OCTOBER 2025

ALPHA COURT DAY CENTRE

270 Windsor Street - Room 221

270 Windsor Street - Room 221				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30AM - 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave	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*	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

10 10:30AM - 11:30AM 9:30AM - 10:30AM 9:30AM - 10:30AM 9:30AM - 10:30AM 10:30AM - 11:30AM **Book Club** YOGA with Jan Adams (Sharon/ Ashley) (Sharon/ Ashley) (Sharon/ Ashley) Location: Tim Hortons (310 FIT4LESS Location: Day Centre FIT4LESS FIT4LESS Memorial Ave) *** *Please register* *Please register* *Please register* *** Location: 1186 Memorial Ave Location: 1186 Memorial Ave Location: 1186 Memorial Ave 11:45AM - 2:00PM 12:00PM - 1:00PM *** *** *** Social Gaming LUNCH 10:30AM - 1:00PM 11:00AM - 12:00PM 11:00PM - 12:00PM Location: Dav Centre "Chili" **Baking Group** Crafting with Ashley DIY Paint Group *** Location: Day Centre "Personal Pumpkin Pie" "Viral Halloween Ghost "Terracotta Pot Scarecrow" 12:00PM - 1:00PM *** Painting" *Limited Spaces, Please Location: Day Centre LUNCH 1:00PM - 2:00PM Location: Day Centre Register* *** "Shepard's Pie" Colouring *** Location: Day Centre 12:00PM - 1:00PM Location: Day Centre Location: Day Centre *** 12:00PM - 1:00PM LUNCH 11:00AM - 1:00PM 12:00PM - 2:00PM Lunch "Creamy Potato Soup" *** *New* LEARN FRENCH with Location: Day Centre "Perogies" Halloween Movie Series 1:00PM - 3:00PM Location: Day Centre Fern "The Adams Family (1991)" *** INDIGENOUS Location: Day Centre ADVENTURES w Natalie *** Location: Day Centre 1:30PM - 3:30PM "Finishing Medicine 1:30PM - 2:30PM Closed group **Womans Group Movie and** Necklaces" *** 2:30PM - 3:30PM **BOXING** popcorn *No New Registration-Location: Day Centre Main 1:00PM - 3:00PM "Magic Mikes Last Dance" (Sharon/ Ashley) previous clients need to ART GROUP facilitated by FIT4LESS Room Location: Day Centre finish prior to starting a *** BISNO *Please register* new project* Location: Day Centre 2:30PM - 3:30PM Location: 1186 Memorial Ave Location: Day Centre **Body 4 U Gentle Fitness** class w Natalie

Location: Day Centre

13 15 17 14 16 9:30AM - 10:30AM 9:30AM - 10:30AM 8:30AM - 12:00PM (Sharon/ Ashley) (Sharon/ Ashley) **DAY CENTRE** FIT4LESS FIT4LESS **CLOSED** *Please register* *Please register* Location: 1186 Memorial Ave Location: 1186 Memorial Ave *** *** 1:00PM - 3:00PM 11:00AM - 1:00PM 10:45AM - 11:30AM ART GROUP facilitated by MALL WALKING DAY CENTRE BISNO Location: Intercity Shopping THANKSGIVING LUNCH Location: Day Centre Centre **Please Register by Lunch *Registration required October 8th** *Meet at the Food Court Location: Day Centre THANKSGIVING 12:00PM - 1:00PM DAY 1:30PM - 2:30PM LUNCH **BOXING DAY CENTRE** "PIZZA" Location: Day Centre Main Location: Day Centre CLOSED Room 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 -

10:30AM - 11:30AM YOGA with Jan Adams Location: Day Centre *** 11:45AM - 2:00PM Social Gaming Location: Day Centre 12:00PM - 1:00PM "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

contact Sharon or Ashlev

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

20

21 9:00AM - 2:30PM DROP IN Location: Day Centre 9:30AM - 10:30AM (Sharon/ Ashlev) 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)

Please register

10:30AM - 1:00PM

"Cinnamon Rolls"

Location: Day Centre

*Limited Spaces, Please

BAKING GROUP

Location: 1186 Memorial Ave

FIT4LESS

Register*

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 24 9:00AM - 2:30PM 10:30AM - 11:30AM DROP IN YOGA with Jan Adams Location: Day Centre 9:30AM - 10:30AM (Sharon/ Ashlev) 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

Please register

Outing

Womans Group Lunch

Location: Dawson Diner

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 27 29 30 31 28 9:00AM - 2:00PM 9:30AM - 10:30AM 9:30AM - 10:30AM 9:30AM - 10:30AM Halloween Pajama Day DROP IN 10:30AM - 11:30AM (Sharon/ Ashley) (Sharon/ Ashley) (Sharon/ Ashley) Location: Day Centre FIT4LESS FIT4LESS FIT4LESS YOGA with Jan Adams *Please register* *Please register* *Please register* Location: Day Centre 10:00AM - 12:00PM *** Location: 1186 Memorial Ave Location: 1186 Memorial Ave Location: 1186 Memorial Ave DAILY GRIND COFFEE *** 11:45AM - 1:00PM CLUB 11:00PM - 12:00PM 11:00AM - 12:00PM SOCIAL GAMING 11:00AM - 1:00PM Location: Day Centre Crafting with Ashley Location: Day Centre **BAKING GROUP** DIY Paint Group *** "Witch Hat Decorations" "Diy Fall Gnome Painting" "Pumpkin Spice Baked 10:30AM - 12:00PM 12:00PM - 1:00PM Donuts" Location: Day Centre Location: Day Centre COOKING GROUP with *** LUNCH *Limited Spaces, Please *** Sharon Register* "Lasagna" 12:00PM - 1:00PM 12:00PM - 1:00PM "Stir Frv" Location: Day Centre Location: Day Centre LUNCH LUNCH Location: Day Centre *** "Chicken Broccoli Alfredo" "Chickpea & Potatoe Curry" *** 12:00PM - 2:00PM 11:00AM - 1:00PM Location: Day Centre Location: Day Centre 12:00PM - 1:00PM Halloween Movie Series Fall Colouring/Drop In *** *** LUNCH "Stir Fry" "Trick'R'Treat (Rated 14A)" Location: Day Centre **NORTHWEST** 1:30PM - 2:30PM Location: Day Centre Location: Day Centre *** **BOXING RECOVERY COLLEGE** *** *** 1:00PM - 3:00PM Location: Day Centre Main "Insights Into 1:00PM - 2:00PM 2:30PM - 3:30PM ART GROUP facilitated by Room Hoarding" **Board Games/ Colouring** (Sharon/ Ashley) **BISNO** *** Location: Day Centre FIT4LESS Location: Day Centre 1:30PM - 3:00PM 2:30PM - 3:30PM *Please register* **Body 4 U Gentle Fitness** Location: Alpha Court Location: 1186 Memorial Ave class w Natalie Day Centre Location: Day Centre 270 Windsor Street *Registration required contact Sharon or Ashley

ALPHA COURT DAY CENTRE (807) 683 - 7729

DAY PROGRAM FACILTATOR
Contact Information:

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

Sharon <u>sgreshuk@alphacourt.ca</u> ext. 3176 or (807) 627 – 6119

Ashley $\underline{aspaxman@alphacourt.ca}$ ext 3175 or

(807) 621 - 6413





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