

SEPTEMBER 2023

ALPHA COURT DAY CENTRE

270 WINDSOR STREET – Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CALENDAR LEGEND</p> <p>At the Day Centre (not highlighted)</p> <p>Outdoor Programming</p> <p>Community Indoor Programming</p> <p>ZOOM</p> <div>  <p>Find us on facebook</p> </div>				<p>1</p> <p>9:15AM – 10:00AM (Sharon) GARDENING at LU (Plot #125) *Please register ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “GRILLED CHEESE” *Please register ***</p> <p>1:00PM – 2:00PM (Jesse) BOXING (Day Centre) *Please register ***</p> <p>1:30PM – 3:00PM (Sharon) PICTIONARY (Day Centre) *Please register</p>
<p>ALPHA COURT DAY CENTRE (807) 683-7729</p> <p>DAY PROGRAM FACILITATORS Contact Information: Jesse jjames@alphacourt.ca (807) 627 – 8831 or ext. 3172 Sharon sgreshuk@alphacourt.ca (807) 627 – 6119 or ext. 3176</p> <p><u>*Please note: All programming requires registration</u></p>				

270 WINDSOR STREET – Room 221

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4	<p>LABOUR DAY</p> <p>DAY CENTRE CLOSED</p>	<p>5</p> <p>10:00AM-10:30AM (Jesse)</p> <p>Mall Walking</p> <p>Location: Intercity Mall</p> <p>***</p> <p>10:30am- 12:00pm</p> <p>Fit4less (Fit4less/ *Please register) (Jesse)</p> <p>***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon)</p> <p>LUNCH at the Day Centre</p> <p>“SLOPPY JOE’S”</p> <p>*Please register</p> <p>***</p> <p>1:00pm-1:45pm (Jesse)</p> <p>Boxing class (Day Centre)</p> <p>***</p> <p>1:00PM – 2:00PM (Sharon)</p> <p>COLOURING (Day Centre)</p> <p>*Please register</p> <p>***</p> <p>1:45PM – 2:45PM (Jesse)</p> <p>“We have sewing machines!” with Jesse (Day Centre)</p> <p>*Please Register</p> <p>2:30PM – 4:00PM (Sharon)</p> <p>BOWLING</p> <p>Location: Mario’s Bowl</p> <p>*Please register/ Cost \$6.00</p>	<p>6</p> <p>10:00AM – 11:00AM (Sharon/ Jesse)</p> <p>WALKING GROUP</p> <p>Meet at Marina Park</p> <p>*Please register/ Weather Depending</p> <p>***</p> <p>10:30AM – 11:30AM (Jesse)</p> <p>COPING WITH GUILT & SHAME (Day Centre)</p> <p>Session 1/4 *Please register</p> <p>***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon)</p> <p>KNITTING GROUP (Day Centre)</p> <p>*Please register</p> <p>***</p> <p>1:30PM – 3:30PM (Jesse/ Sharon)</p> <p>ART GROUP facilitated by BISNO</p> <p>*Please register</p>	<p>7</p> <p>10:00AM-10:30AM (Jesse)</p> <p>Mall Walking</p> <p>Location: Intercity Mall</p> <p>***</p> <p>10:30AM – 12:00PM (Jesse)</p> <p>YOGA with Wendy (Day Centre)</p> <p>*Please register</p> <p>***</p> <p>10:30am- 12:00pm (Jesse)</p> <p>Fit4less(Fit4less/ *Please register) (Jesse)</p> <p>***</p> <p>1:00PM – 2:00PM (Jesse)</p> <p>NEW/ INTERESTED TOUR OF THE DAY CENTRE</p> <p>*PLEASE REGISTER</p> <p>***</p> <p>1:00PM- 1:30PM</p> <p>Meditation (Jesse/ Day Centre)</p>	<p>8</p> <p>9:15AM – 10:00AM (Sharon)</p> <p>GARDENING at LU (Plot #125)</p> <p>*Please register</p> <p>***</p> <p>10:00AM-10:30AM (Jesse)</p> <p>MALL WALKING</p> <p>Location: Intercity Mall</p> <p>***</p> <p>10:30am- 12:00pm (Jesse)</p> <p>Fit4less (Fit4less/ *Please register)</p> <p>***</p> <p>10:30AM – 12:00PM (Sharon)</p> <p>COFFEE TALK with Peer Connections (Day Centre)</p> <p>*Please register</p> <p>***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon)</p> <p>LUNCH at the Day Centre</p> <p>“PIZZA”</p> <p>*Please register</p> <p>***</p> <p>1:00PM – 2:00PM (Jesse)</p> <p>BOXING (Day Centre)</p> <p>*Please register</p> <p>***</p> <p>1:30PM – 2:30PM (Sharon)</p> <p>BINGO at the Day Centre/ Zoom</p> <p>*Please register</p>

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270 WINDSOR STREET – Room 221

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

<p>18 9:30AM- 10:00AM Meditation (Jesse/ Day Centre) ***</p> <p>10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>11:00AM – 12:00PM (Sharon) COLOURING (Day Centre) ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “CHICKEN WRAPS” *Please register ***</p> <p>1:00pm-2:00pm (Jesse) Boxing class (Day Centre)</p>	<p>19 10:00AM-10:30AM (Jesse) MALL WALKING Location: Intercity Mall ***</p> <p>10:30am- 12:00pm Fit4less (Fit4less/ *Please register) (Jesse) ***</p> <p>12:00PM – 1:00PM (Sharon) NAME, PLACE, ANIMAL & THING GAME (Day Centre) *Please register ***</p> <p>1:00pm-1:45pm (Jesse) Boxing class (Day Centre) ***</p> <p>1:45PM – 2:45PM (Jesse) “We have sewing machines!” with Jesse (Day Centre) *Please Register ***</p> <p>1:30PM – 2:30PM (Jesse/ Sharon) SOCIAL GAMING (Day Centre) *Please register ***</p> <p>2:30PM – 4:00PM CANVAS PAINTING at the Day Centre *PLEASE REGISTER</p>	<p>20 DAY CENTRE CLOSED 8:30AM – 12:00PM ***</p> <p>12:30PM – 1:00PM WALKING GROUP Meet at the Day Centre *Please register ***</p> <p>12:30PM – 1:15PM (Jesse) MEN’S GROUP (Day Centre) *Please register ***</p> <p>1:30PM – 3:30PM (Jesse/ Sharon) ART GROUP facilitated by BISNO *Please register</p>	<p>21 10:00AM-10:30AM (Jesse) MALL WALKING Location: Intercity Mall ***</p> <p>10:30AM – 12:00PM (Jesse) YOGA with Wendy (Day Centre) *Please register ***</p> <p>10:30am- 12:00pm (Jesse) Fit4less(Fit4less/ *Please register) (Jesse) ***</p> <p>11:00AM – 12:00PM (Sharon) YARDZEE (Day Centre Back Field) *Please register/ Weather Depending ***</p> <p>1:00PM – 2:00PM (Jesse) NEW/ INTERESTED TOUR OF THE DAY CENTRE *PLEASE REGISTER ***</p> <p>1:00PM- 1:30PM Meditation (Jesse/ Day Centre) ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Drumming Group Location: 1241 Jasper Drive (Common Room) *Please register</p>	<p>22 10:00AM-10:30AM (Jesse) MALL WALKING Location: Intercity Mall ***</p> <p>10:30am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) ***</p> <p>10:30AM – 12:00PM (Sharon) COFFEE TALK with Peer Connections (Day Centre) *Please register ***</p> <p>12:00PM – 4:00PM OOSHKE PROGRAMMING “FALL FEAST” Location: 1241 Jasper Drive *Please register ***</p> <p>12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “TACOS” *Please register ***</p> <p>1:00PM – 2:00PM (Jesse) Boxing class (Day Centre) *Please register</p>
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25 9:30AM- 10:00AM Meditation (Jesse/ Day Centre) *** 10:30am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) *** 10:30AM – 12:00PM (Sharon) COFFEE TALK with Peer Connections (Day Centre) *Please register *** 12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “Ham Sandwiches” *Please register *** 1:00pm-2:00pm (Jesse) Boxing class (Day Centre) *** 2:00PM – 4:00PM OOSHKE PROGRAMMING “Game Day” (Day Centre) *Please register	26 10:00AM-10:30AM (Jesse) MALL WALKING Location: Intercity Mall *** 10:30am- 12:00pm (Jesse) Fit4less (Fit4less/ *Please register) *** 10:30AM – 11:00AM (Sharon) JOURNALING (Day Centre) *** 12:00PM – 1:00PM (Jesse/ Sharon) MINDFULNESS COLOURING (Day Centre) *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	27 10:00AM – 11:00AM (Sharon/ Jesse) WALKING GROUP Meet at the Day Centre *Please register *** 10:30AM – 11:30AM (Jesse) COPING WITH GUILT & SHAME (DayCentre) Session 3/4 *Please register *** 12:00PM – 1:00PM PICNIC at the Day Centre (Sharon) Location: Back Field *Please register/ Bring your own lunch *** 1:30PM – 3:30PM (Jesse/ Sharon) ART GROUP facilitated by BISNO *Please register	28 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) *** 11:00AM – 12:00PM (Sharon) YARDZEE (Day Centre Back Field) *Please register *** 1:00PM- 1:30PM Meditation (Jesse/ Day Centre) *** 1:30PM- 2:30PM (Jesse) Making Fishing Lures (Day Centre/*Pls Register)	29 10:30AM – 11:30AM (Sharon) KNITTING GROUP (Day Centre) *Please register *** 12:00PM – 1:00PM (Jesse/ Sharon) LUNCH at the Day Centre “Stir Fry” *Please register *** 12:00PM – 4:00PM OOSHKE PROGRAMMING “Bannock & Tea” Location: VICKERS PARK *Please register *** 1:00PM – 2:00PM (Jesse) BOXING (Day Centre) *Please register *** 1:30PM – 2:30PM (Sharon) BINGO at the Day Centre/ Zoom *Please register