JULY 2021 ALPHA COURT DAY CENTRE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALPHA COURT DAY CENTRE (807) 683-7729 DAY PROGRAM FACILITATORS Contact Information: Jesse jjames@alphacourt.ca or (807) 627 - 8831 Sharon sgreshuk@alphacourt.ca or (807) 627 - 6119 *Please note: All programming requires registration Find us on facebook			HAPPY CANADA DAY! DAY CENTRE CLOSED	2 10:00AM - 11:00AM COLOURING & CANVAS PAINTING *** 11:45PM - 12:45PM DAY CENTRE CHECK IN *** 1:00PM - 1:30PM PICTIONARY
5 10:00AM – 11:00AM BINGO *We will deliver the prizes *** 11:00AM – 12:00PM COLOURING & CANVAS PAINTING *** 1:00PM – 2:00PM WALKING GROUP (Meet at Confederation College) *Pre-registration is required – space is limited *** 2:30PM – 3:30PM YOGA with Wendy	6 10:00AM – 11:00AM GARDENING at Lakehead University *Pre-registration is required – space is limited *** 11:30AM – 12:30PM TIE DYE at the Day Centre Back Field *** 1:00PM – 2:00PM NAME, PLACE, FOOD & THING GAME *** 2:00PM – 3:00PM JOURNALING	7 10:30AM-11:30AM PROGRAMMING SUPPLIES "CONTACTLESS DELIVERY" *If you are in need of any type of programming materials, please contact us prior to this date *** 1:00PM - 2:00PM TAI CHI at Marina Park *Pre-registration is required - space is limited *** 2:30PM - 3:30PM COOKING GROUP "LEMON DILL POTATO SALAD" *PLEASE REGISTER	8 10:00AM – 11:00AM YOGA with Wendy *** 11:30AM – 12:30PM WALKING GROUP (Meet at the Marina Park Tai Chi Area) *Pre-registation is required – space is limited *** 1:00PM – 2:00PM MINI PUTT at Boulevard Lake *Pre-registration is required – space is limited 2:45PM – 3:30PM BINGO *We will deliver the prizes	9 9:30AM – 10:00AM MORNING MEDITATION *** 10:30AM – 11:30AM GARDENING at Lakehead University *Pre-registration is required – space is limited *** 1:00PM – 3:00PM MOVIE "Fantastic 4"

JULY 2021 ALPHA COURT DAY CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12	13	14	15	16
10:00AM – 11:00AM	10:00AM - 11:00AM	10:30AM-11:30AM	10:00AM - 11:00AM	9:30AM – 10:00AM
BINGO	GARDENING at Lakehead University	DAY CENTRE CHECK IN	YOGA with Wendy	MORNING MEDITATION
*We will deliver the prizes	*Pre-registration is required –	***	***	***
***	space is limited ***	11:30AM – 12:30PM	11:30AM - 12:30PM	10:30AM – 11:30AM
11:00AM – 12:00PM	***	KNITTING with Sharon	WALKING GROUP (Meet at Chapples	GARDENING at Lakehead University
COLOURING & CANVAS PAINTING	11:00AM – 12:00PM	***	Park)	*Pre-registration is required – space i
***	NAME, PLACE, FOOD, THING GAME	1:00PM – 2:00PM	*Pre-registation is required – space is	limited
	***	TAI CHI at Marina Park	limited	***
1:00PM – 2:00PM	1:00PM - 1:30PM	*Pre-registration is required – space is	***	1:00PM - 3:00PM
WALKING GROUP (Meet at the Day	MEDITAITON	limited	1:00PM - 2:00PM	MOVIE "Father of the Bride"
Centre)	***	***	MINI PUTT at Boulevard Lake	
*Pre-registration is required – space is	2:00PM - 3:00PM		*Pre-registration is required – space is	
limited	JOURNALING	2:30PM - 3:30PM	limited	
		BAKING GROUP "Overnight Oats"	inniced	
2:30PM – 3:30PM		*PLEASE REGISTER		
YOGA with Wendy			DAY CENTRE CLOSED FROM	
			2:00PM – 4:30PM	
19	20	21	22	23
10:00AM – 11:00AM	10:00AM - 11:00AM	10:30AM-11:30AM	10:00AM - 11:00AM	9:30AM – 10:00AM
BINGO	GARDENING at Lakehead University	PROGRAMMING SUPPLIES	YOGA with Wendy	MORNING MEDITATION
*We will deliver the prizes	*Pre-registration is required –	"CONTACTLESS DELIVERY"	***	***
***	space is limited ***	*If you are in need of any type of	11:30AM - 12:30PM	10:30AM – 11:30AM
11:00AM - 12:00PM		programming materials, please contact	WALKING GROUP (Meet at Boulevard	GARDENING at Lakehead University
COLOURING & CANVAS PAINTING	11:00AM – 12:00PM	us prior to this date	Lake)	*Pre-registration is required – space is
***	TIE DYE at the Day Centre Back	***	*Pre-registation is required – space is	limited
1:00PM – 2:00PM	Field	11:30AM – 12:30PM	limited	***
WALKING GROUP (Meet at West	***	KNITTING with Sharon	***	1:00PM – 3:00PM
Thunder Community Centre)	1:00PM – 2:00PM	***	1:00PM - 2:00PM	MOVIE "WILD"
*Pre-registration is required – space is	NAME, PLACE, FOOD & THING	1:00PM – 2:00PM	MINI PUTT at Boulevard Lake	
limited	GAME	TAI CHI at Marina Park	*Pre-registration is required – space is	
***	***	*Pre-registration is required – space is	limited	
2:30PM – 3:30PM	2:00PM – 3:00PM	limited		
	JOURNALING	***	2:45PM – 3:30PM	
YOGA with Wendy		2:30PM – 3:30PM	BINGO	
		COOKING GROUP		
			*We will deliver the prizes	
		"Burrito Bowl"		
		*PLEASE REGISTER		

JULY 2021 ALPHA COURT DAY CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26	27	28	29	30
10:00AM - 11:00AM	10:00AM – 11:00AM	10:30AM-11:30AM	10:00AM - 11:00AM	9:30AM - 10:00AM
BINGO	GARDENING at Lakehead University	***	YOGA with Wendy	MORNING MEDITATION
*We will deliver the prizes	*Pre-registration is required – space is limited	11:30AM – 12:30PM	***	***
***	***	KNITTING with Sharon	11:30AM – 12:30PM	10:30AM – 11:30AM
11:00AM – 12:00PM	11:00AM – 12:00PM	***	WALKING GROUP (Meet at the	GARDENING at Lakehead University
COLOURING & CANVAS PAINTING		1:00PM – 2:00PM	Lakehead University Hangar)	*Pre-registration is required – space is
***	NAME, PLACE, FOOD, THING GAME ***	TAI CHI at Marina Park	*Pre-registation is required – space is	limited
1:00PM – 2:00PM	1:00PM – 2:00PM	*Pre-registration is required – space is	limited	1:00PM – 3:00PM
WALKING GROUP (Meet at the Day Centre)	CRAFT "Birdhouse Painting"	limited ***	1:00PM – 2:00PM	MOVIE "Cheaper by the Dozen"
*Pre-registration is required – space is		2:30PM – 3:30PM	MINI PUTT at Boulevard Lake	
limited	2:00PM – 3:00PM	BAKING GROUP	*Pre-registration is required – space is	
***	JOURNALING	"BANANA BREAD"	limited	
2:30PM – 3:30PM		*PLEASE REGISTER		
YOGA with Wendy			2:45PM – 3:30PM	
			BINGO	
			*We will deliver the prizes	