

**MARCH 2024**  
**ALPHA COURT DAY CENTRE**  
**270 WINDSOR STREET – ROOM 221**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**CALENDAR LEGEND**

At the Day Centre (not highlighted)

**Outdoor Programming**

**Community Indoor Programming**

**ZOOM**

**ALPHA COURT DAY CENTRE**  
(807) 683-7729

**DAY PROGRAM FACILITATOR**

**Contact Information:**

Sharon [sgreshuk@alphacourt.ca](mailto:sgreshuk@alphacourt.ca) ext. 3176 or  
(807) 627 – 6119

Ashley [aspaxman@alphacourt.ca](mailto:aspaxman@alphacourt.ca) ext. 3175 or  
(807) 621- 6413

**\*Please note:**

**Programming that is not “drop in” requires registration**



**1**

**9:30AM – 10:30AM**

**(Sharon/ Ashley)**

**FIT4LESS**

Location: 1186 Memorial Ave

\*Please register

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**10:45AM - 11:30AM (Sharon)**

**MALL WALKING**

Location: Meet at Intercity Food Court

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**12:00PM – 3:00PM**

**DROP IN PROGRAMMING**

Location: DAY CENTRE

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**12:00PM – 1:00PM (Sharon & Ashley)**

**LUNCH at the Day Centre**

“Pizza”

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**1:00PM – 3:00PM**

**INDIGENOUS ADVENTURES**

<p><b>4</b>  <b>9:30AM – 10:30AM</b>  <b>CROSS-STITCH with Sharon</b>  <b>We're starting a project today!</b>  Location: Day Centre</p> <hr/> <p><b>10:30AM – 12:00PM</b>  <b>DROP IN PROGRAMMING</b>  Location: DAY CENTRE</p> <p><b>10:45 – 11:15AM (Sharon)</b>  <b>BINGO</b>  ***</p> <p><b>12:00PM – 1:00PM (Sharon/ Ashley)</b>  <b>LUNCH at the Day Centre</b>  "Breakfast Sandwiches"</p>	<p><b>5</b>  <b>9:30AM – 10:30AM (Sharon/ Ashley) (NICK)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  *Please register  ***</p> <p><b>1:00PM- 2:00PM (JILL)</b>  <b>Mall Walking</b>  Location: Meet at Intercity Food Court  ***</p> <p><b>1:30PM – 2:30pm</b>  <b>(Sharon/ Ashley)</b>  <b>BEGINNER BOXING with John</b>  Location: Day Centre</p>	<p><b>6</b>  <b>10:15AM – 11:00AM (Sharon/ Ashley) (SARA H)</b>  <b>WALKING GROUP</b>  Meet at Day Centre  *Please register/ Weather Depending  ***</p> <p><b>3:00PM- 4:00PM (Christine K )</b>  <b>WOMEN'S GROUP</b>  Location: Intercity Mall</p>	<p><b>7</b>  <b>9:30AM – 10:30AM (Sharon/ Ashley) (SARA H)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  *Please register  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>SOCIAL GAMING (CHRISTINE K)</b>  Location: Day Centre/ Main Floor  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>YOGA with Wendy (SARA H)</b>  <b>Location: Zoom</b>  (Please Register)</p>	<p><u>International Women's Day</u></p> <p><b>9:30AM – 10:15AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  *Please register</p> <hr/> <p><b>10:30AM – 3:00PM</b>  <b>DROP IN PROGRAMMING</b>  Location: DAY CENTRE  ***</p> <p><b>10:30AM – 12:00PM (Sharon/ Ashley)</b>  <b>COFFEE TALK with Peer Connections</b>  ***</p> <p><b>12:00PM – 1:00PM (Sharon/ Ashley)</b>  <b>LUNCH AT THE DAY CENTRE</b>  "Club House Sandwich"  ***</p> <hr/> <p><b>1:30PM – 3:30PM (Sharon/ Ashley)</b>  <b>THUNDER BAY MUSEUM EXHIBIT "INDIGENOUS INGENUITY"</b>  *Please register/ Entry by donation</p>
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<p><b>11</b></p> <p><b>10:30AM – 4:00PM</b>  <b>DROP IN PROGRAMMING</b>  Location: DAY CENTRE  ***</p> <p><b>10:30AM – 12:00PM (Sharon/ Ashley)</b>  <b>COFFEE TALK with Peer Connections</b>  ***</p> <p><b>12:00PM – 1:00PM (Sharon/ Ashley)</b>  <b>LUNCH at the Day Centre</b>  “Subs and Chips”  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  “Ornamental Muckluks”  (Day Centre)  ***</p> <p><b>1:30PM – 2:30pm</b>  <b>(Sharon/ Ashley)</b>  <b>BEGINNER BOXING with John</b>  Location: Day Centre</p>	<p><b>12</b></p> <p><b>9:30AM – 10:30AM (Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  *Please register  ***</p> <p><b>10:45AM - 11:30AM (Sharon)</b>  <b>MALL WALKING</b>  Location: Meet at Intercity Food Court</p> <p><b>12:00PM – 1:00PM</b>  <b>DROP IN PROGRAMMING</b>  Location: DAY CENTRE  ***</p> <p><b>12:30PM- 1:30PM</b>  <b>Craft – St Patricks Day Leprechaun Gnome</b></p>	<p><b>13</b></p> <p><b>1:00PM – 3:30PM</b>  <b>DROP IN PROGRAMMING</b>  Location: DAY CENTRE  ***</p> <p><b>12:00PM- 1:00PM</b>  <b>LUNCH at the Day Centre</b>  “Turkey roll ups”</p> <p><b>1:30PM – 3:30PM</b>  <b>ART GROUP</b> facilitated by BISNO</p>	<p><b>14</b></p> <p><b>9:30AM – 10:30AM (Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  *Please register  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>SOCIAL GAMING</b>  Location: Day Centre/ Main Floor  ***</p> <p><b>11:00AM – 12:00PM (Ashley)</b>  <b>YOGA with Wendy</b>  Day Centre/ Zoom  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>2SLGBTQIA+ and ALLIES SUPPORT Group</b>  <i>Facilitated by Natalie &amp; Barb</i>  Location: (Day Centre)  *Please Register</p>	<p><b>15</b></p> <p><b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  *Please register</p> <p><b>1:00PM – 3:30PM</b>  <b>DROP IN PROGRAMMING</b>  Location: DAY CENTRE  ***</p> <p><b>12:00PM – 1:00PM (Sharon/ Ashley)</b>  <b>LUNCH at the Day Centre</b>  “Fettuccine Alfredo”  ***</p> <p><b>1:00PM – 3:00PM (Sharon)</b>  <b>ART THERAPY</b> facilitated by Thunder Bay Indigenous Friendship Centre</p>
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<p><b>18</b>  <b>10:00AM- 11:00AM</b>  <b>CROSS-STITCH with Sharon</b>  Location: Day Centre  ***</p> <hr/> <p><b>10:30AM – 4:00PM</b>  <b>DROP IN PROGRAMMING</b>  Location: DAY CENTRE  ***</p> <p><b>12:00PM – 1:00PM (Sharon/ Ashley)</b>  <b>LUNCH at the Day Centre</b>  “Pasta Bake”  ***</p> <p><b>1:30PM – 2:30pm</b>  <b>(Sharon/ Ashley)</b>  <b>BEGINNER BOXING with John</b>  Location: Day Centre  ***</p> <p><b>1:30PM – 2:30PM (Sharon)</b>  <b>BINGO</b></p>	<p><b>19</b>  <b>9:30AM – 10:30AM (Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  *Please register  ***</p> <hr/> <p><b>10:45AM - 11:30AM (Sharon)</b>  <b>MALL WALKING</b>  Location: Meet at Intercity Food Court</p> <hr/> <p><b>12:00PM – 3:00PM</b>  <b>DROP IN PROGRAMMING</b>  Location: DAY CENTRE</p> <p><b>1:00PM – 1:30PM</b>  <b>SOUP IN A JAR MAKING</b>  “CURRIED LENTIL SOUP”  ***</p> <p><b>1:00PM-2:00PM</b>  <b>MINDFULNESS COLOURING</b></p>	<p><b>20</b>  <b>DAY CENTRE</b>  <b>CLOSED</b>  <b>8:30AM – 12:00PM</b></p> <hr/> <p><b>12:00PM – 3:00PM</b>  <b>DROP IN PROGRAMMING</b>  Location: DAY CENTRE  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>KNITTING GROUP</b>  ***</p> <p><b>12:00PM-1:00PM</b>  <b>MANDALA PAINTING</b>  with Kai  ***</p> <p><b>1:30PM – 3:30PM</b>  <b>ART GROUP facilitated by BISNO</b></p>	<p><b>21</b>  <b>9:30AM – 10:30AM (Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  *Please register</p> <hr/> <p><b>11:00AM – 2:00PM</b>  <b>DROP IN PROGRAMMING</b>  Location: DAY CENTRE  ***</p> <p><b>11:00AM – 12:00PM (Sharon)</b>  <b>SOCIAL GAMING</b>  Location: Day Centre/ Main Floor  ***</p> <p><b>11:00AM – 12:00PM (Ashley)</b>  <b>YOGA with Wendy</b>  Day Centre/ <b>Zoom</b>  ***</p> <p><b>12:30PM- 1:30PM</b>  <b>DIY Lipbalm</b>  ***</p> <hr/> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>“Drumming Group”</b>  Location: 1241 Jasper Drive  (Common Room)  *Please register</p>	<p><b>22</b>  <b>9:30AM – 10:15AM (Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  *Please register  ***</p> <hr/> <p><b>10:30AM – 3:00PM</b>  <b>DROP IN PROGRAMMING</b>  Location: DAY CENTRE  ***</p> <p><b>10:30AM – 12:00PM (Sharon/ Ashley)</b>  <b>COFFEE TALK with Peer Connections</b>  ***</p> <p><b>12:00PM – 1:00PM (Sharon/ Ashley)</b>  <b>LUNCH at the Day Centre</b>  “Chicken Ceaser Salad”  ***</p> <p><b>1:30PM – 3:30PM</b>  <b>MOVIE &amp; POPCORN</b>  <b>“Leo”</b></p> <hr/> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>“Bannock &amp; Tea”</b>  Location: 1241 Jasper Drive  (Common Room)  *Please register</p>
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<div>25</div> <div>10:00AM- 11:00AM</div> <div>CROSS-STITCH with Sharon</div> <div>Location: Day Centre</div> <div>***</div> <div>10:00AM – 4:00PM</div> <div>DROP IN PROGRAMMING</div> <div>Location: DAY CENTRE</div> <div>***</div> <div>10:30AM- 12:00PM</div> <div>COFFEE TALK with Peer Connections</div> <div>***</div> <div>12:00PM-1:00PM</div> <div>Lunch at the Day Centre</div> <div>“Chili”</div> <div>***</div> <div>2:00PM – 4:00PM</div> <div>OOSHKE PROGRAMMING</div> <div>“Ornamental Muckluks”</div> <div>(Day Centre)</div> <div>***</div> <div>1:30PM – 3:00PM</div> <div>BOWLING</div> <div>Location: Mario’s Bowl</div> <div>710 Memorial Ave</div> <div>*Please register</div>	<div>26</div> <div>9:30AM – 10:30AM (Sharon/ Ashley)</div> <div>FIT4LESS</div> <div>Location: 1186 Memorial Ave</div> <div>*Please register</div> <div>***</div> <div>10:30AM - 11:00AM (Sharon/ Ashley)</div> <div>MALL WALKING</div> <div>Location: Meet at Intercity Food Court</div> <div>1:00PM – 3:00PM</div> <div>DROP IN PROGRAMMING</div> <div>Location: DAY CENTRE</div> <div>1:30PM – 2:30PM</div> <div>CREATE A TEE-SHIRT/ TIE DYE</div> <div>***</div> <div>1:30PM – 2:30pm</div> <div>(Sharon/ Ashley)</div> <div>BEGINNER BOXING with John</div> <div>Location: Day Centre</div>	<div>27</div> <div>10:00AM – 11:00AM (Sharon/ Ashley)</div> <div>WALKING GROUP</div> <div>Meet at Day Centre</div> <div>*Please register/ Weather Depending</div> <div>12:00PM – 3:30PM</div> <div>DROP IN PROGRAMMING</div> <div>Location: DAY CENTRE</div> <div>***</div> <div>12:00PM – 1:00PM</div> <div>LUNCH</div> <div>“Chili Cheese Dogs”</div> <div>***</div> <div>1:30PM – 3:30PM</div> <div>ART GROUP facilitated by BISNO</div>	<div>28</div> <div>9:30AM – 10:30AM (Sharon/ Ashley)</div> <div>FIT4LESS</div> <div>Location: 1186 Memorial Ave</div> <div>*Please register</div> <div>11:00AM – 1:00PM</div> <div>DROP IN PROGRAMMING</div> <div>Location: DAY CENTRE</div> <div>***</div> <div>11:00AM – 12:00PM</div> <div>SOCIAL GAMING</div> <div>Location: Day Centre/ Main Floor</div> <div>***</div> <div>11:00AM – 12:00PM (Ashley)</div> <div>YOGA with Wendy</div> <div>Day Centre/ Zoom</div>	<div>29</div> <div>GOOD FRIDAY</div> <div>DAY CENTRE CLOSED</div>
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