

MAY 2021

ALPHA COURT DAY CENTRE


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Sun 2	3 10:00AM – 10:30AM MORNING MEDITATION *** 11:00AM – 12:00PM COLOURING *** 1:00PM – 2:00PM BINGO <u>*We will deliver the prizes</u> *** 2:30PM – 3:30PM YOGA with WENDY DAILY ACTIVITY CHALLENGE WALK 30 MINUTES	4 10:00AM – 11:00AM JOURNALING *** 1:00PM – 2:00PM Pictionary *** 2:00PM – 3:00PM KNITTING with Sharon DAILY ACTIVITY CHALLENGE 20 LUNGES, 10 PER LEG	5 10:30AM-11:30AM COPING WITH LONELINESS (Session 3/8) <u>*Please register prior to the first session</u> *** 1:00PM – 1:30PM WORKOUT *** 2:00PM – 4:00PM PROGRAMMING SUPPLIES "CONTACTLESS DELIVERY" *If you are in need of any type of programming materials, please contact us prior to this date DAILY ACTIVITY CHALLENGE WALK 45 MINUTES	6 10:00AM – 11:00AM YOGA with WENDY *** 11:15AM – 12:00PM DAY CENTRE CHECK IN *** 1:00PM – 2:00PM BINGO <u>*We will deliver the prizes</u> DAILY ACTIVITY CHALLENGE GO FOR A BIKE RIDE	7 10:00AM – 10:30AM MORNING MEDITATION *** 11:00AM – 12:00PM BAKING GROUP "GREEK YOGURT BAGELS" <u>*PLEASE REGISTER</u> *** 1:00PM – 3:00PM MOVIE "Godzilla: King of Monsters" DAILY ACTIVITY CHALLENGE 20 JUMPING JACKS	Sat 8
9	10 10:00AM – 10:30AM MORNING MEDITATION *** 11:00AM – 12:00PM COLOURING & CANVAS PAINTING *** 1:00PM – 2:00PM BINGO <u>*We will deliver the prizes</u> *** 2:30PM – 3:30PM YOGA with WENDY DAILY ACTIVITY CHALLENGE 15 SQUATS	11 10:00AM – 11:00AM JOURNALING *** 1:00PM – 2:00PM NAME, PLACE, FOOD, THING GAME *** 2:00PM – 3:00PM KNITTING with Sharon DAILY ACTIVITY CHALLENGE WALK 1KM	12 10:30AM-11:30AM COPING WITH LONELINESS (Session 4/8) <u>*Please register prior to the first session</u> *** 12:00PM – 1:00PM ZOOM PICNIC *** 1:30PM – 2:00PM WORKOUT DAILY ACTIVITY CHALLENGE 10 ARM CIRCLES	13 10:00AM – 11:00AM YOGA with WENDY *** 11:15AM – 12:00PM DAY CENTRE CHECK IN *** 1:00PM – 2:00PM BINGO <u>*We will deliver the prizes</u> *** 2:30PM – 3:30PM COOKING GROUP "CHICKEN CAESAR WRAPS" <u>*PLEASE REGISTER</u> DAILY ACTIVITY CHALLENGE 30 SECONDS SIDE TO SIDE HOPS	14 10:00AM – 10:30AM MORNING MEDITATION *** 11:00AM – 12:00PM TIE DYE *** 1:00PM – 3:00PM MOVIE "Ocean's Eleven" DAILY ACTIVITY CHALLENGE PRACTICE YOGA OR MEDITATION	15

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ALPHA COURT DAY CENTRE

Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat
16	17 10:00AM – 10:30AM MORNING MEDITATION *** 11:00AM – 12:00PM COLOURING & CANVAS PAINTING *** 1:00PM – 2:00PM BINGO <u>*We will deliver the prizes</u> *** 2:30PM – 3:30PM YOGA with WENDY DAILY ACTIVITY CHALLENGE WALK OR RUN FOR 30 MINUTES	18 10:00AM – 11:00AM JOURNALING *** 1:00PM – 2:00PM Pictionary *** 2:30PM – 3:00PM WORKOUT DAILY ACTIVITY CHALLENGE 30 SECOND JUMP ROPE HOPS	19 DAY CENTRE CLOSED from 8:30am – 12:00pm *** 12:30PM – 2:30PM PROGRAMMING SUPPLIES "CONTACTLESS DELIVERY" *If you are in need of any type of programming materials, please contact us prior to this date DAILY ACTIVITY CHALLENGE 15 SQUATS	20 10:00AM – 11:00AM YOGA with WENDY *** 11:15AM – 12:00PM DAY CENTRE CHECK IN *** 1:00PM – 2:00PM BINGO <u>*We will deliver the prizes</u> *** 2:30PM – 3:30PM BAKING GROUP "CHOCOLATE CHIP COOKIES" *PLEASE REGISTER DAILY ACTIVITY CHALLENGE PRACTICE YOGA OR MEDITATION	21 10:00AM – 10:30AM MORNING MEDITATION *** 11:00AM – 12:00PM CRAFT "BIRD HOUSE PAINTING" *** 1:00PM – 3:00PM MOVIE "Ocean's Twelve" DAILY ACTIVITY CHALLENGE GO FOR A BIKE RIDE	22
23	24 VICTORIA DAY DAY CENTRE CLOSED	25 10:00AM – 11:00AM JOURNALING *** 1:00PM – 2:00PM NAME, PLACE, FOOD, THING GAME *** 2:00PM – 3:00PM KNITTING with Sharon DAILY ACTIVITY CHALLENGE WALK OR RUN 1KM	26 10:30AM-11:30AM COPING WITH LONELINESS (Session 5/8) *Please register prior to the first session *** 12:00PM – 1:00PM ZOOM PICNIC *** 1:30PM – 2:00PM WORKOUT DAILY ACTIVITY CHALLENGE 10 SIT UPS	27 10:00AM – 11:00AM YOGA with WENDY *** 11:15AM – 12:00PM DAY CENTRE CHECK IN *** 1:00PM – 2:00PM BINGO <u>*We will deliver the prizes</u> *** 2:30PM – 3:30PM COOKING GROUP "PIZZA" *PLEASE REGISTER DAILY ACTIVITY CHALLENGE PLANK FOR 30 SECONDS	28 10:00AM – 10:30AM MORNING MEDITATION *** 11:00AM – 12:00PM TIE DYE *** 1:00PM – 3:00PM MOVIE "Ocean's Thirteen" DAILY ACTIVITY CHALLENGE 20 LUNGES, 10 PER LEG	29

MAY 2021
ALPHA COURT DAY CENTRE

Sun	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Sat	
30	31 10:00AM – 10:30AM MORNING MEDITATION *** 11:00AM – 12:00PM COLOURING & CANVAS PAINTING *** 1:00PM – 2:00PM BINGO <u>*We will deliver the prizes</u> *** 2:30PM – 3:30PM YOGA with WENDY DAILY ACTIVITY CHALLENGE 15 JUMPING JACKS	ALPHA COURT DAY CENTRE (807) 683-7729 DAY PROGRAM FACILITATORS Contact Information: Jesse jjames@alphacourt.ca or (807) 627 – 8831 Sharon sgreshuk@alphacourt.ca or (807) 627 – 6119 *Please note: All programming requires registration <div style="text-align: center;">  </div>					31