

NOVEMBER 2025
ALPHA COURT DAY CENTRE
270 Windsor Street/ Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 10:30AM – 11:30AM Book Club- Starting new book Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Pizza Bagels" Location: Day Centre *** 1:00PM – 2:00PM Colouring/ Hangout Location: Day Centre *** 1:00PM – 3:00PM INDIGENOUS ADVENTURES w Natalie "Finishing Medicine Necklaces & Jewellery Making" Location: Day Centre	4 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00AM – 12:00PM DIY How to Paint Group "A Sunset Pier" Location: Day Centre *** 12:00PM – 1:00PM Lunch "Grilled Cheese & Chicken Noodle Soup" Location: Day Centre *** 1:30PM - 2:30PM BOXING Location: Day Centre Main Room	5 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00AM – 12:00PM Pictionary Location: Day Centre *** 1:00p.m – 4:00p.m Flu Vaccine Clinic with Northwest Health Centre Location DAY CENTRE MAIN ROOM	6 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00PM – 12:00PM Crafting with Ashley "Air Dry Clay Jewellery Dish" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Chicken Quesadilla" Location: Day Centre *** 1:30PM – 3:00PM Womans Group "Baking Group- Oatmeal Chocolate Chip Cookies" *Please Register* Location: Day Centre	7 10:30AM – 11:30AM YOGA with Jan Adams Location: Day Centre *** 11:45AM – 2:00PM Social Gaming Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Chicken and Dumplings" Location: Day Centre *** 12:00PM – 2:00PM Movie & Popcorn "Shazam! Fury of the Gods" Location: Day Centre *** 2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10 10:00AM – 12:00PM Daily Grind Coffee Club Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Spaghetti" Location: Day Centre *** 1:00PM – 2:00PM Colouring/ Hangout Location: Day Centre *** 2:00PM – 4:00PM WALKING PROUD GROUP with Natalie 2SLGBTQIA+ and Allies "Jewelry Making & Brunch Social" *Please Register* Location: Day Centre	11 REMEMBRANCE DAY 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00AM – 12:00PM Journaling *Offered Virtually via Zoom as well* Location: Day Centre *** 12:00PM – 1:00PM Lunch "Cold Cut Sandwiches" Location: Day Centre *** 1:30PM - 2:30PM BOXING Location: Day Centre Main Room	12 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00AM – 12:30PM Baking Group "Cheese Bread" *Please Register* Location: Day Centre *** 11:00AM – 1:00PM Day Centre Drop In Gaming, Colouring, Painting Location: Day Centre *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	13 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 12:00PM – 1:00PM LUNCH "Mac & Cheese" Location: Day Centre *** NORTHWEST RECOVERY COLLEGE "Insights Into Hoarding" 1:30PM – 3:00PM Location: Alpha Court Day Centre 270 Windsor Street <i>*Registration required – contact Sharon or Ashley</i>	14 10:30AM – 11:30AM YOGA with Jan Adams Location: Day Centre *** 11:45AM – 2:00PM Social Gaming Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Hamburger Soup" Location: Day Centre *** 12:00PM – 2:00PM Movie & Popcorn "Wonder Woman 1984" Location: Day Centre *** 2:00PM – 4:00PM OOSHKE PROGRAMMING "Bannock & Tea" Location: 1241 Jasper Drive *** 2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 10:30AM – 11:30AM Book Club Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Pizza Pasta Casserole" Location: Day Centre *** 1:00PM – 2:00PM Colouring/Hangout Location: Day Centre *** 2:00PM – 3:00PM Produce BINGO "Win Free Fruit and Veggies" Location: Day Centre	18 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00AM – 12:00PM DIY how to Paint Group "Lightning Bugs in a Jar" Location: Day Centre *** 12:00PM – 1:00PM Lunch "Hashbrown Casserole" Location: Day Centre *** 1:30PM - 2:30PM BOXING Location: Day Centre Main Room 2:30PM – 3:30PM Body 4 U Gentle Fitness class w Natalie Location: Day Centre	19 8:30AM – 12:00PM DAY CENTRE CLOSED *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	20 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00AM – 12:00PM Crafting with Ashley "Tassel BookMarks" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Perogies" Location: Day Centre *** 1:30PM – 3:30PM Womans Group Vanderwees Outing *Please Register* *Contact Ashley if you have transportation concerns* Location: Day Centre *** 2:00PM – 4:00PM OOSHKE PROGRAMMING "Drum Group" Location: 1241 Jasper Drive	21 10:30AM – 11:30AM YOGA with Jan Adams Location: Day Centre *** 11:45AM – 2:00PM Social Gaming Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Hamburgers" Location: Day Centre *** 12:00PM – 2:00PM Movie & Popcorn "Like A Boss" Location: Day Centre *** 2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 10:00AM – 12:00PM Daily Grind Coffee Club Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Shepards Pie" Location: Day Centre *** 1:00PM – 2:00PM Colouring/ Hangout Location: Day Centre *** 2:00PM – 4:00PM OOSHKE PROGRAMMING "Arts & Crafts" Location: 1241 Jasper Drive	25 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00AM – 12:00PM Journaling *Offered Virtually via Zoom as well* Location: Day Centre *** 12:00PM – 1:00PM Lunch "Greek Salad" Location: Day Centre *** 1:30PM - 2:30PM BOXING Location: Day Centre Main Room 2:30PM – 3:30PM Body 4 U Gentle Fitness class w Natalie Location: Day Centre	26 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00AM – 12:30PM Baking Group "Blueberry Muffins" *Please Register* Location: Day Centre *** 11:00AM – 1:00PM Day Centre Drop In Gaming, Colouring, Painting Location: Day Centre *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	27 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00PM – 12:00PM Crafting with Ashley "Creat a 'Magic' Crystal Ball" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Tacos" Location: Day Centre *** 1:00PM – 2:00PM Meat BINGO "Win Free Meat for your Fridge/ Freezer" Location: Day Centre	28 10:30AM – 11:30AM YOGA with Jan Adams Location: Day Centre *** 11:45AM – 2:00PM Social Gaming Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Pancakes & Bacon" Location: Day Centre *** 12:00PM – 2:00PM Movie & Popcorn "Crazy Rich Asians" Location: Day Centre *** 2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave

ALPHA COURT DAY CENTRE
(807) 683 – 7729

DAY PROGRAM FACILTATOR
Contact Information:

Sharon sgreshuk@alphacourt.ca ext. 3176 or

*Please note location and program times varies; due to
community activities



Scan the above QR Code to be keep up to date with Alpha Court on Facebook

(807) 627 – 6119
Ashley aspaxman@alphacourt.ca ext 3175 or
(807) 621 – 6413