

**MAY 2026**  
**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> <div style="display: flex; align-items: center; justify-content: center;">  <div style="text-align: left;"> <p>Find us on  <b>Facebook</b></p> </div>  </div> <p>Scan the above QR Code to be keep up to date with Alpha Court on Facebook</p> <p><b>DAY PROGRAM FACILTATOR</b>  <b>Contact Information:</b></p> <p>Sharon <a href="mailto:sgreshuk@alphacourt.ca">sgreshuk@alphacourt.ca</a> ext. 3176 or (807) 627 - 6119  Ashley <a href="mailto:aspaxman@alphacourt.ca">aspaxman@alphacourt.ca</a> ext. 3175 or (807) 621 - 6413</p>				<p><b>1</b>  <b>10:00AM – 11:30AM</b>  <b>DAILY GRIND COFFEE</b>  Location: Day Centre  ***</p> <p><b>11:00AM – 1:00PM</b>  <b>SOCIAL GAMING</b>  Location: Day Centre  ***</p> <p><b>11:30AM – 1:30PM</b>  <b>MOVIE &amp; POPCORN</b>  <b>“The Curious Case of Benjamin Button”</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Sub Sandwiches”</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>*New BOXING Program* FREE FITNESS/ POOL</b>  <b>*Please register*</b>  Location: Canada Games Complex  (420 Winnipeg Ave)</p>

<p><b>4</b>  <b>9:30AM – 10:30AM</b>  <b>*NEW* RISE &amp; DINE BREAKFAST</b>  <b>"Belgian Waffles"</b>  Location: Day Centre  ***</p> <p><b>10:45AM – 11:30AM</b>  <b>BAKING with Sharon</b>  <b>"Chocolate Chip Muffins"</b>  <b>*First come first Served*</b>  Location: Day Centre  ***</p> <p><b>10:30AM – 12:30PM</b>  <b>HANGOUT</b>  Location: Day Centre  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>Budgeting with Thunder Bay Counselling</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>BOOK CLUB</b>  <b>Starting new book</b>  <b>"Beartown by Fredrik Backman"</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>INDIGENOUS ADVENTURES with Natalie</b>  <b>" Anishinabek Stages of Life from Birth to Elder"</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: 1000 Fort William Rd  ***</p> <p><b>11:00AM – 4:00PM</b>  <b>DAY CENTRE DROP IN</b>  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>CRAFTING with Ashley</b>  <b>"Succulent Garden"</b>  <b>Limited Spaces</b>  <b>*Please register*</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Chicken Enchiladas"</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 2:00PM</b>  <b>COLOURING/ Painting Group</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 3:00PM</b>  <b>YOGA with Jan Adams</b>  Location: Day Centre</p>	<p><b>6</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>  Location: 1000 Fort William Rd  ***</p> <p><b>11:00AM – 4:00PM</b>  <b>DAY CENTRE DROP IN</b>  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>JEWELLRY GROUP</b>  <b>"Beaded Wave Bracelet"</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Poutine"</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>7</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>  Location: 1000 Fort William Rd  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>Coloring/ Hangout</b>  Location: 1500 Dease St  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Grilled Cheese &amp; Tomato Soup"</b>  Location: 1500 Dease St  ***</p> <p><b>1:00PM – 2:30PM</b>  <b>Walking Group/ Coffee @ Tims</b>  Location: 1500 Dease St</p>	<p><b>8</b>  <b>10:00AM – 11:30AM</b>  <b>DAILY GRIND COFFEE GRIND</b>  Location: Day Centre  ***</p> <p><b>11:30AM – 2:00PM</b>  <b>SOCIAL GAMING</b>  Location: Day Centre  ***</p> <p><b>11:30AM – 1:30PM</b>  <b>MOVIE &amp; POPCORN</b>  <b>"Mean Girls"</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Shepards Pie"</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>*New BOXING Program* FREE FITNESS/ POOL</b>  <b>*Please register*</b>  Location: Canada Games Complex (420 Winnipeg Ave)</p>
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<p><b>11</b>  <b>10:30AM – 11:30AM</b>  <b>Documentary</b>  <b>"The Biggest Little Farm"</b>  Location: Day Centre  ***</p> <p><b>11:30AM – 12:30PM</b>  <b>Crafting with Ashley</b>  <b>"Flower Tea Lights"</b>  <b>Location: Day Centre</b>  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>*NEW* Spice Club Cooking Group</b>  <b>"Garlic Powder ft. Mac and Cheese"</b>  <b>*First Come First Serve*</b>  <b>*Take what you make*</b>  <b>Location: Day Centre</b>  ***</p> <p><b>1:30PM – 3:00PM</b>  <b>*NEW* SOCIAL GAMING and POOL at Mario's Bowl</b>  Location: 710 Memorial Ave  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>WALKING PROUD GROUP with Natalie</b>  <b>2SLGBTQIA+ and Allies</b>  <b>*Please register</b>  Pride Countdown Bingo-food prizes! Registration required; max 8  Location: Day Centre</p>	<p><b>12</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>  Location: 1000 Fort William Rd  ***</p> <p><b>11:00AM – 4:00PM</b>  <b>DAY CENTRE DROP IN</b>  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Chicken Broccoli Alfredo"</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 2:00PM</b>  <b>COLOURING</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 3:00PM</b>  <b>YOGA with Jan Adams</b>  Location: Day Centre</p>	<p><b>13</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>  Location: 1000 Fort William Rd  ***</p> <p><b>11:00AM – 4:00PM</b>  <b>DAY CENTRE DROP IN</b>  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Perogies"</b>  Location: Day Centre  ***</p> <p><b>12:30PM – 1:30PM</b>  <b>Post Crossing Postcard Group</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>14</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>  Location: 1000 Fort William Rd  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>Walking Group</b>  <b>*Please register*</b>  Location: Marina Park Tai Chi  ***</p> <p><b>12:30PM – 1:30PM</b>  <b>Crafting with Sharon</b>  <b>"Polymer Clay Earrings"</b>  Location: Day Centre  ***</p> <p><b>1:30PM – 2:30PM</b>  <b>BINGO</b>  Location: Day Centre</p>	<p><b>15</b>  <b>10:00AM – 11:30AM</b>  <b>DAILY GRIND COFFEE GRIND</b>  Location: Day Centre  ***</p> <p><b>11:30AM – 2:00PM</b>  <b>SOCIAL GAMING</b>  Location: Day Centre  ***</p> <p><b>11:30AM – 1:30PM</b>  <b>MOVIE &amp; POPCORN</b>  <b>"A Star is Born"</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Chili"</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>*New BOXING Program* FREE FITNESS/ POOL</b>  <b>*Please register*</b>  Location: Canada Games Complex (420 Winnipeg Ave)</p>
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18

VICTORIA  
DAY  
  
DAY CENTRE  
CLOSED

19

**9:30AM – 10:30AM**  
**(Sharon/ Ashley)**  
**FIT4LESS**  
**\*Please register\***  
Location: 1000 Fort William Rd  
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**12:00PM – 1:00PM**  
**LUNCH**  
**"Chicken Fingers & Fries"**  
Location: 1241 Jasper Drive  
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**1:00PM – 2:00PM**  
**BOOK CLUB**  
**"Beartown by Fredrik Backman"**  
Location: 1241 Jasper Drive  
(Common Room)  
\*\*\*  
**2:00PM – 3:00PM**  
**Chair Yoga with Jan Adams**  
Location: 1241 Jasper Drive

20

DAY CENTRE  
CLOSED

21

**9:30AM – 10:30AM**  
**(Sharon/ Ashley)**  
**FIT4LESS**  
**\*Please register\***  
Location: 1000 Fort William Rd  
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**12:00PM – 1:00PM**  
**LUNCH**  
**"Hard Shell Tacos"**  
Location: Day Centre  
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**12:30PM – 1:30PM**  
**Crafting with Ashley**  
**"Spring Gnomes"**  
Location: Day Centre  
  
**1:30PM – 2:30PM**  
**BINGO**  
Location: Day Centre  
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**2:00PM – 4:00PM**  
**OOSHKE PROGRAMMING**  
**"Drumming Group"**  
Location: 1241 Jasper Drive  
(Common Room)

22

**10:00AM – 11:30AM**  
**DAILY GRIND COFFEE GRIND**  
Location: Day Centre  
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**11:30AM – 2:00PM**  
**SOCIAL GAMING**  
Location: Day Centre  
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**11:30AM – 1:30PM**  
**MOVIE & POPCORN**  
**"Alvin and the Chipmunks"**  
Location: Day Centre  
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**12:00PM – 1:00PM**  
**LUNCH**  
**"Spaghetti"**  
Location: Day Centre  
\*\*\*  
**2:00PM – 4:00PM**  
**\*New BOXING Program\* FREE**  
**FITNESS/ POOL**  
**\*Please register\***  
Location: Canada Games Complex  
(420 Winnipeg Ave)

<p><b>25</b>  <b>9:30AM – 10:30AM</b>  <b>RISE &amp; DINE BREAKFAST</b>  <b>"Omelet &amp; Home fries"</b>  Location: Day Centre  ***</p> <p><b>10:45AM – 11:30AM</b>  <b>BAKING with Sharon</b>  <b>"Cinnamon Buns"</b>  <b>*First come first Served*</b>  Location: Day Centre  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>Beginners' Macrame</b>  <b>Location: Day Centre</b>  ***</p> <p><b>1:30PM – 3:00PM</b>  <b>BOWLING</b>  <b>*Please register*</b>  Location: Mario's Bowl</p>	<p><b>26</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>  Location: 1000 Fort William Rd  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>Gaming ex. Crib, Skip Bo, Scrabble</b>  Location: 1241 Jasper Drive  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Pancakes &amp; Berries"</b>  Location: 1241 Jasper Drive  ***</p> <p><b>1:00PM – 2:00PM</b>  <b>HOUSEHOLD CLEANING/ PAPER PRODUCTS BINGO</b>  <b>(Cleaners, Toilet Paper, Paper Towel etc.)</b>  Location: 1241 Jasper Drive  ***</p> <p><b>2:00PM – 3:00PM</b>  <b>Chair Yoga with Jan Adams</b>  <b>Location: 1241 Jasper Drive</b></p>	<p><b>27</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>  Location: 1000 Fort William Rd  ***</p> <p><b>11:00AM – 4:00PM</b>  <b>DAY CENTRE DROP IN</b>  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>JEWELLRY GROUP</b>  <b>"Beaded Daisy Bracelet"</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Homemade Pizza"</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>28</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>  Location: 1000 Fort William Rd  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>Garden Planning/ Ground Evaluation</b>  Location: 1500 Dease St  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>*Kickoff to Summer*</b>  <b>"BBQ'D Hot Dogs"</b>  Location: 1500 Dease St  ***</p> <p><b>1:00PM – 2:00PM</b>  <b>HOUSEHOLD CLEANING/ PAPER PRODUCTS BINGO</b>  <b>(Cleaners, Toilet Paper, Paper Towel etc.)</b>  Location: 1500 Dease St</p>	<p><b>29</b>  <b>10:00AM – 11:30AM</b>  <b>DAILY GRIND COFFEE GRIND</b>  Location: Day Centre  ***</p> <p><b>11:30AM – 2:00PM</b>  <b>SOCIAL GAMING</b>  Location: Day Centre  ***</p> <p><b>11:30AM – 1:30PM</b>  <b>MOVIE &amp; POPCORN</b>  <b>"The Lost City"</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>"Chicken and Veggies"</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 3:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>"Spring Feast"</b>  Location: 1241 Jasper Drive  (Common Room)  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>*New BOXING Program* FREE FITNESS/ POOL</b>  <b>*Please register*</b>  Location: Canada Games Complex  (420 Winnipeg Ave)</p>
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