

SEPTEMBER 2021
ALPHA COURT DAY CENTRE
270 WINDSOR STREET

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>ALPHA COURT DAY CENTRE (807) 683-7729</p> <p>DAY PROGRAM FACILITATORS Contact Information: Jesse jjames@alphacourt.ca or (807) 627 – 8831 Sharon sgreshuk@alphacourt.ca or (807) 627 – 6119</p> <p><u>*Please note: All programming requires registration</u></p> <div style="border: 1px solid #003366; padding: 5px; display: inline-block; margin-top: 10px;"> Find us on facebook </div>		<p>1 9:30AM – 10:30AM KNITTING with Sharon ***</p> <p>11:30AM – 12:30PM COOKING GROUP “HAMBURGER SOUP” *PLEASE REGISTER ***</p> <p>1:00PM – 2:00PM TAI CHI at Marina Park *Pre-registration is required – space is limited ***</p> <p>2:30PM – 3:30PM PROGRAMMING SUPPLIES “CONTACTLESS DELIVERY” *If you are in need of any type of programming materials, please contact us prior to this date</p>	<p>2 10:00AM – 11:00AM YOGA with Wendy ***</p> <p>11:30AM – 12:30PM WALKING GROUP (Meet at the Marina Park Tai Chi Area) *Pre-registration is required – space is limited ***</p> <p>1:00PM – 2:00PM MINI PUTT at Boulevard Lake *Pre-registration is required – space is limited</p> <p>2:45PM – 3:30PM BINGO *We will deliver the prizes</p>	<p>3 9:30AM – 10:00AM PICTIONARY ***</p> <p>10:30AM – 11:30AM GARDENING at Lakehead University *Pre-registration is required – space is limited ***</p> <p>1:00PM – 3:00PM MOVIE “Joker” ***</p> <p>3:15PM – 3:45PM MEDITATION</p>

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<p>6</p> <p style="text-align: center;"><u>LABOUR DAY</u> <u>DAY CENTRE CLOSED</u></p>	<p>7</p> <p>10:00AM – 11:00AM GARDENING at Lakehead University *Pre-registration is required – space is limited ***</p> <p>11:00AM – 12:00PM NAME, PLACE, FOOD, THING GAME ***</p> <p>1:00PM – 2:00PM LEMONADE & CHAT ***</p> <p>2:00PM – 3:00PM JOURNALING</p>	<p>8</p> <p>9:30AM – 10:30AM KNITTING with Sharon ***</p> <p>11:30AM – 12:30PM BAKING GROUP “CHOCOLATE ZUCCHINI MUFFINS” *PLEASE REGISTER ***</p> <p>1:00PM – 2:00PM TAI CHI at Marina Park *Pre-registration is required – space is limited ***</p> <p>2:30PM – 3:30PM CRAFT “CEMENT MAGNET PAINTING” *PLEASE REGISTER</p>	<p>9</p> <p>10:00AM – 11:00AM YOGA with Wendy ***</p> <p>11:30AM – 12:30PM WALKING GROUP (Meet at the Day Centre) *Pre-registration is required – space is limited ***</p> <p>2:45PM – 3:30PM BINGO *We will deliver the prizes</p>	<p>10</p> <p>9:30AM – 10:00AM PICTIONARY ***</p> <p>10:30AM – 11:30AM COLOURING & CANVAS PAINTING ***</p> <p>1:00PM – 3:00PM MOVIE “Star Trek” ***</p> <p>3:15PM – 3:45PM MEDITATION</p>
<p>13</p> <p>10:00AM – 11:00AM BINGO *We will deliver the prizes ***</p> <p>11:00AM – 12:00PM COLOURING & CANVAS PAINTING ***</p> <p>2:30PM – 3:30PM YOGA with Wendy ***</p> <p>2:30PM- 3:30PM BOXING (outside/back of Day Centre *Please register)</p>	<p>14</p> <p>10:00AM – 11:00AM KNITTING with Sharon ***</p> <p>11:00AM – 12:00PM NAME, PLACE, FOOD, THING GAME ***</p> <p>1:00PM – 2:00PM TIE DYE at the Day Centre Back Field *Pre-registration is required – space is limited ***</p> <p>2:30PM- 3:30pm BOXING (outside/back of Day Centre *Pls register)</p>	<p>15</p> <p style="text-align: center;"><u>DAY CENTRE CLOSED</u> <u>8:30AM - 12:00PM</u></p> <p>***</p> <p>12:15PM – 1:00PM PROGRAMMING SUPPLIES “CONTACTLESS DELIVERY” *If you are in need of any type of programming materials, please contact us prior to this date ***</p> <p>1:00PM – 2:00PM TAI CHI at Marina Park *Pre-registration is required – space is limited ***</p> <p>2:30PM – 3:30PM CRAFT “CLAY LEAF DISH (Part One)” *PLEASE REGISTER</p>	<p>16</p> <p>10:00AM – 11:00AM YOGA with Wendy ***</p> <p>11:30AM – 12:30PM WALKING GROUP (Meet at the Marina Park Tai Chi Area) *Pre-registation is required – space is limited ***</p> <p>1:00PM – 2:00PM MINI PUTT at Boulevard Lake *Pre-registration is required – space is limited</p> <p>2:45PM – 3:30PM BINGO *We will deliver the prizes</p>	<p>17</p> <p>9:30AM – 10:00AM PICTIONARY ***</p> <p>10:30AM – 11:30AM JOURNALING ***</p> <p>1:00PM – 3:00PM MOVIE “The Greatest Showman” ***</p> <p>3:15PM – 3:45PM MEDITATION</p>

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<p>20 10:00AM – 11:00AM BINGO <u>*We will deliver the prizes</u> ***</p> <p>11:00AM – 12:00PM COLOURING & CANVAS PAINTING ***</p> <p>1:00PM-2:00PM BASIC CAR CARE (changing tire/checking fluids etc.) *Back of Day Centre ***</p> <p>2:30PM – 3:30PM YOGA with Wendy ***</p> <p>2:30PM- 3:30pm BOXING (outside/back of Day Centre *Please register)</p>	<p>21 10:00AM – 11:00AM KNITTING with Sharon ***</p> <p>11:00AM – 12:00PM NAME, PLACE, FOOD, THING GAME ***</p> <p>1:00PM – 2:00PM TIE DYE at the Day Centre Back Field <u>*Pre-registration is required – space is limited</u> ***</p> <p>2:30PM- 3:30pm BOXING (Outside/Back of Day Centre *Please register)</p>	<p>22 9:30AM – 10:30AM BAKING GROUP “CARROT MUFFINS” <u>*PLEASE REGISTER</u> ***</p> <p>11:00AM-12:00PM MAKING FISHING SPINNER LURES (Please Register) ***</p> <p>1:00PM – 2:00PM TAI CHI at Marina Park <u>*Pre-registration is required – space is limited</u> ***</p> <p>2:30PM – 3:30PM CRAFT “CLAY LEAF DISH PAINTING (Part Two)” <u>*PLEASE REGISTER</u></p>	<p>23 10:00AM – 11:00AM YOGA with Wendy ***</p> <p>11:30AM – 12:30PM WALKING GROUP (Meet at the Marina Park Tai Chi Area) <u>*Pre-registration is required – space is limited</u> ***</p> <p>1:00PM – 2:00PM MINI PUTT at Boulevard Lake <u>*Pre-registration is required – space is limited</u> ***</p> <p>2:45PM – 3:30PM BINGO <u>*We will deliver the prizes</u></p>	<p>24 9:30AM – 10:00AM Pictionary ***</p> <p>10:30AM – 11:30AM JOURNALING ***</p> <p>1:00PM – 3:00PM MOVIE “Edward Scissorhands” ***</p> <p>3:15PM – 3:45PM MEDITATION</p>
<p>27 10:00AM – 11:00AM BINGO <u>*We will deliver the prizes</u> ***</p> <p>11:00AM – 12:00PM COLOURING & CANVAS PAINTING ***</p> <p>1:00PM-2:00PM BASIC CAR CARE (changing tire/checking fluids etc.) *Back of Day Centre ***</p> <p>2:30PM – 3:30PM YOGA with Wendy ***</p> <p>2:30PM- 3:30pm BOXING (outside/back of Day Centre *Please register)</p>	<p>28 10:00AM – 11:00AM KNITTING with Sharon ***</p> <p>11:00AM – 12:00PM NAME, PLACE, FOOD, THING GAME ***</p> <p>1:00PM – 2:00PM TIE DYE at the Day Centre Back Field <u>*Pre-registration is required – space is limited</u> ***</p> <p>2:30PM- 3:30pm BOXING (outside/back of Day Centre *Please register)</p>	<p>29 9:30AM – 10:30AM JOURNALING ***</p> <p>11:00AM-12:00PM MAKING FISHING SPINNER LURES (Please Register) ***</p> <p>11:30AM – 12:30PM COOKING GROUP “STIR FRY” <u>*PLEASE REGISTER</u> ***</p> <p>1:00PM – 2:00PM TAI CHI at Marina Park <u>*Pre-registration is required – space is limited</u></p>	<p>30 10:00AM – 11:00AM YOGA with Wendy ***</p> <p>11:30AM – 12:30PM WALKING GROUP (Meet at the Marina Park Tai Chi Area) <u>*Pre-registration is required – space is limited</u> ***</p> <p>1:00PM – 2:00PM MINI PUTT at Boulevard Lake <u>*Pre-registration is required – space is limited</u> ***</p> <p>2:45PM – 3:30PM BINGO <u>*We will deliver the prizes</u></p>	

