

**NOVEMBER 2023**  
 ALPHA COURT DAY CENTRE  
 270 Windsor Street – Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>1</b></p> <p><b>10:00AM – 11:00AM</b>  <b>WALKING GROUP (Sharon/ Jesse)</b>                      Meet at Marina Park                      *Please register/ Weather Depending                      ***</p> <p><b>10:30AM – 11:30AM (Jesse)</b>  <b>COPING WITH DIFFICULT PEOPLE</b>                      (Day Centre)                      Session 1/4 *Please register                      ***</p> <p><b>12:00PM – 1:00PM (Jesse/ Sharon)</b>  <b>KNITTING GROUP (Day Centre)</b>                      *Please register                      ***</p> <p><b>1:30PM – 3:30PM (Jesse/ Sharon)</b>  <b>ART GROUP facilitated by BISNO</b>                      *Please register</p>	<p><b>2</b></p> <p><b>10:00AM-10:30AM (Jesse)</b>  <b>MALL WALKING</b>                      Location: Intercity Mall                      ***</p> <p><b>10:30AM – 12:00PM (Sharon)</b>  <b>SOCIAL GAMING</b>                      (Day Centre/ Main Floor)                      *Please register                      ***</p> <p><b>10:30AM – 12:00PM (Jesse)</b>  <b>YOGA with Wendy (Day Centre)</b>                      *Please register                      ***</p> <p><b>10:30am- 12:00pm (Jesse)</b>  <b>Fit4less(Fit4less/ *Please register)</b>                      (Jesse)                      ***</p> <p><b>1:00PM – 2:00PM (Jesse)</b>  <b>NEW/ INTERESTED TOUR OF THE DAY CENTRE</b>                      *PLEASE REGISTER                      ***</p> <p><b>1:00PM- 1:30PM</b>  <b>MEDITATION (Jesse/ Day Centre)</b>                      ***</p> <p><b>2:00PM – 3:30PM (Sharon)</b>  <b>JEWELLRY GROUP (Day Centre)</b>                      *Please register</p>	<p><b>3</b></p> <p><b>10:00AM-10:30AM (Jesse)</b>  <b>MALL WALKING</b>                      Location: Intercity Mall                      ***</p> <p><b>10:30am- 12:00pm (Jesse)</b>  <b>Fit4less (Fit4less/ *Please register)</b>                      ***</p> <p><b>10:30AM – 12:00PM (Sharon)</b>  <b>COFFEE TALK with Peer Connections</b>                      (Day Centre)                      *Please register                      ***</p> <p><b>12:00PM – 1:00PM (Jesse/ Sharon)</b>  <b>LUNCH at the Day Centre</b>                      “SPAGHETTI”                      *Please register by Monday October 2                      ***</p> <p><b>1:00PM – 2:00PM (Jesse)</b>  <b>BOXING (Day Centre)</b>                      *Please register                      ***</p> <p><b>1:30PM – 2:30PM (Sharon)</b>  <b>BINGO at the Day Centre/ Zoom</b>                      *Please register</p>

<p><b>6</b>  <b>9:30AM- 10:00AM</b>  <b>MEDITATION (Jesse/ Day Centre)</b>  ***</p> <p><b>10:30am- 12:00pm</b>  <b>Fit4less (Fit4less/ *Please register)</b>  <b>(Jesse)</b>  ***</p> <p><b>10:30AM – 12:00PM (Sharon)</b>  <b>COFFEE TALK with Peer Connections</b>  (Day Centre)  *Please register  ***</p> <p><b>11:30PM – 12:30PM (Jesse/ Sharon)</b>  <b>LUNCH at the Day Centre</b>  “CHICKEN NOODLE SOUP”  *Please register  ***</p> <p><b>1:00pm-2:00pm (Jesse)</b>  <b>Boxing class (Day Centre)</b>  ***</p> <p><b>12:45PM – 1:45PM</b>  <b>AQUATICS</b>  <b>Location: Churchill Pool</b>  <b>(145 Churchill Drive West)</b>  *Please register  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>“Arts &amp; Crafts” (Day Centre)</b>  *Please register</p>	<p><b>7</b>  <b>10:00AM-10:30AM (Jesse)</b>  <b>MALL WALKING</b>  <b>Location: Intercity Mall</b>  ***</p> <p><b>10:00AM – 12:00PM (Sharon)</b>  <b>CreAction Collective &amp; MINDFUL</b>  <b>MAKERS presents</b>  <b>GATHERING &amp; SHARING</b>  <b>COLLECTIVE VOICES</b>  *Please register  ***</p> <p><b>10:30am- 12:00pm</b>  <b>Fit4less (Fit4less/ *Please register)</b>  <b>(Jesse)</b>  ***</p> <p><b>12:00PM – 1:00PM (Sharon)</b>  <b>NAME, PLACE, ANIMAL &amp; THING</b>  <b>GAME (Day Centre)</b>  *Please register  ***</p> <p><b>1:00pm-1:45pm (Jesse)</b>  <b>Boxing class (Day Centre)</b>  ***</p> <p><b>1:45PM – 2:45PM (Jesse)</b>  <b>“We have sewing machines!” with</b>  <b>Jesse (Day Centre)</b>  *Please Register</p>	<p><b>8</b>  <b>10:00AM – 11:00AM (Sharon/</b>  <b>Jesse)</b>  <b>WALKING GROUP</b>  <b>Meet at the Day Centre</b>  *Please register/ Weather  Depending  ***</p> <p><b>10:30AM – 11:30AM (Jesse)</b>  <b>COPING WITH DIFFICULT PEOPLE</b>  (Day Centre)  Session 2/4 *Please register  ***</p> <p><b>12:00PM – 1:00PM (Jesse/ Sharon)</b>  <b>KNITTING GROUP (Day Centre)</b>  *Please register  ***</p> <p><b>1:30PM – 3:30PM (Jesse/ Sharon)</b>  <b>ART GROUP facilitated by BISNO</b>  *Please register</p>	<p><b>9</b>  <b>10:00AM-10:30AM (Jesse)</b>  <b>MALL WALKING</b>  <b>Location: Intercity Mall</b>  ***</p> <p><b>10:30AM – 12:00PM (Sharon)</b>  <b>SOCIAL GAMING</b>  <b>(Day Centre/ Main Floor)</b>  *Please register  ***</p> <p><b>11:00AM – 12:00PM (Jesse)</b>  <b>YOGA (Day Centre)</b>  *Please register  ***</p> <p><b>10:30am- 12:00pm (Jesse)</b>  <b>Fit4less(Fit4less/ *Please register)</b>  <b>(Jesse)</b>  ***</p> <p><b>1:00PM – 1:30PM (Jesse)</b>  <b>NEW/ INTERESTED TOUR OF THE</b>  <b>DAY CENTRE</b>  *PLEASE REGISTER  ***</p> <p><b>1:00PM- 1:30PM</b>  <b>Meditation (Jesse/ Day Centre)</b>  ***</p> <p><b>2:00PM – 4:00PM (Jesse/ Sharon)</b>  <b>2SLGBTQIA+ and ALLIES SUPPORT</b>  <b>Group</b>  <b>Facilitated by Natalie &amp; Ken</b>  Location: (Day Centre)</p>	<p><b>10</b>  <b>10:00AM – 12:00PM (Sharon)</b>  <b>CreAction Collective &amp; MINDFUL</b>  <b>MAKERS presents</b>  <b>GATHERING &amp; SHARING</b>  <b>COLLECTIVE VOICES</b>  *Please register  ***</p> <p><b>12:00PM – 1:00PM (Jesse/ Sharon)</b>  <b>LUNCH at the Day Centre</b>  “PASTA BAKE”  *Please register  ***</p> <p><b>1:00PM – 2:00PM (Jesse)</b>  <b>BOXING (Day Centre)</b>  *Please register  ***</p> <p><b>2:00PM – 4:00PM (Sharon)</b>  <b>ART THERAPY</b> facilitated by Thunder  Bay Indigenous Friendship Centre  <b>Location: Day Centre</b>  *Please register</p>
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<p><b>13</b>  <b>9:30AM- 10:00AM</b>  <b>Meditation (Jesse/ Day Centre)</b>  ***</p> <p><b>10:30am- 12:00pm</b>  <b>Fit4less (Fit4less/ *Please register)</b>  <b>(Jesse)</b>  ***</p> <p><b>11:00AM – 12:00PM (Sharon)</b>  <b>COLOURING (Day Centre)</b>  ***</p> <p><b>12:00PM – 1:00PM (Jesse/ Sharon)</b>  <b>LUNCH at the Day Centre</b>  “GRILLED CHEESE”  *Please register  ***</p> <p><b>1:00pm-2:00pm (Jesse)</b>  <b>Boxing class (Day Centre)</b>  ***</p> <p><b>2:30PM – 4:00PM (Sharon)</b>  <b>BOWLING</b>  <b>Location: Mario’s Bowl</b>  *Please register/ Cost \$6.00</p>	<p><b>14</b>  <b>10:00AM-10:30AM (Jesse)</b>  <b>MALL WALKING</b>  <b>Location: Intercity Mall</b>  ***</p> <p><b>10:30am- 12:00pm (Jesse)</b>  <b>Fit4less</b>  <b>(Fit4less/ *Please register)</b>  ***</p> <p><b>10:30AM – 11:00AM (Sharon)</b>  <b>JOURNALING (Day Centre)</b>  ***</p> <p><b>1:00pm-1:45pm (Jesse)</b>  <b>Boxing class (Day Centre)</b>  ***</p> <p><b>1:45PM – 2:45PM (Jesse)</b>  “We have sewing machines!” with  Jesse (Day Centre)  *Please Register</p>	<p><b>15</b>  <b>DAY CENTRE</b>  <b>CLOSED</b>    <b>8:30AM – 12:00PM</b>    <b>12:30PM – 1:15PM (Sharon)</b>  <b>THERAPY DOG “Timber” Visits the</b>  <b>DAY CENTRE</b>  ***</p> <p><b>12:30PM – 1:15PM (Jesse)</b>  <b>MEN’S GROUP (Day Centre)</b>  *Please register  ***</p> <p><b>1:30PM – 3:30PM (Jesse/ Sharon)</b>  <b>ART GROUP facilitated by BISNO</b>  *Please register</p>	<p><b>16</b>  <b>10:00AM-10:30AM (Jesse)</b>  <b>MALL WALKING</b>  <b>Location: Intercity Mall</b>  ***</p> <p><b>10:30AM – 12:00PM (Sharon)</b>  <b>SOCIAL GAMING</b>  <b>(Day Centre/ Main Floor)</b>  *Please register  ***</p> <p><b>11:00AM – 12:00PM (Jesse)</b>  <b>YOGA (Day Centre)</b>  *Please register  ***</p> <p><b>10:30am- 12:00pm (Jesse)</b>  <b>Fit4less(Fit4less/ *Please register)</b>  <b>(Jesse)</b>  ***</p> <p><b>1:00PM – 2:00PM (Jesse)</b>  <b>NEW/ INTERESTED TOUR OF THE</b>  <b>DAY CENTRE</b>  *PLEASE REGISTER  ***</p> <p><b>1:00PM- 1:30PM</b>  <b>Meditation (Jesse/ Day Centre)</b>  ***</p> <p><b>2:00PM – 3:30PM (Sharon)</b>  <b>JEWELLRY GROUP (Day Centre)</b>  *Please register  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  “Drumming Group  Location: 1241 Jasper Drive  (Common Room)  *Please register</p>	<p><b>17</b>  <b>10:00AM – 10:30AM (Sharon)</b>  <b>TIE DYE (Day Centre)</b>  *Please register</p> <p><b>10:30AM – 12:00PM (Sharon)</b>  <b>COFFEE TALK with Peer Connections</b>  (Day Centre)  *Please register  ***</p> <p><b>12:00PM – 1:00PM (Jesse/ Sharon)</b>  <b>LUNCH at the Day Centre</b>  “CHILI”  *Please register by Monday October 2  ***</p> <p><b>1:30PM – 2:30PM (Sharon)</b>  <b>BINGO at the Day Centre/ Zoom</b>  *Please register  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  “Bannock &amp; Tea”  Location: 1241 Jasper Drive  (Common Room)  *Please register</p>
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<p><b>20</b>  <b>9:30AM- 10:00AM</b>  <b>MEDITATION (Jesse/ Day Centre)</b>  ***</p> <p><b>10:30am- 12:00pm</b>  <b>Fit4less (Fit4less/ *Please register)</b>  <b>(Jesse)</b>  ***</p> <p><b>10:30AM – 12:00PM (Sharon)</b>  <b>COFFEE TALK with Peer Connections</b>  (Day Centre)  *Please register  ***</p> <p><b>11:30PM – 12:30PM (Jesse/ Sharon)</b>  <b>LUNCH at the Day Centre</b>  “CHICKEN NOODLE SOUP”  *Please register  ***</p> <p><b>1:00pm-2:00pm (Jesse)</b>  <b>Boxing class (Day Centre)</b>  ***</p> <p><b>12:45PM – 1:45PM</b>  <b>AQUATICS</b>  <b>Location: Churchill Pool</b>  <b>(145 Churchill Drive West)</b>  *Please register  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>“Arts &amp; Crafts” (Day Centre)</b>  *Please register</p>	<p><b>21</b>  <b>10:00AM-10:30AM (Jesse)</b>  <b>MALL WALKING</b>  <b>Location: Intercity Mall</b>  ***</p> <p><b>10:30am- 12:00pm</b>  <b>Fit4less (Fit4less/ *Please register)</b>  <b>(Jesse)</b>  ***</p> <p><b>12:00PM – 1:00PM (Sharon)</b>  <b>PICTIONARY (Day Centre)</b>  *Please register  ***</p> <p><b>1:00pm-1:45pm (Jesse)</b>  <b>Boxing class (Day Centre)</b>  ***</p> <p><b>1:45PM – 2:45PM (Jesse)</b>  “We have sewing machines!” with  Jesse (Day Centre)  *Please Register  ***</p> <p><b>2:30PM – 4:00PM</b>  <b>CANVAS PAINTING at the Day Centre</b>  *PLEASE REGISTER</p>	<p><b>22</b>  <b>10:00AM – 11:00AM (Sharon/ Jesse)</b>  <b>WALKING GROUP</b>  <b>Meet at the Day Centre</b>  *Please register/ Weather  Depending  ***</p> <p><b>10:30AM – 11:30AM (Jesse)</b>  <b>COPING WITH DIFFICULT PEOPLE</b>  (Day Centre)  Session 3/4 *Please register  ***</p> <p><b>12:00PM – 1:00PM (Jesse/ Sharon)</b>  <b>KNITTING GROUP (Day Centre)</b>  *Please register  ***</p> <p><b>1:30PM – 3:30PM (Jesse/ Sharon)</b>  <b>ART GROUP facilitated by BISNO</b>  *Please register</p>	<p><b>23</b>  <b>10:00AM-10:30AM (Jesse)</b>  <b>MALL WALKING</b>  <b>Location: Intercity Mall</b>  ***</p> <p><b>10:30AM – 12:00PM (Sharon)</b>  <b>SOCIAL GAMING</b>  <b>(Day Centre/ Main Floor)</b>  *Please register  ***</p> <p><b>11:00AM – 12:00PM (Jesse)</b>  <b>YOGA with WENDY (Day Centre)</b>  *Please register  ***</p> <p><b>10:30am- 12:00pm (Jesse)</b>  <b>Fit4less(Fit4less/ *Please register)</b>  <b>(Jesse)</b>  ***</p> <p><b>1:00PM – 2:00PM (Jesse)</b>  <b>NEW/ INTERESTED TOUR OF THE DAY CENTRE</b>  *PLEASE REGISTER  ***</p> <p><b>1:00PM- 1:30PM</b>  <b>Meditation (Jesse/ Day Centre)</b></p>	<p><b>24</b>  <b>12:00PM – 1:00PM (Jesse/ Sharon)</b>  <b>LUNCH at the Day Centre</b>  “HAM SANDWICHES”  *Please register  ***</p> <p><b>1:00PM – 2:00PM (Jesse)</b>  <b>BOXING (Day Centre)</b>  *Please register  ***</p> <p><b>2:00PM – 4:00PM (Sharon)</b>  <b>ART THERAPY</b> facilitated by Thunder  Bay Indigenous Friendship Centre  <b>Location: Thunder Bay Indigenous Friendship Centre (401 Cumberland Street North)</b>  *Please register</p>
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<p><b>27</b>  <b>9:30AM- 10:00AM</b>  <b>Meditation (Jesse/ Day Centre)</b>  ***</p> <p><b>10:30am- 12:00pm</b>  <b>Fit4less (Fit4less/ *Please register)</b>  <b>(Jesse)</b>  ***</p> <p><b>12:00PM – 1:00PM (Jesse/ Sharon)</b>  <b>LUNCH at the Day Centre</b>  <b>“GRILLED CHEESE”</b>  <b>*Please register</b>  ***</p> <p><b>1:00pm-2:00pm (Jesse)</b>  <b>Boxing class (Day Centre)</b></p>	<p><b>28</b>  <b>10:00AM-10:30AM (Jesse)</b>  <b>MALL WALKING</b>  <b>Location: Intercity Mall</b>  ***</p> <p><b>10:30am- 12:00pm (Jesse)</b>  <b>Fit4less</b>  <b>(Fit4less/ *Please register)</b>  ***</p> <p><b>1:00pm-1:45pm (Jesse)</b>  <b>Boxing class (Day Centre)</b>  ***</p> <p><b>1:45PM – 2:45PM (Jesse)</b>  <b>“We have sewing machines!” with</b>  <b>Jesse (Day Centre)</b>  <b>*Please Register</b></p>	<p><b>29</b>  <b>10:00AM – 11:00AM (Sharon/ Jesse)</b>  <b>WALKING GROUP</b>  <b>Meet at Marina Park</b>  <b>*Please register/ Weather Depending</b>  ***</p> <p><b>10:30AM – 11:30AM (Jesse)</b>  <b>COPING WITH DIFFICULT PEOPLE</b>  <b>(Day Centre)</b>  <b>Session 4/4 *Please register</b>  ***</p> <p><b>12:00PM – 1:00PM (Jesse/ Sharon)</b>  <b>KNITTING GROUP (Day Centre)</b>  <b>*Please register</b>  ***</p> <p><b>1:30PM – 3:30PM (Jesse/ Sharon)</b>  <b>ART GROUP facilitated by BISNO</b>  <b>*Please register</b></p>	<p><b>30</b>  <b>10:00AM-10:30AM (Jesse)</b>  <b>MALL WALKING</b>  <b>Location: Intercity Mall</b>  ***</p> <p><b>10:30AM – 12:00PM (Sharon)</b>  <b>SOCIAL GAMING</b>  <b>(Day Centre/ Main Floor)</b>  <b>*Please register</b>  ***</p> <p><b>11:00AM – 12:00PM (Jesse)</b>  <b>YOGA with Wendy (Day Centre)</b>  <b>*Please register</b>  ***</p> <p><b>10:30am- 12:00pm (Jesse)</b>  <b>Fit4less(Fit4less/ *Please register)</b>  <b>(Jesse)</b>  ***</p> <p><b>1:00PM – 2:00PM (Jesse)</b>  <b>NEW/ INTERESTED TOUR OF THE DAY CENTRE</b>  <b>*PLEASE REGISTER</b>  ***</p> <p><b>1:00PM- 1:30PM</b>  <b>Meditation (Jesse/ Day Centre)</b>  ***</p> <p><b>2:00PM – 3:30PM (Sharon)</b>  <b>JEWELLRY GROUP (Day Centre)</b>  <b>*Please register</b></p>	
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**CALENDAR LEGEND**  
**At the Day Centre (not highlighted)**  
**Outdoor Programming**  
**Community Indoor Programming**  
**ZOOM**



**ALPHA COURT DAY CENTRE**  
**(807) 683-7729**

**DAY PROGRAM FACILITATORS**  
**Contact Information:**

Jesse [jjames@alphacourt.ca](mailto:jjames@alphacourt.ca)  
(807) 627 – 8831  
or ext. 3172

Sharon [sgreshuk@alphacourt.ca](mailto:sgreshuk@alphacourt.ca)  
(807) 627 – 6119  
or ext. 3176

**\*Please note: All programming requires registration**

