JUNE 2021 ALPHA COURT DAY CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10:00AM - 11:00AM	2 10:30AM-11:30AM	3 10:00AM - 11:00AM	4 10:00AM - 10:30AM
	JOURNALING	COPING WITH LONELINESS	YOGA with Wendy	MORNING MEDITATION
	***	(Session 6/8)	***	***
	11:15AM - 12:00PM	*Please register prior to the first session	11:15AM - 12:00PM	11:00AM - 12:00PM
	KNITTING with Sharon	***	DAY CENTRE CHECK IN	GARDENING at Lakehead University
	***	1:00PM - 2:00PM	***	*Pre-registration is required - space
	1:00PM - 2:00PM	WALKING GROUP (Meet at Chapples Park)	1:00PM - 2:00PM	limited
	PICTIONARY	*Pre-registration is required - space is	WALKING GROUP (Meet at Day Centre)	***
	***	limited	*Pre-registration is required - space is	1:00PM - 3:00PM
	2:30PM - 3:30PM	***	limited	MOVIE "Life of Pi"
	BAKING GROUP	2:30PM - 4:00PM	imited	
	"FOCCACIA BREAD"	PROGRAMMING SUPPLIES "CONTACTLESS	2.30PM - 3.30PM	
	*PLEASE REGISTER	DELIVERY"	BINGO	
	T ELAGE REGISTER	*If you are in need of any type of	*We will deliver the prizes	
		programming materials, please contact us prior to this date	we will deliver the prizes	
7	8	9	10	11
10:00AM - 11:00AM	10:00AM - 11:00AM	10:30AM-11:30AM	10:00AM - 11:00AM	10:00AM - 11:00AM
BINGO	JOURNALING	COPING WITH LONELINESS	YOGA with Wendy	GARDENING at Lakehead University
*We will deliver the prizes	***	(Session 7/8)	***	*Pre-registration is required - space
***	11:00AM - 12:00PM	*Please register prior to the first session	11:15AM - 12:00PM	limited ***
11:00AM - 12:00PM	NAME, PLACE, FOOD, THING GAME	***	DAY CENTRE CHECK IN	
COLOURING & CANVAS PAINTING	***	11:30AM - 12:30PM	***	11:00AM - 12:00PM
***	1:00PM - 1:30PM	KNITTING with Sharon	1:00PM - 2:00PM	LEMONADE & CHAT
1:00PM - 2:00PM	MEDITATION	***	WALKING GROUP (Meet at Boulevard	*PLEASE REGISTER, RECIPE WILL BE
WALKING GROUP (Meet at West	***	1:00PM - 2:00PM	Lake)	PROVIDED ***
Thunder Community Centre)	2:00PM - 3:00PM	TAI CHI at Marina Park	*Pre-registration is required - space is	
*Pre-registration is required -	GARDENING at Lakehead University	*Pre-registration is required - space is	limited	1:00PM - 3:00PM
	*Pre-registration is required -	limited		MOVIE "Little Miss Sunshine"
space is limited		ministra di		
space is limited ***	space is limited	***	2:30PM - 3:30PM	
space is limited *** 2:30PM - 3:30PM	space is limited		2:30PM - 3:30PM BINGO	
*** 2:30PM - 3:30PM	space is limited	2:30PM - 3:30PM	BINGO	
***	space is limited	2:30PM - 3:30PM COOKING GROUP		
*** 2:30PM - 3:30PM	space is limited	2:30PM - 3:30PM	BINGO	

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
114 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 Day Centre) *Pre-registration is required - space is limited *** 2:30PM - 3:30PM YOGA with Wendy	15 10:00AM - 11:00AM JOURNALING *** 11:30AM - 12:30PM PICTIONARY *** 1:00PM - 1:30PM MEDITATION *** 2:00PM - 3:00PM GARDENING at Lakehead University *Pre-registration is required - space is limited	DAY CENTRE CLOSED from 8:30am - 12:00pm 12:00PM - 1:00PM 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 BAKING GROUP "LEMON BARS"	17 10:00AM - 11:00AM YOGA with Wendy *** 11:15AM - 12:00PM DAY CENTRE CHECK IN *** 1:00PM - 2:00PM WALKING GROUP (Meet at Friendship Gardens) *Pre-registration is required - space is limited 2:30PM - 3:30PM BINGO *We will deliver the prizes	18 10:00AM - 11:00AM GARDENING at Lakehead University *Pre-registration is required - space is limited *** 11:00AM - 12:00PM TIE DYE *** 1:00PM - 3:00PM MOVIE "Three Billboards Outside Ebbing, Missouri"
NATIONAL INDIGENOUS PEOPLES DAY DAY CENTRE CLOSED	22 10:00AM - 11:00AM JOURNALING *** 11:30AM - 12:30PM NAME, PLACE, FOOD, THING GAME *** 1:00PM - 1:30PM MEDITATION *** 2:00PM - 3:00PM GARDENING at Lakehead University *Pre-registration is required - space is limited	*PLEASE REGISTER 23 10:30AM-11:30AM COPING WITH LONELINESS (Session 8/8) *Please register prior to the first session *** 1:00PM - 2:00PM TAI CHI at Marina Park *Pre-registration is required - space is limited *** 2:30PM - 3:30PM TIE DYE	24 10:00AM - 11:00AM YOGA with Wendy *** 11:15AM - 12:00PM DAY CENTRE CHECK IN *** 1:00PM - 2:00PM WALKING GROUP (Meet at Day Centre) *Pre-registration is required - space is limited 2:30PM - 3:30PM BINGO *We will deliver the prizes	25 10:00AM - 11:00AM GARDENING at Lakehead University *Pre-registration is required - space is limited *** 11:00AM - 12:00PM COOKING GROUP "DILL PICKLE PASTA SALAD" *PLEASE REGISTER *** 1:00PM - 3:00PM MOVIE "The Chronicles of Narnia"

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28	_ =	30	ALPHA COURT DAY CENTRE	
10:00AM - 11:00AM		10:00AM - 11:00AM		
BINGO		TIE DYE	(807) 683-7729	
*We will deliver the prizes	***	***		
***	11:30AM - 12:30PM	11:00AM - 12:00PM	DAY PROGRAM	FACILITATORS
11:00AM - 12:00PM	PICTIONARY	LEMONADE & CHAT	Contact Inf	formation:
COLOURING & CANVAS PAINTING	***	*PLEASE REGISTER - RECIPE TO BE	Jesse jjames@alphacourt	t.ca or (807) 627 – 8831
***	1:00PM - 1:30PM	PROVIDED	Sharon sgreshuk@alphaco	
1:00PM - 2:00PM	MEDITATION	***		<u> </u>
WALKING GROUP (Meet at Chapples	***	1:00PM - 2:00PM	*Please note: All programm	ning requires registration
Park)	2:00PM - 3:00PM	TAI CHI at Marina Park		
*Pre-registration is required -	GARDENING at Lakehead University	*Pre-registration is required - space is		
space is limited	*Pre-registration is required -	<mark>limited</mark>		us on
***	space is limited		■ Tac	ebook
2:30PM - 3:30PM				
YOGA with Wendy				