAX PROGRAM (Day Centre)	***	*Please register
LUNCH at the Day Centre	SOCIAL GAMING (Day Centre)	*Please register – limited spots available	11:00am- 12:00pm (Jesse)	***
"Grilled Cheese"	*Please register	***	Fit4less(Fit4less/ *Please register)	
*Please register		2:30pm – 3:30pm (Sharon)	(Jesse)	1:00PM – 3:00PM (Meagan)
***			***	JEOPARDY with Meagan
1:30PM – 2:30PM (Sharon/ Jesse)		BINGO at the Day Centre/ Zoom		*Please register
BOWLING at Mario's Bowl		*Please register	1:00PM – 2:00PM (Jesse)	***
*Please register/\$5.00 – per person			EXPERIENCE THUNDER BAY	1:30PM – 2:30PM (Jesse)
***			(Conservatory) *Please register	Boxing class (Day Centre)
1.00mm 1.45mm (Janua)			***	*Please register
1:00pm-1:45pm (Jesse)			2:30PM – 3:30PM (Jesse/ Sharon)	
Boxing class (Day Centre)			WALKING GROUP at Marina Park	
***			*Please register/ Weather	
2:00PM – 3:00PM (Jesse)			depending	
Fit4less (Fit4less/ *Please register) (Jesse)				

27 28 10:00AM-10:30AM (Jesse) 10:00AM – 11:00AM (Sharon) JOURNALING (Zoom) DAY CENTRE CHECK IN (Zoom) *** *** 10:30am- 12:00pm 11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) Fit4less (Fit4less/ *Please register) (Jesse) (Jesse) *** *** 12:00PM – 1:00PM (Jesse/ Sharon) 10:30AM – 12:00PM(Sharon/ Meagan) LUNCH at the Day Centre COPING WITH EVERYDAY STRESSORS "Sloppy Joe's" Please register (5/5) *Please register *** *** 12:00PM – 1:00PM (Jesse/ Sharon) 1:00pm-1:45pm (Jesse) LUNCH at the Day Centre Boxing class (Day Centre) 'Lasagna" *** *Please register 1:30PM – 4:00PM *** OOSHKE PROGRAMMING 1:00pm-1:45pm (Jesse) "Arts & Crafts" Boxing class (Day Centre) Location: Day Centre *** 1:00PM – 2:00PM SOCIAL GAMING (Day Centre)

*Please register

29 30 10:00AM – 11:00AM (Sharon) CANVAS PAINTING (Day Centre) YOGA (Zoom) *** *** 10:30AM – 11:30AM (Jesse) COPING WITH CHAOS (Day Centre) Session 3/5 *Please register *** *Please register *** 11:00am- 12:00pm (Jesse) 12:00PM – 1:00PM (Jesse/ Sharon) (Jesse) LUNCH at the Day Centre *** "Chicken Broccoli Alfredo" 1:00PM – 2:00PM (Jesse) *Please register *** 1:00PM – 2:00PM (Jesse/ Sharon) *** COPING THROUGH ART at the Day Centre *Please register *** 1:00PM – 2:00PM (Jesse/Sharon) **INCOME TAX PROGRAM** (Day Centre) *Please register – limited spots available *** 2:00PM – 3:00PM (Sharon) BINGO at the Day Centre/ Zoom *Please register *** 3:00PM – 4:00PM (Sharon/ Jesse) WOMEN'S GROUP at the Day Centre) *Please register

10:00AM - 11:00AM (Jesse)

10:30AM – 11:30AM (Sharon) COLOURING (Day Centre)

Fit4less(Fit4less/ *Please register)

"We have sewing machines!" with Jesse (Day Centre) *Please Register

2:30PM – 3:30PM (Jesse/ Sharon) WALKING GROUP at the Day Centre *Please register/ Weather depen

*Please register *** 11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) *** 12:00PM – 1:00PM (Sharon/ Jesse) TIE DYE (Day Centre) *Please register *** 12:00PM – 1:00PM (Jesse/ Sharon) UNCH at the Day Centre 'PIZZA" [•]Please register ***

10:30AM – 12:00PM (Sharon)

COFFEE TALK with Peer Connections

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(Day Centre)

1:30PM – 2:30PM (Jesse/ Sharon) SNOWSHOEING (Location to be determined *Please register/ Weather depending