

NOVEMBER 2020
ALPHA COURT DAY CENTRE
270 Windsor Street

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	<p>9:45AM – 10:15AM STRETCHING via ZOOM ***</p> <p>11:00AM – 12:00PM MALL WALKING at Intercity Shopping Centre *PLEASE REGISTER ***</p> <p>11:00AM – 12:00PM COLOURING ***</p> <p>1:00PM – 3:00PM BOWLING at Mario's Bowl Cost \$5.00 *LIMITED SPOTS AVAILABLE, PLEASE REGISTER</p>	<p>10:30AM – 11:30AM JOURNALING via ZOOM ***</p> <p>12:30PM – 1:30PM WALKING GROUP at Boulevard Lake *ALL PARTICIPANTS WELCOME - PLEASE REGISTER (WEATHER DEPENDING) ***</p> <p>2:00PM – 2:45PM BAKING PROGRAM "CINNAMON ROLLS" *PLEASE REGISTER ***</p> <p>3:00PM – 4:00PM CRAFT "FALL GNOMES" *PLEASE REGISTER</p>	<p>9:00AM-10:00AM COPING WITH ANXIETY via ZOOM *PLEASE REGISTER ***</p> <p>9:30AM-10:30AM CANVAS PAINTING "MANDALAS" ***</p> <p>11:00AM-11:30AM DAY CENTRE CHECK IN ****</p> <p>1:00pm – 2:00pm TAI CHI via Zoom ***</p> <p>2:30PM-3:30PM REMEMBRANCE DAY ROCK PAINTING</p>	<p>9:00AM – 10:00AM KNITTING with SHARON "A BEGINNERS HOW TOO" via ZOOM *PLEASE REGISTER ***</p> <p>9:00AM – 10:00AM FIT4LESS *Membership required – please register with Jesse ***</p> <p>10:00AM – 11:00AM YOGA with WENDY via ZOOM ***</p> <p>12:30PM – 1:30PM PICTIONARY ***</p> <p>1:00PM – 2:00PM BINGO via Zoom *We will deliver the prizes</p>	<p>9:00AM – 9:30AM MORNING MEDITATION via ZOOM ***</p> <p>10:30AM – 11:45AM AQUATICS at Churchill Pool (145 Churchill Drive) *PLEASE REGISTER BY WEDNESDAY NOVEMBER 4TH ***</p> <p>11:30AM – 12:30PM MALL WALKING at Intercity Shopping Centre *PLEASE REGISTER ***</p> <p>1:30PM – 3:30PM MOVIE- "THE WIZARD OF OZ" via Zoom *PLEASE REGISTER</p>	
8	9	10	11	12	13	14
	<p>9:00AM – 9:30AM MORNING MEDITATION via ZOOM ***</p> <p>9:45AM – 10:15AM STRETCHING via ZOOM ***</p> <p>11:00AM – 12:00PM MALL WALKING at Intercity Shopping Centre *PLEASE REGISTER ***</p> <p>11:00AM – 12:00PM COLOURING ***</p> <p>1:00PM – 2:30PM TIE DYEING via ZOOM *LIMITED SPOTS AVAILABLE – SUPPLIES PROVIDED ***</p> <p>1:00PM – 2:00PM SEWING "HOW TO MAKE FACEMASKS" via ZOOM *PLEASE REGISTER</p>	<p>10 9:00AM – 10:00AM FIT4LESS *Membership required – please register with Jesse ***</p> <p>10:00AM – 11:00AM JOURNALING via ZOOM ***</p> <p>11:30AM – 12:15PM MACRAME "PLANT HANGERS" ***</p> <p>12:00pm – 2:00pm MINDFUL MAKERS OPEN STUDIO at the Baggage Arts Building *Please register – limited spots ***</p> <p>12:30PM – 1:30PM WALKING GROUP at the Day Centre *LIMITED SPOTS AVAILABLE – PLEASE REGISTER (WEATHER DEPENDING) ***</p> <p>2:30PM – 3:30PM COOKING PROGRAM "CHICKEN BACON ALFREDO"</p>	<p>11 REMEMBRANCE DAY</p> <p>9:30AM-10:30AM PICTIONARY ***</p> <p>11:00AM-12:15PM VIRTUAL REMEMBRANCE DAY CEREMONY ***</p> <p>1:00pm – 2:00pm TAI CHI via Zoom ***</p> <p>1:30PM – 2:30PM DAY CENTRE CHECK IN ***</p> <p>2:30PM-3:30PM REMEMBRANCE DAY CRAFT "TISSUE PAPER POPPY SUNCATCHERS"</p>	<p>12 9:00AM – 10:00AM KNITTING with SHARON "A BEGINNERS HOW TOO" via ZOOM *PLEASE REGISTER ***</p> <p>9:00AM – 10:00AM FIT4LESS *Membership required – please register with Jesse ***</p> <p>10:00AM – 11:00AM YOGA with KATHLEEN (Sub for Wendy) via ZOOM ***</p> <p>1:00PM – 2:00PM BINGO via Zoom *We will deliver the prizes ***</p> <p>2:30PM – 3:30PM SLEEP HYGIENE Information session *Please register</p>	<p>13 9:00AM – 9:30AM MORNING MEDITATION via ZOOM ***</p> <p>10:30AM – 11:45AM AQUATICS at Churchill Pool (145 Churchill Drive) *PLEASE REGISTER BY WEDNESDAY NOVEMBER 11TH ***</p> <p>11:30AM – 12:30PM MALL WALKING at Intercity Shopping Centre *PLEASE REGISTER ***</p> <p>2:00PM – 3:00PM ZUMBA via ZOOM</p>	


NOVEMBER 2020
ALPHA COURT DAY CENTRE
270 Windsor Street

Sun	Mon	Tue	Wed	Thu	Fri	Sat
15	<p>16 9:00AM – 9:30AM MORNING MEDITATION via ZOOM ***</p> <p>9:45AM – 10:15AM STRETCHING via Zoom ***</p> <p>11:00AM – 12:00PM MALL WALKING at Intercity Shopping Centre *PLEASE REGISTER ***</p> <p>11:00AM – 12:00PM COLOURING ***</p> <p>1:00PM – 2:30PM BOWLING at Mario's Bowl Cost \$5.00 *LIMITED SPOTS AVAILABLE, PLEASE REGISTER ***</p> <p>1:00PM – 2:00PM SEWING "HOW TO MAKE FACEMASKS" via ZOOM *PLEASE REGISTER</p>	<p>17 9:00AM – 10:00AM FIT4LESS *Membership required – please register with Jesse ***</p> <p>10:30AM – 11:30AM JOURNALING via ZOOM ***</p> <p>12:30PM – 1:30PM WALKING GROUP at Chapples Park *LIMITED SPOTS AVAILABLE – PLEASE REGISTER (WEATHER DEPENDING) ***</p> <p>2:00PM – 2:45PM BAKING PROGRAM "HOMEMADE BREAD" ***</p> <p>3:00PM-4:00PM CANVAS PAINTING</p>	<p>18</p> <p style="text-align: center;">ALPHA COURT OFFICES CLOSED 8:30AM – 12:00PM</p> <p>12:15-12:45 DAY CENTRE CHECK IN ***</p> <p>1:00pm – 2:00pm TAI CHI via Zoom ***</p> <p>2:30PM – 4:00PM CRAFT "CHRISTMAS TREE STRING" *PLEASE REGISTER</p>	<p>19 9:00AM – 10:00AM KNITTING with SHARON "A BEGINNERS HOW TOO" via ZOOM ***</p> <p>9:00AM – 10:00AM FIT4LESS *Membership required – please register with Jesse ***</p> <p>10:00AM – 11:00AM YOGA with WENDY via ZOOM ***</p> <p>1:00PM – 2:00PM BINGO via Zoom *We will deliver the prizes ***</p> <p>2:30PM – 3:30PM STOVE TOP APPLE CIDER MAKING *Please register, recipe to follow</p>	<p>20 9:00AM – 9:30AM MORNING MEDITATION via ZOOM *PLEASE REGISTER ***</p> <p>10:30AM – 11:45AM AQUATICS at Churchill Pool (145 Churchill Drive) *PLEASE REGISTER BY WEDNESDAY NOVEMBER 18TH ***</p> <p>11:30AM – 12:30PM MALL WALKING at Intercity Shopping Centre *PLEASE REGISTER ***</p> <p>1:30PM – 3:30PM MOVIE "FANTASTIC BEASTS: THE CRIMES OF GRINDELWALD"</p>	21

NOVEMBER 2020
ALPHA COURT DAY CENTRE
270 Windsor Street

Sun	Mon	Tue	Wed	Thu	Fri	Sat
22	23	24	25	26	27	28
	9:00AM – 9:30AM MORNING MEDITATION via ZOOM ***	10:00AM – 11:00AM JOURNALING via ZOOM ***	9:00AM – 10:00AM COPING WITH ANXIETY *PLEASE REGISTER ***	ALPHA COURT OFFICES CLOSED	9:00AM – 9:30AM MORNING MEDITATION *PLEASE REGISTER ***	
	9:45AM – 10:15AM STRETCHING via ZOOM ***	12:00pm – 2:00pm MINDFUL MAKERS OPEN STUDIO at the Baggage Arts Building *Please register – limited spots ***	9:30AM-10:30AM CANVAS PAINTING ***		10:30AM – 11:45AM AQUATICS at Churchill Pool (145 Churchill Drive) *PLEASE REGISTER BY WEDNESDAY NOVEMBER 25TH ***	
	11:00AM – 12:00PM MALL WALKING at Intercity Shopping Centre *PLEASE REGISTER ***	12:30PM – 1:30PM WALKING GROUP at Marina Park *LIMITED SPOTS AVAILABLE – PLEASE REGISTER) (WEATHER DEPENDING) ***	11:00AM – 12:00PM DAY CENTRE CHECK IN ***		11:30AM – 12:30PM MALL WALKING at Intercity Shopping Centre *PLEASE REGISTER ***	
	11:00AM – 12:00PM COLOURING ***	2:00PM – 3:00PM COOKING PROGRAM "HOMEMADE CHICKEN NOODLE SOUP" ***	1:00pm – 2:00pm TAI CHI via Zoom ***		2:00PM – 3:30PM ZUMBA via Zoom ***	
	1:00PM – 2:30PM TIE DYEING at the Day Centre Back Field *LIMITED SPOTS AVAILABLE – PLEASE REGISTER ***		2:30PM – 4:00PM CRAFT "PINE CONE GNOMES" *PLEASE REGISTER			
	1:00PM – 2:00PM SEWING "HOW TO MAKE FACEMASKS" via ZOOM *PLEASE REGISTER					

NOVEMBER 2020
ALPHA COURT DAY CENTRE
270 Windsor Street

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	<p>30 9:00AM – 9:30AM MORNING MEDITATION via ZOOM ***</p> <p>9:45AM – 10:15AM STRETCHING via Zoom ***</p> <p>11:00AM – 12:00PM MALL WALKING at Intercity Shopping Centre *PLEASE REGISTER ***</p> <p>11:00AM – 12:00PM COLOURING ***</p> <p>1:00PM – 2:30PM BOWLING at Mario's Bowl Cost \$5.00 *LIMITED SPOTS AVAILABLE, PLEASE REGISTER ***</p> <p>1:00PM – 2:00PM SEWING "HOW TO MAKE FACEMASKS" via ZOOM *PLEASE REGISTER</p>					
				<p>Contact Information</p> <p>Jesse (807) 627 – 8831 or jjames@alphacourt.ca Sharon (807) 627 – 6119 or sgreshuk@alphacourt.ca Ashley (807) 621 – 6413 or aspaxman@alphacourt.ca</p> <p>*ALL PROGRAMMING REQUIRES REGISTRATION – THERE CAN BE NO DROP IN'S</p> <div style="text-align: center; border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">  Find us on facebook </div>		