SEPTEMBER 2022

ALPHA COURT DAY CENTRE

270 Windsor Street - Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALENDAR LEGEND At the Day Centre Outdoor Programming Community indoor programming			1 10:00am - 11:00am (Jesse) YOGA with Wendy(Zoom) *** 10:30AM - 11:30AM (Jesse &	2 10:00AM - 10:45AM (Sharon) GARDENING GROUP at LU Hangar *Registration is required *** 11:00AM - 12:00PM (Sharon)
	ALPHA COURT DAY CENTE (807) 683-7729	Sharon) WALKING GROUP (Meet at the Marina Park Tai Chi Area)	BINGO *** 11:00am- 12:00pm (Jesse)	
Jesse j	DAY PROGRAM FACILITATO Contact Information: james@alphacourt.ca or (807) 6 greshuk@alphacourt.ca or (807)	**Please register *** 11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***	Fit4less (Fit4less/ *Please register) (Jesse) *** 1:00PM - 3:00PM (Jesse) MOVIE "Wonder Woman 1984"	
*Please no	te: All programming require	es registration	2:00PM - 3:00PM PROGRAMMING SUPPLIES "CONTACTLESS DELIVERY" *If you are in need of any type of programming materials, please contact us prior to this date	
LABOUR DAY	6 10:00AM - 11:00AM (Sharon) JOURNALING *** 10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***	7 9:00AM - 10:00AM (Sharon) COLOURING & CANVAS PAINTING (Zoom) *** 10:00AM - 11:00AM (Jesse) SEWING WHATEVER with Jesse (Zoom) ***	(Meet at the Day Centre)	9 10:00AM - 10:45AM (Sharon) GARDENING GROUP at LU Hangar *Registration is required *** 11:00AM - 12:00PM (Sharon) TIE DYE *PLEASE REGISTER ***
<u>DAY CENTRE</u> <u>CLOSED</u>	1:00PM - 1:30PM MEDITATION *** 2:00pm-3:00pm Chess Club with Jesse (Zoom/Chess.com)	1:00PM - 2:00PM (Sharon) PICTIONARY *** 2:30PM - 3:30PM (Sharon) BINGO	*Please register *** 11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) *** 1:00PM - 2:00PM (Jesse) TALKING TUNES	11:00am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) *** 1:00PM - 2:30PM (Sharon) BAKING GROUP "Banana Bread" (Zoom) *Recipe to be provided

12	13	14	15	16
10:00AM - 10:45AM (Sharon)	10:30am- 12:00pm	10:00AM - 11:00AM (Jesse)	10:00am - 11:00am (Jesse)	10:00AM - 10:45AM (Sharon)
GARDENING GROUP at LU Hangar	Fit4less (Fit4less/ *Please register)	SEWING WHATEVER with Jesse (Zoom)	YOGA with Wendy (Zoom)	GARDENING GROUP at LU Hangar
*Registration is required	(Jesse)	***	***	*Registration is required
***	***	1:00PM - 2:00PM (Jesse)	11:00am- 12:00pm (Jesse)	***
11:00AM - 12:00PM (Jesse)	1:00PM - 1:30PM (Jesse)	TAI CHI at Marina Park	Fit4less(Fit4less/ *Please register)	11:00am- 12:00pm (Jesse)
Day Centre Check-in (Zoom)	MEDITATION (Zoom)	*Please register - limited spots	(Jesse)	Fit4less (Fit4less/ *Please register) (Jesse)
***	***	available	***	***
1:00PM - 2:00PM (Jesse)	2:00pm-3:00pm	***	1:00PM - 2:00PM (Jesse)	1:00PM - 3:00PM (Jesse)
Fit4less (Fit4less/ *Please register)	Chess Club with Jesse	2:30PM - 3:30PM	TALKING TUNES	MOVIE "Sonic the Hedgehog"
(Jesse)	(Zoom/Chess.com)	Fit4less (Fit4less/ *Please register)		
		(Jesse)		
19	20	21	22 10:00-m (loss)	23
9:30AM - 10:15AM (Sharon) GARDENING GROUP at LU Hangar	10:00AM - 11:00AM (Sharon) JOURNALING	DAY CENTRE	10:00am - 11:00am (Jesse)	10:00AM - 10:45AM (Sharon) GARDENING GROUP at LU Hangar
*Registration is required	***	CLOSED	YOGA with Wendy (Zoom) ***	
***	10:30am- 12:00pm			*Registration is required ***
10:00am-11:00am (Jesse)	Fit4less (Fit4less/ *Please register)	8:30AM - 12:00PM	10:30AM - 11:30AM (Jesse & Sharon)	11:00AM - 12:00PM (Sharon)
Day Centre Check-in (Zoom)	(Jesse)	***	WALKING GROUP	TIE DYE
***	***	1:00PM - 2:00PM (Sharon)	(Meet at the Day Centre)	*PLEASE REGISTER
11:00am- 12:00pm (Jesse)	1:00PM - 1:30PM (Jesse)	BINGO	*Please register	11:00am- 12:00pm
Fit4less (Fit4less/ *Please register)	MEDITATION (Zoom)	***	***	Fit4less (Fit4less/*Please register) (Jesse)
(Jesse)	***	2:00PM - 3:00PM	11:00am- 12:00pm (Jesse)	***
***	2:00pm-3:00pm	PROGRAMMING SUPPLIES	Fit4less(Fit4less/ *Please register)	1:00PM - 3:00PM (Sharon)
1:30PM - 2:30PM (Sharon)	Chess Club with Jesse	"CONTACTLESS DELIVERY"	(Jesse)	DOCUMENTARY "The Last Blockbuster"
CANVAS PAINTING at the Day Centre	(Zoom/Chess.com)	*If you are in need of any type of programming materials, please contact	***	DOCONIENT/INT THE East Blockbaster
*Please register		us prior to this date	1:00PM - 2:00PM (Jesse)	
			TALKING TUNES	
26	27	28	29	30
10:00am-11:00am (Jesse)	10:00AM - 11:00AM (Sharon)	9:00AM - 10:00AM (Sharon)	10:00am - 11:00am (Jesse)	10:00AM - 10:45AM (Sharon)
Day Centre Check-in (Zoom) ***	JOURNALING ***	COLOURING & CANVAS PAINTING	YOGA with Wendy (Zoom)	GARDENING GROUP at LU Hangar
11:00am- 12:00pm (Jesse)	10:30am- 12:00pm	(Zoom) ***		*Registration is required ***
Fit4less (Fit4less/ *Please register)	Fit4less (Fit4less/ *Please register)	10:00AM - 11:00AM (Jesse)	10:30AM - 11:30AM (Jesse & Sharon)	11:00am- 12:00pm (Jesse)
(Jesse)	(Jesse)	, ,	WALKING GROUP	Fit4less (Fit4less/ *Please register) (Jesse)
***	***	***	(Meet at the Marina Park Tai Chi	***
1:00PM - 2:00PM (Sharon)	1:00PM - 1:30PM (Jesse)	1:00PM - 2:00PM (Jesse)	Area)	12:30PM - 2:00PM (Sharon)
BOWLING at Mario's Bowl	MEDITATION (Zoom)	TAI CHI at Marina Park	*Please register	COOKING GROUP "Pizza" (Zoom)
*Please register	***	*Please register - limited spots	***	*Recipe to be provided
	2:00pm-3:00pm	available	11:00am- 12:00pm (Jesse)	
	Chess Club with Jesse	***	Fit4less(Fit4less/ *Please register)	
	(Zoom/Chess.com)	2:30PM - 3:30PM (Sharon)	(Jesse)	
		BINGO	***	
			1:00PM - 2:00PM (Jesse)	
II .			TALKING TUNES	