## **SEPTEMBER 2025**

## ALPHA COURT DAY CENTRE

270 Windsor Street – Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LABOUR DAY  DAY CENTRE CLOSED	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	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	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

10 11 12 10:00AM - 11:00AM 9:30AM - 10:30AM 11:00PM - 12:00PM 10:30AM - 11:30AM 9:30AM - 10:30AM FLOWER GARDEN (Sharon/ Ashley) Crafting with Ashley YOGA with Jan Adams (Sharon/ Ashley) Location: 1241 Jasper Drive "Silicone Beaded Keychain" Location: Day Centre FIT4LESS FIT4LESS \*\*\* \*\*\* \*Please register\* Location: Day Centre \*Please register\* 11:00AM - 12:00PM \*\*\* Location: 1186 Memorial Ave 11:45AM - 1:00PM Location: 1186 Memorial Ave **OUTDOOR YARD GAMES** SOCIAL GAMING 12:00PM - 1:00PM \*\*\* Location: 1241 Jasper Drive Location: Day Centre 10:30AM - 11:30AM \*\*\* LUNCH 11:00AM - 1:300PM \*\*\* 1:00PM - 1:30PM Colouring "Belgian Waffles" Outing & Lunch @ Cascades 12:00PM - 1:00PM GARDENING Location: 1500 Dease Street \*Lunch Provided- Please Location: Day Centre Location: 1500 Dease Street Register\* LUNCH \*\*\* \*\*\* "Cheesy Taco Pasta" 11:30AM - 12:30PM \*If transportation is a 1:00PM - 2:00PM 1:00PM - 3:00PM concern- talk to Sharon and LUNCH Location: Day Centre TIE DYE INDIGENOUS Ashley\* BBQ'd Hamburgers Location: Day Centre **ADVENTURES** w Natalie 12:00PM - 2:00PM \*\*\* Location: 1500 Dease Street \*\*\* "Finishing Medicine MOVIE 1:30PM - 2:30PM \*\*\* Necklaces" 2:30PM - 3:30PM "Deadpool & Wolverine" **BOXING** 1:00PM - 3:00PM \*Please Register\* WALKING GROUP Location: Day Centre Location: Day Centre Main ART GROUP facilitated by Location: Day Centre Location: Boulevard Lake \*\*\* Room **BISNO** \*Please Register- weather 2:30PM - 3:30PM Location: Day Centre depending\* (Sharon/ Ashley) FIT4LESS \*Please register\* Location: 1186 Memorial Ave

15 16 17 18 19 9:30AM - 10:30AM 10:30AM - 11:30AM 8:30AM - 12:00PM 9:30AM - 10:30AM (Sharon/ Ashley) YOGA with Jan Adams (Sharon/ Ashley) **DAY CENTRE** Location: Day Centre FIT4LESS FIT4LESS **CLOSED** \*\*\* \*Please register\* \*Please register\* Location: 1186 Memorial 11:45AM - 2:15PM Location: 1186 Memorial Ave Ave MOVIE \*\*\* \*\*\* "THE FLASH" 11:00AM - 3:00PM 1:00PM - 3:00PM 11:00AM - 12:00PM Location: Day Centre OUTING & LUNCH at ART GROUP facilitated by 11:30AM-2:30PM **Book Club BISNO** \*\*\* Old Fort William Location: Copper Kettle Location: Day Centre ALPHA COURT 12:00PM - 1:00PM \*Lunch Provided- Please Coffee House (194 Algoma Register\* LUNCH Street South) **CLIENT BBO** \*If transportation is a "Chicken Fajita Pasta" Location: Day Centre 12:00PM - 1:00PM concern- talk to Sharon and Location: Day Centre **Music Bingo** Ashley\* Back Field \*\*\* Location: 1241 Jasper Drive \*\*\* 2:00PM - 4:00PM \*\*\* 1:30PM - 2:30PM OOSHKE Programming 2:00PM - 4:00PM **'Bannock and Tea" BOXING** Location: 1241 Jasper Drive WALKING PROUD Location: Day Centre Main GROUP w Natalie Room 2:30PM - 3:30PM \*Please Register\* (Sharon/ Ashley) Location: Day Centre FIT4LESS

\*Please register\*

Location: 1186 Memorial Ave

22 23 24 25 26 9:30AM - 10:30AM 9:30AM - 10:30AM 9:30AM - 10:30AM 9:30AM - 10:30AM 10:30AM - 11:30AM (Sharon/ Ashley) (Sharon/ Ashley) (Sharon/ Ashley) YOGA with Jan Adams (Sharon/ Ashley) FIT4LESS Location: Day Centre FIT4LESS FIT4LESS FIT4LESS \*Please register\* \*\*\* \*Please register\* \*Please register\* \*Please register\* Location: 1186 Memorial Location: 1186 Memorial Ave Location: 1186 Memorial Ave Location: 1186 Memorial Ave 11:45AM - 2:15PM \*\*\* Ave \*\*\* MOVIE \*\*\* 10:00AM - 2:30PM 10:30AM - 11:30AM 11:00PM - 12:00PM "Joker: Folie a Deux" 11:00AM - 12:00PM Outing & Lunch @ Amethyst BINGO Crafting with Ashley Location: Day Centre Crafting with Ashley Mine Location: 1500 Dease street "Rose Petal Bath Bomb" \*\*\* "Fall Painted Candle \*\*COST \$5\*\* \*\*\* \*Please Register\* 12:00PM - 1:00PM Holders" \*Lunch Provided- Please 11:30AM - 12:15PM Location: Day Centre LUNCH Location: 1500 Dease Street Register\* \*\*\* LUNCH "Perogies & Chicken \*\*\* \*If transportation is a **'BBQ Hamburgers"** Fingers" 12:30PM - 1:00PM 12:00PM - 1:00PM concern- talk to Sharon and Lunch Location: 1500 Dease Street LUNCH Location: Day Centre Ashley\* "Pasta Bake" \*\*\* \*\*\* "Sloppy Joe's" \*\*\* Location: 1500 Dease Street 2:30PM - 3:30PM 1:00PM - 3:00PM Location: Day Centre 1:30PM - 2:30PM \*\*\* (Sharon/ Ashley) \*\*\* ART GROUP facilitated by **BOXING** 1:15PM - 2:15PM FIT4LESS **BISNO** 1:30PM - 3:30PM Location: Day Centre Main TIE DYE \*Please register\* Location: Day Centre **Womans Group** Location: 1500 Dease Street Room Location: 1186 Memorial Ave Location: Intercity Mall \*\*\* 2:30PM - 3:30PM 2:00PM - 4:00PM **OOSHKE Programming Body 4 U Gentle Fitness** "Arts & Crafts" class w Natalie Location: 1241 Jasper Drive Location: Day Centre

29 30 9:30AM - 10:30AM (Sharon/ Ashley) FIT4LESS \*Please register\* Location: 1186 Memorial Ave \*\*\* NATIONAL DAY FOR 11:00AM - 12:00PM **Book Club** TRUTH & Location: Copper Kettle RECONCILIATION Coffee House (194 Algoma Street South) **DAY CENTRE** 12:30PM - 1:00PM **CLOSED** LUNCH "Taco's" Location: 1241 Jasper Drive \*\*\* 1:15PM - 2:15PM Tie Dye Location: 1241 Jasper Drive

## ALPHA COURT DAY CENTRE (807) 683 - 7729

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





## DAY PROGRAM FACILTATOR Contact Information:

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