

**JULY 2026**  
**ALPHA COURT DAY CENTRE**  
**270 Windsor Street – Room 221**

| MONDAY | TUESDAY | WEDNESDAY                                                                                                                                                                                                                              | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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|        |         | <p><b>1</b> ASH OFF THIS WEEK</p> <p style="text-align: center;"><b>CANADA<br/>DAY</b></p>  <p style="text-align: center;">DAY CENTRE<br/>CLOSED</p> | <p><b>2</b><br/> <b>9:30AM – 10:30AM</b><br/> <b>(Sharon/ Ashley)</b><br/> <b>FIT4LESS</b><br/> <b>*Please register*</b><br/> Location: 1000 Fort William Rd<br/> ***</p> <p><b>11:00AM – 1:00PM</b><br/> <b>POLYMER CLAY EARRINGS</b><br/> Location: Day Centre<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>PEROGIES &amp; CHICKEN<br/>FINGERS</b><br/> Location: Day Centre<br/> ***</p> <p><b>1:30PM – 2:30PM</b><br/> <b>GARDENING</b><br/> Location: 1241 Jasper Drive<br/> ***</p> <p><b>2:45PM – 3:30PM</b><br/> <b>GARDENING</b><br/> Location: 1500 Dease Street</p> | <p><b>3</b><br/> <b>10:00AM – 11:30AM</b><br/> <b>DAILY GRIND COFFEE</b><br/> Location: Day Centre<br/> ***</p> <p><b>11:00AM – 1:00PM</b><br/> <b>SOCIAL GAMING</b><br/> Location: Day Centre<br/> ***</p> <p><b>11:30AM – 1:30PM</b><br/> <b>MOVIE &amp; POPCORN</b><br/> <b>"The Devil Wears Prada"</b><br/> Location: Day Centre<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>LUNCH</b><br/> <b>"Pasta Bake"</b><br/> Location: Day Centre<br/> ***</p> <p><b>2:00PM – 3:00PM</b><br/> <b>WALKING GROUP at Marina<br/>Park</b><br/> <b>*Please Register*</b><br/> Location: Meet at the Marina Park<br/> Tai Chi<br/> *Weather Depending*</p> |

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| <p><b>6</b><br/> <b>9:30AM – 10:30AM</b><br/> <b>*NEW* RISE &amp; DINE</b><br/> <b>BREAKFAST</b><br/> <b>"Breakfast Wraps"</b><br/> Location: Day Centre<br/> ***</p> <p><b>11:00AM – 12:00PM</b><br/> <b>HYGIENE PRODUCTS</b><br/> <b>BINGO</b><br/> Location: Day Centre<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>Colouring/ Painting</b><br/> Location: Day Centre<br/> ***</p> <p><b>1:30PM – 2:30PM</b><br/> <b>BOOK CLUB at Waverly</b><br/> <b>Park</b><br/> <b>Starting New Book</b><br/> "The Winners by Fredrick<br/> Backman"<br/> Location: Waverly Park<br/> *Rain Location Day Centre*<br/> ***</p> <p><b>3:30PM – 5:00PM</b><br/> <b>GOLFING at Chapples Golf</b><br/> <b>Course</b><br/> <b>*Limited Spaces- Please</b><br/> <b>Register*</b><br/> Location: 530 Chapples Drive<br/> *Weather Depending*</p> | <p><b>7</b><br/> <b>9:30AM – 10:30AM</b><br/> <b>(Sharon/ Ashley)</b><br/> <b>FIT4LESS</b><br/> <b>*Please register*</b><br/> Location: 1000 Fort William Rd<br/> ***</p> <p><b>11:00AM – 4:00PM</b><br/> <b>DAY CENTRE DROP IN</b><br/> ***</p> <p><b>11:00AM – 12:00PM</b><br/> <b>CRAFTING with Ashley</b><br/> <b>"Nail Polish Flowers"</b><br/> Location: Day Centre<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>LUNCH</b><br/> <b>"Taco Tuesday"</b><br/> Location: Day Centre<br/> ***</p> <p><b>1:00PM – 2:00PM</b><br/> <b>"Reverse Tie-Dye"</b><br/> Location: Day Centre<br/> ***</p> <p><b>2:15PM – 3:15PM</b><br/> <b>OUTDOOR YARD GAMES</b><br/> <b>"Yardzee"</b><br/> Location: Day Centre</p> | <p><b>8</b><br/> <b>9:30AM – 10:30AM</b><br/> <b>(Sharon/ Ashley)</b><br/> <b>FIT4LESS</b><br/> <b>*Please register*</b><br/> Location: 1000 Fort William Rd<br/> ***</p> <p><b>11:00AM – 4:00PM</b><br/> <b>DAY CENTRE DROP IN</b><br/> ***</p> <p><b>11:00AM – 12:00PM</b><br/> <b>JEWELLRY GROUP</b><br/> <b>"Daisy beaded Anklet"</b><br/> Location: Day Centre<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>LUNCH</b><br/> <b>"Chicken Fajita Wrap"</b><br/> Location: Day Centre<br/> ***</p> <p><b>1:00PM – 2:00PM</b><br/> <b>POSTCARD GROUP with Sara</b><br/> Location: Day Centre<br/> ***</p> <p><b>1:00PM – 3:00PM</b><br/> <b>ART GROUP facilitated by BISNO</b><br/> Location: Day Centre</p> | <p><b>9</b><br/> <b>9:30AM – 10:30AM</b><br/> <b>(Sharon/ Ashley)</b><br/> <b>FIT4LESS</b><br/> <b>*Please register*</b><br/> Location: 1000 Fort William Rd<br/> ***</p> <p><b>11:00AM – 12:00PM</b><br/> <b>GARDENING</b><br/> Location: 1241 Jasper Drive<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>LUNCH W Alpha Court</b><br/> <b>Executive Director Nicole</b><br/> <b>"BBQ'd Burgers"</b><br/> Location: 1241 Jasper Drive<br/> ***</p> <p><b>1:00PM – 2:00PM</b><br/> <b>TIE DYE</b><br/> Location: 1241 Jasper Drive<br/> (Outdoors)<br/> ***</p> <p><b>2:15PM – 3:15PM</b><br/> <b>GARDENING</b><br/> Location: 1500 Dease St</p> | <p><b>10</b><br/> <b>10:00AM – 11:30AM</b><br/> <b>DAILY GRIND COFFEE</b><br/> Location: Day Centre<br/> ***</p> <p><b>11:00AM – 1:00PM</b><br/> <b>SOCIAL GAMING</b><br/> Location: Day Centre<br/> ***</p> <p><b>11:30AM – 1:30PM</b><br/> <b>MOVIE &amp; POPCORN</b><br/> <b>"Ferdinand"</b><br/> Location: Day Centre<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>LUNCH</b><br/> <b>"Stir-fry"</b><br/> Location: Day Centre<br/> ***</p> <p><b>2:00PM – 3:00PM</b><br/> <b>Outdoor Boxing</b><br/> Location: Boulevard Lake<br/> ***</p> <p><b>2:00PM – 4:00PM</b><br/> <b>OOSHKE PROGRAMMING</b><br/> <b>"Bannock &amp; Tea"</b><br/> Location: 1241 Jasper Drive<br/> (Common Room)</p> |
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| <p><b>13</b><br/> <b>9:30AM – 10:30AM</b><br/> <b>RISE &amp; DINE BREAKFAST</b><br/> <b>"Finn Pancakes"</b><br/> Location: Day Centre<br/> ***</p> <p><b>11:00AM – 1:00PM</b><br/> <b>Hangout &amp; Crafting w Sharon</b><br/> <b>"Pride Silicone Bead Keychains"</b><br/> Location: Day Centre<br/> ***</p> <p><b>1:30PM – 3:00PM</b><br/> <b>BOWLING</b><br/> <b>*Please register*</b><br/> Location: Mario's Bowl<br/> ***</p> <p><b>2:00PM – 4:00PM</b><br/> <b>OOSHKE PROGRAMMING</b><br/> <b>"Arts &amp; Crafts"</b><br/> Location: 1241 Jasper Drive (Common Room)<br/> ***</p> <p><b>2:00PM – 4:00PM</b><br/> <b>Walking Proud Group</b><br/> <b>"Ice Cream and Game Social"</b><br/> <b>*Please Register*</b><br/> Location: Day Centre</p> | <p><b>14</b><br/> <b>9:30AM – 10:30AM</b><br/> <b>(Sharon/ Ashley)</b><br/> <b>FIT4LESS</b><br/> <b>*Please register*</b><br/> Location: 1000 Fort William Rd<br/> ***</p> <p><b>11:00AM – 4:00PM</b><br/> <b>DAY CENTRE DROP IN</b><br/> ***</p> <p><b>11:00AM – 12:00PM</b><br/> <b>CRAFTING with Ashley</b><br/> <b>"Nail Polish Dipped Garden Rocks"</b><br/> Location: Day Centre<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>LUNCH</b><br/> <b>"Pizza Bagels"</b><br/> Location: Day Centre<br/> ***</p> <p><b>1:00PM – 2:00PM</b><br/> <b>COLOURING/ Painting Group</b><br/> Location: Day Centre<br/> ***</p> <p><b>2:15PM – 3:00PM</b><br/> <b>Walking Group</b><br/> Location: Day Centre</p> | <p><b>15</b><br/> <b>9:30AM – 10:30AM</b><br/> <b>(Sharon/ Ashley)</b><br/> <b>FIT4LESS</b><br/> <b>*Please register*</b><br/> Location: 1000 Fort William Rd<br/> ***</p> <p><b>11:00AM – 4:00PM</b><br/> <b>DAY CENTRE DROP IN</b><br/> ***</p> <p><b>11:00AM – 12:00PM</b><br/> <b>JEWELLRY GROUP</b><br/> <b>"Tree of life wire Necklace"</b><br/> Location: Day Centre<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>LUNCH</b><br/> <b>"Chili Dogs"</b><br/> Location: Day Centre<br/> ***</p> <p><b>1:00PM – 3:00PM</b><br/> <b>ART GROUP facilitated by BISNO</b><br/> Location: Day Centre</p> | <p><b>16</b><br/> <b>9:30AM – 10:30AM</b><br/> <b>(Sharon/ Ashley)</b><br/> <b>FIT4LESS</b><br/> <b>*Please register*</b><br/> Location: 1000 Fort William Rd<br/> ***</p> <p><b>11:00AM – 12:00PM</b><br/> <b>Gardening</b><br/> Location: 1500 Dease St<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>LUNCH</b><br/> <b>"Sandwiches"</b><br/> Location: 1500 Dease St<br/> ***</p> <p><b>1:00PM – 2:00PM</b><br/> <b>Tie-Dye</b><br/> Location: 1500 Dease St (Outdoors)<br/> ***</p> <p><b>2:15PM – 3:15PM</b><br/> <b>GARDENING</b><br/> Location: 1241 Jasper Drive</p> <p><b>2:00PM – 4:00PM</b><br/> <b>OOSHKE PROGRAMMING</b><br/> <b>"Drumming"</b><br/> Location: 1241 Jasper Drive (Common Room)</p> | <p><b>17</b><br/> <b>10:00AM – 11:30AM</b><br/> <b>DAILY GRIND COFFEE</b><br/> Location: Day Centre<br/> ***</p> <p><b>11:00AM – 1:00PM</b><br/> <b>SOCIAL GAMING</b><br/> Location: Day Centre<br/> ***</p> <p><b>11:30AM – 1:30PM</b><br/> <b>MOVIE &amp; POPCORN</b><br/> <b>"The Meg"</b><br/> Location: Day Centre<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>LUNCH</b><br/> <b>"Meatball Sub"</b><br/> Location: Day Centre<br/> ***</p> <p><b>2:00PM – 4:00PM</b><br/> <b>BOXING/ FREE FITNESS/ POOL</b><br/> <b>*Please register*</b><br/> Location: Canada Games Complex (420 Winnipeg Ave)</p> |
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| <p><b>20</b><br/> <b>9:30AM – 10:30AM</b><br/> <b>*NEW* RISE &amp; DINE BREAKFAST</b><br/> <b>"French Toast"</b><br/> Location: Day Centre<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>BOOK CLUB at Waverly Park</b><br/> <b>Starting New Book</b><br/> "The Winners by Fredrick Backman"<br/> Location: Waverly Park<br/> *Rain Location Day Centre*<br/> ***</p> <p><b>1:30PM – 3:00PM</b><br/> <b>SOCIAL GAMING and POOL at Mario's Bowl</b><br/> Location: 710 Memorial Ave<br/> ***</p> <p><b>3:30PM – 5:00PM</b><br/> <b>GOLFING at Chapples Golf Course</b><br/> Location: 530 Chapples Drive<br/> *Registration is required</p> | <p><b>21</b><br/> <b>9:30AM – 10:30AM</b><br/> <b>(Sharon/ Ashley)</b><br/> <b>FIT4LESS</b><br/> <b>*Please register*</b><br/> Location: 1000 Fort William Rd<br/> ***</p> <p><b>11:00AM – 4:00PM</b><br/> <b>DAY CENTRE DROP IN</b><br/> ***</p> <p><b>11:00AM – 12:00PM</b><br/> <b>CRAFTING with Ashley</b><br/> <b>"Tin Can Wind Chime"</b><br/> Location: Day Centre<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>LUNCH</b><br/> <b>"Butter Chicken"</b><br/> Location: Day Centre<br/> ***</p> <p><b>1:00PM – 2:00PM</b><br/> <b>COLOURING/ Painting Group</b><br/> Location: Day Centre</p> | <p><b>22</b><br/> <b>9:30AM – 10:30AM</b><br/> <b>(Sharon/ Ashley)</b><br/> <b>FIT4LESS</b><br/> <b>*Please register*</b><br/> Location: 1000 Fort William Rd<br/> ***</p> <p><b>11:00AM – 4:00PM</b><br/> <b>DAY CENTRE DROP IN</b><br/> ***</p> <p><b>11:00AM – 12:00PM</b><br/> <b>JEWELLRY GROUP</b><br/> <b>"Cherry Beaded Anklet"</b><br/> Location: Day Centre<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>LUNCH</b><br/> <b>"Bacon Ranch Wrap"</b><br/> <b>Location: Day Centre</b><br/> ***</p> <p><b>1:00PM – 3:00PM</b><br/> <b>ART GROUP facilitated by BISNO</b><br/> Location: Day Centre</p> | <p><b>23</b><br/> <b>9:30AM – 10:30AM</b><br/> <b>(Sharon/ Ashley)</b><br/> <b>FIT4LESS</b><br/> <b>*Please register*</b><br/> Location: 1000 Fort William Rd<br/> ***</p> <p><b>11:00AM – 12:00PM</b><br/> <b>Gardening</b><br/> Location: 1241 Jasper Drive<br/> ***</p> <p><b>12:30PM – 1:30PM</b><br/> <b>LUNCH</b><br/> <b>"Sandwiches"</b><br/> Location: 1241 Jasper Drive<br/> ***</p> <p><b>1:30PM – 2:30PM</b><br/> <b>Tie-Dye</b><br/> Location: 1241 Jasper Drive (Outdoors)<br/> ***</p> <p><b>2:45PM – 3:30PM</b><br/> <b>GARDENING</b><br/> Location: 1500 Dease St</p> | <p><b>24</b><br/> <b>9:00AM – 11:30AM</b><br/> <b>DAILY GRIND COFFEE/ Social Gaming</b><br/> Location: Day Centre<br/> ***</p> <p><b>12:00PM-4:30PM</b><br/> <b>DAY CENTRE CLOSED</b></p> |
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| <p><b>27</b><br/> <b>9:30AM – 10:30AM</b><br/> <b>RISE &amp; DINE BREAKFAST</b><br/> <b>"Pancakes &amp; Sausage"</b><br/> Location: Day Centre<br/> ***</p> <p><b>11:00AM – 12:00PM</b><br/> <b>Meat BINGO</b><br/> Location: Day Centre<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>Crafting With Ashley</b><br/> <b>"Melted Crayon Art"</b><br/> Location: Day Centre<br/> ***</p> <p><b>2:00PM – 3:30PM</b><br/> <b>OUTING to the ALEXANDER HENRY SHIP</b><br/> Location: Marina Park, cost \$7.50/ person. Please register by Friday July 24th.</p> | <p><b>28</b><br/> <b>9:30AM – 10:30AM</b><br/> <b>(Sharon/ Ashley)</b><br/> <b>FIT4LESS</b><br/> <b>*Please register*</b><br/> Location: 1000 Fort William Rd<br/> ***</p> <p><b>11:30AM – 2:30PM</b><br/> <b>Indigenous Adventures Summer Gathering</b><br/> <b>*Please Register- limited spots available for Transportation*</b><br/> Location: Mount Mckay<br/> *We will be leaving the Day Centre at 1130AM and returning to the Day Centre for 2:30PM*</p> | <p><b>29</b><br/> <b>9:30AM – 10:30AM</b><br/> <b>(Sharon/ Ashley)</b><br/> <b>FIT4LESS</b><br/> <b>*Please register*</b><br/> Location: 1000 Fort William Rd<br/> ***</p> <p><b>11:00AM – 4:00PM</b><br/> <b>DAY CENTRE DROP IN</b><br/> ***</p> <p><b>11:00AM – 12:00PM</b><br/> <b>JEWELLRY GROUP</b><br/> <b>"Finishing up unfinished projects"</b><br/> Location: Day Centre<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>LUNCH</b><br/> <b>"BLT Sandwiches"</b><br/> Location: Day Centre<br/> ***</p> <p><b>1:00PM – 3:00PM</b><br/> <b>ART GROUP facilitated by BISNO</b><br/> Location: Day Centre</p> | <p><b>30</b><br/> <b>9:30AM – 10:30AM</b><br/> <b>(Sharon/ Ashley)</b><br/> <b>FIT4LESS</b><br/> <b>*Please register*</b><br/> Location: 1000 Fort William Rd<br/> ***</p> <p><b>11:00AM – 12:00PM</b><br/> <b>Gardening</b><br/> Location: 1500 Dease St<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>LUNCH</b><br/> <b>"BBQ'd Burgers"</b><br/> Location: 1500 Dease St<br/> ***</p> <p><b>1:00PM – 2:00PM</b><br/> <b>Produce BINGO</b><br/> Location: 1500 Dease St<br/> ***</p> <p><b>2:15PM – 3:15PM</b><br/> <b>GARDENING</b><br/> Location: 1241 Jasper Drive</p> | <p><b>31</b><br/> <b>10:00AM – 11:30AM</b><br/> <b>DAILY GRIND COFFEE</b><br/> Location: Day Centre<br/> ***</p> <p><b>11:00AM – 1:00PM</b><br/> <b>SOCIAL GAMING</b><br/> Location: Day Centre<br/> ***</p> <p><b>11:30AM – 1:30PM</b><br/> <b>MOVIE &amp; POPCORN</b><br/> <b>"Fantastic 4 – First Steps"</b><br/> Location: Day Centre<br/> ***</p> <p><b>12:00PM – 1:00PM</b><br/> <b>LUNCH</b><br/> <b>"Lasagna"</b><br/> Location: Day Centre<br/> ***</p> <p><b>1:30PM – 3:00PM</b><br/> <b>Mini Putt</b><br/> Location: Boulevard Lake</p> |
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**ALPHA COURT DAY CENTRE**

(807) 683 - 7729



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**DAY PROGRAM FACILTATOR**

**Contact Information:**

Sharon [sgreshuk@alphacourt.ca](mailto:sgreshuk@alphacourt.ca) ext. 3176 or (807) 627 – 6119

Ashley [aspaxman@alphacourt.ca](mailto:aspaxman@alphacourt.ca) ext. 3175 or (807) 621 – 6413

