

**MARCH 2026**  
**ALPHA COURT DAY CENTRE**  
**270 Windsor Street – Room 221**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b>  <b>10:00AM – 12:00PM</b>  <b>DAILY GRIND COFFEE CLUB</b>            Location: Day Centre            ***</p> <p><b>10:30AM – 11:30AM</b>  <b>BOOK CLUB</b>  <b>Starting new book</b>            "The Rosie Project by Graeme Simsion"            Location: Day Centre            ***</p> <p><b>11:00AM – 12:00PM</b>  <b>Knit &amp; Crochet with Sharon</b>            Location: Day Centre            ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Stir Fry"</b>            Location: Day Centre            ***</p> <p><b>1:30PM – 2:30PM</b>  <b>SKIP BO</b>            Location: Day Centre            ***</p> <p><b>2:30PM- 3:30PM</b>  <b>PRODUCE BINGO</b>            Location: Day Centre</p>	<p><b>3</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>12:15PM – 1:15PM</b>  <b>WELLNESS LIFESTYLE</b>  <b>SERIES (Session 1/6)</b>  <b>*Please register – Closed Group</b>            ***</p> <p><b>1:30PM - 2:30PM</b>  <b>BOXING</b>            Location: Day Centre            (Main Room)            ***</p> <p><b>2:45PM – 3:30PM</b>  <b>MALL WALKING</b>  <b>*Please register*</b>            Location: Intercity Shopping Centre            (Meet at the Food Court)</p>	<p><b>4</b>  <b>11:00AM – 12:00PM</b>  <b>CONSERVATORY OUTING</b>            Location: 1601 Dease Street            *Please register            ***</p> <p><b>12:30PM – 1:00PM</b>  <b>COLOURING/ DAY CENTRE</b>  <b>HANG OUT</b>            Location: Day Centre            ***</p> <p><b>1:00PM – 3:00PM</b>  <b>ART GROUP facilitated by</b>  <b>BISNO</b>            Location: Day Centre</p>	<p><b>5</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>CRAFT "BEADED KEY CHAINS"</b>            Location: Day Centre            ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Grilled Cheese"</b>            Location: Day Centre            ***</p> <p><b>1:30PM – 3:00PM</b>  <b>WOMEN'S GROUP</b>            Location: Day Centre</p>	<p><b>6</b>  <b>10:30AM – 11:30AM</b>  <b>YOGA with Jan Adams</b>            Location: Day Centre            ***</p> <p><b>11:45AM – 2:00PM</b>  <b>SOCIAL GAMING</b>            Location: Day Centre            ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Hamburger Soup"</b>            Location: Day Centre            ***</p> <p><b>12:00PM – 2:00PM</b>  <b>MOVIE &amp; POPCORN</b>  <b>"The Girl With All The Gifts"</b>            Location: Day Centre            ***</p> <p><b>1:00PM – 2:30PM</b>  <b>FOODIES &amp; FRIENDS</b>  <b>COOKING GROUP</b>  <b>(Take what you make)</b>  <b>"Oven Baked Chicken &amp; Rice"</b>  <b>*Please register by</b>  <b>Wednesday March 4*</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>

<p><b>9</b>  <b>10:00AM – 12:00PM</b>  <b>DAILY GRIND COFFEE CLUB</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Polenta Chili Casserole"</b>  Location: Day Centre  ***</p> <p><b>1:30PM – 2:30PM</b>  <b>BILLIARDS at Mario's Bowl</b>  Location: 710 Memorial Ave  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>INDIGENOUS ADVENTURES</b>  <b>with Natalie</b>  <b>"Seven Grandfather</b>  <b>Teachings"</b>  Location: Day Centre</p>	<p><b>10</b>  <b>9:30AM – 11:30AM</b>  <b>*NEW* FREE FITNESS/</b>  <b>POOL</b>  <b>*Please register*</b>  Location: Canada Games  Complex (420 Winnipeg Ave)  ***</p> <p><b>12:15PM – 1:15PM</b>  <b>WELLNESS LIFESTYLE</b>  <b>SERIES (Session 2/6)</b>  *Closed Group  ***</p> <p><b>1:30PM - 2:30PM</b>  <b>BOXING</b>  Location: Day Centre  (Main Room)  ***</p> <p><b>1:30PM – 3:00PM</b>  <b>BOWLING</b>  Location: Mario's Bowl  <b>*Please register*</b></p>	<p><b>11</b>  <b>11:00AM – 12:00PM</b>  <b>DIY HOW TO PAINT GROUP</b>  <b>"St. Patricks' Day Bouquet"</b>  Location: Day Centre  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>CRAFTING with Sharon</b>  <b>"Polymer Clay Earrings"</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>COLOURING/ DAY CENTRE</b>  <b>HANG OUT</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 3:00PM</b>  <b>ART GROUP facilitated by</b>  <b>BISNO</b>  Location: Day Centre</p>	<p><b>12</b>  <b>9:30AM – 11:30AM</b>  <b>*NEW* FREE FITNESS/</b>  <b>POOL</b>  <b>*Please register*</b>  Location: Canada Games  Complex (420 Winnipeg Ave)  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Grilled Cheese"</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 3:00PM</b>  <b>NORTHWESTERN ONTARIO</b>  <b>SPORTS HALL OF FAME</b>  Location: 219 May Street South  *Please register</p>	<p><b>13</b>  <b>10:30AM – 11:30AM</b>  <b>YOGA with Jan Adams</b>  Location: Day Centre  ***</p> <p><b>11:45AM – 2:00PM</b>  <b>SOCIAL GAMING</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Mac n' Cheese"</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 3:00PM</b>  <b>MOVIE &amp; POPCORN</b>  <b>"The Art of Racing in the</b>  <b>Rain"</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 2:30PM</b>  <b>BAKING GROUP</b>  <b>"Greek Yogurt Bagels"</b>  *Please register with Sharon by  Wednesday March 11  Location: Day Centre</p>
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**16**  
**10:00AM – 12:00PM**  
**DAILY GRIND COFFEE CLUB**  
 Location: Day Centre  
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**10:30AM – 12:00PM**  
**COLOURING/ HANGOUT**  
 Location: Day Centre  
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**10:30AM – 11:30AM**  
**BOOK CLUB**  
 Location: Day Centre  
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**12:00PM – 1:00PM**  
**LUNCH**  
**"Perogies"**  
 Location: Day Centre  
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**2:00PM – 3:00PM**  
**Beaded key Chains**  
 Location: 1500 Dease St  
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**2:00PM – 4:00PM**  
**WALKING PROUD GROUP**  
**with Natalie**  
**2SLGBTQIA+ and Allies**  
 Guest Speaker: May Fianna's  
 Journey  
**\*Please register\***  
 Location: Day Centre

**17**  
**9:30AM – 11:30AM**  
**\*NEW\* FREE FITNESS/**  
**POOL**  
**\*Please register\***  
 Location: Canada Games  
 Complex (420 Winnipeg Ave)  
 \*\*\*

**12:00PM – 1:00PM**  
**Baking Pickle Cheese Bread**  
**\*Please register\***  
 Location: Day Centre  
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**1:30PM - 2:30PM**  
**BOXING**  
 Location: Day Centre  
 (Main Room)  
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**2:45PM – 3:30PM**  
**MALL WALKING**  
**\*Please register\***  
 Location: Intercity Shopping  
 Centre  
 (Meet at the Food Court)



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

**19**  
**9:30AM – 11:30AM**  
**\*NEW\* FREE FITNESS/**  
**POOL**  
**\*Please register\***  
 Location: Canada Games  
 Complex (420 Winnipeg Ave)  
 \*\*\*

**12:00PM – 1:00PM**  
**LUNCH**  
**"Pogos & French Fries"**  
 Location: Day Centre  
 \*\*\*

**1:00PM – 2:00PM**  
**Crafting with Ashley**  
**"Iron on T-Shirts"**  
**\*Please Register\***  
 Location: Day Centre  
 \*\*\*

**2:30PM – 3:30PM**  
**Womans Group**  
**Focus Group Planning &**  
**Snacks 😊**  
 Location: Day Centre  
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**2:00PM – 4:00PM**  
**OOSHKE PROGRAMMING**  
**"Drumming Group"**  
 Location: 1241 Jasper Drive  
 (Common Room)

**20**  
**10:30AM – 11:30AM**  
**YOGA with Jan Adams**  
 Location: Day Centre  
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**11:45AM – 2:00PM**  
**SOCIAL GAMING**  
 Location: Day Centre  
 \*\*\*

**12:00PM – 1:00PM**  
**LUNCH**  
**"Cold Cut Sandwich &**  
**Chips"**  
 Location: Day Centre  
 \*\*\*

**1:00PM – 3:00PM**  
**MOVIE & POPCORN**  
**"The Great Gatsby"**  
 Location: Day Centre  
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**1:00PM – 2:30PM**  
**SAUCY SPATULAS with**  
**Steve**  
**\*Please register by**  
**Wednesday March 18\***  
 Location: Day Centre



<p><b>23</b>  <b>10:00AM – 12:00PM</b>  <b>DAILY GRIND COFFEE CLUB</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Cheesy Taco Pasta"</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 2:30PM</b>  <b>COLOURING</b>  Location: 1500 Dease Street  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>"Arts &amp; Crafts"</b>  Location: 1241 Jasper Drive  (Common Room)  ***</p> <p><b>2:30PM – 3:30PM</b>  <b>BINGO</b>  Location: 1500 Dease Street</p>	<p><b>24</b>  <b>9:30AM – 11:30AM</b>  <b>*NEW* FREE FITNESS/ POOL</b>  <b>*Please register*</b>  Location: Canada Games Complex (420 Winnipeg Ave)  ***</p> <p><b>12:15PM – 1:15PM</b>  <b>WELLNESS LIFESTYLE SERIES (Session 3/6)</b>  *Closed Group  ***</p> <p><b>1:30PM - 2:30PM</b>  <b>BOXING</b>  Location: Day Centre (Main Room)  ***</p> <p><b>2:45PM – 3:45PM</b>  <b>BODY4U GENTLE FITNESS CLASS with Natalie</b>  Location: Day Centre</p>	<p><b>25</b>  <b>11:00AM – 12:00PM</b>  <b>CRAFTING with Sharon</b>  <b>"Bird Feeders"</b>  *Please register  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>COLOURING/ DAY CENTRE HANG OUT</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 3:00PM</b>  <b>ART GROUP facilitated by BISNO</b>  Location: Day Centre</p>	<p><b>26</b>  <b>9:30AM – 11:30AM</b>  <b>*NEW* FREE FITNESS/ POOL</b>  <b>*Please register*</b>  Location: Canada Games Complex (420 Winnipeg Ave)  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LET'S START INDOOR GARDENING! (Planting peppers, tomatoes &amp; flowers)</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Spaghetti &amp; Meatballs"</b>  Location: Day Centre  ***</p> <p><b>1:30PM – 3:00PM</b>  <b>ART THERAPY with Frances</b>  <b>"Botanical Drawings at the Conservatory"</b>  Location: 1601 Dease Street  *Registration required by Wednesday March 25</p>	<p><b>27</b>  <b>10:30AM – 11:30AM</b>  <b>YOGA with Jan Adams</b>  Location: Day Centre  ***</p> <p><b>11:45AM – 2:00PM</b>  <b>SOCIAL GAMING</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Pasta Bake"</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 3:00PM</b>  <b>MOVIE &amp; POPCORN</b>  <b>"Where'd You Go Bernadette"</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 (Common Room)</p>
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**30**

**10:00AM – 12:00PM**

**DAILY GRIND COFFEE CLUB**

Location: Day Centre

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**12:00PM – 1:00PM**

**LUNCH**

**"Sloppy Joe's"**

Location: Day Centre

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**1:30PM – 2:30PM**

**MUSIC BINGO**

**"90s Theme"**

Location: Day Centre

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**31**

**9:30AM – 11:30AM**

**\*NEW\* FREE FITNESS/  
POOL**

**\*Please register\***

Location: Canada Games  
Complex (420 Winnipeg Ave)

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**12:15PM – 1:15PM**

**WELLNESS LIFESTYLE  
SERIES (Session 4/6)**

**\*Closed Group**

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**1:30PM - 2:30PM**

**BOXING**

Location: Day Centre

(Main Room)

\*\*\*

**2:45PM – 3:30PM**

**MALL WALKING**

**\*Please register\***

Location: Intercity Shopping  
Centre

(Meet at the Food Court)

**ALPHA COURT DAY CENTRE**

**(807) 683 – 7729**

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



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**DAY PROGRAM FACILTATOR**

**Contact Information:**

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