


**SEPTEMBER 2022**  
**ALPHA COURT DAY CENTRE**  
 270 Windsor Street – Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>CALENDAR LEGEND</b>  <b>At the Day Centre</b>  <b>Outdoor Programming</b>  <b>Community indoor programming</b></p> <p><b>ALPHA COURT DAY CENTRE</b>  <b>(807) 683-7729</b></p> <p><b>DAY PROGRAM FACILITATORS</b>  <b>Contact Information:</b>                      Jesse <a href="mailto:jjames@alphacourt.ca">jjames@alphacourt.ca</a> or (807) 627 – 8831                      Sharon <a href="mailto:sgreshuk@alphacourt.ca">sgreshuk@alphacourt.ca</a> or (807) 627 – 6119</p> <p><b><u>*Please note: All programming requires registration</u></b></p> <div style="text-align: center; border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;">  Find us on <b>facebook</b> </div>				
<p><b>5</b></p> <p><b>LABOUR DAY</b></p> <p><b><u>DAY CENTRE</u></b></p> <p><b><u>CLOSED</u></b></p>	<p><b>6</b>                      10:00AM – 11:00AM (Sharon)                      JOURNALING                      ***</p> <p><b>10:30am- 12:00pm</b>  <b>Fit4less (Fit4less/ *Please register)</b>                      (Jesse)                      ***</p> <p><b>1:00PM – 1:30PM</b>                      MEDITATION                      ***</p> <p><b>2:00pm-3:00pm</b>  <b>Chess Club with Jesse</b>                      (Zoom/Chess.com)</p>	<p><b>7</b>                      9:00AM – 10:00AM (Sharon)                      COLOURING &amp; CANVAS PAINTING                      (Zoom)                      ***</p> <p><b>10:00AM – 11:00AM (Jesse)</b>                      SEWING WHATEVER with Jesse (Zoom)                      ***</p> <p><b>1:00PM – 2:00PM (Sharon)</b>                      Pictionary                      ***</p> <p><b>2:30PM – 3:30PM (Sharon)</b>                      BINGO</p>	<p><b>1</b>                      10:00am – 11:00am (Jesse)                      YOGA with Wendy(Zoom)                      ***</p> <p><b>10:30AM – 11:30AM (Jesse &amp; Sharon)</b>  <b>WALKING GROUP</b>                      (Meet at the Marina Park Tai Chi Area)                      *Please register                      ***</p> <p><b>11:00am- 12:00pm (Jesse)</b>  <b>Fit4less(Fit4less/ *Please register)</b>                      (Jesse)                      ***</p> <p><b>2:00PM – 3:00PM</b>                      PROGRAMMING SUPPLIES                      “CONTACTLESS DELIVERY”                      *If you are in need of any type of programming materials, please contact us prior to this date</p>	<p><b>2</b>  <b>10:00AM – 10:45AM (Sharon)</b>  <b>GARDENING GROUP at LU Hangar</b>                      *Registration is required                      ***</p> <p><b>11:00AM – 12:00PM (Sharon)</b>                      BINGO                      ***</p> <p><b>11:00am- 12:00pm (Jesse)</b>  <b>Fit4less (Fit4less/ *Please register)</b> (Jesse)                      ***</p> <p><b>1:00PM – 3:00PM (Jesse)</b>                      MOVIE “Wonder Woman 1984”</p>
	<p><b>6</b>                      10:00AM – 11:00AM (Sharon)                      JOURNALING                      ***</p> <p><b>10:30am- 12:00pm</b>  <b>Fit4less (Fit4less/ *Please register)</b>                      (Jesse)                      ***</p> <p><b>1:00PM – 1:30PM</b>                      MEDITATION                      ***</p> <p><b>2:00pm-3:00pm</b>  <b>Chess Club with Jesse</b>                      (Zoom/Chess.com)</p>	<p><b>7</b>                      9:00AM – 10:00AM (Sharon)                      COLOURING &amp; CANVAS PAINTING                      (Zoom)                      ***</p> <p><b>10:00AM – 11:00AM (Jesse)</b>                      SEWING WHATEVER with Jesse (Zoom)                      ***</p> <p><b>1:00PM – 2:00PM (Sharon)</b>                      Pictionary                      ***</p> <p><b>2:30PM – 3:30PM (Sharon)</b>                      BINGO</p>	<p><b>8</b>                      10:00am – 11:00am (Jesse)                      YOGA (Zoom)                      ***</p> <p><b>10:30AM – 11:30AM (Jesse &amp; Sharon)</b>  <b>WALKING GROUP</b>                      (Meet at the Day Centre)                      *Please register                      ***</p> <p><b>11:00am- 12:00pm (Jesse)</b>  <b>Fit4less(Fit4less/ *Please register)</b>                      (Jesse)                      ***</p> <p><b>1:00PM – 2:00PM (Jesse)</b>                      TALKING TUNES</p>	<p><b>9</b>  <b>10:00AM – 10:45AM (Sharon)</b>  <b>GARDENING GROUP at LU Hangar</b>                      *Registration is required                      ***</p> <p><b>11:00AM – 12:00PM (Sharon)</b>                      TIE DYE                      *PLEASE REGISTER                      ***</p> <p><b>11:00am- 12:00pm</b>  <b>Fit4less (Fit4less/ *Please register)</b> (Jesse)                      ***</p> <p><b>1:00PM – 2:30PM (Sharon)</b>                      BAKING GROUP “Banana Bread” (Zoom)                      *Recipe to be provided</p>

<p><b>12</b> 10:00AM - 10:45AM (Sharon) GARDENING GROUP at LU Hangar *Registration is required ***</p> <p>11:00AM - 12:00PM (Jesse) Day Centre Check-in (Zoom) ***</p> <p>1:00PM - 2:00PM (Jesse) Fit4less (Fit4less/ *Please register) (Jesse)</p>	<p><b>13</b> 10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM - 1:30PM (Jesse) MEDITATION (Zoom) ***</p> <p>2:00pm-3:00pm Chess Club with Jesse (Zoom/Chess.com)</p>	<p><b>14</b> 10:00AM - 11:00AM (Jesse) SEWING WHATEVER with Jesse (Zoom) ***</p> <p>1:00PM - 2:00PM (Jesse) TAI CHI at Marina Park *Please register - limited spots available ***</p> <p>2:30PM - 3:30PM Fit4less (Fit4less/ *Please register) (Jesse)</p>	<p><b>15</b> 10:00am - 11:00am (Jesse) YOGA with Wendy (Zoom) ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM - 2:00PM (Jesse) TALKING TUNES</p>	<p><b>16</b> 10:00AM - 10:45AM (Sharon) GARDENING GROUP at LU Hangar *Registration is required ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM - 3:00PM (Jesse) MOVIE "Sonic the Hedgehog"</p>
<p><b>19</b> 9:30AM - 10:15AM (Sharon) GARDENING GROUP at LU Hangar *Registration is required ***</p> <p>10:00am-11:00am (Jesse) Day Centre Check-in (Zoom) ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:30PM - 2:30PM (Sharon) CANVAS PAINTING at the Day Centre *Please register</p>	<p><b>20</b> 10:00AM - 11:00AM (Sharon) JOURNALING ***</p> <p>10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM - 1:30PM (Jesse) MEDITATION (Zoom) ***</p> <p>2:00pm-3:00pm Chess Club with Jesse (Zoom/Chess.com)</p>	<p><b>21</b> <b>DAY CENTRE CLOSED 8:30AM - 12:00PM</b> ***</p> <p>1:00PM - 2:00PM (Sharon) BINGO ***</p> <p>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</p>	<p><b>22</b> 10:00am - 11:00am (Jesse) YOGA with Wendy (Zoom) ***</p> <p>10:30AM - 11:30AM (Jesse &amp; Sharon) WALKING GROUP (Meet at the Day Centre) *Please register ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM - 2:00PM (Jesse) TALKING TUNES</p>	<p><b>23</b> 10:00AM - 10:45AM (Sharon) GARDENING GROUP at LU Hangar *Registration is required ***</p> <p>11:00AM - 12:00PM (Sharon) TIE DYE *PLEASE REGISTER ***</p> <p>11:00am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM - 3:00PM (Sharon) DOCUMENTARY "The Last Blockbuster"</p>
<p><b>26</b> 10:00am-11:00am (Jesse) Day Centre Check-in (Zoom) ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM - 2:00PM (Sharon) BOWLING at Mario's Bowl *Please register</p>	<p><b>27</b> 10:00AM - 11:00AM (Sharon) JOURNALING ***</p> <p>10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM - 1:30PM (Jesse) MEDITATION (Zoom) ***</p> <p>2:00pm-3:00pm Chess Club with Jesse (Zoom/Chess.com)</p>	<p><b>28</b> 9:00AM - 10:00AM (Sharon) COLOURING &amp; CANVAS PAINTING (Zoom) ***</p> <p>10:00AM - 11:00AM (Jesse) SEWING WHATEVER with Jesse (Zoom) ***</p> <p>1:00PM - 2:00PM (Jesse) TAI CHI at Marina Park *Please register - limited spots available ***</p> <p>2:30PM - 3:30PM (Sharon) BINGO</p>	<p><b>29</b> 10:00am - 11:00am (Jesse) YOGA with Wendy (Zoom) ***</p> <p>10:30AM - 11:30AM (Jesse &amp; Sharon) WALKING GROUP (Meet at the Marina Park Tai Chi Area) *Please register ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>1:00PM - 2:00PM (Jesse) TALKING TUNES</p>	<p><b>30</b> 10:00AM - 10:45AM (Sharon) GARDENING GROUP at LU Hangar *Registration is required ***</p> <p>11:00am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>12:30PM - 2:00PM (Sharon) COOKING GROUP "Pizza" (Zoom) *Recipe to be provided</p>

