

JULY 2021

ALPHA COURT DAY CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALPHA COURT DAY CENTRE (807) 683-7729</p> <p>DAY PROGRAM FACILITATORS Contact Information: Jesse jjames@alphacourt.ca or (807) 627 - 8831 Sharon sgreshuk@alphacourt.ca or (807) 627 - 6119</p> <p><u>*Please note: All programming requires registration</u></p> <div style="text-align: center;">  </div>			<p>1</p> <p>HAPPY CANADA DAY!</p> <p><u>DAY CENTRE</u> <u>CLOSED</u></p>	<p>2</p> <p>10:00AM – 11:00AM COLOURING & CANVAS PAINTING ***</p> <p>11:45PM – 12:45PM DAY CENTRE CHECK IN ***</p> <p>1:00PM – 1:30PM PICTIONARY</p>
<p>5</p> <p>10:00AM – 11:00AM BINGO <u>*We will deliver the prizes</u> ***</p> <p>11:00AM – 12:00PM COLOURING & CANVAS PAINTING ***</p> <p>1:00PM – 2:00PM WALKING GROUP (Meet at Confederation College) *Pre-registration is required – space is limited ***</p> <p>2:30PM – 3:30PM YOGA with Wendy</p>	<p>6</p> <p>10:00AM – 11:00AM GARDENING at Lakehead University *Pre-registration is required – space is limited ***</p> <p>11:30AM – 12:30PM TIE DYE at the Day Centre Back Field ***</p> <p>1:00PM – 2:00PM NAME, PLACE, FOOD & THING GAME ***</p> <p>2:00PM – 3:00PM JOURNALING</p>	<p>7</p> <p>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 ***</p> <p>1:00PM – 2:00PM TAI CHI at Marina Park *Pre-registration is required – space is limited ***</p> <p>2:30PM – 3:30PM COOKING GROUP “LEMON DILL POTATO SALAD” *PLEASE REGISTER</p>	<p>8</p> <p>10:00AM – 11:00AM YOGA with Wendy ***</p> <p>11:30AM – 12:30PM WALKING GROUP (Meet at the Marina Park Tai Chi Area) *Pre-registration is required – space is limited ***</p> <p>1:00PM – 2:00PM MINI PUTT at Boulevard Lake *Pre-registration is required – space is limited</p> <p>2:45PM – 3:30PM BINGO <u>*We will deliver the prizes</u></p>	<p>9</p> <p>9:30AM – 10:00AM MORNING MEDITATION ***</p> <p>10:30AM – 11:30AM GARDENING at Lakehead University *Pre-registration is required – space is limited ***</p> <p>1:00PM – 3:00PM MOVIE “Fantastic 4”</p>

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

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