


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>ALPHA COURT DAY CENTRE</b>  <b>(807) 683 – 7729</b></p> <p><b>DAY PROGRAM FACILTATOR</b>  <b>Contact Infomration:</b></p> <p>Sharon <a href="mailto:sgreshuk@alphacourt.ca">sgreshuk@alphacourt.ca</a> ext. 3176 or  (807) 627 – 6119</p> <p>Ashley <a href="mailto:aspaxman@alphacourt.ca">aspaxman@alphacourt.ca</a> ext 3175 or  (807) 621 – 6413</p> <p>*Please note: Programming that is not “drop in”  requires registration</p> <div style="text-align: center; margin-top: 20px;">  </div>		<p><b>1</b>  <b>10:30AM-11:30AM</b>  <b>TIE DYE</b>  Location: <u>Day Centre</u>  *Please Register</p> <div style="border: 1px dashed black; padding: 5px; margin: 10px 0;"> <p style="text-align: center;"><b>10:30AM – 3:30PM</b>  <b>DROP IN PROGRAMMING</b>  Location: DAY CENTRE  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  “Peanut Butter and Jam  Sammiches ”  ***</p> <p><b>1:30PM – 3:30PM</b>  <b>ART GROUP</b> facilitated by  <b>BISNO</b></p> </div>	<p><b>2</b>  <b>9:30AM – 10:30AM (Sharon/  Ashley)</b>  <b>FIT4LESS</b>  Location: <u>1186 Memorial Ave</u>  *Please register</p> <div style="border: 1px dashed black; padding: 5px; margin: 10px 0;"> <p style="text-align: center;"><b>10:00AM – 3:00PM</b>  <b>DROP IN PROGRAMMING</b>  Location: DAY CENTRE  ***</p> <p><b>10:30AM – 12:00PM</b>  <b>YOGA with Wendy</b>  Location: Day Centre  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>SOCIAL GAMING</b>  Location: Day Centre/ Main  Floor  ***</p> <p><b>11:00AM-12:00PM</b>  <b>BEGINNER BOXING w John</b>  Location: Day Centre</p> </div> <p><b>1:00PM – 2:00PM (Sharon/ Ashley)</b>  <b>WALKING GROUP</b>  Meet at <u>Hillcrest Park</u>  *Please register/ Weather  Depending</p>	<p><b>3</b>  <b>9:30AM – 10:15AM (Sharon/  Ashley)</b>  <b>FIT4LESS</b>  Location: <u>1186 Memorial Ave</u>  *Please register</p> <div style="border: 1px dashed black; padding: 5px; margin: 10px 0;"> <p style="text-align: center;"><b>10:00AM – 1:00PM</b>  <b>DROP IN PROGRAMMING</b>  Location: DAY CENTRE  ***</p> <p><b>10:30AM – 12:00PM</b>  <b>COFFEE TALK with Peer  Connections</b>  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH AT THE DAY CENTRE</b>  “CHILI”  ***</p> <p><b>1:00PM – 3:00PM</b>  <b>INDIGENOUS ADVENTURES  with Natalie</b></p> </div> <p><b>12:00PM – 3:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>“Spring Feast”</b>  Location: <u>1241 Jasper Drive</u>  *Please register</p>

<p><b>6</b></p> <p><b>"CINCO DE MONDAY"</b></p> <p><b>10:00AM – 4:00PM</b> <b>DROP IN PROGRAMMING</b> Location: DAY CENTRE ***</p> <p><b>10:30AM – 12:00PM</b> <b>COFFEE TALK with Peer Connections</b> <b>Ft- Mexican themed activity</b> ***</p> <p><b>12:00PM – 1:00PM</b> <b>LUNCH at the Day Centre</b> <b>"Quesadilla &amp; Mexican Rice"</b> ***</p> <p><b>1:00PM-2:00PM</b> <b>Postcard Group w Sara H</b> ***</p> <p><b>2:00PM – 4:00PM</b> <b>OOSHKE PROGRAMMING</b> <b>"Ornamental Muckluks"</b> (Day Centre)</p> <p><b>** LAST DAY TO REGISTER FOR TIKINAGAN MAKING **</b></p>	<p><b>7</b></p> <p><b>9:30AM – 10:30AM (Sharon/ Ashley)</b> <b>FIT4LESS</b> Location: 1186 Memorial Ave *Please register</p> <p><b>10:30AM – 1:30PM</b> <b>DROP IN PROGRAMMING</b> Location: DAY CENTRE ***</p> <p><b>10:30AM – 11:30AM</b> <b>Dealing with Stress and Anxiety w Stan. P</b> ***</p> <p><b>12:30PM-1:30PM</b> <b>Mothers Day Craft – Button Bouquet</b> ***</p> <p><b>2:00PM – 3:00PM (Sharon/ Ashley)</b> <b>WALK &amp; TALK with Nicole (Alpha Court Executive Director)</b> <b>Meet at Boulevard Lake Main Parking Lot (Half Walk)</b> *Please register/ Weather Depending</p>	<p><b>8</b></p> <p><b>10:00AM – 3:30PM</b> <b>DROP IN PROGRAMMING</b> Location: DAY CENTRE ***</p> <p><b>10:30AM-11:00AM</b> <b>MINDFULNESS MEDITATION</b> ***</p> <p><b>11:00AM-12:00PM</b> <b>MOTHER'S DAY BAKING GROUP</b> <b>Chocolate dipped Strawberries</b> ***</p> <p><b>12:00PM – 1:00PM</b> <b>LUNCH</b> <b>"Stuffed Peppers"</b> ***</p> <p><b>1:30PM – 3:30PM</b> <b>ART GROUP facilitated by BISNO</b></p>	<p><b>9</b></p> <p><b>9:30AM – 10:30AM (Sharon/ Ashley)</b> <b>FIT4LESS</b> Location: 1186 Memorial Ave *Please register</p> <p><b>10:00AM – 3:00PM</b> <b>DROP IN PROGRAMMING</b> Location: DAY CENTRE ***</p> <p><b>10:30AM – 12:00PM</b> <b>YOGA with Wendy</b> Location: Day Centre ***</p> <p><b>11:00AM – 12:00PM</b> <b>SOCIAL GAMING</b> Location: Day Centre/ Main Floor ***</p> <p><b>11:00AM-12:00PM</b> <b>BEGINNER BOXING w John</b> Location: Day Centre ***</p> <p><b>12:30PM – 4:30PM</b> <b>2SLGBTQIA+ and ALLIES SUPPORT Group with Natalie and Barb</b> Location: (Day Centre) *Please Register</p>	<p><b>10</b></p> <p><b>9:30AM – 10:15AM (Sharon/ Ashley)</b> <b>FIT4LESS</b> Location: 1186 Memorial Ave *Please register</p> <p><b>10:30AM – 3:00PM</b> <b>DROP IN PROGRAMMING</b> Location: DAY CENTRE ***</p> <p><b>11:00AM-12:00PM</b> <b>Caring for Housplants</b> ***</p> <p><b>12:00PM – 1:00PM</b> <b>LUNCH AT THE DAY CENTRE</b> <b>"STIRFRY"</b> ***</p> <p><b>1:30PM- 3:00PM</b> <b>Movie and PopCorn at the Day Centre</b> <b>"Starsky and Hutch"</b></p>
--	---	---	--	---

13

**10:00AM – 4:00PM  
DROP IN PROGRAMMING**

Location: DAY CENTRE

\*\*\*

**10:30AM-11:30AM  
FINANCIAL LITERACY  
PRESENTATION from  
Thunder Bay Counselling**

\*\*\*

**12:00PM – 1:00PM  
LUNCH at the Day Centre**  
“Pulled Chicken Sandwiches”

\*\*\*

**12:00PM- 1:00PM  
EXPLORING SCIENCE with  
Science North**

\*\*\*

**2:00PM – 4:00PM  
OOSHKE PROGRAMMING  
“Ornamental Muckluks”  
(Day Centre)**

\*\*\*

**2:30PM – 3:15PM (Sharon/  
Ashley)  
VICKER’S PARK WALKING TOUR**  
Meet at Vickers Park  
\*Please register/ Weather  
Depending

14

**9:30AM – 10:30AM (Sharon/  
Ashley)**

**FIT4LESS**

Location: 1186 Memorial Ave

\*Please register

**10:30AM – 3:30PM  
DROP IN PROGRAMMING**

Location: DAY CENTRE

\*\*\*

**10:30AM – 11:30AM  
DEALING with STRESS &  
ANXIETY w Stan. P**

\*\*\*

**11:30AM – 12:30PM  
Craft- Fairy Garden**

\*\*\*

**2:30PM-3:30PM  
WOMAN’S GROUP at  
INTERCITY SHOPPING CENTRE**

\*Please register

15

**DAY CENTRE  
CLOSED  
8:30AM – 12:00PM**

**12:00PM – 3:00PM  
DROP IN PROGRAMMING**

Location: DAY CENTRE

\*\*\*

**12:30PM-1:15PM  
Visit with Therapy Dog  
Timber**

\*\*\*

**1:30PM – 3:30PM  
ART GROUP facilitated by  
BISNO**

\*\*\*

**3:30PM-4:15PM  
FARMER’S MARKET OUTING**  
(See you at the Country Market)  
Location: 425 Northern Ave  
\*Please register

16

**9:30AM – 10:30AM (Sharon/  
Ashley)**

**FIT4LESS**

Location: 1186 Memorial Ave

\*Please register

**10:00AM – 3:00PM  
DROP IN PROGRAMMING**

Location: DAY CENTRE

\*\*\*

**10:30AM – 12:00PM  
YOGA with Wendy**

Location: Day Centre

\*\*\*

**11:00AM-12:00PM  
BEGINNER BOXING w John**  
Location: Day Centre

\*\*\*

**1:00PM – 1:45PM (Sharon/ Ashley)**  
**WALKING GROUP**  
Meet at Day Centre  
\*Please register/ Weather  
Depending

\*\*\*

**2:00PM – 4:00PM  
OOSHKE PROGRAMMING  
“Drumming Group”**  
Location: 1241 Jasper Drive  
(Common Room)  
\*Please register

17

**“Day Against Homophobia”  
9:30AM – 10:15AM (Sharon/  
Ashley)**

**FIT4LESS**

Location: 1186 Memorial Ave

\*Please register

**10:00AM – 1:00PM  
DROP IN PROGRAMMING**

Location: DAY CENTRE

\*\*\*

**10:30AM – 12:00PM  
COFFEE TALK with Peer  
Connections**

\*\*\*

**12:00PM – 1:00PM  
LUNCH AT THE DAY CENTRE**  
“Spaghetti & Caesar Salad”

\*\*\*

**12:00PM – 4:00PM  
Day In Recognition of  
International Day Against  
Homophobia & Transphobia**

- Lunch
- Special Guests/  
Speaker
- Craft for Pride Parade

\*\*\*

**2:00PM – 4:00PM  
OOSHKE PROGRAMMING  
“Bannock & Tea”**  
Location: 1241 Jasper Drive  
(Common Room)  
\*Please register

20

VICTORIA DAY  
DAY CENTRE  
CLOSED

21

9:30AM – 10:30AM (Sharon/  
Ashley)

**FIT4LESS**

Location: 1186 Memorial Ave

\*Please register

**10:30AM – 2:00PM  
DROP IN PROGRAMMING**

Location: DAY CENTRE

\*\*\*

**10:30AM – 11:30AM**

**Dealing with Stress and  
Anxiety w Stan. P**

\*\*\*

**12:00PM – 1:00PM**

**BINGO**

\*\*\*

**2:00PM-4:00PM**

**Mini-Tikinagan Workshop**

Location: Brodie Library

\*\*Registration required by May  
7th\*\*

22

10:30AM – 11:30AM

**COMMUNITY GARDEN**

Location: Behind LU Hanger

\*Please register

**12:00PM – 3:30PM  
DROP IN PROGRAMMING**

Location: DAY CENTRE

**12:00PM – 1:00PM**

**LUNCH**

“Cream of Mushroom soup”

\*\*\*

**1:30PM – 3:30PM**

**ART GROUP facilitated by  
BISNO**

23

9:30AM – 10:30AM (Sharon/  
Ashley)

**FIT4LESS**

Location: 1186 Memorial Ave

\*Please register

**10:00AM – 3:00PM  
DROP IN PROGRAMMING**

Location: DAY CENTRE

\*\*\*

**10:30AM – 12:00PM**

**YOGA with Wendy**

Location: Day Centre

\*\*\*

**11:00AM – 12:00PM**

**SOCIAL GAMING**

Location: Day Centre/ Main  
Floor

\*\*\*

**11:00AM-12:00PM**

**BEGINNER BOXING w John**

Location: Day Centre

24

9:30AM – 10:30AM (Sharon/  
Ashley)

**FIT4LESS**

Location: 1186 Memorial Ave

\*Please register

**10:00AM – 2:30PM  
DROP IN PROGRAMMING**

Location: DAY CENTRE

\*\*\*

**11:00AM-12:00PM**

**Social Colouring/ Caring for  
Houseplants**

\*\*\*

**12:00PM – 1:00PM**

**LUNCH AT THE DAY CENTRE**

“Chicken Wraps”

\*\*\*

**1:30PM-3:00PM**

**BOWLING**

Location: Mario’s Bowl 710  
Memorial Ave

\*Please Register, \$6.00 per person

27

**10:00AM – 4:00PM  
DROP IN PROGRAMMING**

Location: DAY CENTRE

\*\*\*

**10:00AM- 11:00AM  
SPRING UP TO CLEAN UP at  
the Day Centre**

\*\*\*

**12:00PM – 1:00PM  
LUNCH at the Day Centre**

“Mac & Cheese”

\*\*\*

**1:00PM-3:00PM  
ART THERAPY with Thunder  
Bay Indigenous Friendship  
Centre**

28

**9:30AM – 10:30AM (Sharon/  
Ashley)**

**FIT4LESS**

Location: 1186 Memorial Ave

\*Please register

**10:30AM – 2:00PM  
DROP IN PROGRAMMING**

Location: DAY CENTRE

\*\*\*

**10:30AM – 11:30AM  
Dealing with Stress and  
Anxiety w Stan. P**

\*\*\*

**12:30PM – 1:30PM  
COMMUNITY GARDEN**  
Location: Behind LU Hanger

\*Please register

**2:00PM-3:00PM  
RESUME SKILLS WORKSHOP  
with Yes Employment**

29

**11:00AM- 12:00PM**

**COOKING GROUP**

“Pad Thai”

\*Please register – limited spots  
available

**10:30AM – 3:30PM  
DROP IN PROGRAMMING**

Location: DAY CENTRE

\*\*\*

**12:00PM – 1:00PM  
LUNCH**

“Pad Thai”

\*\*\*

**1:30PM – 3:30PM  
ART GROUP facilitated by  
BISNO**

30

**9:30AM – 10:30AM (Sharon/  
Ashley)**

**FIT4LESS**

Location: 1186 Memorial Ave

\*Please register

**10:00AM – 3:00PM  
DROP IN PROGRAMMING**

Location: DAY CENTRE

\*\*\*

**10:30AM – 12:00PM  
YOGA with Wendy**

Location: Day Centre

\*\*\*

**11:00AM – 12:00PM  
SOCIAL GAMING**  
Location: Day Centre/ Main  
Floor

\*\*\*

**11:00AM-12:00PM  
BEGINNER BOXING w John**  
Location: Day Centre

\*\*\*

**1:00PM – 2:00PM (Sharon/ Ashley)**

**WALKING GROUP**

Meet at Chapples Park

\*Please register/ Weather  
Depending

31 **“National Smile Day”**

**9:30AM – 10:30AM (Sharon/ Ashley)**

**FIT4LESS**

Location: 1186 Memorial Ave

\*Please register

**10:00AM – 1:00PM  
DROP IN PROGRAMMING**

Location: DAY CENTRE

\*\*\*

**10:30AM – 12:00PM  
COFFEE TALK with Peer  
Connections**

\*\*\*

**12:00PM – 1:00PM  
LUNCH AT THE DAY CENTRE**  
“Cabbage Roll Casserole”

\*\*\*

**1:30PM-2:30PM  
Craft- Fairy Garden**