

JUNE 2026
ALPHA COURT DAY CENTRE
270 Windsor Street – Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:30AM – 10:30AM *NEW* RISE & DINE BREAKFAST "Breakfast Wraps" Location: Day Centre ***</p> <p>10:45AM – 11:30AM BAKING with Sharon "Chocolate Chip Cookies" *First come first Served* Location: Day Centre ***</p> <p>12:00PM – 1:00PM BOOK CLUB at Indigo Starting new book "Us Against You by Fredrick Backman" *Please register so we know who to expect* Location: 797 Memorial Ave ***</p> <p>1:30PM – 3:00PM WALKING GROUP to Ruby Scoop Ice Cream Location: Day Centre to 754 Red River Road ***</p> <p>2:00PM – 3:30PM INDIGENOUS ADVENTURES with Natalie Location: Day Centre</p>	<p>2 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd ***</p> <p>11:00AM – 4:00PM DAY CENTRE DROP IN ***</p> <p>11:00AM – 12:00PM CRAFTING with Ashley "Fairy Catcher Jar" Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Chicken Caesar Wraps" Location: Day Centre ***</p> <p>1:00PM – 2:00PM COLOURING/ Painting Group Location: Day Centre ***</p> <p>2:00PM – 3:00PM YOGA with Jan Adams Location: Day Centre</p>	<p>3 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd ***</p> <p>11:00AM – 4:00PM DAY CENTRE DROP IN ***</p> <p>11:00AM – 12:00PM JEWELLRY GROUP "Cherry Beaded Anklet" Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Pasta Salad" Location: Day Centre ***</p> <p>1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>4 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd ***</p> <p>11:30AM – 12:30PM GARDEN ASSESSMENT FOCUS GROUP *Do you want to garden?* Location: 1241 Jasper Drive ***</p> <p>12:45PM – 1:45PM KICK OFF TO SUMMER BBQ Location: 1241 Jasper Drive ***</p> <p>2:00PM – 2:45PM WALKING GROUP Location: 1241 Jasper Drive</p>	<p>5 10:00AM – 11:30AM DAILY GRIND COFFEE Location: Day Centre ***</p> <p>11:00AM – 1:00PM SOCIAL GAMING Location: Day Centre ***</p> <p>11:30AM – 1:30PM MOVIE & POPCORN "Fantastic 4 – First Steps" Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Pasta Bake" Location: Day Centre ***</p> <p>2:00PM – 4:00PM BOXING/ FREE FITNESS/ POOL *Please register* Location: Canada Games Complex (420 Winnipeg Ave)</p>

<p>8 9:30AM – 10:30AM RISE & DINE BREAKFAST “Tater Tot Breakfast Casserole” Location: Day Centre ***</p> <p>10:30AM – 12:30PM How to Paint Group “Otter Water Bliss” Location: Day Centre ***</p> <p>10:30AM – 12:00PM BUDGETING with Thunder Bay Counselling Location: Day Centre ***</p> <p>1:30PM – 3:00PM *NEW* SOCIAL GAMING and POOL at Mario’s Bowl Location: 710 Memorial Ave ***</p> <p>2:00PM – 4:00PM WALKING PROUD GROUP with Natalie 2SLGBTQIA+ and Allies *Please register Pride Countdown Bingo-food prizes! Registration required; max 8 Location: Day Centre</p>	<p>9 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd ***</p> <p>11:00AM – 4:00PM DAY CENTRE DROP IN ***</p> <p>11:00AM – 12:00PM CRAFTING with Ashley “Beaded Plant” Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Mac n’ Cheese” Location: Day Centre ***</p> <p>1:00PM – 2:00PM TIE DYE Location: Day Centre ***</p> <p>2:15PM – 3:15PM BAKING with Sharon “Lemon Loaf” *First come first Served* Location: Day Centre</p>	<p>10 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd ***</p> <p>11:00AM – 4:00PM DAY CENTRE DROP IN ***</p> <p>11:00AM – 12:00PM JEWELLRY GROUP “Daisy Beaded Earrings” Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Grilled Cheese” Location: Day Centre ***</p> <p>1:00PM – 2:30PM POSTCARD GROUP with Sara Location: Day Centre ***</p> <p>1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre ***</p> <p>1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>11 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd ***</p> <p>11:30AM – 12:30PM GARDEN ASSESSMENT FOCUS GROUP *Do you want to garden?* Location: 1500 Dease St ***</p> <p>12:45PM – 1:45PM LUNCH “BBQ’D Personal Pizza” Location: 1500 Dease St ***</p> <p>2:00PM – 3:30PM WALKING GROUP to Tim Hortons Location: 1500 Dease St</p>	<p>12 10:00AM – 11:30AM DAILY GRIND COFFEE Location: Day Centre ***</p> <p>11:00AM – 1:00PM SOCIAL GAMING Location: Day Centre ***</p> <p>11:30AM – 1:30PM MOVIE & POPCORN “Sonic the Hedgehog 3” Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Perogies” Location: Day Centre ***</p> <p>2:00PM – 4:00PM BOXING/ FREE FITNESS/ POOL *Please register* Location: Canada Games Complex (420 Winnipeg Ave)</p>
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15
9:30AM – 10:30AM
RISE & DINE BREAKFAST
"English Muffin Breakfast
Pizza's"
Location: Day Centre

10:30AM – 12:30PM
HANGOUT
Location: Day Centre

11:00AM – 12:30PM
Jewelry Group
"Beaded Bumble Bee
Bracelet"
Location: Day Centre

12:00PM – 1:00PM
SPICE CLUB COOKING
GROUP
"Dill ft. Dill Pickle Bread"
First Come First Serve
Take what you make
Location: Day Centre

1:30PM – 3:00PM
BOWLING
Please register
Location: Mario's Bowl

2:00PM – 4:00PM
OOSHKE PROGRAMMING
"Arts & Crafts"
Location: 1241 Jasper Drive
(Common Room)

16
9:30AM – 10:30AM
(Sharon/ Ashley)
FIT4LESS
Please register
Location: 1000 Fort William Rd

11:00AM – 2:00PM
DAY CENTRE DROP IN

11:00AM – 12:00PM
CRAFTING with Ashley
"Knotted Mason Jar Lantern"
Location: Day Centre

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

12:30PM – 2:00PM
How to Paint Group
"An Under the Sea Scene"
Location: Day Centre

2:30PM – 3:30PM
Walking Group
"Marina Park"
*Please register so we know
who to expect*
Location: Marina Park Tai Chi
Area

17
8:30AM – 12:00PM
DAY CENTRE CLOSED

1:00PM – 3:00PM
ART GROUP facilitated by
BISNO
Location: Day Centre

18
9:30AM – 10:30AM
(Sharon/ Ashley)
FIT4LESS
Please register
Location: 1000 Fort William Rd

11:00AM – 12:00PM
MORNING COFFEE &
MINDFULNESS ACTIVITY
Location: 1241 Jasper Drive

12:30PM – 1:30PM
LUNCH
"BBQ'd Personal Pizza"
Location: 1241 Jasper Drive

1:30PM – 2:30PM
JEWELLRY GROUP
"Cherry Beaded Anklet"
Location: 1241 Jasper Drive
(Outdoors)

2:00PM – 4:00PM
OOSHKE PROGRAMMING
"Drumming"
Location: 1241 Jasper Drive
(Common Room)

19
10:00AM – 11:30AM
DAILY GRIND COFFEE
Location: Day Centre

11:00AM – 1:00PM
SOCIAL GAMING
Location: Day Centre

11:30AM – 1:30PM
MOVIE & POPCORN
"This Time Next Year"
Location: Day Centre

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

2:00PM – 4:00PM
BOXING, FITNESS & POOL
Registration required
Location: Canada Games Complex
(420 Winnipeg Ave)

22

**NATIONAL
INDIGENOUS
PEOPLE'S DAY**

DAY CENTRE
CLOSED

23

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1000 Fort William Rd

11:00AM – 2:00PM

DAY CENTRE DROP IN

11:00AM – 12:00PM

OUTDOOR YARD GAMES

Location: Day Centre

11:00AM – 12:00PM

CRAFTING with Ashley

"DIY Spiral Suncatcher"

Location: Day Centre

12:00PM – 1:00PM

LUNCH

"Chicken Parmesan"

Location: Day Centre

1:00PM – 2:00PM

COLOURING/ Painting Group

**"Finishing up previous
projects"**

Location: Day Centre

2:30PM – 3:30PM

Walking Group

"Centennial Park"

***Please register so we know
who to expect***

Location: Centennial park
parking lot

24

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1000 Fort William Rd

11:00AM – 4:00PM

DAY CENTRE DROP IN

11:00AM – 12:00PM

JEWELLRY GROUP

"Dragonfly Keychain"

Location: Day Centre

12:00PM – 1:00PM

LUNCH

"Poutine"

Location: Day Centre

1:00PM – 3:00PM

**ART GROUP facilitated by
BISNO**

Location: Day Centre

25

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1000 Fort William Rd

11:00AM – 12:00PM

CRAFT GROUP

"DIY Bird Feeder"

Location: 1500 Dease St

12:00PM – 1:00PM

LUNCH

"Pulled Chicken"

Location: 1500 Dease St

1:15PM – 2:15PM

BINGO

Location: 1500 Dease St

2:20PM – 3:30PM

OUTING to the CONSERVATORY

Location: 1601 Dease Street

26

10:00AM – 11:30AM

**DAILY GRIND COFFEE/ Social
Gaming**

Location: Day Centre

12:00PM – 2:00PM

Day Centre Outing

"Poutine Fest @ Marina Park"

Please Register

Location: Marina Park Concert Area

2:00PM – 4:00PM

BOXING/ FREE FITNESS/ POOL

Please register

Location: Canada Games Complex
(420 Winnipeg Ave)

2:00PM – 4:00PM

OOSHKE PROGRAMMING

"Bannock & Tea"

Location: 1241 Jasper Drive
(Common Room)

29

9:30AM – 10:30AM

***NEW* RISE & DINE
BREAKFAST**

“Finn Pancakes”

Location: Day Centre

10:30AM – 12:30PM

HANGOUT

Location: Day Centre

12:00PM – 1:00PM

**BOOK CLUB at Marina
Park**

*Please register so we know
who to expect*

Location: Old Train Station

1:30PM – 3:00PM

**WALKING GROUP to Ruby
Scoop** (New Ice Cream
Shop)

Location: Day Centre to 754
Red River Road

30

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1000 Fort William Rd

11:00AM – 2:00PM

DAY CENTRE DROP IN

11:00AM – 12:00PM

CRAFTING

“Friendship Bracelets”

Location: Day Centre

12:00PM – 1:00PM

LUNCH

“Butter Chicken”

Location: Day Centre

1:00PM – 2:00PM

OUTDOOR YARD GAMES

Location: Day Centre

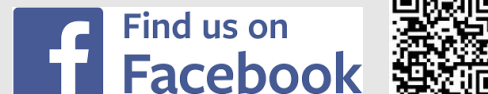
2:00PM – 3:30PM

Walking Group

Location: Day Centre

ALPHA COURT DAY CENTRE

(807) 683 – 7729



Scan the above QR Code to be keep up to date with Alpha Court on Facebook

DAY PROGRAM FACILTATOR

Contact Information:

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