

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:00AM – 12:00PM DAILY GRIND COFFEE CLUB Location: Day Centre ***	3 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***	4 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***	5 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***	6 10:30AM – 11:30AM YOGA with Jan Adams Location: Day Centre ***
10:30AM – 11:30AM BOOK CLUB- Starting new book "A Town Called Solace" Location: Day Centre ***	10:40AM – 12:00PM AQUATICS *Please register* *In the Pool By 10:50* Location: Volunteer Pool ***	11:00AM – 12:00PM DIY HOW TO PAINT GROUP "Winter Snow Birds" Location: Day Centre ***	11:00PM – 12:00PM CRAFTING with Ashley "Petal Pals: Valentine's Edition" Location: Day Centre ***	11:45AM – 2:00PM SOCIAL GAMING Location: Day Centre ***
11:00AM – 12:00PM Learn to Knit & Crochet with Sharon "Dishcloths" Location: Day Centre ***	1:30PM – 2:15PM MALL WALKING *Please register* Location: Intercity Shopping Centre (Meet at the Food Court) ***	12:00PM – 1:00PM COLOURING/ DAY CENTRE HANG OUT Location: Day Centre ***	12:00PM – 1:00PM LUNCH "Mac n' Cheese" Location: Day Centre ***	12:00PM – 1:00PM LUNCH "Chicken & Veggies" Location: Day Centre ***
12:00PM – 1:00PM LUNCH "Grilled Cheese & Tomato Soup" Location: Day Centre ***	1:30PM - 2:30PM BOXING Location: Day Centre (Main Room)	1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	2:00PM – 2:45PM MALL WALKING *Please register* Location: Intercity Shopping Centre (Meet at the Food Court) ***	12:00PM – 2:00PM MOVIE & POPCORN "Gladiator 2" Location: Day Centre ***
1:30PM – 2:30PM TIE DYE Location: Day Centre ***			1:30PM – 3:00PM WOMEN'S GROUP "Valentines Day Tea Party" Location: Day Centre	1:00PM – 2:30PM FOODIES & FRIENDS COOKING GROUP (Take what you make) "Oven Baked Chicken & Rice" *Please register* Location: Day Centre ***
2:30PM- 3:30PM MEAT BINGO Location: Day Centre				2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave

9 10:30AM – 12:00PM DAILY GRIND COFFEE CLUB Location: Day Centre *** 11:00AM – 12:00PM Learn to Knit & Crochet with Sharon "Dishcloths" Location: Day Centre *** 11:00AM – 12:00PM COLOURING Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Pizza" Location: Day Centre *** 1:30PM – 2:00PM SOCIAL GAMING/ COLOURING Location: 1500 Dease St (Common Room) *** 2:00PM – 3:00PM BINGO Location: 1500 Dease Street	10 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00AM – 12:30PM FREE SWIM/ HOT TUB/ SAUNA *Please register* Location: The Complex *** 1:30PM – 2:15PM MALL WALKING *Please register* Location: Intercity Shopping Centre (Meet at the Food Court) *** 1:30PM - 2:30PM BOXING Location: Day Centre (Main Room)	11 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00AM – 12:00PM DIY HOW TO PAINT GROUP "A Galaxy" Location: Day Centre *** 12:00PM – 1:00PM BAKING GROUP "Hershey Pretzel Hugs" *Please register* Location: Day Centre *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	12 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 10:45AM – 12:00PM SCRABBLE TOURNAMENT *Please register* Location: Day Centre *** 11:00PM – 12:00PM CRAFTING with Ashley "Valentines Gnomes" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Chicken Wraps" Location: Day Centre *** 1:30PM – 2:30PM BINGO Location: Day Centre *** 2:00PM – 4:00PM OOSHKE PROGRAMMING "Drumming Group" Location: 1241 Jasper Drive (Common Room)	13 10:30AM – 11:30AM YOGA with Jan Adams Location: Day Centre *** 11:45AM – 2:00PM SOCIAL GAMING Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Vegetable Soup" Location: Day Centre *** 1:00PM – 2:30PM BAKING GROUP "Banana Bread" *Please register with Sharon Location: Day Centre *** 12:00PM – 2:00PM MOVIE & POPCORN "A Minecraft Movie" Location: Day Centre *** 2:00PM – 4:00PM OOSHKE PROGRAMMING "Bannock & Tea" Location: 1241 Jasper Drive (Common Room) *** 2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave
---	---	---	--	--

16

FAMILY
DAY
DAY CENTRE
CLOSED

17
12:00PM – 1:00PM
LUNCH “Pancakes”
 Location: Day Centre

10:40AM – 12:00PM
AQUATICS
Please register
In the Pool By 10:50
 Location: Volunteer Pool

1:30PM - 2:30PM
BOXING
 Location: Day Centre
 (Main Room)

1:30PM – 3:00PM
BOWLING
 Location: Mario's Bowl
Please register

2:45PM – 3:45PM
BODY4U GENTLE FITNESS
CLASS with Natalie
 Location: Day Centre

18
8:30AM – 12:00PM
DAY CENTRE
CLOSED

1:00PM – 3:00PM
ART GROUP facilitated by
BISNO
 Location: Day Centre

19
9:30AM – 10:30AM
(Sharon/ Ashley)
FIT4LESS
Please register
 Location: 1186 Memorial Ave

11:00PM – 12:00PM
CRAFTING with Ashley
“Beaded Plant Craft”
 Location: Day Centre

12:00PM – 1:00PM
LUNCH
“Cheesy Tortellini Bake”
 Location: Day Centre

1:00PM – 3:00PM
SAUCY SPATULAS with
Steve
Please register
 Location: Day Centre

20
10:30AM – 11:30AM
YOGA with Jan Adams
 Location: Day Centre

11:45AM – 2:00PM
SOCIAL GAMING
 Location: Day Centre

12:00PM – 1:00PM
LUNCH
“Chili”
 Location: Day Centre

12:00PM – 2:00PM
MOVIE & POPCORN
“The Lego Movie”
 Location: Day Centre

1:00PM – 2:30PM
NEW PROGRAM
Foodies & Friends Cooking
Group (Take what you Make)
“Creamy Bacon Carbonara”
Please register
 Location: Day Centre

2:30PM – 3:30PM
(Sharon/ Ashley)
FIT4LESS
Please register
 Location: 1186 Memorial Ave

23 10:30AM – 12:00PM DAILY GRIND COFFEE CLUB Location: Day Centre ***	24 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***	25 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***	26 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***	27 10:30AM – 11:30AM YOGA with Jan Adams Location: Day Centre ***
11:00AM – 12:00PM JEWLERY GROUP "Bracelets" Location: Day Centre ***	11:00AM – 12:00PM SNOWSHOEING with Executive Director Nicole Latour Location: Strathcona Golf Course *Registration required – limited number of snowshoes ***	11:00AM – 12:00PM TIE DYE Location: Day Centre ***	11:00PM – 12:00PM CRAFTING with Sharon "Polymer Clay Earrings" Location: Day Centre ***	11:45AM – 2:00PM SOCIAL GAMING Location: Day Centre ***
10:30AM – 11:30AM BOOK CLUB Location: Day Centre ***	11:00AM – 12:30PM FREE SWIM/ HOT TUB/ SAUNA *Please register* Location: The Complex ***	12:00PM – 1:00PM COLOURING/ DAY CENTRE HANG OUT Location: Day Centre ***	12:00PM – 1:00PM LUNCH "Ham Sandwiches" Location: Day Centre ***	12:00PM – 1:00PM LUNCH "Lasagna" Location: Day Centre ***
12:00PM – 1:00PM LUNCH "Spaghetti" Location: Day Centre ***	1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	1:30PM – 3:00PM ART THERAPY with Frances "Watercolour" Location: 1241 Jasper Drive (Common Room) ***	2:00PM – 4:00PM WALKING PROUD GROUP with Natalie 2SLGBTQIA+ and Allies "Positivity Cards" *Please register* Location: Day Centre	12:00PM – 2:00PM MOVIE & POPCORN "The Lego Movie: Part 2" Location: Day Centre ***
1:30PM – 2:30PM COLOURING Location: 1241 Jasper Drive ***	1:30PM – 2:15PM MALL WALKING *Please register* Location: Intercity Shopping Centre (Meet at the Food Court) ***	1:30PM – 3:00PM ART THERAPY with Frances "Watercolour" Location: 1241 Jasper Drive (Common Room) ***	2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave	1:00PM – 2:30PM BAKING GROUP "Chocolate Chip Cookies" *Please register with Sharon Location: Day Centre ***
2:00PM – 4:00PM INDIGENOUS ADVENTURES with Natalie "Seven Grandfather Teachings" Location: Day Centre ***	1:30PM – 2:30PM BOXING Location: Day Centre (Main Room)			2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave
2:30PM – 3:30PM BINGO Location: 1241 Jasper Drive				

ALPHA COURT DAY CENTRE
(807) 683 – 7729

*Please note location and program times varies; due to community activities



Scan the above QR Code to be keep up to date with Alpha Court on Facebook

DAY PROGRAM FACILTATOR
Contact Information:

Sharon sgreshuk@alphacourt.ca ext. 3176 or (807) 627 – 6119
Ashley aspaxman@alphacourt.ca ext 3175 or (807) 621 – 6413

