

# AUGUST 2023

## ALPHA COURT DAY CENTRE

### 270 Windsor Street – Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 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	<b>2</b> 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	<b>3</b> 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	<b>4</b> 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

<p>7</p> <p>CIVIC HOLIDAY</p> <p>DAY CENTRE CLOSED</p>	<p>8</p> <p>10:00AM-10:30AM Mall Walking (Jesse/ Intercity mall) ***</p> <p>10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “HAM SANDWICHES” *Please register ***</p> <p>1:00pm-1:45pm (Jesse) Boxing class (Day Centre) ***</p> <p>1:45PM – 2:45PM (Jesse) “We have sewing machines!” with Jesse (Day Centre) *Please Register</p>	<p>9</p> <p>10:30AM – 11:30AM (Jesse) COPING WITH ANXIETY (DayCentre) Session 2/4 *Please register ***</p> <p>1:00pm-2:00pm (Jesse) Boxing class (Day Centre) ***</p> <p>1:30PM – 3:00PM (Jesse/ Sharon) ART GROUP facilitated by BISNO *Please register</p>	<p>10</p> <p>10:00AM-10:30AM Mall Walking (Jesse/ Intercity mall) ***</p> <p>10:30AM – 12:00PM (Jesse) YOGA with Wendy (Day Centre) *Please register ***</p> <p>10:30am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>12:00PM- 4:30PM 2SLGBTQIA+ and ALLIES SUPPORT Group (Natalie &amp; Ken) Location: CLE DAY – Please contact Natalie or Ken to register at (807) 683 - 8200</p>	<p>11</p> <p>9:15AM – 10:00AM (Sharon) GARDENING at LU (Plot #125) *Please register ***</p> <p>10:00AM-10:30AM Mall Walking (Jesse/ Intercity mall) ***</p> <p>10:30am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) ***</p> <p>10:30AM – 12:00PM (Sharon) COFFEE TALK with Peer Connections (Day Centre) *Please register ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “GRILLED CHEESE” *Please register ***</p> <p>1:00PM – 2:00PM (Jesse) Boxing class (TBD) *Please register ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “BANNOCK &amp; TEA” Location: 1241 Jasper Drive *Please register</p>
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<p><b>14</b> 9:15AM – 10:00AM (Sharon) GARDENING at LU (Plot #125) *Please register ***</p> <p>9:30AM- 10:00AM Meditation (Jesse/ Day Centre) ***</p> <p>10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>10:30AM – 12:00PM (Sharon) COFFEE TALK with Peer Connections (Day Centre) *Please register ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “CHICKEN WRAPS” *Please register ***</p> <p>1:00pm-2:00pm (Jesse) Boxing class (Day Centre) ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Arts &amp; Crafts” (Day Centre) *Please register</p>	<p><b>15</b> 10:00AM-10:30AM Mall Walking (Jesse/ Intercity mall) ***</p> <p>10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>10:30AM – 11:00AM (Sharon) JOURNALING (Day Centre) ***</p> <p>12:00PM – 1:00PM (Sharon) PICTIONARY (Day Centre) *Please register ***</p> <p>1:00pm-1:45pm (Jesse) Boxing class (Day Centre) ***</p> <p>1:45PM – 2:45PM (Jesse) “We have sewing machines!” with Jesse (Day Centre) *Please Register</p>	<p><b>16</b> 10:00AM – 11:00AM (Sharon/ Jesse) WALKING GROUP Meet at the Day Centre *Please register/ weather depending ***</p> <p>10:30AM – 11:30AM (Jesse) COPING WITH ANXIETY (DayCentre) Session 3/4 *Please register ***</p> <p>12:00PM – 1:00PM PICNIC at the Day Centre (Sharon) Location: Back Field *Please register/ Bring your own lunch ***</p> <p>1:00PM – 2:00PM (Jesse) TAI CHI in the Park (Marina Park Tai Chi Area) *Please register – limited spots available ***</p> <p>1:30PM – 3:30PM (Jesse/ Sharon) ART GROUP facilitated by BISNO *Please register ***</p> <p>3:00PM – 4:00PM (Sharon/ Jesse) WOMEN’S GROUP at Intercity Shopping Centre *Please register</p>	<p><b>17</b> 9:30AM – 10:15AM (Sharon) COLOURING (Day Centre) *Please register ***</p> <p>10:30AM – 12:00PM (Jesse) YOGA with Wendy (Day Centre) *Please register ***</p> <p>11:00AM – 12:00PM (Sharon) BOCCE BALL (Day Centre Back Field) *Please register/ weather depending ***</p> <p>12:30PM – 1:30PM (Sharon) TIE DYE (Day Centre) *PLEASE REGISTER ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Drumming” Location: VICKERS PARK (Weather Depending – Relocated to 1241 Jasper Drive) *Please register/ Bring your hand drum</p>	<p><b>18</b> 9:15AM – 10:00AM (Sharon) GARDENING at LU (Plot #125) *Please register ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “LASAGNA” *Please register ***</p> <p>12:00PM – 4:00PM OOSHKE PROGRAMMING “Bannock &amp; Tea” Location: VICKERS PARK *Please register ***</p> <p>1:00PM – 2:00PM (Sharon) KNITTING GROUP (Day Centre) *Please register</p>
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<p><b>21</b>  9:15AM – 10:00AM (Sharon)  <b>GARDENING</b> at LU (Plot #125)  *Please register  ***</p> <p><b>9:30AM- 10:00AM</b>  <b>Meditation</b> (Jesse/ Day Centre)  ***</p> <p><b>10:30am- 12:00pm</b>  <b>Fit4less</b> (Fit4less/ *Please register) (Jesse)  ***</p> <p><b>12:00PM – 1:00PM</b> (Jesse/ Sharon)  <b>LUNCH</b> at the Day Centre  “CHICKEN WRAPS”  *Please register  ***</p> <p><b>1:00pm-2:00pm</b> (Jesse)  <b>Boxing class</b> (Day Centre)</p>	<p><b>22</b>  10:00AM-10:30AM  <b>Mall Walking</b> (Jesse/ Intercity mall)  ***</p> <p><b>10:30am- 12:00pm</b>  <b>Fit4less</b> (Fit4less/ *Please register) (Jesse)  ***</p> <p><b>12:00PM – 1:00PM</b> (Sharon)  <b>NAME, PLACE, ANIMAL &amp; THING GAME</b>  (Day Centre)  *Please register  ***</p> <p><b>1:00pm-1:45pm</b> (Jesse)  <b>Boxing class</b> (Day Centre)  ***</p> <p><b>1:45PM – 2:45PM</b> (Jesse)  “We have sewing machines!” with Jesse  (Day Centre)  *Please Register  ***</p> <p><b>1:00PM – 2:00PM</b>  <b>MINI PUTT</b> at Boulevard Lake  <b>Cost: \$4.00</b>  *Please register</p>	<p><b>23</b>  <b>10:00AM – 11:00AM</b> (Sharon/ Jesse)  <b>WALKING GROUP</b>  Meet at Marina Park  *Please register/ Weather Depending  ***</p> <p><b>10:30AM – 11:30AM</b> (Jesse)  <b>COPING WITH ANXIETY</b> (DayCentre)  Session 4/4 *Please register  ***</p> <p><b>12:00PM – 1:00PM</b> (Jesse/ Sharon)  <b>KNITTING GROUP</b> (Day Centre)  *Please register  ***</p> <p><b>1:00pm-2:00pm</b> (Jesse)  <b>Boxing class</b> (Day Centre)  ***</p> <p><b>1:30PM – 3:00PM</b> (Jesse/ Sharon)  <b>ART GROUP</b> facilitated by BISNO  *Please register</p>	<p><b>24</b>  10:00AM-10:30AM  <b>Mall Walking</b> (Jesse/ Intercity mall)  ***</p> <p><b>10:30AM – 12:00PM</b> (Jesse)  <b>YOGA with Wendy</b> (Day Centre)  *Please register  ***</p> <p><b>10:30am- 12:00pm</b> (Jesse)  <b>Fit4less</b>(Fit4less/ *Please register)  (Jesse)  ***</p> <p><b>11:00AM – 12:00PM</b> (Sharon)  <b>YARDZEE</b> (Day Centre Back Field)  *Please register/ Weather Depending  ***</p> <p><b>1:00PM – 2:00PM</b> (Jesse)  <b>NEW/ INTERESTED TOUR OF THE DAY CENTRE</b>  *PLEASE REGISTER  ***</p> <p><b>1:00PM- 1:30PM</b>  <b>Meditation</b> (Jesse/ Day Centre)  ***</p> <p><b>1:30PM- 2:30PM</b> (Jesse)  <b>Making Fishing Lures</b> (Day Centre/*Pls Register)</p>	<p><b>25</b>  9:15AM – 10:00AM (Sharon)  <b>GARDENING</b> at LU (Plot #125)  *Please register  ***</p> <p><b>10:00AM-10:30AM</b>  <b>Mall Walking</b> (Jesse/ Intercity mall)  ***</p> <p><b>10:30am- 12:00pm</b> (Jesse)  <b>Fit4less</b> (Fit4less/ *Please register)  ***</p> <p><b>10:30AM – 12:00PM</b> (Sharon)  <b>COFFEE TALK</b> with Peer Connections  (Day Centre)  *Please register  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>BINGO WINNERS PRIZE PICK UP</b>  ***</p> <p><b>12:00PM – 1:00PM</b> (Jesse/ Sharon)  <b>LUNCH</b> at the Day Centre  “PASTA BAKE”  *Please register  ***</p> <p><b>1:00PM – 2:00PM</b> (Jesse)  <b>Boxing class</b> (TBD)  *Please register  ***</p> <p><b>1:30PM – 2:30PM</b> (Sharon)  <b>BINGO</b> at the Day Centre/ Zoom  *Please register</p>
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<p><b>28</b> 9:15AM – 10:00AM (Sharon) GARDENING at LU (Plot #125) *Please register ***</p> <p>9:30AM- 10:00AM Meditation (Jesse/ Day Centre) ***</p> <p>10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>10:30AM – 12:00PM (Sharon) COFFEE TALK with Peer Connections (Day Centre) *Please register ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “CHICKEN WRAPS” *Please register ***</p> <p>1:00pm-2:00pm (Jesse) Boxing class (Day Centre) ***</p> <p>1:30PM – 2:30PM (Sharon) FRISBEE GOLF at Birch Point Course Location: (Corner of Cuyler St &amp; Current Ave) *Please register ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Nintendo Wii” (Day Centre) *Please register</p>	<p><b>29</b> 10:00AM-10:30AM Mall Walking (Jesse/ Intercity mall) ***</p> <p>10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>10:30AM – 11:00AM (Sharon) JOURNALING (Day Centre) ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) SOCIAL GAMING (Day Centre) *Please register ***</p> <p>1:00pm-1:45pm (Jesse) Boxing class (Day Centre) ***</p> <p>1:45PM – 2:45PM (Jesse) “We have sewing machines!” with Jesse (Day Centre) *Please Register ***</p> <p>1:30PM – 3:00PM (Jesse/ Sharon) COLOURING (Day Centre) *Please register</p>	<p><b>30</b> 10:00AM – 11:00AM (Sharon/ Jesse) WALKING GROUP Meet at the Day Centre *Please register ***</p> <p>10:30AM – 11:30AM (Jesse) COPING WITH ANXIETY (DayCentre) Extra Group Session *Please register ***</p> <p>12:00PM – 1:00PM PICNIC at the Day Centre (Sharon) Location: Back Field *Please register/ Bring your own lunch ***</p> <p>1:00PM – 2:00PM (Jesse) TAI CHI in the Park (Marina Park Tai Chi Area) *Please register – limited spots available ***</p> <p>1:30PM – 3:30PM (Jesse/ Sharon) ART GROUP facilitated by BISNO *Please register ***</p> <p>3:00PM – 4:00PM (Sharon/ Jesse) WOMEN’S GROUP at Intercity Shopping Centre *Please register</p>	<p><b>31</b> 10:00AM-10:30AM Mall Walking (Jesse/ Intercity mall) ***</p> <p>10:30AM – 12:00PM (Jesse) YOGA with Wendy (Day Centre) *Please register ***</p> <p>10:30am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>11:00AM – 12:00PM (Sharon) YARDZEE (Day Centre Back Field) *Please register ***</p> <p>1:00PM – 2:00PM (Jesse) NEW/ INTERESTED TOUR OF THE DAY CENTRE *PLEASE REGISTER ***</p> <p>1:00PM- 1:30PM Meditation (Jesse/ Day Centre) ***</p> <p>1:30PM- 2:30PM (Jesse) Making Fishing Lures (Day Centre/*Pls Register) ***</p> <p>2:00PM – 3:30PM CANVAS PAINTING at the Day Centre *PLEASE REGISTER</p>	
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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](mailto:jjames@alphacourt.ca) (807) 627 – 8831 or ext. 3172  
Sharon [sgreshuk@alphacourt.ca](mailto:sgreshuk@alphacourt.ca) (807) 627 – 6119 or ext. 3176

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

