

SEPTEMBER 2025
ALPHA COURT DAY CENTRE
 270 Windsor Street – Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <p style="text-align: center;">LABOUR DAY</p> <p style="text-align: center;">DAY CENTRE CLOSED</p>	2 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 10:30AM – 11:15AM GARDENING Location: 1500 Dease Street *** 11:15AM – 12:15PM OUTDOOR BINGO Location: 1241 Jasper Drive *** 12:30PM – 1:30PM FLOWER GARDEN Location: 1241 Jasper Drive *** 1:30PM - 2:30PM BOXING Location: Day Centre Main Room	3 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 10:30AM – 11:30AM OUTDOOR YARD GAMES Location: 1241 Jasper Drive *** 11:30AM – 12:30PM LUNCH BBQ HOT DOGS Location: 1241 Jasper Drive *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	4 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00PM – 12:00PM Crafting with Ashley "Blueberry Banana Dog Treats" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Cheesy Baked Tortellini Casserole" Location: Day Centre *** 1:30PM – 3:30PM Womans Group Picnic Location: Friendship Gardens *Please register*	5 10:30AM – 11:30AM YOGA with Jan Adams Location: Day Centre *** 11:45AM – 1:00PM SOCIAL GAMING Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Chicken Noodle Soup" Location: Day Centre *** 12:00PM – 2:00PM MOVIE "The Gutter" Location: Day Centre *** 2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave

<p>8 10:00AM – 11:00AM FLOWER GARDEN Location: 1241 Jasper Drive ***</p> <p>11:00AM – 12:00PM OUTDOOR YARD GAMES Location: 1241 Jasper Drive ***</p> <p>1:00PM – 1:30PM GARDENING Location: 1500 Dease Street ***</p> <p>1:00PM – 3:00PM INDIGENOUS ADVENTURES w Natalie "Finishing Medicine Necklaces" *Please Register* Location: Day Centre</p>	<p>9 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>11:00AM – 1:300PM Outing & Lunch @ Cascades *Lunch Provided- Please Register* *If transportation is a concern- talk to Sharon and Ashley* ***</p> <p>1:30PM - 2:30PM BOXING Location: Day Centre Main Room</p>	<p>10 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>10:30AM – 11:30AM Colouring Location: 1500 Dease Street ***</p> <p>11:30AM – 12:30PM LUNCH BBQ'd Hamburgers Location: 1500 Dease Street ***</p> <p>1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>11 11:00PM – 12:00PM Crafting with Ashley "Silicone Beaded Keychain" Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Belgian Waffles" Location: Day Centre ***</p> <p>1:00PM – 2:00PM TIE DYE Location: Day Centre ***</p> <p>2:30PM – 3:30PM WALKING GROUP Location: Boulevard Lake *Please Register- weather depending*</p>	<p>12 10:30AM – 11:30AM YOGA with Jan Adams Location: Day Centre ***</p> <p>11:45AM – 1:00PM SOCIAL GAMING Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Cheesy Taco Pasta" Location: Day Centre ***</p> <p>12:00PM – 2:00PM MOVIE "Deadpool & Wolverine" Location: Day Centre ***</p> <p>2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p>
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<p>15 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>11:00AM – 12:00PM Book Club Location: Copper Kettle Coffee House (194 Algoma Street South) ***</p> <p>12:00PM – 1:00PM Music Bingo Location: 1241 Jasper Drive ***</p> <p>2:00PM – 4:00PM WALKING PROUD GROUP w Natalie *Please Register* Location: Day Centre</p>	<p>16 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>11:00AM – 3:00PM OUTING & LUNCH at Old Fort William *Lunch Provided- Please Register* *If transportation is a concern- talk to Sharon and Ashley* ***</p> <p>1:30PM - 2:30PM BOXING Location: Day Centre Main Room</p>	<p>17 8:30AM – 12:00PM DAY CENTRE CLOSED ***</p> <p>1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>18</p> <p>11:30AM-2:30PM ALPHA COURT CLIENT BBQ Location: Day Centre Back Field</p>	<p>19 10:30AM – 11:30AM YOGA with Jan Adams Location: Day Centre ***</p> <p>11:45AM – 2:15PM MOVIE "THE FLASH" Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH "Chicken Fajita Pasta" Location: Day Centre ***</p> <p>2:00PM – 4:00PM OOSHKE Programming "Bannock and Tea" Location: 1241 Jasper Drive ***</p> <p>2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p>
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<p>22 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00AM – 12:00PM Crafting with Ashley "Fall Painted Candle Holders" Location: 1500 Dease Street *** 12:30PM – 1:00PM Lunch "Pasta Bake" Location: 1500 Dease Street *** 1:15PM – 2:15PM TIE DYE Location: 1500 Dease Street *** 2:00PM – 4:00PM OOSHKE Programming "Arts & Crafts" Location: 1241 Jasper Drive</p>	<p>23 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 10:00AM – 2:30PM Outing & Lunch @ Amethyst Mine **COST \$5** *Lunch Provided- Please Register* *If transportation is a concern- talk to Sharon and Ashley* *** 1:30PM - 2:30PM BOXING Location: Day Centre Main Room *** 2:30PM – 3:30PM Body 4 U Gentle Fitness class w Natalie Location: Day Centre</p>	<p>24 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 10:30AM – 11:30AM BINGO Location: 1500 Dease street *** 11:30AM – 12:15PM LUNCH "BBQ Hamburgers" Location: 1500 Dease Street *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>25 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00PM – 12:00PM Crafting with Ashley "Rose Petal Bath Bomb" *Please Register* Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Sloppy Joe's" Location: Day Centre *** 1:30PM – 3:30PM Womans Group Location: Intercity Mall</p>	<p>26 10:30AM – 11:30AM YOGA with Jan Adams Location: Day Centre *** 11:45AM – 2:15PM MOVIE "Joker: Folie a Deux" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Perogies & Chicken Fingers" Location: Day Centre *** 2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p>
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<p>29 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** 11:00AM – 12:00PM Book Club Location: Copper Kettle Coffee House (194 Algoma Street South) 12:30PM – 1:00PM LUNCH "Taco's" Location: 1241 Jasper Drive *** 1:15PM – 2:15PM Tie Dye Location: 1241 Jasper Drive</p>	<p>30</p> <p>NATIONAL DAY FOR TRUTH & RECONCILIATION</p> <p>DAY CENTRE CLOSED</p>	
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ALPHA COURT DAY CENTRE
(807) 683 – 7729

DAY PROGRAM FACILTATOR
Contact Information:

*Please note location and program times varies; due to community activities

Sharon sgreshuk@alphacourt.ca ext. 3176 or (807) 627 – 6119
Ashley aspaxman@alphacourt.ca ext 3175 or (807) 621 – 6413



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