FEBRUARY 2024

ALPHA COURT DAY CENTRE

270 WINDSOR STREET - ROOM 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CALENDAR LEGEND Day Centre (not highlig Outdoor Programming munity Indoor Program ZOOM	•	1 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register ***	2 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register ***
ALPHA COURT DAY CENTRE (807) 683-7729			11:00AM - 3:00PM DROP IN PROGRAMMING Location: DAY CENTRE *** 11:00AM - 12:00PM (Sharon)	10:45AM - 11:30AM (Sharon) MALL WALKING Location: Meet at Intercity Food Court ***
Sharon <u>s</u> g	Contact Information: ron sgreshuk@alphacourt.ca ex (807) 627 - 6119 ley aspaxman@alphacourt.ca ex (807) 621- 6413 *Please note: ning that is not "drop in" requi	t. 3176 or	SOCIAL GAMING (Day Centre/ Main Floor) *** 11:00AM – 12:00PM (Ashley) YOGA with Wendy Day Centre/ Zoom ***	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
Programming th		res registration	12:30PM – 1:30PM (Ashley) MACRAME *** 2:00PM – 3:00PM (Ashley) FRIENDSHIP BRACELETS	

10:00AM - 11:00AM 9:30AM - 10:30AM (Sharon/ 9:30AM-10:30AM (Ashley) 9:30AM - 10:30AM (Sharon/ 9:30AM - 10:15AM VALENTINE'S SALT DOUGH Ashley) Ashley) **JOURNALING** (Sharon/ Ashley) ORNAMENTS FIT4LESS FIT4LESS FIT4LESS Location: ZOOM (Part 1/2) Location: 1186 Memorial Ave *Please Register Location: 1186 Memorial Ave Location: 1186 Memorial Ave Location: Day Centre *Please register *Please register *Please register *Please Register 10:15AM - 11:00AM (Sharon/ 10:30AM - 3:00PM 11:00AM - 3:00PM 10:45AM- 11:15AM (Ashley) Ashley) **DROP IN PROGRAMMING DROP IN PROGRAMMING** Mall Walking **SNOWSHOEING** 1:30PM - 2:30PM Location: DAY CENTRE Location: DAY CENTRE Location: Meet at Intercity Food Meet at Day Centre **DROP IN PROGRAMMING** Court *Please register/ Weather Location: DAY CENTRE 10:30AM - 12:00PM (Sharon/ 11:00AM - 12:00PM (Sharon) *** Depending Ashley) **SOCIAL GAMING** 1:30PM - 2:30PM (Sharon) **COFFEE TALK with Peer** (Day Centre/ Main Floor) 12:30AM - 1:30PM Connections BINGO 11:00AM- 12:00PM (Ashley) **DROP IN PROGRAMMING** MANAGING UNWANTED Location: DAY CENTRE 11:00AM - 12:00PM (Ashley) 12:00PM - 1:00PM (Sharon/ THOUGHTS & FEELINGS COPING **YOGA with Wendy** Ashley) 1:30PM - 2:30pm **GROUP** (Session 5/8) 12:30PM - 1:30PM (Sharon) Day Centre/ Zoom **LUNCH AT THE DAY CENTRE** (Sharon/ Ashley) Location: Day Centre **CRIB TOURNAMENT** *** **BEGINNER BOXING with John** "Veggie Pasta Bake" 12:30PM - 1:30PM (Ashley) Location: Day Centre "LET'S LAUGH" Exploring 12:00PM - 3:30PM 1:30PM - 3:30PM 1:30PM - 3:30PM (Sharon) **DROP IN PROGRAMMING** Humour **MOVIE & POPCORN** VALENTINE'S DAY SALT DOUGH Location: DAY CENTRE "Bad Words" ORNAMENTS 1:30PM - 3:30PM (Ashley) (Part 2/2) 12:00PM - 1:00PM **2024 VISION BOARDS** Location: Day Centre **LUNCH** at the Day Centre *Please Register 2:00PM - 4:00PM "Taco's" OOSHKE PROGRAMMING 2:00PM- 3:30PM (Ashley) "Bannock & Tea - Pipe Ceremony" 1:30PM - 3:30PM **WOMEN'S GROUP** Location: 1241 Jasper Drive ART GROUP facilitated by Location: Intercity Mall **BISNO** (Common Room) *Please register

12	13 9:30AM – 10:30AM (Sharon/	14 10:00AM – 11:00AM (Sharon/	15 9:30AM – 10:30AM (Sharon/	16 9:30AM – 10:30AM
10:30AM - 4:00PM	Ashley)	Ashley)	Ashley)	(Sharon/ Ashley)
DROP IN PROGRAMMING	FIT4LESS	SNOWSHOEING	FIT4LESS	FIT4LESS
Location: DAY CENTRE	Location: 1186 Memorial Ave	Meet at Day Centre	Location: 1186 Memorial Ave	Location: 1186 Memorial Ave
***	*Please register	*Please register/ Weather	*Please register	*Please register
10:30AM – 12:00PM (Sharon/	***	Depending	rease register	***
Ashley) COFFEE TALK with Peer Connections *** 12:00PM – 1:00PM (Sharon/ Ashley)	10:45AM - 11:30AM (Sharon) MALL WALKING Location: Meet at Intercity Food Court	*** 11:00AM- 12:00PM (Ashley) MANAGING UNWANTED FHOUGHTS & FEELINGS COPING GROUP (Sesson 6/8)	11:00AM – 3:00PM DROP IN PROGRAMMING Location: DAY CENTRE *** 11:00AM – 12:00PM	10:45AM - 11:30AM (Sharon/ Ashley) MALL WALKING Location: Meet at Intercity Food Court
LUNCH at the Day Centre	12:00PM – 3:00PM DROP IN PROGRAMMING		SOCIAL GAMING	1 00DM 2 20DM
"Chicken Stir Fry" *** 2:00PM – 4:00PM OOSHKE PROGRAMMING "Ornamental Muckluks" (Day Centre)	Location: DAY CENTRE *** 1:00PM – 3:00PM CANVAS PAINTING/ COLOURING	1:00PM - 3:30PM DROP IN PROGRAMMING Location: DAY CENTRE *** 1:30PM - 3:30PM ART GROUP facilitated by	Location: Day Centre/ Main Floor *** 11:00AM – 12:00PM (Ashley) YOGA with Wendy Day Centre/ Zoom	1:00PM - 3:30PM DROP IN PROGRAMMING Location: DAY CENTRE *** 12:00PM - 1:00PM (Sharon/ Ashley) LUNCH at the Day Centre
::30PM – 2:30pm Sharon/ Ashley) BEGINNER BOXING with John ocation: Day Centre Please Register	2:00PM- 3:00PM SEWING GROUP with Christine "Conversation Heart Keychains" Location: Day Centre *Please Register	BISNO	*** 1:45PM – 4:00PM 2SLGBTQIA+ and ALLIES SUPPORT Group Facilitated by Natalie Location: (Day Centre) ***	"Spaghetti" *** 1:00PM – 3:00PM (Sharon) ART THERAPY facilitated by Thunder Bay Indigenous Friendship Centre
			2:00PM – 4:00PM OOSHKE PROGRAMMING "Drumming Group" Location: 1241 Jasper Drive (Common Room) *Please register	

19	20 9:30AM – 10:30AM (Sharon/Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register ***	DAY CENTRE CLOSED 8:30AM - 12:00PM	9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register	9:30AM – 10:15AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register ***
FAMILY DAY	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 KNITTING GROUP	11:00AM - 2:00PM DROP IN PROGRAMMING Location: DAY CENTRE *** 11:00AM - 12:00PM (Sharon)	10:30AM - 3:00PM DROP IN PROGRAMMING Location: DAY CENTRE *** 10:30AM - 12:00PM (Sharon/
DAY CENTRE CLOSED	12:00PM - 3:00PM DROP IN PROGRAMMING Location: DAY CENTRE *** 12:00PM- 1:00PM LUNCH at the Day Centre "Ham Sandwiches" *** 1:30PM - 2:30PM NAME, PLACE, ANIMAL, THING GAME	*** 12:00PM- 1:00PM Colouring *** 1:30PM – 3:30PM ART GROUP facilitated by BISNO	SOCIAL GAMING Location: Day Centre/ Main Floor *** 11:00AM – 12:00PM (Ashley) YOGA with Wendy Day Centre/ Zoom *** 12:30PM-1:30PM (Ashley) Friendship Bracelet Making	Ashley) COFFEE TALK with Peer Connections *** 12:00PM – 1:00PM (Sharon/ Ashley) LUNCH at the Day Centre "Chicken Noodle Soup" *** 1:30PM – 3:30PM MOVIE & POPCORN "The Cobbler"

26 28 9:30AM - 10:30AM (Sharon/ 10:00AM - 11:00AM (Sharon/ 9:30AM - 10:30AM (Sharon/ 10:30AM - 4:00PM Ashley) Ashley) Ashley) **DROP IN PROGRAMMING** FIT4LESS FIT4LESS WALKING GROUP Location: DAY CENTRE Location: 1186 Memorial Ave Meet at Day Centre Location: 1186 Memorial Ave *Please register/ Weather *Please register *Please register 10:30AM - 12:00PM (Sharon/ Depending Ashlev) 10:45AM - 11:30AM (Sharon/ **COFFEE TALK with Peer** 12:30PM-1:30PM (Ashley) Ashley) Connections MANAGING UNWANTED **MALL WALKING** 1:00PM - 3:30PM THOUGHTS & FEELINGS COPING **DROP IN PROGRAMMING** Location: Meet at Intercity Food 12:00PM - 1:00PM (Sharon/ **GROUP** (Session 7/8) Location: DAY CENTRE Court Ashley) *** **LUNCH at the Day Centre** 12:00PM - 1:00PM 11:00AM - 3:00PM 12:00PM - 2:00PM "Mac n' Cheese" **DROP IN PROGRAMMING** LUNCH **DROP IN PROGRAMMING** "Grilled Cheese & Soup" Location: DAY CENTRE Location: DAY CENTRE 1:30PM - 2:30PM *** BINGO 11:00AM - 12:00PM 1:30PM - 3:30PM 12:00PM - 1:30PM *** ART GROUP facilitated by **SOCIAL GAMING WII Gaming** 2:00PM - 4:00PM Location: Day Centre/ Main **BISNO** *** **OOSHKE PROGRAMMING** Floor 1:00PM - 2:00PM *** "Ornamental Muckluks" **COLOURING** 11:00AM - 12:00PM (Ashley) (Day Centre) **YOGA with Wendy** Day Centre/ Zoom 1:30PM - 2:30PM (Sharon/ 12:30PM-1:30PM Ashley) "lets laugh" Exploring BEGINNER BOXING with John Humour *** Location: Day Centre *Please register 2:00PM-3:00PM Macrame