

APRIL 2026
ALPHA COURT DAY CENTRE
270 Windsor Street - Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 11:00AM - 4:00PM DAY CENTRE DROP IN ***</p> <p>11:00AM - 12:00PM JEWELLRY GROUP "Wire Wrapped Pendants" Location: Day Centre ***</p> <p>12:00PM - 1:00PM LUNCH "Chicken Quesadillas" Location: Day Centre ***</p> <p>1:00PM - 3:00PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>2 9:30AM - 11:30AM *NEW* FREE FITNESS/ POOL *Please register* Location: Canada Games Complex (420 Winnipeg Ave) ***</p> <p>12:30PM - 1:00PM LUNCH "Chicken Caesar Wraps" Location: Day Centre ***</p> <p>1:00AM - 2:00PM CRAFTING with Ashley "Macrame Plant Hanger" Location: Day Centre ***</p> <p>2:00PM - 3:00PM TIE DYE Location: Day Centre</p>	<p>3</p> <p style="text-align: center;"><i>GOOD</i> <i>FRIDAY</i></p> <p style="text-align: center;">DAY CENTRE CLOSED</p>

6

EASTER
MONDAY

DAY CENTRE
CLOSED

7

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1000 Fort William Rd

11:00AM – 4:00PM

DAY CENTRE DROP IN

11:00AM – 12:00PM

BAKING GROUP

"Protein Energy Bites"

First come first Served

Location: Day Centre

12:00PM – 1:00PM

BOOK CLUB

Starting new book

"We Were Never Friends"

Location: Day Centre

1:00PM – 2:00PM

Colouring

Location: Day Centre

2:00PM – 3:00PM

YOGA with Jan Adams

Location: Day Centre

8

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1000 Fort William Rd

11:00AM – 4:00PM

DAY CENTRE DROP IN

11:00AM – 12:00PM

JEWELLRY GROUP

"Ankle Bracelet"

Location: Day Centre

12:00PM – 1:00PM

LUNCH

"Stir Fry"

Location: Day Centre

1:00pm – 2:00pm

Post Crossing Post Card Group

Location: Day Centre

1:00PM – 3:00PM

ART GROUP facilitated by
BISNO

Location: Day Centre

9

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1000 Fort William Rd

12:30PM – 2:00PM

DAY CENTRE PROGRAM
FOCUS GROUP/ PIZZA
PARTY!

*All Day Centre Participants
Welcome to Attend*

Location: 1500 Dease Street

2:00PM – 3:00PM

PRODUCE BINGO

*Win Free Produce for your
Fridge"

Location: 1500 Dease Street

10

10:00AM – 11:30AM

DAILY GRIND COFFEE GRIND

Location: Day Centre

11:30AM – 2:00PM

SOCIAL GAMING

Location: Day Centre

11:30AM – 1:30PM

MOVIE & POPCORN

"After All"

Location: Day Centre

12:00PM – 1:00PM

LUNCH

"Chicken Legs & Mashed
Potatoes"

Location: Day Centre

2:00PM – 4:00PM



New BOXING Program
FREE FITNESS/ POOL

Please register

Location: Canada Games Complex
(420 Winnipeg Ave)

<p>13 9:30AM – 10:30AM *NEW* RISE & DINE BREAKFAST "Belgian Waffles" Location: Day Centre ***</p> <p>10:45AM – 11:30AM BAKING with Sharon "Rice Crisp Squares" *First come first Served* Location: Day Centre ***</p> <p>10:30AM – 12:30PM Hangout Location: Day Centre ***</p> <p>2:00PM – 3:30PM *FREE* Income Tax Filing Clinic *Please Register by Friday April 10* Talk to Sharon or Ashley to find out what Documents you require Location: 1241 Jasper Drive ***</p> <p>2:00PM – 4:00PM INDIGENOUS ADVENTURES with Natalie Location: Day Centre</p>	<p>14 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd ***</p> <p>11:00AM – 4:00PM DAY CENTRE DROP IN ***</p> <p>11:00AM – 12:00PM BAKING GROUP with Sharon "Blueberry Muffins" *First come first Served* Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Chicken Fried Rice" Location: Day Centre ***</p> <p>1:00PM – 2:00PM Colouring Location: Day Centre ***</p> <p>2:00PM – 3:00PM YOGA with Jan Adams Location: Day Centre</p>	<p>15 8:30AM – 12:00PM DAY CENTRE CLOSED ***</p> <p>1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre ***</p> <p>2:00PM – 3:30PM FOODIES & FRIENDS COOKING GROUP "Homemade Panzerottis" *Registration required by Monday April 13</p>	<p>16 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd ***</p> <p>11:00AM – 12:00PM CRAFTING with Ashley "Beaded Plant Pots" Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Pizza Casserole" Location: Day Centre ***</p> <p>1:00PM – 2:00PM REVERSE TIE DYE GROUP "Bleach Tie Die" Location: Day Centre ***</p> <p>2:00PM – 3:00PM WOMAN'S GROUP Crafting "Wire Wrapped Rings with Bryndis" Location: Day Centre ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING "Drumming Group" Location: 1241 Jasper Drive (Common Room)</p>	<p>17 10:00AM – 11:30AM DAILY GRIND COFFEE GRIND Location: Day Centre ***</p> <p>11:30AM – 2:00PM SOCIAL GAMING Location: Day Centre ***</p> <p>11:30AM – 1:30PM MOVIE & POPCORN "Flow" Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Sloppy Joes" Location: Day Centre ***</p> <p>2:00PM – 4:00PM *New BOXING Program* FREE FITNESS/ POOL *Please register* Location: Canada Games Complex (420 Winnipeg Ave)</p>
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<p>20 10:00AM – 11:00AM INTERCITY MALL COFFEE CLUB Location: 1000 Fort William Rd ***</p> <p>11:00AM – 11:45AM MALL WALKING Location: Intercity Shopping Centre - 1000 Fort William Rd ***</p> <p>1:30PM – 3:00PM BOWLING *Please register* Location: Mario's Bowl ***</p> <p>2:00PM – 3:30PM *FREE* Income Tax Filing Clinic *Please Register by Friday April 17* Location: 1500 Dease St Talk to Sharon or Ashley to find out what Documents you require ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING "Arts & Crafts" Location: 1241 Jasper Drive ***</p> <p>2:00PM – 4:00PM WALKING PROUD GROUP with Natalie 2SLGBTQIA+ and Allies *Please register* Location: Day Centre</p>	<p>21 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd ***</p> <p>11:00AM – 4:00PM DAY CENTRE DROP IN ***</p> <p>11:00AM – 12:00PM CRAFTING with Ashley "Wire Wrapping Cat Paw Necklace" Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "BLT Sandwiches" Location: Day Centre ***</p> <p>1:00PM – 2:00PM Colouring Location: Day Centre ***</p> <p>2:00PM – 3:00PM YOGA with Jan Adams Location: Day Centre</p>	<p>22 EARTH DAY 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd ***</p> <p>11:00AM – 4:00PM DAY CENTRE DROP IN ***</p> <p>11:00AM – 12:00PM CRAFTING "Earth Day Seed Bombs" ***</p> <p>11:00AM – 12:00PM JEWELLRY GROUP "Pendant Earrings" Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Pogos & French Fries" Location: Day Centre ***</p> <p>1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>23 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd ***</p> <p>12:30PM – 2:00PM DAY CENTRE PROGRAM FOCUS GROUP/ PIZZA PARTY! *All Day Centre Participants Welcome to Attend* Location: 1241 Jasper Drive ***</p> <p>2:00PM – 3:00PM PRODUCE BINGO *Win Free Produce for your Fridge* Location: 1241 Jasper Drive</p>	<p>24 10:00AM – 11:30AM DAILY GRIND COFFEE GRIND Location: Day Centre ***</p> <p>11:30AM – 2:00PM SOCIAL GAMING Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Stuffed Peppers" Location: Day Centre ***</p> <p>12:00PM – 1:30PM MOVIE & POPCORN "Chosen Family" Location: Day Centre ***</p> <p>2:00PM – 4:00PM FREE FITNESS/ POOL *Please register* Location: Canada Games Complex (420 Winnipeg Ave) ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING "Bannock & Tea" Location: 1241 Jasper Drive (Common Room)</p>
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<p>27 10:00AM – 10:45AM INTERCITY MALL COFFEE CLUB Location: 1000 Fort William Rd ***</p> <p>10:45AM – 11:30AM MALL WALKING Location: 1000 Fort William Rd ***</p> <p>12:00PM – 1:00PM LUNCH "Grilled Cheese & Tomato Soup" Location: Day Centre ***</p> <p>1:30PM – 3:00PM *NEW* SOCIAL GAMING and POOL at Mario's Bowl Location: 710 Memorial Ave ***</p> <p>2:00PM – 3:30PM *FREE* Income Tax Filing Clinic *Please Register by Friday April 24* Talk to Sharon or Ashley to find out what Documents you require Location: 270 Windsor St</p>	<p>28 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd ***</p> <p>11:00AM – 4:00PM DAY CENTRE DROP IN ***</p> <p>11:00AM – 12:00PM CRAFTING GROUP "POLYMER CLAY" Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Sloppy Joe's" Location: Day Centre ***</p> <p>12:00PM – 1:00PM BOOK CLUB "We Were Never Friends" Location: Day Centre ***</p> <p>1:00PM – 2:00PM Colouring & Time to complete any unfinished crafts Location: Day Centre ***</p> <p>2:00PM – 3:00PM YOGA with Jan Adams Location: Day Centre</p>	<p>29 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd ***</p> <p>11:00AM – 4:00PM DAY CENTRE DROP IN ***</p> <p>11:00AM – 12:00PM JEWELLRY GROUP "Finishing up previous projects" Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Pizza" Location: Day Centre ***</p> <p>1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>30 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd ***</p> <p>11:00AM – 12:00PM CRAFTING with Sharon "Tulip Umbrella Door Hanger" Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Butter Chicken" Location: Day Centre ***</p> <p>1:00PM – 2:00PM COOKING GROUP with Ashley "Homemade Ramen" *First come first Served* Location: Day Centre ***</p> <p>2:00PM – 3:30PM HANGOUT & Time to complete any unfinished crafts Location: Day Centre</p>	<p>ALPHA COURT DAY CENTRE (807) 683 – 7729</p> <p> Find us on Facebook</p> <p></p> <p>Scan the above QR Code to be keep up to date with Alpha Court on Facebook</p> <p>DAY PROGRAM FACILTATOR Contact Information:</p> <p>Sharon sgreshuk@alphacourt.ca ext. 3176 or (807) 627 – 6119</p> <p>Ashley aspaxman@alphacourt.ca ext. 3175 or (807) 621 – 6413</p>
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