SEPTEMBER 2020

ALPHA COURT DAY CENTRE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00AM - 11:00AM JOURNALING *** 11:30AM - 12:30PM WALKING GROUP ALL PARTICIPANTS WELCOME, LIMITED SPOTS AVAILABLE - PLEASE REGISTER 12:45PM - 2:00PM MINI PUTT *LIMITED SPOTS AVAILABLE, PLEASE REGISTER (WEATHER DEPENDING) *** 2:30PM - 3:30PM COOKING PROGRAM "SPAGHETTI"	9:30AM - 10:15AM GARDENING PROGRAM at LU HANGAR Plot #118 (WEATHER DEPENDING) *** 11:00AM - 12:00PM CANVAS PAINTING *** 1:00pm - 2:00pm TAI CHI IN THE PARK ALL PARTICIPANTS WELCOME, LIMITED SPOTS AVAILABLE - PLEASE REGISTER (WEATHER DEPENDING) *** 2:45PM - 3:30PM DAY CENTRE CHECK IN	3 10:00AM - 11:00AM YOGA with WENDY *** 11:30AM - 12:00PM STRETCHING *** 1:00PM - 2:00PM TAI CHI (Rain date) *** 1:30PM - 2:30PM BOCCE BALL *LOCATION TO BE ANNOUNCED. LIMITED SPOTS AVAILABLE - PLEASE REGISTER (WEATHER DEPENDING)	9:30AM - 10:15AM GARDENING PROGRAM at LU HANGAR Plot #118 (WEATHER DEPENDING) *** 10:30AM - 11:30AM COPING WITH EVERYDAY STRESSORS *PLEASE REGISTER *** 11:45AM - 12:15PM MEDITATION *LOCATION TO BE ANNOUNCED, LIMITED SPOTS - PLEASE REGISTER (WEATHER DEPENDING)	5
DA	BOUR DAY Y CENTRE CLOSED	8 10:30AM - 11:30AM JOURNALING *** 12:30PM - 1:30PM WALKING GROUP (ALL PARTICIPANTS WELCOME. LIMITED SPOTS AVAILABLE - PLEASE REGISTER) (WEATHER DEPENDING) *** 2:00PM - 2:45PM BAKING PROGRAM "BANANA BREAD" 3:00PM - 4:00PM CRAFT "FALL DOOR HANGER" *PLEASE REGISTER	9 9:30AM - 10:15AM GARDENING PROGRAM at LU HANGAR Plot #118 (WEATHER DEPENDING) *** 11:30AM - 12:30PM FRISBEE GOLF *BOULEVARD LAKE, LIMITED SPOTS AVAILABLE - PLEASE REGISTER (WEATHER DEPENDING) *** 1:00pm - 2:00pm TAI CHI IN THE PARK ALL PARTICIPANTS WELCOME, LIMITED SPOTS AVAILABLE - PLEASE REGISTER (WEATHER DEPENDING) *** 2:45PM - 3:30PM DAY CENTRE CHECK IN	10 10:00AM - 11:00AM YOGA with WENDY *** 11:30AM - 12:00PM STRETCHING *** 1:00PM - 2:00PM TAI CHI (Rain date) *** 1:30PM - 2:30PM PICTIONARY *** 3:00PM - 4:00PM CANVAS PAINTING	11 9:30AM - 10:15AM GARDENING PROGRAM at LU HANGAR Plot #118 (WEATHER DEPENDING) *** 10:30AM - 11:30AM COPING WITH EVERYDAY STRESSORS *PLEASE REGISTER *** 12:45 - 1:15PM MEDITATION *** 1:30PM - 4:00PM MOVIE " THE AVENGERS"	12

SEPTEMBER 2020

ALPHA COURT DAY CENTRE

Sun Mon	Tue	Wed	Thu	Fri	Sa
¹³ 14	15	16	17	18	1
9:30AM - 10:15AM	10:30AM - 11:30AM	ALPHA COURT OFFICES	10:00AM - 11:00AM	9:30AM - 10:15AM	
GARDENING PROGRAM at LU	JOURNALING	CLOSED	YOGA with WENDY	GARDENING PROGRAM at LU	
HANGAR	***	from 8:30AM - 12:00PM	***	HANGAR	
Plot #118 (WEATHER	12:30PM - 1:30PM	110111010071171 221001171	11:30AM - 12:00PM	Plot #118 (WEATHER	
DEPENDING)	WALKING GROUP (ALL PARTICIPANTS WELCOME,	1:00pm - 2:00pm	STRETCHING	DEPENDING)	
***	LIMITED SPOTS AVAILABLE - PLEASE	TAI CHI IN THE PARK	***	***	
11:00AM - 12:00PM	REGISTER)	ALL PARTICIPANTS WELCOME, LIMITED	1:00PM - 2:00PM	10:30AM - 11:30AM	
COLOURING	***	SPOTS AVAILABLE - PLEASE REGISTER	TAI CHI (Rain date)	COPING WITH EVERYDAY	
***	2:00PM - 2:45PM	***	***	STRESSORS	
1:00PM - 2:30PM	COOKING PROGRAM	2:45PM - 3:30PM	2:30PM - 3:30PM	*PLEASE REGISTER	
OUTDOOR TIE DYEING	"FINN PANCAKES"	DAY CENTRE CHECK IN		***	
*LIMITED SPOTS AVAILABLE -		BAT GENTRE GREEK IT	BINGO	11:45AM - 12:15PM	
PLEASE REGISTER (We will			*LOCATION TO BE ANNOUNCED. LIMITED SPOTS AVAILABLE -	MEDITATION	
provide the t-shirt)			PLEASE REGISTER (WEATHER		
(WEATHER DEPENDING)			DEPENDING)		
			<u> </u>		
²⁰ 21	22	23	24	25	20
9:30AM - 10:15AM	10:30AM - 11:30AM	9:30AM - 10:15AM	10:00AM - 11:00AM	9:30AM - 10:15AM	
GARDENING PROGRAM at LU	JOURNALING	GARDENING PROGRAM at LU HANGAR	Independent Living Resource	GARDENING PROGRAM at LU	
HANGAR	***	Plot #118 (WEATHER DEPENDING)	Centre (ILRC) Presentation via	HANGAR	
Plot #118 (WEATHER	12:30PM - 1:30PM	***	ZOOM	Plot #118 (WEATHER	
DEPENDING)	WALKING GROUP	44 00414 40 00014	*Please register	DEDENIDING)	
***		11:00AM - 12:00PM	rieuse register	DEPENDING)	
	(ALL PARTICIPANTS WELCOME,		***	***	
11:00AM - 12:00PM	LIMITED SPOTS AVAILABLE - PLEASE	PICNIC		· ·	
		PICNIC *PLEASE BRING YOUR OWN LUNCH.	***	***	
11:00AM - 12:00PM	LIMITED SPOTS AVAILABLE - PLEASE	PICNIC	*** 11:30AM - 12:00PM	*** 10:30AM - 11:30AM	
11:00AM - 12:00PM COLOURING	LIMITED SPOTS AVAILABLE - PLEASE REGISTER) (WEATHER DEPENDING) *** 2:00PM - 2:45PM BAKING PROGRAM "SAVORY CHEESE	PICNIC *PLEASE BRING YOUR OWN LUNCH. LIMITED SPOTS AVAILABLE – PLEASE	*** 11:30AM - 12:00PM STRETCHING	*** 10:30AM - 11:30AM COPING WITH EVERYDAY	
11:00AM - 12:00PM COLOURING ***	LIMITED SPOTS AVAILABLE - PLEASE REGISTER) (WEATHER DEPENDING) *** 2:00PM - 2:45PM BAKING PROGRAM "SAVORY CHEESE SCONES"	PICNIC *PLEASE BRING YOUR OWN LUNCH, LIMITED SPOTS AVAILABLE - PLEASE REGISTER (WEATHER DEPENDING) ***	*** 11:30AM - 12:00PM STRETCHING ***	*** 10:30AM - 11:30AM COPING WITH EVERYDAY	
11:00AM - 12:00PM COLOURING *** 1:00PM - 2:30PM BOWLING	LIMITED SPOTS AVAILABLE - PLEASE REGISTER) (WEATHER DEPENDING) *** 2:00PM - 2:45PM BAKING PROGRAM "SAVORY CHEESE SCONES" ***	PICNIC *PLEASE BRING YOUR OWN LUNCH, LIMITED SPOTS AVAILABLE – PLEASE REGISTER (WEATHER DEPENDING)	*** 11:30AM - 12:00PM STRETCHING *** 1:30PM - 2:30PM BOCCE BALL	*** 10:30AM - 11:30AM COPING WITH EVERYDAY STRESSORS	
11:00AM - 12:00PM COLOURING *** 1:00PM - 2:30PM BOWLING Cost \$5.00	LIMITED SPOTS AVAILABLE - PLEASE REGISTER) (WEATHER DEPENDING) *** 2:00PM - 2:45PM BAKING PROGRAM "SAVORY CHEESE SCONES" *** 3:00PM - 3:45PM	PICNIC *PLEASE BRING YOUR OWN LUNCH, LIMITED SPOTS AVAILABLE - PLEASE REGISTER (WEATHER DEPENDING) *** 1:00pm - 2:00pm TAI CHI IN THE PARK	*** 11:30AM - 12:00PM STRETCHING *** 1:30PM - 2:30PM BOCCE BALL *LOCATION TO BE ANNOUNCED.	*** 10:30AM - 11:30AM COPING WITH EVERYDAY STRESSORS 12:45 - 1:15PM	
11:00AM - 12:00PM COLOURING *** 1:00PM - 2:30PM BOWLING Cost \$5.00 *LIMITED SPOTS AVAILABLE.	LIMITED SPOTS AVAILABLE - PLEASE REGISTER) (WEATHER DEPENDING) *** 2:00PM - 2:45PM BAKING PROGRAM "SAVORY CHEESE SCONES" ***	PICNIC *PLEASE BRING YOUR OWN LUNCH. LIMITED SPOTS AVAILABLE - PLEASE REGISTER (WEATHER DEPENDING) *** 1:00pm - 2:00pm	*** 11:30AM - 12:00PM STRETCHING *** 1:30PM - 2:30PM BOCCE BALL	*** 10:30AM - 11:30AM COPING WITH EVERYDAY STRESSORS 12:45 - 1:15PM MEDITATION	
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11:00AM - 12:00PM COLOURING *** 1:00PM - 2:30PM BOWLING Cost \$5.00 *LIMITED SPOTS AVAILABLE.	LIMITED SPOTS AVAILABLE - PLEASE REGISTER) (WEATHER DEPENDING) *** 2:00PM - 2:45PM BAKING PROGRAM "SAVORY CHEESE SCONES" *** 3:00PM - 3:45PM	PICNIC *PLEASE BRING YOUR OWN LUNCH, LIMITED SPOTS AVAILABLE - PLEASE REGISTER (WEATHER DEPENDING) *** 1:00pm - 2:00pm TAI CHI IN THE PARK ALL PARTICIPANTS WELCOME, LIMITED SPOTS AVAILABLE - PLEASE REGISTER	*** 11:30AM - 12:00PM STRETCHING *** 1:30PM - 2:30PM BOCCE BALL *LOCATION TO BE ANNOUNCED. LIMITED SPOTS AVAILABLE - PLEASE REGISTER (WEATHER DEPENDING)	*** 10:30AM - 11:30AM COPING WITH EVERYDAY STRESSORS 12:45 - 1:15PM MEDITATION *** 1:30PM - 3:30PM	

SEPTEMBER 2020

ALPHA COURT DAY CENTRE

Sun	Mon	Tue	Wed	Thu	Fri _{Sat}
27	28 9:30AM - 10:15AM	10:30AM - 11:30AM JOURNALING *** 12:30PM - 1:30PM WALKING GROUP (ALL PARTICIPANTS WELCOME, LIMITED SPOTS AVAILABLE - PLEASE REGISTER) *** 2:00PM - 2:45PM COOKING PROGRAM "CREAM OF BROCCOLI AND POTATO SOUP"	30 9:30AM - 10:15AM GARDENING PROGRAM at LU HANGAR Plot #118 (WEATHER DEPENDING) *** 11:00AM - 12:00PM PICTIONARY *** 1:00pm - 2:00pm TAI CHI IN THE PARK ALL PARTICIPANTS WELCOME, LIMITED SPOTS AVAILABLE - PLEASE REGISTER *** 2:45PM - 3:30PM DAY CENTRE CHECK IN	Jesse (807) 627-8831 o Sharon (807) 627 - 6119 o Ashley (807) 621 - 6413 o Please note: All progra Outdoor Activities) will s	formation: r jjames@alphacourt.ca or sgreshuk@alphacourt.ca r aspaxman@alphacourt.ca amming (except for the still be ran through Zoom