

JUNE 2021

ALPHA COURT DAY CENTRE

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


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14 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	16 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” *PLEASE REGISTER	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”
21 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	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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28 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 Chapples Park) *Pre-registration is required - space is limited *** 2:30PM - 3:30PM YOGA with Wendy	29 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	30 10:00AM - 11:00AM TIE DYE *** 11:00AM - 12:00PM LEMONADE & CHAT *PLEASE REGISTER - RECIPE TO BE PROVIDED *** 1:00PM - 2:00PM TAI CHI at Marina Park *Pre-registration is required - space is limited	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 <u>*Please note: All programming requires registration</u> <div>  Find us on facebook </div>	