

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 <u>ALL PARTICIPANTS WELCOME.</u> <u>LIMITED SPOTS AVAILABLE - PLEASE REGISTER</u> *** 12:45PM - 2:00PM MINI PUTT <u>*LIMITED SPOTS AVAILABLE. PLEASE REGISTER (WEATHER DEPENDING)</u> *** 2:30PM - 3:30PM COOKING PROGRAM "SPAGHETTI"	2 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 <u>ALL PARTICIPANTS WELCOME. LIMITED SPOTS AVAILABLE - PLEASE REGISTER (WEATHER DEPENDING)</u> *** 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 <u>TAI CHI (Rain date)</u> *** 1:30PM - 2:30PM BOCCE BALL <u>*LOCATION TO BE ANNOUNCED. LIMITED SPOTS AVAILABLE - PLEASE REGISTER (WEATHER DEPENDING)</u>	4 9:30AM - 10:15AM GARDENING PROGRAM at LU HANGAR Plot #118 (WEATHER DEPENDING) *** 10:30AM - 11:30AM COPING WITH EVERYDAY STRESSORS <u>*PLEASE REGISTER</u> *** 11:45AM - 12:15PM MEDITATION *LOCATION TO BE ANNOUNCED, LIMITED SPOTS - PLEASE REGISTER (WEATHER DEPENDING)	5
6 7 LABOUR DAY DAY CENTRE CLOSED		8 10:30AM - 11:30AM JOURNALING *** 12:30PM - 1:30PM WALKING GROUP <u>(ALL PARTICIPANTS WELCOME. LIMITED SPOTS AVAILABLE - PLEASE REGISTER) (WEATHER DEPENDING)</u> *** 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 <u>*BOULEVARD LAKE. LIMITED SPOTS AVAILABLE - PLEASE REGISTER (WEATHER DEPENDING)</u> *** 1:00pm - 2:00pm TAI CHI IN THE PARK <u>ALL PARTICIPANTS WELCOME. LIMITED SPOTS AVAILABLE - PLEASE REGISTER (WEATHER DEPENDING)</u> *** 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 <u>TAI CHI (Rain date)</u> *** 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

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
13	14 9:30AM – 10:15AM GARDENING PROGRAM at LU HANGAR Plot #118 (WEATHER DEPENDING) *** 11:00AM – 12:00PM COLOURING *** 1:00PM – 2:30PM OUTDOOR TIE DYEING *LIMITED SPOTS AVAILABLE – PLEASE REGISTER (We will provide the t-shirt) (WEATHER DEPENDING)	15 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 “FINN PANCAKES”	16 ALPHA COURT OFFICES CLOSED from 8:30AM – 12:00PM 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	17 10:00AM – 11:00AM YOGA with WENDY *** 11:30AM – 12:00PM STRETCHING *** 1:00PM – 2:00PM TAI CHI (Rain date) *** 2:30PM – 3:30PM BINGO *LOCATION TO BE ANNOUNCED, LIMITED SPOTS AVAILABLE – PLEASE REGISTER (WEATHER DEPENDING)	18 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	19
20	21 9:30AM – 10:15AM GARDENING PROGRAM at LU HANGAR Plot #118 (WEATHER DEPENDING) *** 11:00AM – 12:00PM COLOURING *** 1:00PM – 2:30PM BOWLING Cost \$5.00 *LIMITED SPOTS AVAILABLE, PLEASE REGISTER	22 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 “SAVORY CHEESE SCONES” *** 3:00PM – 3:45PM CREATE YOUR OWN “HERB GARDEN”	23 9:30AM – 10:15AM GARDENING PROGRAM at LU HANGAR Plot #118 (WEATHER DEPENDING) *** 11:00AM – 12:00PM 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 *** 2:45PM – 3:30PM DAY CENTRE CHECK IN	24 10:00AM – 11:00AM Independent Living Resource Centre (ILRC) Presentation via ZOOM *Please register *** 11:30AM – 12:00PM STRETCHING *** 1:30PM – 2:30PM BOCCE BALL *LOCATION TO BE ANNOUNCED, LIMITED SPOTS AVAILABLE – PLEASE REGISTER (WEATHER DEPENDING) *** 3:00PM – 4:00PM CANVAS PAINTING	25 9:30AM – 10:15AM GARDENING PROGRAM at LU HANGAR Plot #118 (WEATHER DEPENDING) *** 10:30AM – 11:30AM COPING WITH EVERYDAY STRESSORS 12:45 – 1:15PM MEDITATION *** 1:30PM – 3:30PM MOVIE “THE LITTLE RASCALS”	26

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28 9:30AM – 10:15AM GARDENING PROGRAM at LU HANGAR Plot #118 (WEATHER DEPENDING) *** 11:00AM – 12:00PM COLOURING *** 1:00PM – 2:30PM OUTDOOR TIE DYEING *LIMITED SPOTS AVAILABLE – PLEASE REGISTER (We will provide the t-shirt)	29 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	<p style="text-align: center;"><u>Contact information:</u></p> <p style="text-align: center;">Jesse (807) 627-8831 or jjames@alphacourt.ca Sharon (807) 627 – 6119 or sgreshuk@alphacourt.ca Ashley (807) 621 – 6413 or aspaxman@alphacourt.ca</p> <p style="text-align: center;">Please note: All programming (except for the Outdoor Activities) will still be ran through Zoom</p> <div style="text-align: center;">  </div>		