

**JULY 2025**  
**ALPHA COURT DAY CENTRE**  
**270 Windsor Street – Room 221**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b></p> <p style="text-align: center; color: red; font-size: 2em;">CANADA DAY</p> <p style="text-align: center;">DAY CENTRE CLOSED</p>	<p><b>2</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>1:30PM – 3:30PM</b>  <b>ART GROUP facilitated by</b>  <b>BISNO</b>            Location: Day Centre</p>	<p><b>3</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>"DIY Fruit Mason Jar Cups"</b>  <b>Location: Day Centre</b>            ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Chicken Souvelaki</b>  <b>Skewers"</b>            Location: Day Centre            ***</p> <p><b>1:30PM – 2:30PM</b>  <b>OUTDOOR WALKING</b>  <b>GROUP</b>            Location: Boulevard Lake            *Weather permitting</p>	<p><b>4</b></p> <p><b>10:30AM – 11:30AM</b>  <b>*NEW* YOGA with Jan</b>  <b>Adams</b>            Location: Day Centre            ***</p> <p><b>11:45AM – 1:00PM</b>  <b>SOCIAL GAMING</b>            Location: Day Centre            ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Creamy Chicken Pasta</b>  <b>Salad"</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>7</b>  <b>10:00AM – 11:00AM</b>  <b>FLOWER GARDEN</b>  Location: 1241 Jasper Drive  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>OUTDOOR YARD GAMES</b>  Location: 1241 Jasper Drive  ***</p> <p><b>1:30PM – 2:00PM</b>  <b>GARDENING</b>  Location: 1500 Dease Street  ***</p> <p><b>1:00PM – 3:00PM</b>  <b>Indigenous Adventures w</b>  <b>Natalie</b>  <b>"Medicine Necklaces"</b>  Location: Day Centre  <b>*Please Register*</b>  ***</p> <p><b>2:00PM – 3:00PM</b>  <b>BINGO</b>  Location: 1500 Dease Street  (Outside picnic table)</p>	<p><b>8</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 – 2:00PM</b>  <b>Outing &amp; Lunch @ The</b>  <b>Cascades</b>  <b>*Lunch Provided- Please</b>  <b>Register*</b>  <b>*If transportation is a</b>  <b>concern- talk to Sharon</b>  <b>and Ashley*</b>  ***</p> <p><b>1:30PM - 2:30PM</b>  <b>BOXING</b>  Location: Day Centre Main  Room</p>	<p><b>9</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>11:30AM – 1:00PM</b>  <b>Mini Putt</b>  Location: Boulevard Lake  <b>*Please Register- \$4 per</b>  <b>person*</b>  ***</p> <p><b>1:30PM – 3:30PM</b>  <b>ART GROUP facilitated by</b>  <b>BISNO</b>  Location: Day Centre</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>11:00PM – 12:00PM</b>  <b>Crafting with Ashley</b>  <b>"Mosquito Repellent</b>  <b>Candles"</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"BLT Sandwiches"</b>  Location: Day Centre  ***</p> <p><b>1:30PM – 3:00PM</b>  <b>WOMAN'S GROUP</b>  <b>"Kakabeka Outing"</b>  Location:Kakabeka Falls  <b>*Please Register*</b>  <b>*If transportation is a</b>  <b>concern- talk to Christine</b>  <b>and Ashley*</b></p>	<p><b>11</b>  <b>10:30AM – 11:30AM</b>  <b>*NEW* YOGA with Jan</b>  <b>Adams</b>  Location: Day Centre  ***</p> <p><b>11:45AM – 1:00PM</b>  <b>SOCIAL GAMING</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Chicken Burrito Bowl"</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>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>"Bannock &amp; Tea"</b>  Location: 1241 Jasper Drive</p>
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<p><b>14</b>  <b>10:00AM – 10:45AM</b>  <b>GARDENING</b>  Location: 1500 Dease Street  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>OUTDOOR YARD GAMES</b>  Location: 1500 Dease Street  ***</p> <p><b>1:00PM – 2:00PM</b>  <b>FLOWER GARDEN</b>  Location: 1241 Jasper Drive  ***</p> <p><b>2:00PM – 3:00PM</b>  <b>BINGO</b>  Location: 1241 Jasper Drive  (outside picnic table)  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>WALKING PROUD GROUP</b>  <b>with Natalie &amp; Adrianna</b>  Location: Day Centre</p>	<p><b>15</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 – 1:00PM</b>  <b>Outing &amp; Lunch @</b>  <b>Centennial Park</b>  <b>*Lunch Provided- Please</b>  <b>Register*</b>  <b>*If transportation is a</b>  <b>concern- talk to Sharon</b>  <b>and Ashley*</b>  ***</p>	<p><b>16</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>12:30PM – 1:15PM</b>  <b>MUSIC BINGO</b>  Location: Day Centre  ***</p> <p><b>1:30PM – 3:30PM</b>  <b>ART GROUP facilitated by</b>  <b>BISNO</b>  Location: Day Centre</p>	<p><b>17</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>10:30PM – 11:15PM</b>  <b>Walking Group</b>  Location: Friendship Gardens  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"BBQ Hotdogs"</b>  Location: 1500 Dease Street  ***</p> <p><b>1:15PM – 2:15PM</b>  <b>"Bocce Ball"</b>  Location: 1500 Dease Street  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>"Drumming"</b>  Location: Vickers Park  Rain Location: 1241 Jasper  Drive</p>	<p><b>18</b>  <b>10:30AM – 11:30AM</b>  <b>*NEW* YOGA with Jan</b>  <b>Adams</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 11:30PM</b>  <b>LUNCH</b>  <b>"Clubhouse Sandwiches"</b>  Location: Day Centre</p> <p><b>DAY CENTRE</b>  <b>CLOSED</b>  <b>12:30PM-4:30PM</b></p>
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<p><b>21</b>  <b>10:00AM – 11:00AM</b>  <b>FLOWER GARDEN</b>  Location: 1241 Jasper Drive  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>OUTDOOR YARD GAMES</b>  Location: 1241 Jasper Drive  ***</p> <p><b>12:15PM – 12:45PM</b>  <b>GARDENING</b>  Location: 1500 Dease Street  ***</p> <p><b>1:00PM – 3:00PM</b>  <b>Beach Day</b>  Location: Boulevard Lake  <b>*Please Register*</b></p>	<p><b>22</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 – 2:00PM</b>  <b>Outing &amp; Lunch @ Mount Mckay</b>  <b>*Lunch Provided- Please Register*</b>  <b>*If transportation is a concern- talk to Sharon and Ashley*</b>  ***</p> <p><b>1:30PM - 2:30PM</b>  <b>BOXING</b>  Location: Day Centre Main Room</p>	<p><b>23</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>1:30PM – 3:30PM</b>  <b>ART GROUP facilitated by BISNO</b>  Location: Day Centre</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>11:00PM – 12:00PM</b>  <b>Crafting with Ashley</b>  <b>"Herb Planters"</b>  Location: Day Centre  <b>*Please Register*</b>  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Spring Roll Salad Bowl"</b>  Location: Day Centre  ***</p> <p><b>1:30PM – 3:00PM</b>  <b>WOMAN'S GROUP</b>  <b>"Outdoor Picnic"</b>  Location: Marina Park Splash Pad  <b>*Please Register*</b>  ***</p> <p><b>1:30PM – 2:30PM</b>  <b>OUTDOOR WALKING GROUP</b>  Location: Day Centre  *Weather permitting</p>	<p><b>25</b>  <b>10:30AM – 11:30AM</b>  <b>*NEW* YOGA with Jan Adams</b>  Location: Day Centre  ***</p> <p><b>11:45AM – 1:00PM</b>  <b>SOCIAL GAMING</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Mediterranean Quesadilla"</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>12:00PM – 3:00PM</b>  <b>Ooshke Programming</b>  <b>"Summer Feast"</b>  Location: Vickers Park  Rain Location: 1241 Jasper Drive  <b>*Please Register*</b></p>
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<p><b>28</b>  <b>9:00AM – 9:45AM</b>  <b>FLOWER GARDEN</b>  Location: 1241 Jasper Drive  ***</p> <p><b>10:30AM – 11:30AM</b>  <b>OUTDOOR YARD GAMES</b>  Location: 1500 Dease Street  ***</p> <p><b>11:30AM – 12:00PM</b>  <b>GARDENING</b>  Location: 1500 Dease Street  ***</p> <p><b>1:00PM – 3:00PM</b>  <b>Beach Day</b>  Location: Sandy Beach  <b>*Please Register*</b>  <b>*If transportation is a concern- talk to Sharon and Ashley*</b>  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>"Arts &amp; Crafts"</b>  Location: 1241 Jasper Drive</p>	<p><b>29</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>11:30AM – 1:00PM</b>  <b>BBQ'd Personal Pizza's</b>  Location: 1241 Jasper Drive  <b>*Limited Spaces- Please Register*</b>  ***</p> <p><b>1:30PM - 2:30PM</b>  <b>BOXING</b>  Location: Day Centre Main Room  ***</p> <p><b>2:00PM – 2:45PM</b>  <b>WALKING GROUP</b>  Location: 1241 Jasper Drive</p>	<p><b>30</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>1:30PM – 3:30PM</b>  <b>ART GROUP facilitated by BISNO</b>  Location: Day Centre</p>	<p><b>31</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 Ashley</b>  <b>"DIY Teracotta Pot Windchim"</b>  Location: Day Centre  <b>*Please Register*</b>  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"BBQ Chicken Salad"</b>  Location: Day Centre  ***</p> <p><b>1:30PM – 2:30PM</b>  <b>OUTDOOR WALKING GROUP</b>  Location: Day Centre  *Weather permitting</p>	
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**ALPHA COURT DAY CENTRE**  
**(807) 683 – 7729**

**DAY PROGRAM FACILTATOR**  
**Contact Information:**

\*Please note location and program times varies; due to community activities

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