

MAY 2022
ALPHA COURT DAY CENTRE
 270 Windsor Street – Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 10:00am-11:00am (Jesse) Day Centre Check-in (Zoom) ***</p> <p style="background-color: #00FF00;">1:00PM – 2:00PM (Sharon & Jesse) BOWLING at Mario's Bowl (Cost \$5.00) *Pre-registration is required – space is limited ***</p> <p style="background-color: #00FF00;">1:30PM – 2:30PM (Jesse & Sharon) MALL WALKING (Meet at Intercity Shopping Centre Food Court) *Please register</p> <p>2:45PM – 3:30PM (Sharon) COOKING GROUP "Lasagna"</p>	<p>3 10:00AM – 11:00AM (Sharon) JOURNALING ***</p> <p style="background-color: #00FF00;">10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>11:00AM – 12:00PM (Sharon) FAMILY FEUD (Zoom) ***</p> <p>1:00pm – 1:30pm Meditation (Jesse) ***</p> <p>2:00pm-3:00pm <u>Chess Club with Jesse</u> (Zoom/Chess.com)</p>	<p>4 10:00am – 11:00am (Jesse) Sewing Whatever with Jesse (Zoom) ***</p> <p style="background-color: #00FF00;">11:00AM – 12:00PM (Sharon) MALL WALKING (Meet at Intercity Shopping Centre Food Court) *Please register ***</p> <p style="background-color: #FFD700;">1:00PM – 2:30PM (Sharon) MIXED MEDIA COLLAGE WORKSHOP (3/4) *Please register limited spots available ***</p> <p style="background-color: #FFD700;">1:00PM – 2:00PM (Jesse) Boxing (Day Centre) *Please register</p>	<p>5 10:00am – 11:00am (Jesse) YOGA with Wendy (Zoom) ***</p> <p style="background-color: #00FF00;">11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) ***</p> <p style="background-color: #FFD700;">12:00PM – 1:30PM (Sharon) MIXED MEDIA COLLAGE WORKSHOP (4/4) *Please register limited spots available</p> <p style="text-align: center;">DAY CENTRE CLOSED 2:00PM – 4:30PM</p>	<p>6 10:00AM – 11:00AM (Sharon) BINGO (Zoom) ***</p> <p style="background-color: #00FF00;">11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) ***</p> <p>1:00PM – 3:00PM (Sharon) DOCUMENTARY "Wings of Life" (Zoom)</p>
<p>9 10:00am-11:00am (Jesse) Day Centre Check-in (Zoom) ***</p> <p>11:30AM – 1:00PM PROGRAMMING SUPPLIES "CONTACTLESS DELIVERY" *If you are in need of any type of programming materials, please contact us prior to this date ***</p> <p style="background-color: #00FF00;">1:30PM – 2:30PM (Jesse & Sharon) MALL WALKING (Meet at Intercity Shopping Centre Food Court) *Please register</p>	<p>10 10:00AM – 11:00AM (Sharon) JOURNALING ***</p> <p style="background-color: #00FF00;">10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>11:00AM – 12:00PM (Sharon) NAME PLACE FOOD THING GAME (Zoom) ***</p> <p>1:00pm – 1:30pm Meditation (Jesse) ***</p> <p>2:00pm-3:00pm <u>Chess Club with Jesse</u> (Zoom/Chess.com)</p>	<p>11 10:00am – 11:00am Making Fishing Lures (Zoom/ Register w Jesse) ***</p> <p style="background-color: #FFD700;">11:00am – 12:00PM (Jesse) Boxing (Day Centre) *Please register ***</p> <p style="background-color: #FFD700;">1:00PM – 2:00PM (Jesse) TAI CHI at Day Centre *Please register – limited spots available ***</p> <p>2:30PM – 3:30PM (Sharon) Pictionary (Zoom)</p>	<p>12 10:00am – 11:00am (Jesse) YOGA with Wendy (Zoom) ***</p> <p style="background-color: #00FF00;">10:30AM – 11:45AM (Sharon) AQUATICS at Volunteer Pool *Limited Spots, please register ***</p> <p style="background-color: #00FF00;">11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p style="background-color: #FFD700;">1:00PM – 2:00PM (Sharon) CRAFT "Umbrella Wreath" *Please register/ limited spots available</p>	<p>13 10:00AM – 11:00AM KNITTING with Sharon (Zoom) ***</p> <p style="background-color: #00FF00;">11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p style="background-color: #FFD700;">1:00PM – 2:00PM (Sharon) TIE DYE *PLEASE REGISTER/ LIMITED SPOTS AVAILABLE ***</p> <p>1:30PM – 3:30PM (Jesse) MOVIE "Abominable"</p>

<p>16 10:00am-11:00am (Jesse) DAY CENTRE CHECK IN (Zoom) ***</p> <p>11:00AM – 12:00PM (Jesse) Boxing (Day Centre) *Please register ***</p> <p>1:30PM – 2:30PM (Sharon & Jesse) BOWLING at Mario's Bowl (Cost \$5.00) *Pre-registration is required – space is limited</p>	<p>17 10:00AM – 11:00AM (Sharon) JOURNALING ***</p> <p>10:30am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>11:00AM – 12:00PM (Sharon) NAME PLACE FOOD THING GAME (Zoom) ***</p> <p>12:30PM – 1:30PM (Jesse & Sharon) MALL WALKING (Meet at Intercity Shopping Centre Food Court) *Please register</p> <p>2:00pm-3:00pm Chess Club with Jesse (Zoom/Chess.com)</p>	<p>18 DAY CENTRE CLOSED 8:30AM – 12:00PM</p> <p>1:00PM – 2:00PM DAY CENTRE CHECK IN (Zoom) ***</p> <p>2:00PM – 3:30PM PROGRAMMING SUPPLIES “CONTACTLESS DELIVERY” *If you are in need of any type of programming materials, please contact us prior to this date</p>	<p>19 10:00am – 11:00am (Jesse) YOGA with Wendy (Zoom) ***</p> <p>10:30AM – 11:30AM (Sharon) TIE DYE *PLEASE REGISTER/ LIMITED SPOTS AVAILABLE ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 2:00PM TALKING TUNES with JESSE (Zoom)</p>	<p>20 10:00AM – 11:00AM (Sharon) BINGO (Zoom) ***</p> <p>11:00am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>11:00AM – 12:00PM (Sharon) FAMILY FEUD (Zoom) ***</p> <p>1:00PM – 3:00PM (Sharon) DOCUMENTARY “The Crimson Wing: The Mystery of Flamingos” (Zoom) ***</p> <p>2:00pm-3:30pm (Jesse) Thunder Bay Museum Outting (Register with Jesse) *425 Donald St E</p>
<p>23</p> <p>VICTORIA DAY DAY CENTRE CLOSED</p>	<p>24 10:00AM – 11:00AM (Sharon) JOURNALING ***</p> <p>10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>12:30PM – 1:30PM (Jesse & Sharon) MALL WALKING (Meet at Intercity Shopping Centre Food Court) *Please register ***</p> <p>2:00pm-3:00pm Chess Club with Jesse (Zoom/Chess.com)</p>	<p>25 10:00am – 11:00am Making Fishing Lures (Zoom/ Register w Jesse) ***</p> <p>11:00AM – 12:00PM (Sharon) COLOURING & CANVAS PAINTING (Zoom) ***</p> <p>1:00PM – 2:00PM (Jesse) TAI CHI at Day Centre *Please register – limited spots available ***</p> <p>2:30PM – 3:30PM (Sharon) PICTIONARY (Zoom)</p>	<p>26 10:00am – 11:00am (Jesse) YOGA with Wendy (Zoom) ***</p> <p>10:30AM – 11:45AM (Sharon) AQUATICS at Volunteer Pool *Limited Spots, please register ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM – 2:00PM TALKING TUNES with JESSE (Zoom)</p>	<p>27 10:00AM – 11:00AM BINGO (Zoom) ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:30PM – 3:30PM (Jesse) MOVIE “Abominable” ***</p> <p>2:30PM – 3:30PM (Sharon) Thunder Bay Art Gallery 1080 Keewatin Street (Confederation College) *Please register</p>

30
10:00am-11:00am (Jesse)
 Day Centre Check-in (Zoom)

12:30PM – 1:45PM
 PROGRAMMING SUPPLIES
 “CONTACTLESS DELIVERY”
 *If you are in need of any type of programming materials, please contact us prior to this date

2:00PM – 4:00PM(Sharon)
 GARDENING GROUP at Lakehead University Hangar (Weather Depending)
 *Please register

31
10:00AM – 11:00AM (Sharon)
 JOURNALING

10:30am- 12:00pm
 Fit4less (Fit4less/ *Please register) (Jesse)

12:30PM – 1:30PM (Jesse & Sharon)
 MALL WALKING
 (Meet at Intercity Shopping Centre Food Court)
 *Please register

2:00pm-3:00pm
 Chess Club with Jesse
 (Zoom/Chess.com)

**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**

