

# FEBRUARY 2021

## Alpha Court Day Centre

Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
1	<b>10:00AM - 10:30AM</b> MORNING MEDITATION ***  <b>11:00AM - 11:30AM</b> STRETCHING ***  <b>2:00PM - 3:00PM</b> COLOURING & CANVAS PAINTING	<b>10:00AM - 11:00AM</b> JOURNALING ***  <b>11:15AM -12:00PM</b> PICTONARY ***  <b>12:30PM - 1:30PM</b> WORKOUT ***  <b>1:45PM - 2:45PM</b> KNITTING with Sharon	<b>11:15AM - 12:15PM</b> COPING WITH NEGATIVITY (Session 3/8) ***  <b>1:00pm - 2:00pm</b> NAME, PLACE, ANIMAL & THING GAME ***  <b>2:30PM - 3:30PM</b> DAY CENTRE CHECK IN	<b>10:00AM - 11:00AM</b> YOGA with WENDY ***  <b>1:00PM - 2:00PM</b> BINGO <u><b>*We will deliver the prizes</b></u> ***  <b>2:30PM - 3:30PM</b> COOKING GROUP "Pizza Quesadillas" <b>*PLEASE REGISTER</b>	<b>10:00AM - 10:30AM</b> MORNING MEDITATION ***  <b>11:00AM - 12:00PM</b> CRAFT "Valentine's Day Cards" ***  <b>1:00PM - 3:00PM</b> MOVIE "Richie Rich"	6
7	8	<b>10:00AM - 11:00AM</b> JOURNALING ***  <b>11:15AM -12:00PM</b> PICTONARY ***  <b>12:30PM - 1:30PM</b> WORKOUT ***  <b>1:45PM - 2:45PM</b> KNITTING with Sharon	<b>10:30AM-11:30AM</b> COPING WITH NEGATIVITY (Session 4/8) ***  <b>1:00PM - 1:30PM</b> WORKOUT ***  <b>2:00PM - 3:00PM</b> NAME, PLACE, ANIMAL & THING GAME	<b>11</b> <b>10:00AM - 11:00AM</b> YOGA with WENDY ***  <b>11:15AM - 12:00PM</b> DAY CENTRE CHECK IN ***  <b>1:00PM - 2:00PM</b> BINGO <u><b>*We will deliver the prizes</b></u> ***  <b>2:30PM - 3:30PM</b> BAKING GROUP "Valentine's Pretzels" <b>*PLEASE REGISTER</b>	<b>12</b> <b>10:00AM - 10:30AM</b> MORNING MEDITATION ***  <b>11:00AM - 12:00PM</b> CRAFT "Valentine's Salt Dough Ornaments" ***  <b>1:00PM - 3:00PM</b> MOVIE "Teenage Mutant Ninja Turtles"	13

**ALPHA COURT  
OFFICES  
CLOSED**

# FEBRUARY 2021

## Alpha Court Day Centre

Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
14	15  <b>FAMILY DAY DAY CENTRE CLOSED</b>	<b>16</b> 10:00AM - 11:00AM JOURNALING ***  11:30AM - 12:30PM PICTONARY ***  1:00PM - 2:00PM COLOURING & CANVAS PAINTING	<b>17</b>  <b>DAY CENTRE CLOSED FROM 8:30AM - 12:00PM</b>  1:00PM - 2:00PM WORKOUT ***  2:30PM - 3:30PM NAME, PLACE, ANIMAL & THING GAME	<b>18</b> 10:00AM - 11:00AM YOGA with WENDY ***  11:15AM - 12:00PM DAY CENTRE CHECK IN ***  1:00PM - 2:00PM BINGO <u>*We will deliver the prizes</u> ***  2:30PM - 3:30PM COOKING GROUP "Spaghetti" <u>*PLEASE REGISTER</u>	<b>19</b> 10:00AM - 10:30AM MORNING MEDITATION ***  11:00AM - 12:00PM SEWING "HOW to MAKE FACEMASKS" <u>*PLEASE REGISTER</u> ***  1:00PM-3:00PM MOVIE "Hairspray"	20
21	<b>22</b> 10:00AM - 10:30AM MORNING MEDITATION ***  11:00AM - 11:30AM STRETCHING ***  1:00PM - 2:00PM COLOURING & CANVAS PAINTING	<b>23</b> 10:00AM - 11:00AM JOURNALING ***  12:00PM - 1:00PM PICTONARY ***  2:00PM - 3:00PM KNITTING with Sharon	<b>24</b> 10:30AM - 11:30AM COPING WITH NEGATIVITY (Session 5/8) ***  1:00PM - 1:30PM WORKOUT ***  2:00PM - 3:00PM NAME, PLACE, ANIMAL & THING GAME	<b>25</b> 10:00AM - 11:00AM YOGA with WENDY ***  11:15AM - 12:00PM DAY CENTRE CHECK IN ***  1:00PM - 2:00PM BINGO <u>*We will deliver the prizes</u> ***  2:30PM - 3:30PM BAKING GROUP "Chocolate Chip Muffins" <u>*PLEASE REGISTER</u>	<b>26</b> 10:00AM - 10:30AM MORNING MEDITATION ***  11:00AM - 12:00PM SEWING "HOW to MAKE FACEMASKS" <u>*PLEASE REGISTER</u> ***  1:00PM - 3:00PM MOVIE "Interstellar"	27

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

**DAY PROGRAM FACILITATORS**

**Contact Information:**

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

