

~ January 2012 ~
Alpha Court Day Centre

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 BI-POLAR SUPPORT GROUP (Room 221) 9:30 am -11:30 am *** BISNO Art Program 2:00pm-4:00pm (RM221)	4 WRITING PROGRAM (RM 221) 10:00am-1130am A.E.R.Y PROGRAM (RM 221) 1:00pm-2:00pm	5 YOGA (Room 221) 12:30 pm -2:00 pm *** WALKING PROGRAM (1241 Jasper Drive) 2:00 pm – 4:00 pm	6 Movie of the Week 1:00pm-3:00pm	7
8	9 ADDICTION EDUCATION GROUP (Rm221) 2:00 pm – 4:00 pm	10 MUSIC GROUP (gym) 9:30 am – 11:30 am *** BI-POLAR SUPPORT GROUP (Room 221) 9:30 am -11:30 am *** JEWELRY MAKING (RM 221) 12:30PM-2:00PM *** OPEN GYM 2:00pm-4:00pm *** BISNO Art Program 2:00pm-4:00pm (RM221)	11 MEN'S GROUP (Rm221) 2:00 pm – 4:00 pm *** COOKINGPROGRAM (Kitchen)1030am-1230pm	12 MEDITATION (Room 221) 10 am – 12 noon *** YOGA (Room 221) 12:30 pm -2:00 pm *** WALKING PROGRAM (1241 Jasper Drive) 2:00 pm – 4:00 pm	13 Movie of the Week 1:00pm-3:00pm	14
15	16 Boxing class 130pm-230pm (Exercise Rm) *** Weight Training 230pm-330pm(Exercise Rm)	17 MUSIC GROUP (gym) 9:30 am – 11:30 am *** BI-POLAR SUPPORT GROUP (Room 221) 9:30 am -11:30 am *** JEWELRY MAKING (RM 221) 12:30PM-2:00PM *** OPEN GYM 2:00pm-4:00pm *** BISNO Art Program 2:00pm-4:00pm (RM221)	18 WRITING PROGRAM (RM 221) 10:00am-1130am A.E.R.Y PROGRAM (RM 221) 1:00pm-2:00pm	19 YOGA (Room 221) 12:30 pm -2:00 pm *** WALKING PROGRAM (1241 Jasper Drive) 2:00 pm – 4:00 pm *** Aboriginal Drumming (1241 Jasper Dr.) 2:00pm-4:00pm *** Hand Percussion (Gym) 2:30pm-3:30pm	20 Movie of the Week 1:00pm-3:00pm	21
22	23 Boxing class 130pm-230pm (Exercise Rm) *** Weight Training 230pm-330pm (Exercise Rm) *** ADDICTION EDUCATION GROUP (Rm221) 2:00 pm – 4:00 pm	24 MUSIC GROUP (gym) 9:30 am – 11:30 am *** BI-POLAR SUPPORT GROUP (Room 221) 9:30 am -11:30 am *** JEWELRY MAKING (RM 221) 12:30PM-2:00PM *** OPEN GYM 2:00pm-4:00pm *** BISNO Art Program 2:00pm-4:00pm (RM221)	25 MEN'S GROUP (Rm221) 2:00 pm – 4:00 pm *** COOKING PROGRAM (Kitchen)1030am-1230pm	26 MEDITATION (Room 221) 10 am – 12 noon YOGA (Room 221) 12:30 pm -2:00pm WALKING PROGRAM (1241 Jasper Drive) 2:00 pm – 4:00 pm	27 Movie of the Week 1:00pm-3:00pm	28
29	30 Boxing class 130pm-230pm (Exercise Rm) *** Weight Training 230pm-330pm(Exercise Rm)	31 MUSIC GROUP (gym) 9:30 am – 11:30 am BI-POLAR SUPPORT GROUP (Room 221) 9:30 am -11:30 am *** JEWELRY MAKING (RM 221) 12:30PM-2:00PM *** OPEN GYM 2:00pm-4:00pm *** BISNO Art Program 2:00pm-4:00pm (RM221)	Notes: *Anger Emotional Response in You- (A.E.R.Y.) -Clients will need to be referred to Alpha Court and registered for the programs of their choice. Please send referrals Alpha Court Fax# 683-8225. -To attend the Cooking Program, you must pre-register for each class by calling Jesse @ 683-7729. Space is limited, and you're encouraged to register once a month, to allow other to join. -Music Group: Bring any instrument in to play and jam			

