

MAY 2025
ALPHA COURT DAY CENTRE
270 Windsor Street – Room 221



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">ALPHA COURT DAY CENTRE (807) 683 – 7729</p> <p style="text-align: center;">*Please note location and program times varies; due to community activities</p> <p style="text-align: center;">DAY PROGRAM FACILTATOR Contact Information:</p> <p>Sharon sgreshuk@alphacourt.ca ext. 3176 or (807) 627 – 6119</p> <p>Ashley aspaxman@alphacourt.ca ext 3175 or (807) 621 – 6413</p>			<p>1 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>12:00PM – 1:00PM LUNCH "Pizza Bagels" Location: Day Centre ***</p> <p>1:00PM – 2:00PM WOMAN'S GROUP "May Day Craft" Location: Day Centre ***</p> <p>1:30PM – 2:30PM OUTDOOR WALKING GROUP Location: Day Centre *Weather permitting</p>	<p>2 10:30AM – 12:00PM SOCIAL GAMING Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Chicken Ceaser Wrap" Location: Day Centre ***</p> <p>12:00PM – 2:00PM MOVIE & POPCORN "An Unfinished Story" Location: Day Centre ***</p> <p>2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p>

<p>5 10:30AM – 12:00PM DAILY GRIND COFFEE CLUB & SOCIAL GAMING Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Cinco De Mayo” Location: Day Centre ***</p> <p>1:00PM – 3:00PM INDIGENOUS ADVENTURES with Natalie Location: Day Centre ***</p> <p>2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p>	<p>6 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>9:30AM – 10:30AM BODY4U Gentle FITNESS CLASS with Natalie Location: Day Centre ***</p> <p>11:00AM – 12:00PM POSTCARD GROUP with Sara H Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Burrito Bowl” Location: Day Centre ***</p> <p>1:30PM - 2:30PM BOXING Location: Day Centre Main Room ***</p> <p>2:30PM – 3:30PM GUY’S CLUB with Gene W & Steve J Location: Day Centre</p>	<p>7 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please Register* Location: 1186 Memorial Ave ***</p> <p>10:40AM – 12:00PM AQUATICS at Volunteer Pool *Please Register* Location: 180 Martha Street ***</p> <p>12:30PM – 1:30PM MUSIC BINGO Theme “Disney” Location: Day Centre ***</p> <p>1:30PM – 3:30PM ART GROUP facilitated by BISNO Location: Day Centre</p> <p>**Last Day To Register for Walking Proud Group**</p>	<p>8 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please Register* Location: 1186 Memorial Ave ***</p> <p>11:00AM – 12:00PM Cooking Group “Spring Rolls” *Please Register* Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Spring Rolls” Location: Day Centre ***</p> <p>12:30PM – 1:30PM CRAFT “DIY Spring Coasters” Location: Day Centre</p>	<p>9 10:30AM – 11:30AM *NEW* YOGA with Jan Adams Location: Day Centre ***</p> <p>11:30AM – 2:00PM Social Gaming Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Buffalo Chicken Wraps” Location: Day Centre ***</p> <p>12:00PM – 2:00PM MOVIE & POPCORN “IF” Location: Day Centre ***</p> <p>2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p>
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<p>12 10:30AM – 12:00PM DAILY GRIND COFFEE CLUB & SOCIAL GAMING Location: Day Centre ***</p> <p>12:00PM – 12:30PM LUNCH “Lasagna” Location: Day Centre ***</p> <p>1:00PM – 4:00PM WALKING PROUD GROUP with Natalie “DIY Tie Dye Pride Shirts & Movie ‘Small Town Pride’” *Please Register by Wed May 7th* Location: Day Centre ***</p> <p>1:00PM – 2:00PM SPRING UP TO CLEAN UP Location: Day Centre *Please register ***</p> <p>2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p>	<p>13 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>9:30AM – 10:30AM BODY4U Gentle FITNESS CLASS with Natalie Location: Day Centre ***</p> <p>10:15AM – 11:00AM MALL WALKING *Please register* Location: Intercity Shopping Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Belgian Waffles” Location: Day Centre ***</p> <p>1:30PM - 2:30PM BOXING Location: Day Centre Main Room</p>	<p>14 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>11:00AM – 12:00PM DAILY GRIND COFFEE CLUB & BINGO Location: 1500 Dease Street ***</p> <p>1:30PM – 3:30PM ART GROUP facilitated by BISNO Location: Day Centre</p> <p>RECOVERY COLLEGE PROGRAMMING *New* Insights Into Anxiety Location: Canadian Mental Health Association 200 Van Norman Street</p>	<p>15 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>12:00PM – 1:00PM LUNCH “Egg Salad Sandwiches” Location: Day Centre ***</p> <p>1:00PM – 3:00PM WOMAN’S GROUP “Thrift Shopping Outing” *Please Register* Location: Day Centre ***</p> <p>1:30PM – 2:30PM OUTDOOR WALKING GROUP Location: Day Centre *Weather permitting ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Drumming” Location: 1241 Jasper Drive</p>	<p>16 10:30AM – 11:30AM *NEW* YOGA with Jan Adams Location: Day Centre ***</p> <p>11:30AM – 2:00PM Social Gaming Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “BLT Sandwichs” Location: Day Centre ***</p> <p>12:00PM – 2:00PM MOVIE & POPCORN “National Anthem” Location: Day Centre ***</p> <p>12:00PM – 3:00PM OOSHKE PROGRAMMING “Spring Feast” Location: 1241 Jasper Drive *Please register ***</p> <p>2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p>
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<p>19</p> <p>VICTORIA DAY</p> <p>DAY CENTRE</p> <p>CLOSED</p>	<p>20</p> <p>9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>10:30AM – 12:00PM How to Paint “Daisy Bouquet” Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Buffalo Cauliflower Bites” Location: Day Centre ***</p> <p>1:30PM - 2:30PM BOXING Location: Day Centre Main Room ***</p> <p>1:30PM – 2:00PM Walking Group @ Jasper Location: 1241 Jasper Drive ***</p> <p>2:30PM – 3:30PM GUY’S CLUB with Gene W & Steve J Location: Day Centre</p>	<p>21</p> <p>DAY CENTRE</p> <p>CLOSED</p> <p>8:30AM – 12:00PM</p> <p>12:30PM – 1:30PM MUSIC BINGO Theme “One Hit Wonders” Location: Day Centre ***</p> <p>1:30PM – 3:30PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>22</p> <p>9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please Register* Location: 1186 Memorial Ave ***</p> <p>11:00AM – 12:00PM Cooking Group “Egg Roll in a Bowl” *Please Register* Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Egg Roll in a Bowl” Location: Day Centre ***</p> <p>1:00PM – 2:00PM TIE DYE Location: Day Centre ***</p> <p>2:00PM – 3:00PM Crafting with Ashley “Suncatchers” Location: Day Centre</p>	<p>23</p> <p>10:30AM – 11:30AM *NEW* YOGA with Jan Adams Location: Day Centre ***</p> <p>11:30AM – 2:00PM Social Gaming Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Cheesy Baked Tortellini” Location: Day Centre ***</p> <p>12:00PM – 2:00PM MOVIE & POPCORN “Space Cadet” Location: Day Centre ***</p> <p>2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p>
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<p>26 10:30AM – 12:00PM DAILY GRIND COFFEE CLUB & SOCIAL GAMING Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Chicken legs & Potatoes” Location: Day Centre ***</p> <p>1:00PM – 2:00PM DIY Terracotta Pot Gnomes Location: Day Centre ***</p> <p>2:00PM – 3:00PM CRAFT “Fruit & Vegetable Print Aprons” Location: Day Centre</p>	<p>27 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>9:30AM – 10:30AM BODY4U Gentle FITNESS CLASS with Natalie Location: Day Centre ***</p> <p>10:15AM – 11:00AM MALL WALKING *Please register* Location: Intercity Shopping Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Cold Cut Sandwichs” Location: Day Centre ***</p> <p>1:30PM - 2:30PM BOXING Location: Day Centre Main Room</p>	<p>28 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>1:30PM – 3:30PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>29 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>10:45AM – 11:15AM BINGO Location: 1500 Dease Street ***</p> <p>12:00PM – 1:00PM Kick off to Summer- LUNCH “BBQ Hamburgers” Location: 1500 Dease ***</p> <p>1:00PM – 2:00PM WOMAN’S GROUP “Walking Group” Location: 1500 Dease Street</p>	<p>30 10:30AM – 11:30AM *NEW* YOGA with Jan Adams Location: Day Centre ***</p> <p>11:30AM – 2:00PM SOCIAL GAMING Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Chicken Broccoli Alfredo” Location: Day Centre ***</p> <p>12:00PM – 2:00PM MOVIE & POPCORN “The Tigers Apprentice” Location: Day Centre ***</p> <p>2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p>
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