

APRIL 2024
ALPHA COURT DAY CENTRE
270 WINDSOR STREET – ROOM 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p style="text-align: center;">EASTER MONDAY</p> <p style="text-align: center;">DAY CENTRE CLOSED</p>	<p>2</p> <p>9:30AM – 10:30AM (Sharon/ Ashley)</p> <p>FIT4LESS</p> <p>Location: 1186 Memorial Ave</p> <p>*Please register</p> <div style="border: 1px dashed black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">10:30AM – 3:00PM DROP IN PROGRAMMING</p> <p style="text-align: center;">Location: DAY CENTRE ***</p> <p>11:00AM-11:30AM</p> <p>Naloxone Training with Path 525</p> <p style="text-align: center;">***</p> <p>12:00PM- 1:00PM</p> <p>Garden Seed Starters</p> <p style="text-align: center;">***</p> <p>1:30PM-2:30PM</p> <p>BINGO</p> </div>	<p>3</p> <p>10:00AM – 11:00AM (Sharon/ Ashley)</p> <p>WALKING GROUP</p> <p>Meet at Marina park</p> <p>*Please register/ Weather Depending</p> <div style="border: 1px dashed black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">10:30AM – 3:30PM DROP IN PROGRAMMING</p> <p style="text-align: center;">Location: DAY CENTRE ***</p> <p>11:00AM-12:00PM</p> <p>Knitting w Laurie- Socks</p> <p style="text-align: center;">***</p> <p>12:00PM – 1:00PM</p> <p>LUNCH</p> <p style="text-align: center;">“French Toast & Sausage ” ***</p> <p>1:30PM – 3:30PM</p> <p>ART GROUP facilitated by BISNO</p> </div>	<p>4</p> <p>9:30AM – 10:30AM (Sharon/ Ashley)</p> <p>FIT4LESS</p> <p>Location: 1186 Memorial Ave</p> <p>*Please register</p> <div style="border: 1px dashed black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">10:30AM – 1:00PM DROP IN PROGRAMMING</p> <p style="text-align: center;">Location: DAY CENTRE ***</p> <p>11:00AM – 12:00PM</p> <p>SOCIAL GAMING</p> <p style="text-align: center;">Location: Day Centre/ Main Floor ***</p> <p>11:00AM – 12:00PM</p> <p>BEGINNER BOXING with John</p> <p style="text-align: center;">Location: Day Centre</p> </div> <div style="border: 1px dashed black; padding: 5px; margin-top: 10px;"> <p>1:30PM – 2:30PM</p> <p>THUNDER BAY PUBLIC LIBRARY OUTING</p> <p style="text-align: center;">Location: Waverly Library 285 Red River Road *Please register</p> </div>	<p>5</p> <p>9:30AM – 10:30AM (Sharon/ Ashley)</p> <p>FIT4LESS</p> <p>Location: 1186 Memorial Ave</p> <p>*Please register</p> <div style="border: 1px dashed black; padding: 5px; margin-top: 10px;"> <p style="text-align: center;">10:00AM – 3:00PM DROP IN PROGRAMMING</p> <p style="text-align: center;">Location: DAY CENTRE ***</p> <p>10:30AM – 12:00PM</p> <p>COFFEE TALK with Peer Connections</p> <p style="text-align: center;">***</p> <p>12:00PM – 1:00PM</p> <p>LUNCH AT THE DAY CENTRE</p> <p style="text-align: center;">“French Onion Soup” ***</p> <p>1:00PM – 3:00PM</p> <p>INDIGENOUS ADVENTURES</p> </div>

<p>8</p> <p>10:00AM – 4:00PM DROP IN PROGRAMMING Location: DAY CENTRE ***</p> <p>10:30AM – 12:00PM COFFEE TALK with Peer Connections ***</p> <p>12:00PM – 1:00PM LUNCH at the Day Centre “Chicken Broccoli Casserole” ***</p> <p>1:00PM – 2:00PM POSTCARD GROUP w Sara H ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Ornamental Muckluks” (Day Centre)</p>	<p>9</p> <p>9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register ***</p> <p>11:00AM – 12:00PM EXPLORING SCIENCE with Science North *Please register</p> <p>12:00PM – 1:30PM DROP IN PROGRAMMING Location: DAY CENTRE ***</p> <p>12:00PM-1:00PM Caring for houseplants 101 ***</p> <p>12:00PM- 1:00PM Social Colouring</p>	<p>10</p> <p>10:00AM – 11:00AM (Sharon/ Ashley) WALKING GROUP Meet at Day Centre *Please register/ Weather Depending</p> <p>10:30AM – 3:30PM DROP IN PROGRAMMING Location: DAY CENTRE ***</p> <p>11:00AM-12:00PM Knitting w Laurie- Socks ***</p> <p>12:00PM – 1:00PM LUNCH “Subs & Chips” ***</p> <p>1:30PM – 3:30PM ART GROUP facilitated by BISNO</p>	<p>11</p> <p>9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register</p> <p>10:00AM – 1:00PM DROP IN PROGRAMMING Location: DAY CENTRE ***</p> <p>10:30AM – 12:00PM YOGA with Wendy Location: In-Person/ Day Centre ***</p> <p>11:00AM – 12:00PM SOCIAL GAMING Location: Day Centre/ Main Floor</p> <p>1:30PM – 2:30PM BOOK CLUB First meeting – please meet at Waverly Public Library Location: 285 Red River Road *Please register – limited books ***</p> <p>2:00PM – 4:00PM 2SLGBTQIA+ and ALLIES SUPPORT Group <i>Facilitated by Natalie & Barb</i> Location: (Day Centre) *Please Register</p>	<p>12</p> <p>9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register</p> <p>11:00AM – 3:00PM DROP IN PROGRAMMING Location: DAY CENTRE ***</p> <p>12:00PM – 1:00PM LUNCH AT THE DAY CENTRE “BLT sandwiches ” ***</p> <p>1:30PM – 3:30PM MOVIE & POPCORN “Charlie and the Chocolate Factory”</p>
--	---	--	--	---

<p>15</p> <div> <p>10:00AM – 3:30PM DROP IN PROGRAMMING Location: DAY CENTRE ***</p> <p>10:00AM- 11:00AM CROSS-STITCH with Sharon Location: Day Centre ***</p> <p>11:00AM-12:00PM Cooking Group- Making Falafel ***</p> <p>12:00PM – 1:00PM LUNCH at the Day Centre “Falafel burgers & Sweet potatoe Fries” ***</p> <p>1:00PM-3:00PM Art Therapy with Thunder Bay Indigenous Friendship Centre</p> </div>	<p>16</p> <p>DAY CENTRE CLOSED</p>	<p>17</p> <p>DAY CENTRE CLOSED</p>	<p>18 NVCI TRAINING</p> <p>9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register</p> <div> <p>10:00AM – 1:00PM DROP IN PROGRAMMING Location: DAY CENTRE ***</p> <p>10:30AM – 12:00PM YOGA with Wendy Location: ZOOM ***</p> <p>11:00AM – 12:00PM SOCIAL GAMING Location: Day Centre/ Main Floor</p> </div> <p>1:00PM – 2:00PM(Sharon/ Ashley) WALKING GROUP Meet at Marina Park Tai Chi Area *Please register/ Weather Depending ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Drumming Group” Location: 1241 Jasper Drive (Common Room) *Please register</p>	<p>19</p> <p>9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register</p> <div> <p>10:00AM – 1:00PM DROP IN PROGRAMMING Location: DAY CENTRE ***</p> <p>10:30AM – 12:00PM COFFEE TALK with Peer Connections ***</p> <p>12:00PM – 1:00PM LUNCH AT THE DAY CENTRE “Taco Salad”</p> </div> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Bannock & Tea” Location: 1241 Jasper Drive (Common Room) *Please register</p>
--	---	---	---	---

22

10:00AM – 4:00PM**DROP IN PROGRAMMING**

Location: DAY CENTRE

10:30AM – 12:00PM**COFFEE TALK with Peer Connections**

12:00PM – 1:00PM**LUNCH at the Day Centre**

“Lasagna”

2:00PM – 4:00PM**OOSHKE PROGRAMMING**

“Ornamental Muckluks”

(Day Centre)

23

9:30AM – 10:30AM (Sharon/ Ashley)**FIT4LESS**

Location: 1186 Memorial Ave

*Please register

10:45AM- 11:15AM**Mall Walking**

Location: Intercity Mall Food Court

*Please Register

12:00PM – 2:30PM**DROP IN PROGRAMMING**

Location: DAY CENTRE

12:30PM- 2:00PM

Mandala Painting with Kai

1:30PM-2:30PM**BINGO**

24

9:30AM – 10:30AM (Sharon/ Ashley)**WALKING GROUP**Meet at **Mary JL Black Library**

*Please register/ Weather Depending

10:30AM – 3:30PM**DROP IN PROGRAMMING**

Location: DAY CENTRE

11:00AM-12:00PM

Knitting with Laurie- Socks

12:00PM – 1:00PM**LUNCH at the Day Centre**

“Fish & Onion Rings”

12:30PM- 1:15PM

Visit w Therapy Dog Timber

1:30PM – 3:30PM**ART GROUP facilitated by BISNO**

25

9:30AM – 10:30AM (Sharon/ Ashley)**FIT4LESS**

Location: 1186 Memorial Ave

*Please register

10:00AM – 3:00PM**DROP IN PROGRAMMING**

Location: DAY CENTRE

10:30AM – 12:00PM**YOGA with Wendy**

Location: Day Centre

11:00AM – 12:00PM**SOCIAL GAMING**

Location: Day Centre/ Main Floor

1:30PM – 2:30PM**BOOK CLUB**

Second Meeting – please meet at Waverly Public Library

*Please register – limited books

26

9:30AM – 10:30AM (Sharon/ Ashley)**FIT4LESS**

Location: 1186 Memorial Ave

*Please register

11:00AM – 3:00PM**DROP IN PROGRAMMING**

Location: DAY CENTRE

12:00PM – 1:00PM**LUNCH AT THE DAY CENTRE**

“Taco’s”

1:00PM-2:30PM**Craft- Sock Monkey**

29

10:00AM- 11:00AM

CROSS-STITCH with Sharon

Location: Day Centre

10:00AM – 3:30PM

DROP IN PROGRAMMING

Location: DAY CENTRE

11:00AM – 12:00PM

DREAM CATCHER MAKING

with Chelsea

12:00PM – 1:00PM

LUNCH AT THE DAY CENTRE

“Egg Salad Sandwiches”

1:00PM-3:00PM

Art Therapy with Thunder Bay
Indigenous Friendship Centre

30

9:30AM – 10:30AM (Sharon/
Ashley)

FIT4LESS

Location: 1186 Memorial Ave

*Please register

11:00AM – 3:00PM

DROP IN
PROGRAMMING

Location: DAY CENTRE

11:00AM-1:00PM

Craft- Beaded Sun Catcher

2:00PM-3:00PM (Sharon/
Ashley)

WOMEN'S GROUP

INTERCITY MALL

*Please Register

CALENDAR LEGEND

At the Day Centre (not highlighted)

Outdoor Programming

Community Indoor Programming

ZOOM

ALPHA COURT DAY CENTRE

(807) 683-7729

DAY PROGRAM FACILITATOR

Contact Information:

Sharon sgreshuk@alphacourt.ca ext. 3176 or
(807) 627 – 6119

Ashley aspaxman@alphacourt.ca ext. 3175 or
(807) 621- 6413

*Please note:

Programming that is not “drop in” requires registration



Find us on
facebook

