

AUGUST 2022

ALPHA COURT DAY CENTRE

270 Windsor Street - Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CIVIC HOLIDAY DAY CENTRE <u>CLOSED</u>	2 10:00AM – 11:00AM (Sharon) JOURNALING *** 10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) *** 1:00PM – 1:30PM (Jesse) MEDITATION (Zoom) *** 2:00pm-3:00pm Chess Club with Jesse (Zoom/Chess.com)	3 9:00AM – 10:00AM (Sharon) COLOURING & CANVAS PAINTING (Zoom) *** 10:00AM – 11:00AM (Jesse) SEWING WHATEVER with Jesse (Zoom) *** 1:00PM – 2:00PM (Jesse) TAI CHI at Marina Park *Please register – limited spots available *** 2:30PM – 3:30PM (Sharon) MINI PUTT at Boulevard Lake *Please register	4 10:00am – 11:00am (Jesse) YOGA (Zoom) *** 10:30AM – 11:30AM (Jesse & Sharon) WALKING GROUP (Meet at the Marina Park Tai Chi Area) *Please register *** 11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) *** 1:00PM – 2:00PM (Jesse) TALKING TUNES *** 2:30PM – 3:30PM (Sharon) BINGO (Zoom)	5 9:00AM – 9:45AM (Sharon) GARDENING GROUP at LU Hangar *Registration is required *** 10:30AM – 11:30AM TIE DYE *PLEASE REGISTER/ LIMITED SPOTS AVAILBLE *** 11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) (Jesse) *** 1:00PM – 3:00PM (Jesse) MOVIE “Inception”
8 9:00AM – 9:45AM (Sharon) GARDENING GROUP at LU Hangar *Registration is required 10:00am-11:00am (Jesse) Day Centre Check-in (Zoom) *** 11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) (Jesse) *** 1:00PM – 2:00PM (Sharon) CRAFT “Clay Art” *Please register	9 10:00AM – 11:00AM (Sharon) JOURNALING *** 10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) *** 1:00PM – 1:30PM (Jesse) MEDITATION (Zoom)	10 9:00AM – 10:00AM (Sharon) COLOURING & CANVAS PAINTING (Zoom) *** 10:00am – 11:00am (Jesse) Sewing Whatever with Jesse (Zoom) *** 1:00PM – 2:30PM (Sharon) COPING THROUGH ART *Please register *** 2:00PM – 3:00PM PROGRAMMING SUPPLIES “CONTACTLESS DELIVERY” *If you are in need of any type of programming materials, please contact us prior to this date	11 10:00am – 11:00am (Jesse) YOGA (Zoom) *** 10:30AM – 11:30AM (Jesse & Sharon) WALKING GROUP (Meet at the Day Centre) *Please register *** 11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse)	12 9:00AM – 9:45AM (Sharon) GARDENING GROUP at LU Hangar *Registration is required *** 10:00AM – 11:00AM BINGO *** 11:00am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) *** 1:00PM – 3:00PM (Sharon) DOCUMENTARY “Shania Twain: Not Just A Girl”

<p>15 9:00AM – 9:45AM (Sharon) GARDENING GROUP at LU Hangar *Registration is required</p> <p>10:00am-11:00am (Jesse) Day Centre Check-in (Zoom) ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) (Jesse)</p>	<p>16 10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 1:30PM (Jesse) MEDITATION (Zoom) ***</p> <p>2:00pm-3:00pm Chess Club with Jesse (Zoom/Chess.com)</p>	<p>17 10:00AM – 11:00AM (Jesse) SEWING WHATEVER with Jesse (Zoom) ***</p> <p>1:00PM – 2:00PM (Jesse) TAI CHI at Marina Park *Please register – limited spots available ***</p> <p>2:30PM – 3:30PM (Sharon) COLOURING & CANVAS PAINTING (Zoom)</p>	<p>18 10:00am – 11:00am (Jesse) YOGA (Zoom) ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 2:00PM (Jesse) TALKING TUNES</p>	<p>19 9:00AM – 9:45AM (Sharon) GARDENING GROUP at LU Hangar *Registration is required ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 3:00PM (Jesse) MOVIE “Ocean’s Twelve”</p>
<p>22 9:00AM – 9:45AM (Sharon) GARDENING GROUP at LU Hangar *Registration is required</p> <p>10:00am-11:00am (Jesse) Day Centre Check-in (Zoom) ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 2:00PM (Sharon) LEMONADE & CHAT (Zoom) *Please register – recipe will be provided</p>	<p>23 10:00AM – 11:00AM (Sharon) JOURNALING ***</p> <p>10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 1:30PM (Jesse) MEDITATION (Zoom) ***</p> <p>2:00pm-3:00pm Chess Club with Jesse (Zoom/Chess.com)</p>	<p>24 9:00AM – 10:00AM (Sharon) COLOURING & CANVAS PAINTING (Zoom) ***</p> <p>10:00am – 11:00am (Jesse) Sewing Whatever with Jesse (Zoom) ***</p> <p>1:00PM – 3:30PM PICNIC AT BOULEVARD LAKE *Please register, weather depending</p>	<p>25 10:00am – 11:00am (Jesse) YOGA (Zoom) ***</p> <p>10:30AM – 11:30AM (Jesse & Sharon) WALKING GROUP (Meet at the Day Centre) *Please register ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 2:00PM (Jesse) TALKING TUNES</p>	<p>26 9:00AM – 9:45AM (Sharon) GARDENING GROUP at LU Hangar *Registration is required ***</p> <p>10:00AM – 11:00AM BINGO ***</p> <p>11:00am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 3:00PM (Sharon) DEFINITELY SUPERIOR ART GALLERY TOUR *Please register</p>

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9:00AM - 9:45AM (Sharon)

GARDENING GROUP at LU Hangar

*Registration is required

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

Day Centre Check-in (Zoom)

11:00am- 12:00pm (Jesse)

Fit4less (Fit4less/ *Please register) (Jesse)

12:45PM - 2:00PM

AQUATICS at Volunteer Pool

*Limited Spots, please register

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

JOURNALING

10:30am- 12:00pm

Fit4less (Fit4less/ *Please register)

(Jesse)

1:00PM - 1:30PM (Jesse)

MEDITATION (Zoom)

2:00pm-3:00pm

Chess Club with Jesse (Zoom/Chess.com)

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9:00AM - 10:00AM (Sharon)

COLOURING & CANVAS PAINTING

(Zoom)

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

SEWING WHATEVER with Jesse

(Zoom)

1:00PM - 2:00PM (Jesse)

TAI CHI at Marina Park

*Please register - limited spots available

2:30PM - 3:30PM (Sharon)

MINI PUTT at Boulevard Lake

*Please register

CALENDAR LEGEND

At the Day Centre

Outdoor Programming

Community indoor programming

ALPHA COURT DAY CENTRE

(807) 683-7729

DAY PROGRAM FACILITATORS

Contact Information:

Jesse jjames@alphacourt.ca or (807) 627 - 8831

Sharon sgreshuk@alphacourt.ca or (807) 627 - 6119

***Please note: All programming requires registration**

