	ALT	SEPTEMBER 2023 PHA COURT DAY CENTRE WINDSOR STREET - Room 221	ŝ	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CALENDAR I At the Day Centre (n Outdoor Prog Community Indoor ZOOM	ot highlighted) ramming Programming l	ALPHA COURT DA (807) 683-7 DAY PROGRAM FAC Contact Inform Jesse jjames@alphacourt.ca or ext. 317 Sharon sgreshuk@alphacourt or ext. 317	<b>T29 CILITATORS nation:</b> (807) 627 – 8831 2 <b></b>	1 9:15AM – 10:00AM (Sharon) GARDENING at LU (Plot #125) *Please register *** 12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre "GRILLED CHEESE" *Please register *** 1:00PM – 2:00PM (Jesse) BOXING (Day Centre) *Please register *** 1:30PM – 3:00PM (Sharon) PICTIONARY (Day Centre) *Please register

### SEPTEMBER 2023 ALPHA COURT DAY CENTRE 270 WINDSOR STREET - Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LABOUR DAY DAY CENTRE CLOSED	Mall Walking Location: Intercity Mall *** 10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) *** 12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre "SLOPPY JOE'S" *Please register *** 1:00pm-1:45pm (Jesse) Boxing class (Day Centre) ***	WALKING GROUP Meet at Marina Park *Please register/ Weather Depending **** 10:30AM – 11:30AM (Jesse) COPING WITH GUILT & SHAME (Day Centre) Session 1/4 *Please register *** 12:00PM – 1:00PM (Jesse/ Sharon) KNITTING GROUP (Day Centre) *Please register	7 10:00AM-10:30AM (Jesse) Mall Walking Location: Intercity Mall *** 10:30AM – 12:00PM (Jesse) YOGA with Wendy (Day Centre) *Please register *** 10:30am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) *** 1:00PM – 2:00PM (Jesse) NEW/ INTERESTED TOUR OF THE DAY CENTRE *PLEASE REGISTER *** 1:00PM- 1:30PM Meditation (Jesse/ Day Centre)	<pre>8 9:15AM - 10:00AM (Sharon) GARDENING at LU (Plot #125) *Please register</pre>

# SEPTEMBER 2023 ALPHA COURT DAY CENTRE

#### 270 WINDSOR STREET - Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
11	12	13	14	15
9:30AM- 10:00AM	10:00AM-10:30AM (Jesse)	10:00AM – 11:00AM (Sharon/ Jesse)	10:00AM-10:30AM (Jesse)	10:00AM – 11:00AM (Sharon)
MEDITATION (Jesse/ Day Centre)	MALL WALKING	WALKING GROUP	MALL WALKING	COLOURING (Day Centre)
***	Location: Intercity Mall	Meet at the Day Centre	Location: Intercity Mall	***
10:30am- 12:00pm	***	*Please register	***	12:00PM – 1:00PM (Jesse/ Sharon)
Fit4less (Fit4less/ *Please register)	10:30am- 12:00pm	***	10:30AM – 12:00PM (Jesse)	LUNCH at the Day Centre
(Jesse)	Fit4less (Fit4less/ *Please register)	10:30AM – 11:30AM (Jesse)	YOGA with Wendy (Day Centre)	"GRILLED CHEESE"
***	(Jesse)	COPING WITH GUILT & SHAME	*Please register	*Please register
10:30AM – 12:00PM (Sharon)	***	(DayCentre)	***	***
COFFEE TALK with Peer Connections	10:30AM – 11:00AM (Sharon) JOURNALING (Day Centre)	Session 2/4 *Please register	10:30am- 12:00pm (Jesse)	1:00PM – 2:00PM (Jesse)
(Day Centre)	***	session 2/4 * Please register	Fit4less(Fit4less/ *Please	• •
*Please register	12:00PM – 1:00PM (Jesse/ Sharon)	12:00PM – 1:00PM	<mark>register)</mark> (Jesse)	BOXING (Day Centre)
12:00PM – 1:00PM (Jesse/ Sharon)	MINDFULNESS COLOURING		***	*Please register ***
LUNCH at the Day Centre		PICNIC at the Day Centre (Sharon)	11:00AM – 12:00PM (Sharon)	
-	(Day Centre)	Location: Back Field	YARDZEE (Day Centre Back	1:30PM – 2:30PM (Sharon)
"SPAGHETTI"	*Please register ***	*Please register/ Bring your own lunch	Field)	KNITTING GROUP (Day Centre)
*Please register		***	*Please register/ Weather	*Please register
***	1:00pm-1:45pm (Jesse)	1:00PM – 2:00PM (Jesse)	Depending	***
1:00pm-2:00pm (Jesse)	Boxing class (Day Centre)	TAI CHI (Day Centre)	***	2:00PM – 4:00PM
Boxing class (Day Centre)	***	*Please register	1:00PM- 1:30PM	OOSHKE PROGRAMMING
***	1:45PM – 2:45PM (Jesse)	***	Meditation (Jesse/ Day Centre)	"Bannock & Tea"
2:00PM – 4:00PM	"We have sewing machines!" with	1:30PM – 3:30PM (Jesse/ Sharon)	***	Location: 1241 Jasper Drive
OOSHKE PROGRAMMING	Jesse (Day Centre)	ART GROUP facilitated by BISNO	1:30PM- 2:30PM (Jesse)	(Common Room)
"Arts & Crafts" (Day Centre)	*Please Register	*Please register	Making Fishing Lures (Day	*Please register
*Please register			Centre/*Pls Register)	U
			***	
			2:00PM – 4:00PM (Jesse/	
			Sharon)	
			2SLGBTQIA+ and ALLIES	
			SUPPORT Group	
			Facilitated by Natalie & Ken	
			Location: (Day Centre)	

19 10:00AM-10:30AM (Jesse) MALL WALKING Meditation (Jesse/ Day Centre) Location: Intercity Mall \*\*\* 10:30am- 12:00pm Fit4less (Fit4less/ \*Please register) Fit4less (Fit4less/ \*Please register) (Jesse) \*\*\* 11:00AM – 12:00PM (Sharon) 12:00PM – 1:00PM (Sharon) NAME, PLACE, ANIMAL & THING GAME (Day Centre) 12:00PM – 1:00PM (Jesse/ Sharon) \*Please register \*\*\* 1:00pm-1:45pm (Jesse) Boxing class (Day Centre) \*\*\* 1:45PM – 2:45PM (Jesse) "We have sewing machines!" with Jesse (Day Centre) \*Please Register \*\*\* 1:30PM – 2:30PM (Jesse/ Sharon) SOCIAL GAMING (Day Centre) \*Please register \*\*\* 2:30PM – 4:00PM CANVAS PAINTING at the Day Centre \*PLEASE REGISTER

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(Jesse)

9:30AM- 10:00AM

10:30am- 12:00pm

COLOURING (Day Centre)

LUNCH at the Day Centre

1:00pm-2:00pm (Jesse)

Boxing class (Day Centre)

"CHICKEN WRAPS"

\*Please register

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## **DAY CENTRE CLOSED** 8:30AM - 12:00PM

\*\*\* 12:30PM – 1:00PM

WALKING GROUP Meet at the Day Centre \*Please register \*\*\*

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12:30PM – 1:15PM (Jesse) MEN'S GROUP (Day Centre) \*Please register \*\*\*

1:30PM – 3:30PM (Jesse/ Sharon) ART GROUP facilitated by BISNO \*Please register

21 10:00AM-10:30AM (Jesse) MALL WALKING Location: Intercity Mall \*\*\* 10:30AM – 12:00PM (Jesse) YOGA with Wendy (Day Centre) \*Please register \*\*\* 10:30am- 12:00pm (Jesse) (Day Centre) Fit4less(Fit4less/ \*Please register) (Jesse) \*\*\* 11:00AM – 12:00PM (Sharon) YARDZEE (Day Centre Back "FALL FEAST" Field) \*Please register/ Weather Depending \*\*\* 1:00PM – 2:00PM (Jesse) NEW/ INTERESTED TOUR OF THE DAY CENTRE "TACOS" \*PLEASE REGISTER \*\*\* 1:00PM- 1:30PM Meditation (Jesse/ Day Centre) \*\*\* 2:00PM – 4:00PM \*Please register OOSHKE PROGRAMMING "Drumming Group Location: 1241 Jasper Drive (Common Room) \*Please register

10:00AM-10:30AM (Jesse) MALL WALKING Location: Intercity Mall \*\*\* 10:30am- 12:00pm (Jesse) Fit4less (Fit4less/ \*Please register) \*\*\* 10:30AM – 12:00PM (Sharon) COFFEE TALK with Peer Connections \*Please register \*\*\* 12:00PM – 4:00PM OOSHKE PROGRAMMING Location: 1241 Jasper Drive \*Please register \*\*\* 12:00PM – 1:00PM (Jesse/ Sharon)

LUNCH at the Day Centre \*Please register \*\*\* 1:00PM – 2:00PM (Jesse) Boxing class (Day Centre)

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#### **SEPTEMBER 2023** ALPHA COURT DAY CENTRE 270 WINDCOD STDEET Doom 221

270 WINDSOR STREET – Room 221					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
25	26	27	28	29	
9:30AM- 10:00AM	10:00AM-10:30AM (Jesse)	10:00AM – 11:00AM (Sharon/ Jesse)	10:00AM-10:30AM (Jesse)	10:30AM – 11:30AM (Sharon)	
Meditation (Jesse/ Day Centre)	MALL WALKING	WALKING GROUP	MALL WALKING	KNITTING GROUP (Day Centre)	
***	Location: Intercity Mall ***	Meet at the Day Centre	Location: Intercity Mall	*Please register	
10:30am- 12:00pm (Jesse)		*Please register		***	
Fit4less	10:30am- 12:00pm (Jesse)	***	10:30AM – 12:00PM (Jesse)	12:00PM – 1:00PM (Jesse/ Sharon)	
(Fit4less/ *Please register)	Fit4less	10:30AM – 11:30AM (Jesse)	YOGA with Wendy (Day Centre)	LUNCH at the Day Centre	
***	(Fit4less/ *Please register) ***	COPING WITH GUILT & SHAME	*Please register	"Stir Fry"	
10:30AM – 12:00PM (Sharon)		(DayCentre)	***	*Please register	
COFFEE TALK with Peer Connections	10:30AM – 11:00AM (Sharon) JOURNALING (Day Centre)	Session 3/4 *Please register	10:30am- 12:00pm (Jesse)	***	
(Day Centre)	***	***	Fit4less	12:00PM – 4:00PM	
*Please register	12:00PM – 1:00PM (Jesse/ Sharon)	12:00PM – 1:00PM	(Fit4less/ *Please register)	OOSHKE PROGRAMMING	
12:00PM – 1:00PM (Jesse/ Sharon)	MINDFULNESS COLOURING	PICNIC at the Day Centre (Sharon)	***	"Bannock & Tea"	
LUNCH at the Day Centre	(Day Centre)	Location: Back Field	11:00AM – 12:00PM (Sharon)	Location: VICKERS PARK	
"Ham Sandwiches"	*Please register	*Please register/ Bring your own lunch	YARDZEE (Day Centre Back	*Please register	
*Please register	***	***	Field)	***	
***	1:00pm-1:45pm (Jesse)	1:30PM – 3:30PM (Jesse/ Sharon)	*Please register ***	1:00PM – 2:00PM (Jesse)	
1:00pm-2:00pm (Jesse)	Boxing class (Day Centre)	ART GROUP facilitated by BISNO	1:00PM- 1:30PM	BOXING (Day Centre)	
Boxing class (Day Centre)	***	*Please register	Meditation (Jesse/ Day Centre)	*Please register	
***	1:45PM – 2:45PM (Jesse)	Ū.	***	***	
2:00PM – 4:00PM	"We have sewing machines!" with		1:30PM- 2:30PM (Jesse)	1:30PM – 2:30PM (Sharon)	
OOSHKE PROGRAMMING	Jesse (Day Centre)		Making Fishing Lures (Day	BINGO at the Day Centre/ Zoom	
"Game Day" (Day Centre)	*Please Register		Centre/*Pls Register)	*Please register	
*Please register	***			-0	
	1:30PM – 2:30PM (Jesse/ Sharon)				
	SOCIAL GAMING (Day Centre)				
	*Please register				
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