

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

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

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

<p><b>16</b></p> <p style="text-align: center;">FAMILY DAY</p> <p style="text-align: center;">DAY CENTRE CLOSED</p>	<p><b>17</b></p> <p><b>12:00PM – 1:00PM</b> <b>LUNCH "Pancakes"</b> Location: Day Centre ***</p> <p><b>10:40AM – 12:00PM</b> <b>AQUATICS</b> <b>*Please register*</b> <b>*In the Pool By 10:50*</b> Location: Volunteer Pool ***</p> <p><b>1:30PM - 2:30PM</b> <b>BOXING</b> Location: Day Centre (Main Room) ***</p> <p><b>1:30PM – 3:00PM</b> <b>BOWLING</b> Location: Mario's Bowl <b>*Please register*</b> ***</p> <p><b>2:45PM – 3:45PM</b> <b>BODY4U GENTLE FITNESS</b> <b>CLASS with Natalie</b> Location: Day Centre</p>	<p><b>18</b></p> <p><b>8:30AM – 12:00PM</b> <b>DAY CENTRE</b> <b>CLOSED</b> ***</p> <p><b>1:00PM – 3:00PM</b> <b>ART GROUP facilitated by</b> <b>BISNO</b> Location: Day Centre</p>	<p><b>19</b></p> <p><b>9:30AM – 10:30AM</b> <b>(Sharon/ Ashley)</b> <b>FIT4LESS</b> <b>*Please register*</b> Location: 1186 Memorial Ave ***</p> <p><b>11:00PM – 12:00PM</b> <b>CRAFTING with Ashley</b> <b>"Beaded Plant Craft"</b> Location: Day Centre ***</p> <p><b>12:00PM – 1:00PM</b> <b>LUNCH</b> <b>"Cheesy Tortellini Bake"</b> Location: Day Centre ***</p> <p><b>1:00PM – 3:00PM</b> <b>SAUCY SPATULAS with</b> <b>Steve</b> <b>*Please register*</b> Location: Day Centre</p>	<p><b>20</b></p> <p><b>10:30AM – 11:30AM</b> <b>YOGA with Jan Adams</b> Location: Day Centre ***</p> <p><b>11:45AM – 2:00PM</b> <b>SOCIAL GAMING</b> Location: Day Centre ***</p> <p><b>12:00PM – 1:00PM</b> <b>LUNCH</b> <b>"Chili"</b> Location: Day Centre ***</p> <p><b>12:00PM – 2:00PM</b> <b>MOVIE &amp; POPCORN</b> <b>"The Lego Movie"</b> Location: Day Centre ***</p> <p><b>1:00PM – 2:30PM</b> <b>*NEW PROGRAM*</b> <b>Foodies &amp; Friends Cooking</b> <b>Group (Take what you Make)</b> <b>"Creamy Bacon Carbonara"</b> <b>*Please register*</b> Location: Day Centre ***</p> <p><b>2:30PM – 3:30PM</b> <b>(Sharon/ Ashley)</b> <b>FIT4LESS</b> <b>*Please register*</b> Location: 1186 Memorial Ave</p>
---	--	---	--	---

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

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

**DAY PROGRAM FACILITATOR**  
**Contact Information:**

\*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

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

