

JUNE 2025
ALPHA COURT DAY CENTRE
270 Windsor Street - Room 221



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

<p>9 10:00AM – 11:30AM FLOWER GARDEN (Garden Prep) Location: 1241 Jasper Drive ***</p> <p>1:30PM – 3:00PM GARDENING (Planting) Location: 1500 Dease Street ***</p> <p>2:00PM – 4:00PM WALKING PROUD GROUP with Natalie & Adrianna "Pride Awareness" *Please Register* Location: Day Centre</p>	<p>10 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>10:30AM – 11:15AM MALL WALKING *Please register* Location: Intercity Shopping Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Grilled Mozzarella Sandwiche" Location: Day Centre ***</p> <p>1:30PM - 2:30PM BOXING Location: Day Centre Main Room ***</p> <p>2:00PM – 3:00PM BOOK CLUB "Crazy Rich Asians" Location: Waverly Park *Rain Location The Habit-308 Red River Road*</p>	<p>11 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>11:00AM – 12:00PM DAILY GRIND COFFEE CLUB & BINGO Location: 1500 Dease Street ***</p> <p>1:30PM – 3:30PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>12 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>11:00PM – 12:00PM Crafting with Ashley "Suncatchers" Location: Day Centre</p> <p>12:00PM – 1:00PM LUNCH "Mediterranean Chicken Wraps" Location: Day Centre ***</p> <p>1:30PM – 3:00PM WOMAN'S GROUP "Outdoor Picnic" *Please Register* Location: Marina Park Splash Pad ***</p> <p>1:30PM – 2:30PM OUTDOOR WALKING GROUP Location: Day Centre *Weather permitting</p>	<p>13 SHARON OFF TODAY 10:30AM – 11:30AM *NEW* YOGA with Jan Adams Location: Day Centre ***</p> <p>11:30AM – 2:00PM SOCIAL GAMING Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Chicken Ceaser Pasta Salad" Location: Day Centre ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING "Bannock & Tea" Location: 1241 Jasper Drive ***</p> <p>2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p>
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16
10:00AM – 11:00AM
FLOWER GARDEN
(Planting)
Location: 1241 Jasper Drive

11:00AM – 12:00PM
OUTDOOR YARD GAMES
Location: 1241 Jasper Drive

1:30PM – 3:00PM
GARDENING
Location: 1500 Dease Street

17
9:30AM – 10:30AM
(Sharon/ Ashley)
FIT4LESS
Please register
Location: 1186 Memorial Ave

9:30AM – 10:30AM
BODY4U Gentle FITNESS
CLASS with Natalie
Location: Day Centre

11:00AM – 12:00PM
Cooking Group
"Pizza"
Please Register
Location: Day Centre

12:00PM – 1:00PM
LUNCH
"Pizza"
Location: Day Centre

1:30PM - 2:30PM
BOXING
Location: Day Centre Main Room

2:00PM – 2:45PM
WALKING GROUP
Location: 1500 Dease Street

18
DAY CENTRE
CLOSED
8:30AM – 12:00PM
1:30PM – 3:30PM
ART GROUP facilitated by
BISNO
Location: Day Centre

19
9:30AM – 10:30AM
(Sharon/ Ashley)
FIT4LESS
Please Register
Location: 1186 Memorial Ave

12:00PM – 1:00PM
LUNCH
"BBQ Hotdogs"
Location: 1241 Jasper Drive

1:15PM – 2:00PM
WALKING GROUP
Location: 1241 Jasper Drive

2:15PM – 3:15PM
GARDENING
Location: 1500 Dease Street

2:00PM – 4:00PM
OOSHKE
PROGRAMMING
"Drumming"
Location: 1241 Jasper Drive

20
10:30AM – 11:30AM
BOCCE BALL
Location: Day Centre Back Field
*Weather permitting

10:30AM – 11:30AM
***NEW* YOGA with Jan**
Adams
Location: Evergreen Park
Boulevard Lake
Rain Location: Day Centre
Please Register

11:30AM – 12:00PM
TIE DYE
Location: Day Centre

12:00PM – 1:00PM
LUNCH
"Chicken Salad Sandwich"
Location: Day Centre

1:00PM – 2:00PM
MUSIC BINGO
"90s theme"
Location: Day Centre

2:30PM – 3:30PM
(Sharon/ Ashley)
FIT4LESS
Please register
Location: 1186 Memorial Ave

23

**DAY CENTRE
CLOSED**

24

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1186 Memorial Ave

10:30AM – 11:30AM

FLOWER GARDEN

Location: 1241 Jasper Drive

12:00PM – 1:00PM

LUNCH

"Cucumber Sandwiches"

Location: Day Centre

1:30PM - 2:30PM

BOXING

Location: Day Centre Main Room

2:00PM – 3:00PM

BOOK CLUB

Location: Waverly Park

***Rain Location The Habit-
308 Red River Road***

25

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1186 Memorial Ave

11:00AM – 12:00PM

DAILY GRIND COFFEE

CLUB & BINGO

Location: 1500 Dease Street

1:30PM – 3:30PM

**ART GROUP facilitated by
BISNO**

Location: Day Centre

26

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please Register

Location: 1186 Memorial Ave

12:00PM – 1:00PM

LUNCH

"Tacos"

Location: Day Centre

1:30PM – 3:30PM

WOMAN'S GROUP

"Beach Day"

Please Register

Location: Boulevard Lake

2:00PM – 3:00PM

GARDENING

Location: 1500 Dease Street

27

10:30AM – 11:30AM

OUTDOOR YARDZEE

Location: Day Centre Back Field
*Weather permitting

10:30AM – 11:30AM

***NEW* YOGA with Jan
Adams**

Location: Evergreen Park
Boulevard

Rain Location: Day Centre

Please Register

11:30AM – 2:00PM

SOCIAL GAMING

Location: Day Centre

12:00PM – 1:00PM

LUNCH

"Perogies"

Location: Day Centre

2:30PM – 3:30PM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1186 Memorial Ave

30

10:00AM – 11:30AM

FLOWER GARDEN

Location: 1241 Jasper Drive

12:30PM – 1:30PM

OUTDOOR YARD GAMES

Location: 1500 Dease Street

1:30PM – 3:00PM

GARDENING

Location: 1500 Dease Street

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:

Sharon sgreshuk@alphacourt.ca ext. 3176 or
(807) 627 – 6119

Ashley aspaxman@alphacourt.ca ext 3175 or
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