## AUGUST 2023 ALPHA COURT DAY CENTRE

## 270 Windsor Street - Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00AM-10:30AM Mall Walking (Jesse/ Intercity mall) *** 10:30am-12:00pm Fit4less (Fit4less/*Please register) (Jesse) *** 10:30AM – 11:00AM (Sharon) JOURNALING (Day Centre) *** 12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre "GRILLED CHEESE" *Please register	2 9:30AM- 10:00AM MEDITATION (Jesse/ Day Centre) **** 10:00AM – 11:00AM (Sharon/ Jesse) WALKING GROUP Meet at the Day Centre *Please register/ weather depending **** 10:30AM – 11:30AM (Jesse) COPING WITH ANXIETY (DayCentre) Session 1/4 *Please register **** 12:00PM – 1:00PM PICNIC at the Day Centre (Sharon) Location: Back Field *Please register/ Bring your own lunch *** 1:00pm-2:00pm (Jesse) Boxing class (Day Centre) *** 1:30PM – 3:30PM (Jesse/ Sharon) ART GROUP facilitated by BISNO *Please register *** 3:00PM – 4:00PM (Sharon/ Jesse) WOMEN'S GROUP at Intercity Shopping Centre *Please register	3 9:30AM – 10:30AM (Sharon) COLOURING (Day Centre) *Please register *** 10:00AM-10:30AM Mall Walking (Jesse/ Intercity mall) *** 10:30AM – 12:00PM (Jesse) YOGA with Wendy (Day Centre) *Please register *** 11:00AM – 12:00PM YARDZEE (Day Centre Back Field) *Please register *** 10:30am- 12:00PM (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) *** 1:00PM – 2:00PM (Jesse) NEW/ INTERESTED TOUR OF THE DAY CENTRE *PLEASE REGISTER *** 1:00PM- 1:30PM Meditation (Jesse/ Day Centre) **** 1:00PM – 2:00PM (Sharon) BOWLING at Mario's Bowl *Please register \$6.00/person	4 9:15AM – 10:00AM (Sharon) GARDENING at LU (Plot #125) *Please register *** 10:00AM-10:30AM Mall Walking (Jesse/ Intercity mall) *** 10:30am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) *** 11:00AM – 12:00PM BINGO WINNERS PRIZE PICK UP *** 12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre "PIZZA" *Please register *** 1:30PM – 2:30PM (Sharon) BINGO at the Day Centre/ Zoom *Please register *** 2:30PM – 3:30PM MINI PUTT at Boulevard Lake Cost: \$4.00 *Please register/ weather depending

CIVIC HOLIDAY DAY CENTRE	8 10:00AM-10:30AM Mall Walking (Jesse/ Intercity mall) *** 10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) *** 12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre "HAM SANDWICHES" *Please register *** 1:00pm-1:45pm (Jesse) Boxing class (Day Centre) *** 1:45PM – 2:45PM (Jesse) "We have sewing machines!" with Jesse (Day Centre) *Please Register	9 10:30AM – 11:30AM (Jesse) COPING WITH ANXIETY (DayCentre) Session 2/4 *Please register *** 1:00pm-2:00pm (Jesse) Boxing class (Day Centre) *** 1:30PM – 3:00PM (Jesse/ Sharon) ART GROUP facilitated by BISNO *Please register	10 10:00AM-10:30AM Mall Walking (Jesse/ Intercity mall) **** 10:30AM – 12:00PM (Jesse) YOGA with Wendy (Day Centre) *Please register *** 10:30am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) *** 12:00PM- 4:30PM 2SLGBTQIA+ and ALLIES SUPPORT Group (Natalie & Ken) Location: CLE DAY – Please contact Natalie or Ken to register at (807) 683 - 8200	11 9:15AM – 10:00AM (Sharon) GARDENING at LU (Plot #125) *Please register *** 10:00AM-10:30AM Mall Walking (Jesse/ Intercity mall) *** 10:30am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) *** 10:30AM – 12:00PM (Sharon) COFFEE TALK with Peer Connections (Day Centre) *Please register *** 12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre "GRILLED CHEESE" *Please register *** 1:00PM – 2:00PM (Jesse) Boxing class (TBD) *Please register
_	*** 1:45PM – 2:45PM (Jesse) "We have sewing machines!" with Jesse (Day Centre)		<b>Group (Natalie &amp; Ken)</b> Location: CLE DAY – Please contact Natalie or Ken to register at	*** 12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre "GRILLED CHEESE" *Please register *** 1:00PM – 2:00PM (Jesse)

14 15 16 17 18 9:15AM – 10:00AM (Sharon) 10:00AM – 11:00AM (Sharon/ Jesse) 10:00AM-10:30AM 9:30AM – 10:15AM (Sharon) 9:15AM – 10:00AM (Sharon) GARDENING at LU (Plot #125) GARDENING at LU (Plot #125) Mall Walking (Jesse/ Intercity mall) WALKING GROUP COLOURING (Day Centre) \*\*\* \*Please register \*Please register Meet at the Day Centre \*Please register \*\*\* \*\*\* 10:30am- 12:00pm \*\*\* Please register/ weather depending 9:30AM- 10:00AM 12:00PM – 1:00PM (Jesse/ Sharon) Fit4less (Fit4less/ \*Please register) (Jesse) \*\*\* 10:30AM – 12:00PM (Jesse) Meditation (Jesse/ Day Centre) LUNCH at the Day Centre \*\*\* \*\*\* 10:30AM – 11:30AM (Jesse) YOGA with Wendy (Day Centre) "LASAGNA" 10:30AM – 11:00AM (Sharon) 10:30am- 12:00pm COPING WITH ANXIETY (DayCentre) \*Please register JOURNALING (Day Centre) \*Please register \*\*\* Fit4less (Fit4less/ \*Please register) (Jesse) \*\*\* Session 3/4 \*Please register \*\*\* \*\*\* 11:00AM - 12:00PM (Sharon) 12:00PM – 1:00PM (Sharon) 12:00PM – 4:00PM 12:00PM - 1:00PM PICTIONARY (Day Centre) BOCCE BALL (Day Centre Back Field) 10:30AM – 12:00PM (Sharon) OOSHKE PROGRAMMING PICNIC at the Day Centre (Sharon) COFFEE TALK with Peer Connections \*Please register \*Please register/ weather depending "Bannock & Tea" (Day Centre) \*\*\* ocation: Back Field \*\*\* Location: VICKERS PARK \*Please register Please register/ Bring your own lunch 12:30PM – 1:30PM (Sharon) 1:00pm-1:45pm (Jesse) \*Please register \*\*\* \*\*\* Boxing class (Day Centre) TIE DYE (Day Centre) \*\*\* 12:00PM – 1:00PM (Jesse/ Sharon) \*\*\* 1:00PM – 2:00PM (Jesse) \*PLEASE REGISTER 1:00PM – 2:00PM (Sharon) LUNCH at the Day Centre TAI CHI in the Park \*\*\* 1:45PM – 2:45PM (Jesse) KNITTING GROUP (Day Centre) "CHICKEN WRAPS" Marina Park Tai Chi Area 2:00PM – 4:00PM "We have sewing machines!" with Jesse \*Please register \*Please register (Day Centre) \*Please register – limited spots available OOSHKE PROGRAMMING \*\*\* \*\*\* \*Please Register "Drumming" 1:00pm-2:00pm (Jesse) 1:30PM – 3:30PM (Jesse/ Sharon) Location: VICKERS PARK (Weather Boxing class (Day Centre) ART GROUP facilitated by BISNO Depending – Relocated to 1241 Jasper \*\*\* Drive) \*Please register 2:00PM – 4:00PM \*Please register/ Bring your hand drum \*\*\* OOSHKE PROGRAMMING 3:00PM – 4:00PM (Sharon/ Jesse) "Arts & Crafts" (Day Centre) WOMEN'S GROUP at Intercity Shopping \*Please register Centre \*Please register

21 22 23 24 25 9:15AM – 10:00AM (Sharon) 10:00AM – 11:00AM (Sharon/ Jesse) 10:00AM-10:30AM 9:15AM – 10:00AM (Sharon) 10:00AM-10:30AM GARDENING at LU (Plot #125) Mall Walking (Jesse/ Intercity mall) GARDENING at LU (Plot #125) Mall Walking (Jesse/ Intercity mall) WALKING GROUP \*\*\* \*\*\* \*Please register \*Please register Meet at Marina Park \*\*\* \*\*\* 10:30am- 12:00pm 10:30AM – 12:00PM (Jesse) Please register/ Weather Depending 9:30AM- 10:00AM 10:00AM-10:30AM Fit4less (Fit4less/ \*Please register) (Jesse) YOGA with Wendy (Day Centre) \*\*\* Meditation (Jesse/ Day Centre) Mall Walking (Jesse/ Intercity mall) \*\*\* \*Please register \*\*\* 10:30AM – 11:30AM (Jesse) \*\*\* 12:00PM – 1:00PM (Sharon) 10:30am- 12:00pm 10:30am- 12:00pm (Jesse) COPING WITH ANXIETY (DayCentre) NAME, PLACE, ANIMAL & THING GAME 10:30am- 12:00pm (Jesse) Fit4less (Fit4less/ \*Please register) (Jesse) Fit4less (Fit4less/ \*Please register) Session 4/4 \*Please register (Day Centre) Fit4less(Fit4less/ \*Please register) \*\*\* \*\*\* \*Please register (Jesse) 12:00PM – 1:00PM (Jesse/ Sharon) 10:30AM – 12:00PM (Sharon) 12:00PM – 1:00PM (Jesse/ Sharon) \*\*\* \*\*\* COFFEE TALK with Peer Connections LUNCH at the Day Centre KNITTING GROUP (Day Centre) 1:00pm-1:45pm (Jesse) 11:00AM - 12:00PM (Sharon) (Day Centre) "CHICKEN WRAPS" \*Please register Boxing class (Day Centre) YARDZEE (Day Centre Back Field) \*Please register \*Please register \*\*\* \*\*\* \*\*\* \*Please register/ Weather Depending \*\*\* 1:00pm-2:00pm (Jesse) \*\*\* 11:00AM – 12:00PM 1:45PM – 2:45PM (Jesse) 1:00pm-2:00pm (Jesse) Boxing class (Day Centre) "We have sewing machines!" with Jesse BINGO WINNERS PRIZE PICK UP 1:00PM – 2:00PM (Jesse) Boxing class (Day Centre) \*\*\* (Day Centre) \*\*\* NEW/ INTERESTED TOUR OF THE DAY 1:30PM – 3:00PM (Jesse/ Sharon) \*Please Register CENTRE 12:00PM – 1:00PM (Jesse/ Sharon) ART GROUP facilitated by BISNO \*\*\* \*PLEASE REGISTER LUNCH at the Day Centre \*Please register \*\*\* 1:00PM – 2:00PM "PASTA BAKE" MINI PUTT at Boulevard Lake 1:00PM- 1:30PM \*Please register Meditation (Jesse/ Day Centre) \*\*\* Cost: \$4.00 \*\*\* \*Please register 1:00PM – 2:00PM (Jesse) 1:30PM- 2:30PM (Jesse) Boxing class (TBD) Making Fishing Lures (Day Centre/\*Pls \*Please register Register) \*\*\* 1:30PM – 2:30PM (Sharon) BINGO at the Day Centre/ Zoom \*Please register

28 29 9:15AM – 10:00AM (Sharon) 10:00AM – 11:00AM (Sharon/ Jesse) 10:00AM-10:30AM 10:00AM-10:30AM GARDENING at LU (Plot #125) Mall Walking (Jesse/ Intercity mall) Mall Walking (Jesse/ Intercity mall) WALKING GROUP \*\*\* \*\*\* \*Please register Meet at the Day Centre \*\*\* 10:30am- 12:00pm 10:30AM – 12:00PM (Jesse) Please register 9:30AM- 10:00AM Fit4less (Fit4less/ \*Please register) (Jesse) YOGA with Wendy (Day Centre) \*\*\* Meditation (Jesse/ Day Centre) \*\*\* \*Please register 10:30AM – 11:30AM (Jesse) 10:30AM – 11:00AM (Sharon) \*\*\* 10:30am- 12:00pm COPING WITH ANXIETY (DayCentre) JOURNALING (Day Centre) 10:30am- 12:00pm (Jesse) Fit4less (Fit4less/ \*Please register) (Jesse) Extra Group Session Fit4less(Fit4less/ \*Please register) \*\*\* 12:00PM – 1:00PM (Jesse/ Sharon) \*Please register (Jesse) 10:30AM – 12:00PM (Sharon) \*\*\* SOCIAL GAMING (Day Centre) \*\*\* COFFEE TALK with Peer Connections 12:00PM – 1:00PM \*Please register 11:00AM – 12:00PM (Sharon) (Day Centre) \*\*\* PICNIC at the Day Centre (Sharon) YARDZEE (Day Centre Back Field) \*Please register ocation: Back Field 1:00pm-1:45pm (Jesse) \*\*\* \*Please register Please register/ Bring your own lunch Boxing class (Day Centre) 12:00PM – 1:00PM (Jesse/ Sharon) \*\*\* \*\*\* \*\*\* LUNCH at the Day Centre 1:00PM – 2:00PM (Jesse) 1:00PM – 2:00PM (Jesse) 1:45PM – 2:45PM (Jesse) "CHICKEN WRAPS" NEW/ INTERESTED TOUR OF THE DAY TAI CHI in the Park (Marina Park Tai Ch "We have sewing machines!" with Jesse CENTRE \*Please register (Day Centre) \*PLEASE REGISTER \*\*\* \*Please register – limited spots available \*Please Register \*\*\* 1:00pm-2:00pm (Jesse) \*\*\* \*\*\* 1:00PM- 1:30PM Boxing class (Day Centre) 1:30PM – 3:30PM (Jesse/ Sharon) 1:30PM – 3:00PM (Jesse/ Sharon) Meditation (Jesse/ Day Centre) \*\*\* ART GROUP facilitated by BISNO COLOURING (Day Centre) 1:30PM – 2:30PM (Sharon) \*Please register \*Please register 1:30PM- 2:30PM (Jesse) FRISBEE GOLF at Birch Point Course \*\*\* Making Fishing Lures (Day Centre/\*Pls Location: Register) 3:00PM – 4:00PM (Sharon/ Jesse) (Corner of Cuyler St & Current Ave) \*\*\* WOMEN'S GROUP at Intercity Shopping \*Please register Centre 2:00PM – 3:30PM \*\*\* \*Please register CANVAS PAINTING at the Day Centre 2:00PM – 4:00PM \*PLEASE REGISTER OOSHKE PROGRAMMING "Nintendo Wii" (Day Centre) \*Please register

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CALENDAR LEGEND At the Day Centre (not highlighted) **Outdoor Programming Community Indoor Programming** ZOOM



## ALPHA COURT DAY CENTRE (807) 683-7729

## **DAY PROGRAM FACILITATORS Contact Information:**

Jesse jjames@alphacourt.ca (807) 627 – 8831 or ext. 3172 Sharon sgreshuk@alphacourt.ca (807) 627 - 6119 or ext. 3176

\*Please note: All programming requires registration