

**JUNE 2025**  
**ALPHA COURT DAY CENTRE**  
**270 Windsor Street – Room 221**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <b>10:30AM – 12:00PM</b> <b>DAILY GRIND COFFEE CLUB &amp; SOCIAL GAMING</b> Location: Day Centre *** <b>12:00PM – 1:00PM</b> <b>LUNCH</b> <b>"Cold Cut Sandwiches"</b> Location: Day Centre *** <b>1:00PM – 3:00PM</b> <b>INDIGENOUS ADVENTURES with Natalie</b> Location: Day Centre	<b>3</b> <b>9:30AM – 10:30AM</b> <b>(Sharon/ Ashley)</b> <b>FIT4LESS</b> <b>*Please register*</b> Location: 1186 Memorial Ave *** <b>9:30AM – 10:30AM</b> <b>BODY4U Gentle FITNESS CLASS with Natalie</b> Location: Day Centre *** <b>11:00AM – 12:00PM</b> <b>CRAFTING with Ashley</b> <b>"Dream Catchers"</b> Location: Day Centre *** <b>12:00PM – 1:00PM</b> <b>LUNCH</b> <b>"Turkey Lunch Wrap"</b> <b>Location: Day Centre</b> *** <b>1:30PM - 2:30PM</b> <b>BOXING</b> Location: Day Centre Main Room *** <b>2:00PM – 2:45PM</b> <b>WALKING GROUP</b> Location: 1241 Jasper Drive	<b>4</b> <b>9:30AM – 10:30AM</b> <b>(Sharon/ Ashley)</b> <b>FIT4LESS</b> <b>*Please Register*</b> Location: 1186 Memorial Ave *** <b>10:40AM – 12:00PM</b> <b>AQUATICS at Volunteer Pool</b> <b>*Please Register*</b> Location: 180 Martha Street *** <b>12:30PM – 1:15PM</b> <b>MUSIC BINGO</b> <b>"Disney Theme"</b> Location: Day Centre *** <b>1:30PM – 3:30PM</b> <b>ART GROUP facilitated by BISNO</b> Location: Day Centre	<b>5</b> <b>9:30AM – 10:30AM</b> <b>(Sharon/ Ashley)</b> <b>FIT4LESS</b> <b>*Please Register*</b> Location: 1186 Memorial Ave *** <b>12:00PM – 3:00PM</b> <b>GARDENING (Soil Mixing)</b> Location: 1500 Dease Street	<b>6</b> <b>10:30AM – 11:30AM</b> <b>*NEW* YOGA with Jan Adams</b> <b>Location: Day Centre</b> *** <b>11:45AM – 1:00PM</b> <b>SOCIAL GAMING</b> Location: Day Centre *** <b>12:00PM – 1:00PM</b> <b>LUNCH</b> <b>"Southwest Chicken Salad"</b> Location: Day Centre *** <b>12:30PM – 2:00PM</b> <b>Donut Day Activities</b> <b>*Bring your sweet tooth*</b> Location: Day Centre *** <b>2:30PM – 3:30PM</b> <b>(Sharon/ Ashley)</b> <b>FIT4LESS</b> <b>*Please register*</b> Location: 1186 Memorial Ave

<p><b>9</b>  <b>10:00AM – 11:30AM</b>  <b>FLOWER GARDEN (Garden Prep)</b>  Location: 1241 Jasper Drive  ***</p> <p><b>1:30PM – 3:00PM</b>  <b>GARDENING (Planting)</b>  <b>Location: 1500 Dease Street</b>  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>WALKING PROUD GROUP with Natalie &amp; Adrianna</b>  <b>"Pride Awareness"</b>  <b>*Please Register*</b>  Location: Day Centre</p>	<p><b>10</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>  Location: 1186 Memorial Ave  ***</p> <p><b>10:30AM – 11:15AM</b>  <b>MALL WALKING</b>  <b>*Please register*</b>  Location: Intercity Shopping Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Grilled Mozzarella Sandwiche"</b>  Location: Day Centre  ***</p> <p><b>1:30PM - 2:30PM</b>  <b>BOXING</b>  Location: Day Centre Main Room  ***</p> <p><b>2:00PM – 3:00PM</b>  <b>BOOK CLUB</b>  <b>"Crazy Rich Asians"</b>  Location: Waverly Park  <b>*Rain Location The Habit-308 Red River Road*</b></p>	<p><b>11</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>  Location: 1186 Memorial Ave  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>DAILY GRIND COFFEE CLUB &amp; BINGO</b>  Location: 1500 Dease Street  ***</p> <p><b>1:30PM – 3:30PM</b>  <b>ART GROUP facilitated by BISNO</b>  Location: Day Centre</p>	<p><b>12</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>  Location: 1186 Memorial Ave  ***</p> <p><b>11:00PM – 12:00PM</b>  <b>Crafting with Ashley</b>  <b>"Suncatchers"</b>  Location: Day Centre</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Mediterranean Chicken Wraps"</b>  Location: Day Centre  ***</p> <p><b>1:30PM – 3:00PM</b>  <b>WOMAN'S GROUP</b>  <b>"Outdoor Picnic"</b>  <b>*Please Register*</b>  Location: Marina Park Splash Pad  ***</p> <p><b>1:30PM – 2:30PM</b>  <b>OUTDOOR WALKING GROUP</b>  Location: Day Centre  *Weather permitting</p>	<p><b>13</b> SHARON OFF TODAY  <b>10:30AM – 11:30AM</b>  <b>*NEW* YOGA with Jan Adams</b>  <b>Location: Day Centre</b>  ***</p> <p><b>11:30AM – 2:00PM</b>  <b>SOCIAL GAMING</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Chicken Ceaser Pasta Salad"</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>"Bannock &amp; Tea"</b>  Location: 1241 Jasper Drive  ***</p> <p><b>2:30PM – 3:30PM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>  Location: 1186 Memorial Ave</p>
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<p><b>16</b>  <b>10:00AM – 11:00AM</b>  <b>FLOWER GARDEN</b>  <b>(Planting)</b>  Location: 1241 Jasper Drive  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>OUTDOOR YARD GAMES</b>  Location: 1241 Jasper Drive  ***</p> <p><b>1:30PM – 3:00PM</b>  <b>GARDENING</b>  Location: 1500 Dease Street</p>	<p><b>17</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>  Location: 1186 Memorial Ave  ***</p> <p><b>9:30AM – 10:30AM</b>  <b>BODY4U Gentle FITNESS</b>  <b>CLASS with Natalie</b>  Location: Day Centre  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>Cooking Group</b>  <b>"Pizza"</b>  <b>*Please Register*</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Pizza"</b>  Location: Day Centre  ***</p> <p><b>1:30PM - 2:30PM</b>  <b>BOXING</b>  Location: Day Centre Main Room  ***</p> <p><b>2:00PM – 2:45PM</b>  <b>WALKING GROUP</b>  Location: 1500 Dease Street</p>	<p><b>18</b>    <b>DAY CENTRE</b>  <b>CLOSED</b>  <b>8:30AM – 12:00PM</b>    <b>1:30PM – 3:30PM</b>  <b>ART GROUP facilitated by</b>  <b>BISNO</b>  Location: Day Centre</p>	<p><b>19</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please Register*</b>  Location: 1186 Memorial Ave  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"BBQ Hotdogs"</b>  Location: 1241 Jasper Drive  ***</p> <p><b>1:15PM – 2:00PM</b>  <b>WALKING GROUP</b>  Location: 1241 Jasper Drive  ***</p> <p><b>2:15PM – 3:15PM</b>  <b>GARDENING</b>  Location: 1500 Dease Street  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE</b>  <b>PROGRAMMING</b>  <b>"Drumming"</b>  Location: 1241 Jasper Drive</p>	<p><b>20</b>  <b>10:30AM – 11:30AM</b>  <b>BOCCE BALL</b>  Location: Day Centre Back Field  *Weather permitting  ***</p> <p><b>10:30AM – 11:30AM</b>  <b>*NEW* YOGA with Jan</b>  <b>Adams</b>  <b>Location: Evergreen Park</b>  <b>Boulevard Lake</b>  <b>Rain Location: Day Centre</b>  <b>*Please Register*</b>  ***</p> <p><b>11:30AM – 12:00PM</b>  <b>TIE DYE</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Chicken Salad Sandwich"</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 2:00PM</b>  <b>MUSIC BINGO</b>  <b>"90s theme"</b>  Location: Day Centre  ***</p> <p><b>2:30PM – 3:30PM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>  Location: 1186 Memorial Ave</p>
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<p><b>23</b></p> <p><b>DAY CENTRE CLOSED</b></p>	<p><b>24</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>            Location: 1186 Memorial Ave            ***</p> <p><b>10:30AM – 11:30AM</b>  <b>FLOWER GARDEN</b>            Location: 1241 Jasper Drive            ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Cucumber Sandwiches"</b>            Location: Day Centre            ***</p> <p><b>1:30PM - 2:30PM</b>  <b>BOXING</b>            Location: Day Centre Main Room            ***</p> <p><b>2:00PM – 3:00PM</b>  <b>BOOK CLUB</b>            Location: Waverly Park  <b>*Rain Location The Habit-            308 Red River Road*</b></p>	<p><b>25</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>            Location: 1186 Memorial Ave            ***</p> <p><b>11:00AM – 12:00PM</b>  <b>DAILY GRIND COFFEE</b>  <b>CLUB &amp; BINGO</b>            Location: 1500 Dease Street            ***</p> <p><b>1:30PM – 3:30PM</b>  <b>ART GROUP facilitated by</b>  <b>BISNO</b>            Location: Day Centre</p>	<p><b>26</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please Register*</b>            Location: 1186 Memorial Ave            ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Tacos"</b>            Location: Day Centre            ***</p> <p><b>1:30PM – 3:30PM</b>  <b>WOMAN'S GROUP</b>  <b>"Beach Day"</b>  <b>*Please Register*</b>            Location: Boulevard Lake            ***</p> <p><b>2:00PM – 3:00PM</b>  <b>GARDENING</b>            Location: 1500 Dease Street</p>	<p><b>27</b>  <b>10:30AM – 11:30AM</b>  <b>OUTDOOR YARDZEE</b>            Location: Day Centre Back Field            *Weather permitting            ***</p> <p><b>10:30AM – 11:30AM</b>  <b>*NEW* YOGA with Jan Adams</b>            Location: Evergreen Park Boulevard            Rain Location: Day Centre  <b>*Please Register*</b>            ***</p> <p><b>11:30AM – 2:00PM</b>  <b>SOCIAL GAMING</b>            Location: Day Centre            ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Perogies"</b>            Location: Day Centre            ***</p> <p><b>2:30PM – 3:30PM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>            Location: 1186 Memorial Ave</p>
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**30**

**10:00AM – 11:30AM**

**FLOWER GARDEN**

Location: 1241 Jasper Drive

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**12:30PM – 1:30PM**

**OUTDOOR YARD GAMES**

Location: 1500 Dease Street

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**1:30PM – 3:00PM**

**GARDENING**

Location: 1500 Dease Street

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**2:00PM – 4:00PM**

**OOSHKE PROGRAMMING**

**"Arts & Crafts"**

Location: 1241 Jasper Drive

## **ALPHA COURT DAY CENTRE**

**(807) 683 – 7729**

\*Please note location and program times varies; due to community activities

## **DAY PROGRAM FACILTATOR**

### **Contact Information:**

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