



AUGUST 2025
ALPHA COURT DAY CENTRE
270 Windsor Street – Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">ALPHA COURT DAY CENTRE (807) 683 – 7729</p> <p style="text-align: center;">DAY PROGRAM FACILTATOR Contact Information:</p> <p style="text-align: center;">Sharon sgreshuk@alphacourt.ca ext. 3176 or (807) 627 – 6119</p> <p style="text-align: center;">Ashley aspaxman@alphacourt.ca ext 3175 or (807) 621 – 6413</p> <p style="text-align: center;">*Please note location and program times varies; due to community activities</p> <div style="display: flex; justify-content: center; align-items: center; gap: 20px;"> <div style="text-align: center;">  <p>Find us on Facebook</p> </div>  </div> <p style="text-align: center;">Scan the above QR Code to be keep up to date with Alpha Court on Facebook</p>				<p>1 10:30AM – 11:30AM *NEW* YOGA with Jan Adams Location: Day Centre ***</p> <p>11:45AM – 1:00PM SOCIAL GAMING Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Taco Rice Bowl" Location: Day Centre ***</p> <p>2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p>

<p>4</p> <p>CIVIC HOLIDAY</p> <p>DAY CENTRE CLOSED</p>	<p>5 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>10:45AM – 11:30AM WALKING GROUP Location: Day Centre *Registration Required ***</p> <p>12:00PM – 1:00PM LUNCH "Taco's" Location: Day Centre ***</p> <p>1:00PM – 1:45PM FLOWER GARDEN Location: 1241 Jasper Drive *Weather Depending ***</p> <p>2:15PM – 3:00PM GARDENING Location: 1500 Dease Street *Weather Depending</p>	<p>6 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please Register* Location: 1186 Memorial Ave ***</p> <p>12:00PM – 1:00PM MINI PUTT Location: Boulevard Lake *Please Register- \$4 per person* ***</p> <p>1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>7 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>10:45AM – 11:30AM BOOK CLUB "The Thursday Murder Club by Richard Osman" Location: Waverly Park Rain Location: Day Centre ***</p> <p>12:00PM – 3:30PM CLE Day! with Day Centre and Walking Proud Group! *Please see Sharon or Ashley Re: Tickets, first come first serve</p>	<p>8 10:00AM – 11:00AM Music Bingo Location: Day Centre ***</p> <p>11:00AM – 2:00PM SOCIAL GAMING Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Mac n' Cheese" Location: Day Centre ***</p> <p>2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p>
---	---	---	---	---

<p>11 10:00AM – 11:00AM FLOWER GARDEN Location: 1241 Jasper Drive ***</p> <p>11:00AM – 12:00PM OUTDOOR YARD GAMES Location: 1241 Jasper Drive ***</p> <p>1:00PM – 1:30PM GARDENING Location: 1500 Dease Street ***</p> <p>1:30PM – 2:30PM Outdoor Yard Games Location: 1500 Dease Street</p>	<p>12 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>11:00AM – 12:00PM Lawn Games *Please Register* Location: Waverly Park ***</p> <p>12:00PM – 1:00PM Lunch Picnic @ Waverly Park *Lunch Provided - Please Register* Location: Waverly Park Rain Location: Day Centre ***</p> <p>1:30PM - 2:30PM BOXING Location: Day Centre Main Room</p>	<p>13 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>11:00AM – 12:00PM WALKING GROUP *Please Register* Location: Boulevard Lake ***</p> <p>1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>14 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>11:00PM – 12:00PM Crafting with Ashley "Succulent Planting" Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Pesto Caprese Pasta Salad " Location: Day Centre ***</p> <p>1:00PM – 2:00PM Tie Die Location: Day Centre ***</p> <p>2:30PM – 3:30PM Walking Group Location: Friendship Gardens *Please Register- weather depending*</p>	<p>15 10:30AM – 2:00PM SOCIAL GAMING Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Pesto Grilled Cheese" Location: Day Centre ***</p> <p>2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p>
---	--	---	---	--

<p>18 10:00AM – 11:00AM FLOWER GARDEN Location: 1241 Jasper Drive ***</p> <p>11:00AM – 12:00PM OUTDOOR MUSIC BINGO Location: 1241 Jasper Drive ***</p> <p>12:30PM – 1:00PM GARDENING Location: 1500 Dease Street ***</p> <p>1:00PM – 3:00PM INDIGENOUS ADVENTURES with Natalie "Medicine Necklaces & Cedar Bows" Location: Day Centre *Please Register*</p>	<p>19 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>11:00AM – 3:00PM Outing & Lunch @ Kakabeka Falls *Lunch Provided- Please Register* *If transportation is a concern- talk to Sharon and Ashley* ***</p> <p>1:30PM - 2:30PM BOXING Location: Day Centre Main Room</p>	<p>20 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please Register* Location: 1186 Memorial Ave ***</p> <p>11:00AM – 11:45AM BOOK CLUB Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Pizza Pitas" ***</p> <p>1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>21 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>10:30PM – 11:30PM Crafting with Sharon "Flower Pressed Aprons" Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Creamy Chicken and Corn Pasta with Bacon" Location: Day Centre ***</p> <p>1:30PM – 2:30PM WALKING GROUP Location: George Burke Park (127 Montgomery Street) ***</p> <p>1:00PM – 3:00PM WOMAN'S GROUP "Vanderwees Outing" *Please Register* *If transportation is a concern- talk to Christine and Ashley* ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING "Drumming" Location: 1241 Jasper Drive</p>	<p>22 10:30AM – 11:30AM *NEW* YOGA with Jan Adams Location: Day Centre ***</p> <p>12:00PM – 2:00PM RibFest Location: Marina Park *Please Register* ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING "Bannock & Tea" Location: 1241 Jasper Drive</p>
---	--	--	--	---

<p>25 10:00AM – 11:00AM FLOWER GARDEN Location: 1241 Jasper Drive ***</p> <p>11:00AM – 12:00PM OUTDOOR YARD GAMES Location: 1241 Jasper Drive ***</p> <p>12:15PM – 12:45PM GARDENING Location: 1500 Dease Street ***</p> <p>1:00PM – 3:00PM BEACH DAY Location: Boulevard Lake *Please Register* *Weather permitting ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING "Arts & Crafts" Location: 1241 Jasper Drive</p>	<p>26 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>11:00AM – 3:00PM Outing & Lunch @ Chippewa Park *Lunch Provided- Please Register* *If transportation is a concern- talk to Sharon and Ashley* ***</p> <p>1:30PM - 2:30PM BOXING Location: Day Centre Main Room</p>	<p>27 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p> <p>12:00PM – 1:00PM OUTDOOR YARD GAMES Location: Day Centre Back Field *Weather Depending ***</p> <p>1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>28 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>11:00PM – 12:00PM Crafting with Ashley "Summer Gnomes" Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Chicken Shawarma " Location: Day Centre ***</p> <p>1:00PM – 2:00PM Tie Die Location: Day Centre ***</p> <p>2:30PM – 3:30PM OUTDOOR WALKING GROUP Location: Centennial Park *Weather permitting</p>	<p>29 10:00AM – 11:00AM Bingo Location: Day Centre ***</p> <p>11:00AM – 2:00PM Social Gaming Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Spaghetti" Location: Day Centre ***</p> <p>2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p>
--	--	---	--	---