

FEBRUARY 2024
ALPHA COURT DAY CENTRE
270 WINDSOR STREET – ROOM 221

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CALENDAR LEGEND

At the Day Centre (not highlighted)

Outdoor Programming

Community Indoor Programming

ZOOM

ALPHA COURT DAY CENTRE

(807) 683-7729

DAY PROGRAM FACILITATOR

Contact Information:

Sharon sgreshuk@alphacourt.ca ext. 3176 or

(807) 627 – 6119

Ashley aspaxman@alphacourt.ca ext. 3175 or

(807) 621- 6413

***Please note:**

Programming that is not “drop in” requires registration



1

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Location: 1186 Memorial Ave

*Please register

11:00AM – 3:00PM

DROP IN PROGRAMMING

Location: DAY CENTRE

11:00AM – 12:00PM (Sharon)

SOCIAL GAMING

(Day Centre/ Main Floor)

11:00AM – 12:00PM (Ashley)

YOGA with Wendy

Day Centre/ **Zoom**

12:30PM – 1:30PM (Ashley)

MACRAME

2:00PM – 3:00PM (Ashley)

FRIENDSHIP BRACELETS

2

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Location: 1186 Memorial Ave

*Please register

10:45AM - 11:30AM (Sharon)

MALL WALKING

Location: Meet at Intercity Food Court

12:00PM – 3:00PM

DROP IN PROGRAMMING

Location: DAY CENTRE

12:00PM – 1:00PM (Sharon & Ashley)

LUNCH at the Day Centre

“Chicken Fingers & Fries”

1:00PM – 2:30PM

INDIGENOUS ADVENTURES

<div> <div>5</div> <div>10:00AM – 11:00AM</div> <div>VALENTINE’S SALT DOUGH ORNAMENTS</div> <div>(Part 1/2)</div> <div>Location: Day Centre</div> <div>*Please Register</div> </div> <div> <div>1:30PM – 2:30PM</div> <div>DROP IN PROGRAMMING</div> <div>Location: DAY CENTRE</div> <div>***</div> <div>1:30PM – 2:30PM (Sharon)</div> <div>BINGO</div> </div> <div> <div>***</div> <div>1:30PM – 2:30pm</div> <div>(Sharon/ Ashley)</div> <div>BEGINNER BOXING with John</div> <div>Location: Day Centre</div> </div>	<div> <div>6</div> <div>9:30AM – 10:30AM (Sharon/ Ashley)</div> <div>FIT4LESS</div> <div>Location: 1186 Memorial Ave</div> <div>*Please register</div> <div>***</div> <div>10:45AM- 11:15AM (Ashley)</div> <div>Mall Walking</div> <div>Location: Meet at Intercity Food Court</div> </div> <div> <div>12:30AM – 1:30PM</div> <div>DROP IN PROGRAMMING</div> <div>Location: DAY CENTRE</div> <div>***</div> <div>12:30PM – 1:30PM (Sharon)</div> <div>CRIB TOURNAMENT</div> </div> <div> <div>***</div> <div>1:30PM – 3:30PM (Sharon)</div> <div>VALENTINE’S DAY SALT DOUGH ORNAMENTS</div> <div>(Part 2/2)</div> <div>Location: Day Centre</div> <div>*Please Register</div> <div>***</div> <div>2:00PM- 3:30PM (Ashley)</div> <div>WOMEN’S GROUP</div> <div>Location: Intercity Mall</div> </div>	<div> <div>7</div> <div>9:30AM-10:30AM (Ashley)</div> <div>JOURNALING</div> <div>Location: ZOOM</div> <div>*Please Register</div> <div>***</div> <div>10:15AM – 11:00AM (Sharon/ Ashley)</div> <div>SNOWSHOEING</div> <div>Meet at Day Centre</div> <div>*Please register/ Weather Depending</div> <div>***</div> <div>11:00AM- 12:00PM (Ashley)</div> <div>MANAGING UNWANTED THOUGHTS & FEELINGS COPING GROUP (Session 5/8)</div> <div>Location: Day Centre</div> <div>***</div> </div> <div> <div>12:00PM – 3:30PM</div> <div>DROP IN PROGRAMMING</div> <div>Location: DAY CENTRE</div> <div>***</div> <div>12:00PM – 1:00PM</div> <div>LUNCH at the Day Centre</div> <div>“Taco’s”</div> <div>***</div> <div>1:30PM – 3:30PM</div> <div>ART GROUP facilitated by BISNO</div> </div>	<div> <div>8</div> <div>9:30AM – 10:30AM (Sharon/ Ashley)</div> <div>FIT4LESS</div> <div>Location: 1186 Memorial Ave</div> <div>*Please register</div> </div> <div> <div>11:00AM – 3:00PM</div> <div>DROP IN PROGRAMMING</div> <div>Location: DAY CENTRE</div> <div>***</div> <div>11:00AM – 12:00PM (Sharon)</div> <div>SOCIAL GAMING</div> <div>(Day Centre/ Main Floor)</div> <div>***</div> <div>11:00AM – 12:00PM (Ashley)</div> <div>YOGA with Wendy</div> <div>Day Centre/ Zoom</div> <div>***</div> <div>12:30PM – 1:30PM (Ashley)</div> <div>“LET’S LAUGH” Exploring Humour</div> <div>***</div> <div>1:30PM – 3:30PM (Ashley)</div> <div>2024 VISION BOARDS</div> </div>	<div> <div>9</div> <div>9:30AM – 10:15AM</div> <div>(Sharon/ Ashley)</div> <div>FIT4LESS</div> <div>Location: 1186 Memorial Ave</div> <div>*Please register</div> </div> <div> <div>10:30AM – 3:00PM</div> <div>DROP IN PROGRAMMING</div> <div>Location: DAY CENTRE</div> <div>***</div> <div>10:30AM – 12:00PM (Sharon/ Ashley)</div> <div>COFFEE TALK with Peer Connections</div> <div>***</div> <div>12:00PM – 1:00PM (Sharon/ Ashley)</div> <div>LUNCH AT THE DAY CENTRE</div> <div>“Veggie Pasta Bake”</div> <div>***</div> <div>1:30PM – 3:30PM</div> <div>MOVIE & POPCORN</div> <div>“Bad Words”</div> </div> <div> <div>***</div> <div>2:00PM – 4:00PM</div> <div>OOSHKE PROGRAMMING</div> <div>“Bannock & Tea - Pipe Ceremony”</div> <div>Location: 1241 Jasper Drive</div> <div>(Common Room)</div> <div>*Please register</div> </div>
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<p>12</p> <div> <p>10:30AM – 4:00PM DROP IN PROGRAMMING Location: DAY CENTRE ***</p> <p>10:30AM – 12:00PM (Sharon/ Ashley) COFFEE TALK with Peer Connections ***</p> <p>12:00PM – 1:00PM (Sharon/ Ashley) LUNCH at the Day Centre “Chicken Stir Fry” ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Ornamental Muckluks” (Day Centre)</p> </div> <hr/> <p>1:30PM – 2:30pm (Sharon/ Ashley) BEGINNER BOXING with John Location: Day Centre *Please Register</p>	<p>13</p> <div> <p>9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register ***</p> <p>10:45AM - 11:30AM (Sharon) MALL WALKING Location: Meet at Intercity Food Court</p> </div> <div> <p>12:00PM – 3:00PM DROP IN PROGRAMMING Location: DAY CENTRE ***</p> <p>1:00PM – 3:00PM CANVAS PAINTING/ COLOURING</p> </div> <hr/> <p>2:00PM- 3:00PM SEWING GROUP with Christine “Conversation Heart Keychains” Location: Day Centre *Please Register</p>	<p>14</p> <div> <p>10:00AM – 11:00AM (Sharon/ Ashley) SNOWSHOEING Meet at Day Centre *Please register/ Weather Depending ***</p> <p>11:00AM- 12:00PM (Ashley) MANAGING UNWANTED THOUGHTS & FEELINGS COPING GROUP (Session 6/8)</p> </div> <div> <p>1:00PM – 3:30PM DROP IN PROGRAMMING Location: DAY CENTRE ***</p> <p>1:30PM – 3:30PM ART GROUP facilitated by BISNO</p> </div>	<p>15</p> <div> <p>9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register</p> </div> <div> <p>11:00AM – 3:00PM DROP IN PROGRAMMING Location: DAY CENTRE ***</p> <p>11:00AM – 12:00PM SOCIAL GAMING Location: Day Centre/ Main Floor ***</p> <p>11:00AM – 12:00PM (Ashley) YOGA with Wendy Day Centre/ Zoom</p> </div> <hr/> <p>1:45PM – 4:00PM 2SLGBTQIA+ and ALLIES SUPPORT Group <i>Facilitated by Natalie</i> Location: (Day Centre) ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Drumming Group” Location: 1241 Jasper Drive (Common Room) *Please register</p>	<p>16</p> <div> <p>9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register ***</p> <p>10:45AM - 11:30AM (Sharon/ Ashley) MALL WALKING Location: Meet at Intercity Food Court ***</p> </div> <div> <p>1:00PM – 3:30PM DROP IN PROGRAMMING Location: DAY CENTRE ***</p> <p>12:00PM – 1:00PM (Sharon/ Ashley) LUNCH at the Day Centre “Spaghetti” ***</p> </div> <hr/> <p>1:00PM – 3:00PM (Sharon) ART THERAPY facilitated by Thunder Bay Indigenous Friendship Centre</p>
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<div>19</div> <div>FAMILY DAY</div> <div>DAY CENTRE CLOSED</div>	<div>20</div> <div>9:30AM – 10:30AM (Sharon/ Ashley)</div> <div>FIT4LESS</div> <div>Location: 1186 Memorial Ave</div> <div>*Please register</div> <div>***</div> <div>10:45AM - 11:30AM (Sharon)</div> <div>MALL WALKING</div> <div>Location: Meet at Intercity Food Court</div> <div>***</div> <div>12:00PM – 3:00PM DROP IN PROGRAMMING</div> <div>Location: DAY CENTRE</div> <div>***</div> <div>12:00PM- 1:00PM LUNCH at the Day Centre “Ham Sandwiches ”</div> <div>***</div> <div>1:30PM – 2:30PM NAME, PLACE, ANIMAL, THING GAME</div>	<div>21</div> <div>DAY CENTRE CLOSED</div> <div>8:30AM – 12:00PM</div> <div>12:00PM – 3:00PM DROP IN PROGRAMMING</div> <div>Location: DAY CENTRE</div> <div>***</div> <div>12:00PM – 1:00PM KNITTING GROUP</div> <div>***</div> <div>12:00PM- 1:00PM Colouring</div> <div>***</div> <div>1:30PM – 3:30PM ART GROUP facilitated by BISNO</div>	<div>22</div> <div>9:30AM – 10:30AM (Sharon/ Ashley)</div> <div>FIT4LESS</div> <div>Location: 1186 Memorial Ave</div> <div>*Please register</div> <div>11:00AM – 2:00PM DROP IN PROGRAMMING</div> <div>Location: DAY CENTRE</div> <div>***</div> <div>11:00AM – 12:00PM (Sharon) SOCIAL GAMING</div> <div>Location: Day Centre/ Main Floor</div> <div>***</div> <div>11:00AM – 12:00PM (Ashley) YOGA with Wendy Day Centre/ Zoom</div> <div>***</div> <div>12:30PM-1:30PM (Ashley) Friendship Bracelet Making</div>	<div>23</div> <div>9:30AM – 10:15AM (Sharon/ Ashley)</div> <div>FIT4LESS</div> <div>Location: 1186 Memorial Ave</div> <div>*Please register</div> <div>***</div> <div>10:30AM – 3:00PM DROP IN PROGRAMMING</div> <div>Location: DAY CENTRE</div> <div>***</div> <div>10:30AM – 12:00PM (Sharon/ Ashley) COFFEE TALK with Peer Connections</div> <div>***</div> <div>12:00PM – 1:00PM (Sharon/ Ashley) LUNCH at the Day Centre “Chicken Noodle Soup”</div> <div>***</div> <div>1:30PM – 3:30PM MOVIE & POPCORN “The Cobbler”</div>
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<div>26</div> <div> 10:30AM – 4:00PM DROP IN PROGRAMMING Location: DAY CENTRE *** </div> <div> 10:30AM – 12:00PM (Sharon/ Ashley) COFFEE TALK with Peer Connections *** </div> <div> 12:00PM – 1:00PM (Sharon/ Ashley) LUNCH at the Day Centre “Mac n’ Cheese” *** </div> <div> 1:30PM – 2:30PM BINGO *** </div> <div> 2:00PM – 4:00PM OOSHKE PROGRAMMING “Ornamental Muckluks” (Day Centre) *** </div> <div> 1:30PM – 2:30PM (Sharon/ Ashley) BEGINNER BOXING with John Location: Day Centre *Please register </div>	<div>27</div> <div> 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register *** </div> <div> 10:45AM - 11:30AM (Sharon/ Ashley) MALL WALKING Location: Meet at Intercity Food Court </div> <div> 12:00PM – 2:00PM DROP IN PROGRAMMING Location: DAY CENTRE *** </div> <div> 12:00PM – 1:30PM WII Gaming *** </div> <div> 1:00PM – 2:00PM COLOURING </div>	<div>28</div> <div> 10:00AM – 11:00AM (Sharon/ Ashley) WALKING GROUP Meet at Day Centre *Please register/ Weather Depending </div> <div> 1:00PM – 3:30PM DROP IN PROGRAMMING Location: DAY CENTRE *** </div> <div> 12:00PM – 1:00PM LUNCH “Grilled Cheese & Soup” *** </div> <div> 1:30PM – 3:30PM ART GROUP facilitated by BISNO </div>	<div>29</div> <div> 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register *** </div> <div> 12:30PM-1:30PM (Ashley) MANAGING UNWANTED THOUGHTS & FEELINGS COPING GROUP (Sesslon 7/8) </div> <div> 11:00AM – 3:00PM DROP IN PROGRAMMING Location: DAY CENTRE *** </div> <div> 11:00AM – 12:00PM SOCIAL GAMING Location: Day Centre/ Main Floor *** </div> <div> 11:00AM – 12:00PM (Ashley) YOGA with Wendy Day Centre/ Zoom *** </div> <div> 12:30PM-1:30PM “lets laugh” Exploring Humour *** </div> <div> 2:00PM-3:00PM Macrame </div>	
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