

April 2021

ALPHA COURT DAY CENTRE

Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
	<p>ALPHA COURT DAY CENTRE (807) 683-7729</p> <p>DAY PROGRAM FACILITATORS Contact Information: Jesse jjames@alphacourt.ca or (807) 627 - 8831 Sharon sgreshuk@alphacourt.ca or (807) 627 - 6119</p> <p>*Please note: All programming requires registration</p> <div style="text-align: center;">  </div>			<p>1 10:00AM - 11:00AM YOGA with WENDY ***</p> <p>11:15AM - 12:00PM DAY CENTRE CHECK IN ***</p> <p>1:00PM - 2:00PM NAME, PLACE, ANIMAL & THING GAME</p>	<p>2</p> <p style="text-align: center;"><u>GOOD FRIDAY</u> <u>DAY CENTRE CLOSED</u></p>	
4	<p>5</p> <p style="text-align: center;"><u>EASTER MONDAY</u> <u>DAY CENTRE CLOSED</u></p>	<p>6 10:00AM - 11:00AM JOURNALING ***</p> <p>1:00PM - 2:00PM PICTIONARY ***</p> <p>2:00PM - 3:00PM KNITTING with Sharon</p>	<p>7 10:30AM-11:30AM NAME, PLACE, ANIMAL & THING GAME ***</p> <p>12:00PM - 1:00PM ZOOM PICNIC ***</p> <p>2:00PM - 4:00PM PROGRAMMING SUPPLIES "CONTACTLESS DELIVERY" *If you are in need of any type of programming materials, please contact us prior to this date</p>	<p>8 10:00AM - 11:00AM YOGA with WENDY ***</p> <p>11:15AM - 12:00PM DAY CENTRE CHECK IN ***</p> <p>1:00PM - 2:00PM BINGO <u>*We will deliver the prizes</u> ***</p> <p>2:30PM - 3:30PM BAKING GROUP "Strawberry Shortcake Muffins" *PLEASE REGISTER</p>	<p>9 10:00AM - 10:30AM MORNING MEDITATION ***</p> <p>11:00AM - 12:00PM CRAFT "Toilet Paper Roll Bird Feeder" ***</p> <p>1:00PM - 3:00PM MOVIE "27 Dresses"</p>	10

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Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
11	12 10:00AM - 10:30AM MORNING MEDITATION *** 11:00AM - 12:00PM COLOURING & CANVAS PAINTING *** 1:00PM - 2:00PM BINGO <u>*We will deliver the prizes</u> *** 2:30PM - 3:30PM YOGA with WENDY	13 10:00AM - 11:00AM JOURNALING *** 1:00PM - 2:00PM Pictionary *** 2:00PM - 3:00PM KNITTING with Sharon	14 10:30AM-11:30AM COPING WITH LONELINESS (Session 1/8) *Please register prior to the first session *** 12:00PM - 1:00PM ZOOM PICNIC *** 1:30PM - 2:00PM STRETCHING	15 10:00AM - 11:00AM YOGA with WENDY *** 11:15AM - 12:00PM DAY CENTRE CHECK IN *** 1:00PM - 2:00PM BINGO <u>*We will deliver the prizes</u> *** 2:30PM - 3:30PM COOKING GROUP "Stuffed Green Peppers" *PLEASE REGISTER	16 10:00AM - 10:30AM MORNING MEDITATION *** 11:00AM - 12:00PM TIE DYE *** 1:00PM - 3:00PM MOVIE "Kingsman: The Secret Service"	17
18	19 10:00AM - 10:30AM MORNING MEDITATION *** 11:00AM - 12:00PM COLOURING & CANVAS PAINTING *** 1:00PM - 2:00PM BINGO <u>*We will deliver the prizes</u> *** 2:30PM - 3:30PM YOGA with WENDY	20 10:00AM - 11:00AM JOURNALING *** 1:00PM - 2:00PM Pictionary *** 2:00PM - 3:00PM KNITTING with Sharon	21 Day Centre CLOSED from 8:30am - 12:00pm 1:00PM - 1:30PM STRETCHING *** 2:00PM - 4:00PM PROGRAMMING SUPPLIES "CONTACTLESS DELIVERY" *If you are in need of any type of programming materials, please contact us prior to this date	22 HAPPY EARTH DAY! 10:00AM - 11:00AM YOGA with WENDY *** 11:15AM - 12:00PM DAY CENTRE CHECK IN *** 1:00PM - 2:00PM BINGO <u>*We will deliver the prizes</u> *** 2:30PM - 3:30PM BAKING GROUP "EARTH DAY COOKIES" *PLEASE REGISTER	23 10:00AM - 10:30AM MORNING MEDITATION *** 11:00AM - 12:00PM SEWING "HOW TO MAKE A FACE MASK" *** 1:00PM - 3:00PM MOVIE "Mrs. Doubtfire"	24

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Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
25	<p>26</p> <p>10:00AM - 10:30AM MORNING MEDITATION ***</p> <p>11:00AM - 12:00PM COLOURING & CANVAS PAINTING ***</p> <p>1:00PM - 2:00PM BINGO <u>*We will deliver the prizes</u> ***</p> <p>2:30PM - 3:30PM YOGA with WENDY</p>	<p>27</p> <p>10:00AM - 11:00AM JOURNALING ***</p> <p>1:00PM - 2:00PM PICTIONARY ***</p> <p>2:00PM - 3:00PM KNITTING with Sharon</p>	<p>28</p> <p>10:30AM-11:30AM COPING WITH LONELINESS (Session 2/8) ***</p> <p>12:00PM - 1:00PM ZOOM PICNIC ***</p> <p>1:30PM - 2:00PM NAME, PLACE, ANIMAL & THING GAME</p>	<p>29</p> <p>10:00AM - 11:00AM YOGA with WENDY ***</p> <p>11:15AM - 12:00PM DAY CENTRE CHECK IN ***</p> <p>1:00PM - 2:00PM BINGO <u>*We will deliver the prizes</u> ***</p> <p>2:30PM - 3:30PM COOKING GROUP "Beef Shish Kabobs" *PLEASE REGISTER</p>	<p>30</p> <p>10:00AM - 10:30AM MORNING MEDITATION ***</p> <p>11:00AM - 12:00PM SEWING "HOW TO MAKE A FACE MASK" ***</p> <p>1:00PM - 3:00PM MOVIE "Hidden Figures"</p>	