

AUGUST 2026
ALPHA COURT DAY CENTRE
270 Windsor Street – Room 221

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	CIVIC HOLIDAY DAY CENTRE CLOSED	4 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 12:00PM Gardening Location: 1241 Jasper Drive *** 12:15PM – 1:15PM LUNCH "Perogies" Location: 1241 Jasper Drive *** 1:30PM – 2:30PM Crafting w Ashley "Silicon Beaded Key Chain" Location: 1241 Jasper Drive (Outdoors) *** 2:45PM – 3:30PM GARDENING Location: 1500 Dease St	5 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 "Beaded Dragon Fly Earrings pt 1" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Bacon Ranch Wrap" Location: Day Centre *** 1:00PM – 2:00PM POSTCARD GROUP with Sara Location: Day Centre *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	6 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:30AM – 3:30PM CLE DAY! DAY CENTRE & WALKING PROUD GROUP *Registration Required-limited spaces* *Please contact Sharon, Ashley for a ticket* *Please dress according to the weather*	7 10:00AM – 11:30AM DAILY GRIND COFFEE CLUB Location: Day Centre *** 11:00AM – 1:00PM SOCIAL GAMING Location: Day Centre *** 11:30AM – 1:30PM MOVIE & POPCORN "Kingdom of the Planet of the Apes" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Tacos" Location: Day Centre *** 2:00PM – 4:00PM Boxing/ Free Fitness and Pool *Please Register* Location: Canada Games Complex (420 Winnipeg Ave)

10 9:30AM – 10:30AM RISE & DINE BREAKFAST "French Toast" Location: Day Centre *** 11:00AM – 12:00PM BAKING GROUP "Dill Pickle Pretzels" *First Come, First Served* Location: Day Centre *** 11:00AM – 1:00PM HANGOUT/ COLOURING Location: Day Centre *** 1:30PM – 2:30PM BOOK CLUB at Waverly Park Starting New Book "The Diamond Eye – Kate Quinn" Location: Waverly Park *Rain Location Day Centre* *** 2:00PM – 4:00PM OOSHKE PROGRAMMING "Arts & Crafts" Location: 1241 Jasper Drive (Common Room)	11 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 CRAFTING with Ashley "Wire Wrapped Bumble Bee" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Turkey Club Sandwiches" Location: Day Centre *** 1:30PM – 2:30PM Outdoor Yard Games "Yardzee" *Please Register* Location: Marina Park *Weather Depending* *** 2:45PM – 3:30PM Walking Group *Please Register* Location: Marina Park *Weather Depending*	12 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 "Beaded Dragon Fly Earrings pt 2" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Pizza" Location: Day Centre *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	13 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 12:00PM Gardening Location: 1500 Dease St *** 12:00PM – 1:00PM LUNCH "Perogies" Location: 1500 Dease St *** 1:15PM – 2:15PM TIE DYE Location: 1500 Dease St (Outdoors) *** 2:30PM – 3:30PM GARDENING Location: 1241 Jasper Drive	14 10:00AM – 11:30AM DAILY GRIND COFFEE CLUB Location: Day Centre *** 11:00AM – 1:00PM SOCIAL GAMING Location: Day Centre *** 11:30AM – 1:30PM MOVIE & POPCORN "The Meg 2" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "BLT Sandwiches" Location: Day Centre *** 2:00PM – 3:30PM Walking/ Games in the Park *Please Register* Location: Boulevard Lake *Weather Depending*
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17 9:30AM – 11:00AM BAKING GROUP “Chocolate Chip Cookies” *First come, first serve Location: Day Centre *** 12:00PM – 1:00PM LUNCH “Perogies & Chicken Fingers” Location: Day Centre *** 1:30PM – 3:00PM BOWLING *Please register* Location: Mario’s Bowl	18 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 4:00PM DAY CENTRE DROP IN *** 12:00PM – 1:00PM LUNCH “Lasagna” Location: Day Centre *** 1:30PM – 2:30PM BINGO Location: Day Centre *Weather Depending *** 2:45PM – 3:30PM WALKING GROUP Location: Day Centre	19 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 4:00PM DAY CENTRE DROP IN *** 12:00PM – 1:00PM LUNCH “Pancakes” Location: Day Centre *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	20 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 12:00PM GARDENING Location: 1500 Dease St *** 12:00PM – 1:00PM LUNCH “Pasta Salad” Location: 1500 Dease St *** 1:15PM – 2:15PM TIE DYE Location: 1500 Dease St (Outdoors) *** 2:30PM – 3:30PM GARDENING Location: 1241 Jasper Drive *** 2:00PM – 4:00PM OOSHKE PROGRAMMING “Drumming” Location: 1241 Jasper Drive (Common Room)	21 10:00AM – 11:30AM DAILY GRIND COFFEE CLUB Location: Day Centre *** 11:00AM – 1:00PM SOCIAL GAMING Location: Day Centre *** 11:30AM – 1:30PM MOVIE & POPCORN “Sherlock Gnomes” Location: Day Centre *** 12:00PM – 1:00PM LUNCH “Mac n’ Cheese” Location: Day Centre *** 2:00PM – 4:00PM OOSHKE PROGRAMMING “Bannock & Tea” Location: 1241 Jasper Drive (Common Room) *** 2:00PM – 4:00PM Boxing/ Free Fitness and Pool *Please contact Sharon to register Location: Canada Games Complex (420 Winnipeg Ave)
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24 9:30AM – 10:30AM RISE & DINE BREAKFAST "WAFFLES" Location: Day Centre *** 11:30PM – 12:30PM BOOK CLUB at Waverly Park Location: Waverly Park *Rain Location Day Centre* *** 1:30PM – 3:00PM *NEW* INTRO TO OJIBWE Location: Thunder Bay Public Library – County Park *Please register *** 2:00PM – 4:00PM INDIGENOUS ADVENTURES with Natalie Location: Day Centre	25 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 CRAFTING with Ashley "Rainbow Suncatcher" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Quesadilla" Location: Day Centre *** 1:00PM – 2:00PM Meat BINGO Location: Day Centre *Win Free Meat* *** 2:00PM – 3:00PM WALKING GROUP "George Burke Park" Location: Day Centre *Weather Depending*	26 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 "Wire Wrapped Necklace Pendants" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Chicken Fajita Wrap" Location: Day Centre *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	27 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 12:00PM GARDENING Location: 1241 Jasper Drive *** 12:30PM – 1:30PM LUNCH "BBQ Smokies" Location: 1241 Jasper Drive *** 1:30PM – 2:30PM PRODUCE BINGO Location: 1241 Jasper Drive *** 2:45PM – 3:30PM GARDENING Location: 1500 Dease St	28 10:00AM – 11:30AM DAILY GRIND COFFEE CLUB Location: Day Centre *** 11:00AM – 1:00PM SOCIAL GAMING Location: Day Centre *** 11:30AM – 1:30PM MOVIE & POPCORN "The Peanuts Movie" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Chicken Ceaser Wrap" Location: Day Centre *** 2:00PM – 3:30PM Walking/ Games in the Park *Please Register* Location: Boulevard Lake *Weather Depending* *** 1:00PM – 3:00PM OOSHKE PROGRAMMING "SUMMER FEAST" Location: 1241 Jasper Drive (Common Room)
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9:30AM – 10:30AM

RISE & DINE BREAKFAST

"Fruit & Yogurt Parfait"

Location: Day Centre

11:00AM – 12:00PM

BAKING GROUP

"Rice Krispie Squares"

First Come, First Served

Location: Day Centre

11:00AM – 1:00PM

HANGOUT/ COLOURING

Location: Day Centre

1:00PM – 2:00PM

JEWELLRY GROUP

"Wire Beaded Ring"

Location: Day Centre

2:00PM – 3:00PM

BINGO

Location: Day Centre

ALPHA COURT DAY CENTRE

(807) 683 – 7729



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DAY PROGRAM FACILTATOR

Contact Information:

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