

JANUARY 2021
ALPHA COURT DAY CENTRE
270 Windsor Street

Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
					1 HAPPY NEW YEARS DAY! DAY CENTRE CLOSED	2
3	4 10:00AM – 10:30AM MORNING MEDITATION via ZOOM *** 11:00AM – 11:30AM STRETCHING via ZOOM *** 1:30PM – 2:30PM COLOURING & CANVAS PAINTING	5 10:00AM – 11:00AM JOURNALING via ZOOM *** 11:15AM -12:00PM PICTIONARY *** 12:30PM – 1:30PM SOUP CAN WORKOUT *** 1:45PM – 2:45PM KNITTING with Sharon	6 10:00AM-11:00AM TIE DYE *PLEASE REGISTER *** 11:00AM – 12:00PM DAY CENTRE CHECK IN *** 1:00pm – 2:00pm NAME, PLACE, ANIMAL & THING GAME *** 2:30PM – 3:30PM MACRAME	7 10:00AM – 11:00AM YOGA with WENDY *** 1:00PM – 2:00PM BINGO via Zoom <u>*We will deliver the prizes</u> *** 2:30PM – 3:30PM COOKING GROUP "Pizza" *PLEASE REGISTER	8 9:30AM – 10:00AM MORNING MEDITATION *** 11:00am – 12:00pm SEWING "HOW to MAKE FACEMASKS" via ZOOM (Part One) *PLEASE REGISTER *** 1:00PM-3:00PM MOVIE "Austin Powers: International Man of Mystery"	9
10	11 9:30AM – 10:00AM MORNING MEDITATION via ZOOM *** 10:30AM – 11:00AM STRETCHING via ZOOM *** 1:00PM – 2:00PM COLOURING & CANVAS PAINTING	12 10:00AM – 11:00AM JOURNALING via ZOOM *** 11:15AM -12:00PM PICTIONARY *** 12:30PM – 1:30PM SOUP CAN WORKOUT *** 1:45PM – 2:45PM KNITTING with Sharon	13 10:00AM-11:00AM COPING WITH NEGATIVITY (1/8) *** *Please register prior to attending the session *** 11:00AM – 12:00PM DAY CENTRE CHECK IN *** 1:00pm – 2:00pm NAME, PLACE, ANIMAL & THING GAME *** 2:30PM – 4:00PM CRAFT "WATERLESS SNOW GLOBES" *PLEASE REGISTER	14 10:00AM – 11:00AM YOGA with WENDY via ZOOM *** 1:00PM – 2:00PM BINGO via Zoom <u>*We will deliver the prizes</u> *** 2:30PM – 3:30PM BAKING GROUP "Chocolate Chip Cookies" *PLEASE REGISTER	15 9:30AM – 10:00AM MORNING MEDITATION *** 11:00am – 12:00pm SEWING "HOW to MAKE FACEMASKS" via ZOOM (Part One) *PLEASE REGISTER *** 1:00PM-3:00PM MOVIE "Austin Powers: The Spy Who Shagged Me"	16

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Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
17	18 9:30AM – 10:00AM MORNING MEDITATION via ZOOM *** 10:30AM – 11:00AM STRETCHING via ZOOM *** 1:00PM – 2:00PM COLOURING & CANVAS PAINTING *** 2:30PM – 3:30PM TIE DYEING *PLEASE REGISTER	19 10:00AM – 11:00AM JOURNALING via ZOOM *** 11:15AM -12:00PM Pictionary *** 12:30PM – 1:30PM SOUP CAN WORKOUT *** 1:45PM – 2:45PM KNITTING with Sharon	20 DAY CENTRE CLOSED from 8:30am – 12:00pm 1:00pm – 2:00pm NAME, PLACE, ANIMAL & THING GAME *** 2:30PM – 3:30PM DAY CENTRE CHECK IN	21 10:00AM – 11:00AM YOGA with WENDY via ZOOM *** 1:00PM – 2:00PM BINGO via Zoom *We will deliver the prizes *** 2:30PM – 3:30PM COOKING GROUP "Chicken Parmesan" *PLEASE REGISTER	22 9:30AM – 10:00AM MORNING MEDITATION *** 11:00am – 12:00pm SEWING "HOW to MAKE FACEMASKS" via ZOOM (Part One) *PLEASE REGISTER *** 1:00PM-3:00PM MOVIE "Austin Powers in Goldmember"	23
24	25 9:30AM – 10:00AM MORNING MEDITATION via ZOOM *** 10:30AM – 11:00AM STRETCHING via ZOOM *** 1:00PM – 2:00PM COLOURING & CANVAS PAINTING	26 10:00AM – 11:00AM JOURNALING via ZOOM *** 11:15AM -12:00PM Pictionary *** 12:30PM – 1:30PM SOUP CAN WORKOUT *** 1:45PM – 2:45PM KNITTING with Sharon	27 10:00AM-11:00AM COPING WITH NEGATIVITY (3/8) *Please register prior to attending the session *** 11:00AM – 12:00PM DAY CENTRE CHECK IN *** 1:00pm – 2:00pm NAME, PLACE, ANIMAL & THING GAME *** 2:30PM – 3:30PM BAKING GROUP "Focaccia Bread" Part 1/2 *PLEASE REGISTER	28 10:00AM – 11:00AM YOGA with WENDY via ZOOM *** 1:00PM – 2:00PM BINGO via Zoom *We will deliver the prizes *** 2:30PM – 3:30PM BAKING GROUP "Focaccia Bread" Part 2/2 *PLEASE REGISTER	29 9:30AM – 10:00AM MORNING MEDITATION *** 11:00am – 12:00pm SEWING "HOW to MAKE FACEMASKS" via ZOOM (Part One) *PLEASE REGISTER *** 1:00PM-3:00PM MOVIE "G.I Joe: The Rise of Cobra"	30

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ALPHA COURT DAY CENTRE
(807) 683-7729

DAY PROGRAM FACILITATORS
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***Please note: All programming requires registration**

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