

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 10:30AM – 1:00PM BAKING GROUP "Apple Crumble" *Limited Spaces, Please Register* Location: Day Centre *** 11:00AM – 1:00PM LEARN FRENCH with Fern Location: Day Centre Closed group – Registration required *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	2 8:30AM – 12:00PM DAY CENTRE CLOSED 12:15PM- 1:00PM LUNCH "Mac And Cheese" Location: Day Centre *** 1:30PM – 2:30PM Crafting with Ashley "Fall Painted Door Signs" Location: Day Centre *** 2:30PM – 3:30PM MEAT BINGO Location: Day Centre *Win free meat for your fridge/freezer*	3 10:30AM – 11:30AM YOGA with Jan Adams Location: Day Centre *** 11:45AM – 1:00PM SOCIAL GAMING Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Lasagna Soup" Location: Day Centre *** 12:00PM – 2:00PM Halloween Movie Series "Beetlejuice Beetlejuice" Location: Day Centre *** 12:00PM – 3:00PM Ooshke Fall Feast *Please Register* Location: 1241 Jasper Drive *** 2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave

6 10:30AM – 11:30AM Book Club Location: Tim Hortons (310 Memorial Ave) *** 12:00PM – 1:00PM LUNCH "Chili" Location: Day Centre *** 1:00PM – 2:00PM Colouring Location: Day Centre *** 1:00PM – 3:00PM INDIGENOUS ADVENTURES w Natalie "Finishing Medicine Necklaces" *No New Registration-previous clients need to finish prior to starting a new project* Location: Day Centre	7 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00AM – 12:00PM DIY Paint Group "Viral Halloween Ghost Painting" Location: Day Centre *** 12:00PM – 1:00PM Lunch "Perogies" 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	8 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 10:30AM – 1:00PM Baking Group "Personal Pumpkin Pie" *Limited Spaces, Please Register* Location: Day Centre *** 11:00AM – 1:00PM *New* LEARN FRENCH with Fern Location: Day Centre Closed group *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	9 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00PM – 12:00PM Crafting with Ashley "Terracotta Pot Scarecrow" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Creamy Potato Soup" Location: Day Centre *** 1:30PM – 3:30PM Womans Group Movie and popcorn "Magic Mikes Last Dance" Location: Day Centre	10 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 "Shepard's Pie" Location: Day Centre *** 12:00PM – 2:00PM Halloween Movie Series "The Adams Family (1991)" Location: Day Centre 2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave
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13

THANKSGIVING
DAY
DAY CENTRE
CLOSED

14

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1186 Memorial Ave

11:00AM – 1:00PM

DAY CENTRE

THANKSGIVING LUNCH

****Please Register by**

October 8th**

Location: Day Centre

1:30PM - 2:30PM

BOXING

Location: Day Centre Main
Room

15

8:30AM – 12:00PM

DAY CENTRE

CLOSED

1:00PM – 3:00PM

**ART GROUP facilitated by
BISNO**

Location: Day Centre

16

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1186 Memorial Ave

10:45AM – 11:30AM

MALL WALKING

Location: Intercity Shopping
Centre

*Registration required

*Meet at the Food Court

12:00PM – 1:00PM

LUNCH

"PIZZA"

Location: Day Centre

2:00PM – 4:00PM

OOSHKE PROGRAMMING

"Drumming"

Location: Vickers Park

Rain Location: 1241 Jasper
Drive

**NORTHWEST
RECOVERY COLLEGE**

**"Insights Into
Hoarding"**

1:30PM – 3:00PM

Location: Alpha Court
Day Centre

270 Windsor Street

**Registration required –
contact Sharon or Ashley*

17

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 Ceaser Wrap"

Location: Day Centre

12:00PM – 2:00PM

Halloween Movie Series

"Gremlins"

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

20 10:30AM – 11:30AM Book Club Location: Tim Hortons (310 Memorial Ave) *** 12:00PM – 1:00PM LUNCH "Chili" Location: Day Centre *** 1:00PM – 2:00PM BAKING GROUP "Chocolate Chip Cookies" *Please Register – limited spaces Location: Day Centre *** 1:00PM – 2:00PM Colouring Location: Day Centre *** 2:00PM – 4:00PM OOSHKE PROGRAMMING "Arts & Crafts" Location: 1241 Jasper Drive *** 2:00PM – 4:00PM WALKING PROUD GROUP with Natalie 2SLGBTQIA+ and Allies *Please Register* Location: Day Centre	21 9:00AM – 2:30PM DROP IN Location: Day Centre *** 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00AM – 12:00PM FALL COLOURING Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Stuffed Peppers" Location: Day Centre *** 1:00PM – 3:00PM Book Club Movie Location: Day Centre	22 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 10:30AM – 1:00PM BAKING GROUP "Cinnamon Rolls" *Limited Spaces, Please Register* Location: Day Centre *** 11:00AM – 1:00PM LEARN FRENCH with Fern Location: Day Centre Closed group *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	23 9:00AM – 2:30PM DROP IN Location: Day Centre *** 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 10:45AM – 11:30AM MALL WALKING Location: Intercity Shopping Centre *Registration required *Meet at the Food Court *** 11:00PM – 12:00PM Crafting with Ashley "Bath Bombs" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Cheesy Baked Tortellini Casserole" Location: Day Centre *** 1:30PM – 3:30PM Womans Group Lunch Outing Location: Dawson Diner *Please register*	24 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 "Cheddar Broccoli Soup" Location: Day Centre *** 12:00PM – 2:00PM Halloween Movie Series "Scooby Doo" Location: Day Centre *** 2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave
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27 9:00AM – 2:00PM DROP IN Location: Day Centre *** 10:00AM – 12:00PM DAILY GRIND COFFEE CLUB Location: Day Centre *** 10:30AM – 12:00PM COOKING GROUP with Sharon "Stir Fry" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Stir Fry" Location: Day Centre *** 1:00PM – 2:00PM Board Games/ Colouring Location: Day Centre	28 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00AM – 12:00PM DIY Paint Group "Diy Fall Gnome Painting" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Chickpea & Potatoe Curry" 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	29 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00AM – 1:00PM BAKING GROUP "Pumpkin Spice Baked Donuts" *Limited Spaces, Please Register* Location: Day Centre *** 11:00AM – 1:00PM Fall Colouring/Drop In Location: Day Centre *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	30 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00PM – 12:00PM Crafting with Ashley "Witch Hat Decorations" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Chicken Broccoli Alfredo" 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>	31 Halloween Pajama Day 10:30AM – 11:30AM YOGA with Jan Adams Location: Day Centre *** 11:45AM – 1:00PM SOCIAL GAMING Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Lasagna" Location: Day Centre *** 12:00PM – 2:00PM Halloween Movie Series "Trick'R'Treat (Rated 14A)" Location: Day Centre *** 2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave
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ALPHA COURT DAY CENTRE
(807) 683 – 7729

DAY PROGRAM FACILTATOR
Contact Information:

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

Sharon sgreshuk@alphacourt.ca ext. 3176 or
(807) 627 – 6119
Ashley aspaxman@alphacourt.ca ext 3175 or
(807) 621 – 6413



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