ALPHA COURT DAY CENTRE

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

			2:30PM - 3:30PM (Sharon)	
			BINGO (Zoom)	

ALPHA COURT DAY CENTRE

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

ALPHA COURT DAY CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11:30AM – 1:00PM PROGRAMMING SUPPLIES "CONTACTLESS DELIVERY"	14 10:00AM – 11:00AM (Sharon) JOURNALING *** 10:30am-12:00pm Fit4less (Fit4less/*Please register) (Jesse) *** 1:00PM – 1:30PM (Jesse) MEDITATION (Zoom) *** 2:00pm-3:00pm Chess Club with Jesse (Zoom/Chess.com)	DAY CENTRE CLOSED 8:30AM — 12:00PM 12:00PM —1:30PM (Jesse) Community Clean up! *Must register *** 2:00PM — 3:00PM(Sharon) WALKING GROUP (Meet at the Day Centre) *Please register	16 10:00am – 11:00am (Jesse) YOGA with Wendy (Zoom) *** 10:30AM – 11:45AM (Sharon) AQUATICS at Volunteer Pool *Limited Spots, please register *** 11:00am- 12:00pm (Jesse) Fit4less(Fit4less/*Please register) (Jesse) *** 1:00PM – 2:00PM (Jesse) TALKING TUNES *** 2:30PM – 3:30PM (Sharon) GARDENING GROUP at LU Hangar *Registration is required	17 10:00AM – 11:00AM BINGO *** 11:00am- 12:00pm (Jesse) Fit4less (Fit4less/*Please register) (Jesse) *** 1:00PM – 2:00PM (Sharon) TIE DYE *PLEASE REGISTER/ LIMITED SPOTS AVAILABLE *** 1:30PM – 3:30PM (Jesse) MOVIE

ALPHA COURT DAY CENTRE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
20	21	22	23	24
l0:00am-11:00am (Jesse)		10:00am – 11:00am (Jesse)	10:00am – 11:00am (Jesse)	10:00AM – 11:00AM (Sharon)
Day Centre Check-in (Zoom)		Sewing Whatever with Jesse (Zoom)	YOGA with Wendy (Zoom)	BINGO (Zoom)
***		***	***	***
11:00AM – 12:00PM (Jesse)		11:00AM – 12:00PM (Jesse)	10:30AM - 11:45AM (Sharon)	11:00am- 12:00pm
Boxing (Day Centre)		Boxing (Day Centre)	AQUATICS at Volunteer Pool	Fit4less (Fit4less/*Please register) (Jesse)
['] Must register		*Must register	*Limited Spots, please register	***
***	DAY CENTRE	***	***	11:30AM – 12:00PM (Sharon)
:00PM – 2:00PM (Sharon & Jesse)	CLOSED	1:00PM – 2:00PM (Jesse)	11:00am- 12:00pm (Jesse)	MEDITATION (Jesse)
BOWLING at Mario's Bowl (Cost \$5.00)	CLOSED	TAI CHI at Marina Park Tai Chi Area	Fit4less/*Please register)	***
Pre-registration is required – space is		*Please register – limited spots	(Jesse)	1:00PM – 3:00PM (Sharon)
<mark>imited</mark>		<mark>available</mark> 	***	DOCUMENTARY
***		***	1:00PM – 2:00PM (Jesse & Sharon)	***
2:30PM – 3:30PM (Sharon)		2:30PM – 3:30PM (Sharon)	WALKING GROUP	1:00PM – 2:00PM (Jesse & Sharon)
GARDENING GROUP at LU Hangar		MINI PUTT at Boulevard Lake	(Meet at Marina Park)	WALKING GROUP
Registration is required		*Please register	*Please register ***	(Meet at Marina Park)
				*Please register
			1:00PM - 2:00PM	
			TALKING TUNES with JESSE (Zoom) ***	
			2:30PM – 3:30PM (Sharon)	
			GARDENING GROUP at LU Hangar	
			*Registration is required	
			Registration is required	

ALPHA COURT DAY CENTRE

270 Windsor Street/Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
27	28	29	30	
10:00am-11:00am (Jesse)	10:00AM – 11:00AM (Sharon)	10:00am – 11:00am	10:00am – 11:00am (Jesse)	
Day Centre Check-in (Zoom)	JOURNALING	Making Fishing Lures (Last one)	YOGA with Wendy (Zoom)	
***	***	(Zoom/ Register w Jesse)	***	
11:00AM – 12:00PM (Jesse)	10:30am- 12:00pm	***	11:00am- 12:00pm (Jesse)	
Boxing (Day Centre)	Fit4less (Fit4less/ *Please register)	11:00AM – 12:00PM (Jesse)	Fit4less(Fit4less/ *Please register)	
*Must register	(Jesse) ***	Boxing (Day Centre)	(Jesse)	
***		*Must register	***	
11:30AM – 1:00PM	1:00PM – 2:00PM (Sharon)	***	1:00PM – 2:00PM (Jesse)	
PROGRAMMING SUPPLIES "CONTACTLESS	PICTIONARY ***	11:00am - 12:00PM (Sharon)	TALKING TUNES	
DELIVERY"		CRAFT "Wooden Duck Painting"	***	
*If you are in need of any type of	2:00pm-3:00pm	*Please register/ limited spots	2:30PM - 3:30PM (Sharon)	
programming materials, prease contact as	<u>Chess Club with Jesse</u> (Zoom/Chess.com)	<mark>available</mark>	GARDENING GROUP at LU Hangar	
prior to this date	(20011) Chess.com)	***	*Registration is required	
		1:00PM - 2:00PM (Sharon)		
2:30PM – 3:30PM (Sharon)		WALKING GROUP		
GARDENING GROUP at LU Hangar		(Meet at the Day Centre)		
*Registration is required		*Please register		

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

