

JUNE 2022
ALPHA COURT DAY CENTRE
 270 Windsor Street/ Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 10:00am – 11:00am (Jesse) Sewing Whatever with Jesse (Zoom) ***</p> <p>1:00PM – 2:00PM (Jesse) TAI CHI at Day Centre *Please register – limited spots available ***</p> <p>2:30PM – 3:30PM (Sharon) GARDENING GROUP at LU Hangar *Registration is required</p>	<p>2 10:00am – 11:00am (Jesse) YOGA (Zoom) ***</p> <p>10:30AM – 11:45AM (Sharon) AQUATICS at Volunteer Pool *Limited Spots, please register ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 2:00PM (Jesse & Sharon) WALKING GROUP (Meet at the Day Centre) *Please register ***</p> <p>2:30PM – 3:30PM (Sharon) BINGO (Zoom)</p>	<p>3 10:00AM – 11:00AM TIE DYE *PLEASE REGISTER/ LIMITED SPOTS AVAIALBLE ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 2:00PM (Sharon) MOVIE ***</p> <p>2:30PM – 3:30PM (Sharon) GARDENING GROUP at LU Hangar *Registration is required</p>

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<p>6 10:00am-11:00am (Jesse) Day Centre Check-in (Zoom) ***</p> <p style="background-color: yellow;">11:00AM – 12:00PM (Jesse) Boxing (Day Centre) *Must register ***</p> <p style="background-color: cyan;">1:00PM – 2:00PM (Sharon & Jesse) BOWLING at Mario's Bowl (Cost \$5.00) *Pre-registration is required – space is limited ***</p> <p>2:30PM – 3:30PM (Sharon) GARDENING GROUP at LU Hangar *Registration is required</p>	<p>7 10:00AM – 11:00AM (Sharon) JOURNALING ***</p> <p style="background-color: green;">10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>11:00AM – 12:00PM (Sharon) NAME PLACE FOOD THING GAME (Zoom) ***</p> <p>1:00pm – 1:30pm Meditation (Jesse) ***</p> <p>2:00pm-3:00pm Chess Club with Jesse (Zoom/Chess.com)</p>	<p>8 10:00am – 11:00am Making Fishing Lures (2nd last one) (Zoom/ Register w Jesse) ***</p> <p style="background-color: yellow;">11:00AM – 12:30PM (Jesse) Community Clean up! *Must register ***</p> <p style="background-color: yellow;">11:00am – 12:00PM (Sharon) CRAFT "Birdhouse Painting" *Please register/ limited spots available ***</p> <p style="background-color: yellow;">1:00PM – 2:00PM (Jesse) TAI CHI at Marina Park Tai Chi Area *Please register – limited spots available ***</p> <p style="background-color: green;">2:30PM – 3:30PM (Sharon) MINI PUTT at Boulevard Lake *Please register</p>	<p>9 10:00am – 11:00am (Jesse) YOGA with Wendy (Zoom) ***</p> <p style="background-color: green;">10:30AM – 11:45AM (Sharon) AQUATICS at Volunteer Pool *Limited Spots, please register ***</p> <p style="background-color: green;">11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 2:00PM TALKING TUNES with JESSE (Zoom) ***</p> <p>2:30PM – 3:30PM (Sharon) GARDENING GROUP at LU Hangar *Registration is required</p>	<p>10 10:00AM – 11:00AM (Sharon) BINGO (Zoom) ***</p> <p style="background-color: green;">11:00am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>11:00AM – 12:00PM (Sharon) FAMILY FEUD (Zoom) ***</p> <p style="background-color: green;">1:00PM – 2:00PM (Jesse & Sharon) WALKING GROUP (Meet at Marina Park) *Please register ***</p> <p style="background-color: green;">2:30pm-3:30pm (Sharon) Thunder Bay Museum 425 Donald Street East *Please register with Jesse</p>

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<p>13 10:00am-11:00am (Jesse) Day Centre Check-in (Zoom) ***</p> <p>11:00AM – 12:00PM (Jesse) Boxing (Day Centre) *Must register ***</p> <p>11:30AM – 1:00PM PROGRAMMING SUPPLIES “CONTACTLESS DELIVERY” *If you are in need of any type of programming materials, please contact us prior to this date ***</p> <p>2:30PM – 3:30PM (Sharon) GARDENING GROUP at LU Hangar *Registration is required</p>	<p>14 10:00AM – 11:00AM (Sharon) JOURNALING ***</p> <p>10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 1:30PM (Jesse) MEDITATION (Zoom) ***</p> <p>2:00pm-3:00pm Chess Club with Jesse (Zoom/Chess.com)</p>	<p>15 DAY CENTRE CLOSED 8:30AM – 12:00PM</p> <p>12:00PM –1:30PM (Jesse) Community Clean up! *Must register ***</p> <p>2:00PM – 3:00PM(Sharon) WALKING GROUP (Meet at the Day Centre) *Please register</p>	<p>16 10:00am – 11:00am (Jesse) YOGA with Wendy (Zoom) ***</p> <p>10:30AM – 11:45AM (Sharon) AQUATICS at Volunteer Pool *Limited Spots, please register **</p> <p>11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 2:00PM (Jesse) TALKING TUNES ***</p> <p>2:30PM – 3:30PM (Sharon) GARDENING GROUP at LU Hangar *Registration is required</p>	<p>17 10:00AM – 11:00AM BINGO ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 2:00PM (Sharon) TIE DYE *PLEASE REGISTER/ LIMITED SPOTS AVAILABLE ***</p> <p>1:30PM – 3:30PM (Jesse) MOVIE</p>

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<p>20 10:00am-11:00am (Jesse) Day Centre Check-in (Zoom) ***</p> <p style="background-color: yellow;">11:00AM – 12:00PM (Jesse) Boxing (Day Centre) *Must register ***</p> <p style="background-color: cyan;">1:00PM – 2:00PM (Sharon & Jesse) BOWLING at Mario's Bowl (Cost \$5.00) *Pre-registration is required – space is limited ***</p> <p style="background-color: green;">2:30PM – 3:30PM (Sharon) GARDENING GROUP at LU Hangar *Registration is required</p>	<p>21</p> <p style="font-size: 24pt; font-weight: bold;">DAY CENTRE CLOSED</p>	<p>22 10:00am – 11:00am (Jesse) Sewing Whatever with Jesse (Zoom) ***</p> <p style="background-color: yellow;">11:00AM – 12:00PM (Jesse) Boxing (Day Centre) *Must register ***</p> <p style="background-color: yellow;">1:00PM – 2:00PM (Jesse) TAI CHI at Marina Park Tai Chi Area *Please register – limited spots available ***</p> <p>2:30PM – 3:30PM (Sharon) MINI PUTT at Boulevard Lake *Please register</p>	<p>23 10:00am – 11:00am (Jesse) YOGA with Wendy (Zoom) ***</p> <p style="background-color: green;">10:30AM – 11:45AM (Sharon) AQUATICS at Volunteer Pool *Limited Spots, please register ***</p> <p style="background-color: green;">11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p style="background-color: green;">1:00PM – 2:00PM (Jesse & Sharon) WALKING GROUP (Meet at Marina Park) *Please register ***</p> <p>1:00PM – 2:00PM TALKING TUNES with JESSE (Zoom) ***</p> <p style="background-color: green;">2:30PM – 3:30PM (Sharon) GARDENING GROUP at LU Hangar *Registration is required</p>	<p>24 10:00AM – 11:00AM (Sharon) BINGO (Zoom) ***</p> <p style="background-color: green;">11:00am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>11:30AM – 12:00PM (Sharon) MEDITATION (Jesse) ***</p> <p>1:00PM – 3:00PM (Sharon) DOCUMENTARY ***</p> <p style="background-color: green;">1:00PM – 2:00PM (Jesse & Sharon) WALKING GROUP (Meet at Marina Park) *Please register</p>

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<p>27 10:00am-11:00am (Jesse) Day Centre Check-in (Zoom) ***</p> <p style="background-color: yellow;">11:00AM – 12:00PM (Jesse) Boxing (Day Centre) *Must register ***</p> <p>11:30AM – 1:00PM PROGRAMMING SUPPLIES “CONTACTLESS DELIVERY” *If you are in need of any type of programming materials, please contact us prior to this date ***</p> <p style="background-color: green; color: white;">2:30PM – 3:30PM (Sharon) GARDENING GROUP at LU Hangar *Registration is required</p>	<p>28 10:00AM – 11:00AM (Sharon) JOURNALING ***</p> <p style="background-color: green; color: white;">10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 2:00PM (Sharon) Pictionary ***</p> <p>2:00pm-3:00pm Chess Club with Jesse (Zoom/Chess.com)</p>	<p>29 10:00am – 11:00am Making Fishing Lures (Last one) (Zoom/ Register w Jesse) ***</p> <p style="background-color: yellow;">11:00AM – 12:00PM (Jesse) Boxing (Day Centre) *Must register ***</p> <p style="background-color: yellow;">11:00am – 12:00PM (Sharon) CRAFT “Wooden Duck Painting” *Please register/ limited spots available ***</p> <p style="background-color: green; color: white;">1:00PM – 2:00PM (Sharon) WALKING GROUP (Meet at the Day Centre) *Please register</p>	<p>30 10:00am – 11:00am (Jesse) YOGA with Wendy (Zoom) ***</p> <p style="background-color: green; color: white;">11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 2:00PM (Jesse) TALKING TUNES ***</p> <p style="background-color: green; color: white;">2:30PM – 3:30PM (Sharon) GARDENING GROUP at LU Hangar *Registration is required</p>	

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

***Please note: All programming requires registration**

