NOVEMBER 2026

ALPHA COURT DAY CENTRE

270 Windsor Street – Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **9:30AM – 10:30AM** **RISE & DINE BREAKFAST** **"Omlete & Toast"** Location: Day Centre *** **11:00AM – 12:00PM** **BAKING GROUP** **"Greek Yogurt Bagels"** ***First Come, First Served*** Location: Day Centre *** **11:00AM – 1:00PM HANGOUT/ COLOURING** Location: Day Centre *** **1:00PM – 2:00PM** **HOW TO PAINT GROUP** **"Full Moon"** Location: Day Centre *** **2:00PM – 4:00PM** **OOSHKE PROGRAMMING** **"Arts & Crafts"** Location: 1241 Jasper Drive (Common Room)	**3** **9:30AM – 10:30AM** **(Sharon/ Ashley)** **FIT4LESS** ***Please register*** Location: 1000 Fort William Rd *** **11:00AM – 4:00PM** **DAY CENTRE DROP IN** *** **11:00AM – 12:00PM** **Crafting with Ashley** **"Glass Gem Luminaries"** Location: Day Centre *** **12:00PM – 1:00PM** **LUNCH** **"Chicken & Dumplings"** Location: Day Centre *** **1:00PM – 2:00PM** **DIAMOND DOT ART** ***We have pieces, or bring your own*** Location: Day Centre *** **2:00PM – 3:00PM** **COPING with LONELINESS support group** Location: Day Centre	**4** **9:30AM – 10:30AM** **(Sharon/ Ashley)** **FIT4LESS** ***Please register*** Location: 1000 Fort William Rd *** **11:00AM – 4:00PM** **DAY CENTRE DROP IN** *** **11:00AM – 12:00PM** **JEWELLRY GROUP** **"Multi – Strand Fidget Ring"** Location: Day Centre *** **12:00PM – 1:00PM** **LUNCH** **"BLT Sandwiches"** Location: Day Centre *** **1:00PM – 3:00PM** **ART GROUP facilitated by BISNO** Location: Day Centre	**5** **9:30AM – 10:30AM** **(Sharon/ Ashley)** **FIT4LESS** ***Please register*** Location: 1000 Fort William Rd *** **11:00AM – 12:00PM** **Crafting with Ashley** **"Pressed Wildflower Coasters"** Location: Day Centre *** **12:00PM – 1:00PM** **LUNCH** **"Grilled Cheese and Tomato Soup"** **Location: Day** Centre *** **1:30PM – 3:30PM** **VACCINE CLINIC with Norwest Health Clinic** ***Free Flu, RSV & Pneumoccocal Vaccines*** **Location: 1241 Jasper Drive (Common Room)**	**6** **10:00AM – 11:30AM** **DAILY GRIND COFFEE CLUB & Cultural Teachings w May** Location: Day Centre *** **11:00AM – 1:00PM** **SOCIAL GAMING** Location: Day Centre *** **11:30AM – 1:30PM** **Movie** **"40 Dates and 40 Nights"** **Rated 14 A for Mature Content** Location: Day Centre *** **12:00PM – 1:00PM** **LUNCH** **"Broccoli Cheddar Soup"** Location: Day Centre *** **2:00PM – 4:00PM** **FREE FITNESS/ POOL** ***Please Register*** Location: Canada Games Complex (420 Winnipeg Ave) *** **4:00PM – 6:00PM** **TALES OF RESILIENCE THEATRE ACTING WORKSHOP (8 Week Workshop)** ***Please Register*** Location: Day Centre

9	10	11	12	13
9:30AM – 10:30AM **RISE & DINE BREAKFAST** **"French Toast & Sausage"** Location: Day Centre *** **11:00AM – 12:00PM** **COOKING GROUP** **"Stuffed Peppers"** ***Take what you make*** ***Limited spaces*** Location: Day Centre *** **11:00AM – 1:00PM** **HANGOUT/ COLOURING** Location: Day Centre *** **1:30PM – 2:30PM** **CRAFTING with Sharon** **"Clothes-Pin Hot Pads"** Location: Day Centre *** **2:30PM – 3:30PM** **Learn to Knit Group** Location: Day Centre	**9:30AM – 10:30AM** **(Sharon/ Ashley)** **FIT4LESS** ***Please register*** Location: 1000 Fort William Rd *** **11:00AM – 4:00PM** **DAY CENTRE DROP IN** *** **11:00AM – 12:00PM** **Crafting with Ashley** **"Homemade poppies"** Location: Day Centre *** **11:30AM – 12:30PM** **Lunch** **"Sub Sandwich"** Location: Day Centre	**9:30AM – 10:30AM** **(Sharon/ Ashley)** **FIT4LESS** ***Please register*** Location: 1000 Fort William Rd *** **11:00AM – 4:00PM** **DAY CENTRE DROP IN** *** **11:15AM – 12:00PM** **JEWELLRY GROUP** **"Tree Of Life Pendant "** Location: Day Centre *** **12:00PM – 1:00PM** **LUNCH** **"Clubhouse Sandwich"** Location: Day Centre *** **1:00PM – 3:00PM** **ART GROUP facilitated by BISNO** Location: Day Centre	**9:30AM – 10:30AM** **(Sharon/ Ashley)** **FIT4LESS** ***Please register*** Location: 1000 Fort William Rd *** **11:00AM – 12:00PM** **Crafting with Ashley** **"Book Nook Jar"** Location: Day Centre *** **12:00PM – 1:00PM** **LUNCH** **"Mac & Cheese"** Location: Day Centre *** **1:00PM – 2:00PM** **Beginner Macrame** Location: Day Centre *** **2:00PM – 3:00PM** **CHAIR YOGA with Frances** Location: Day Centre	**10:00AM – 11:30AM** **DAILY GRIND COFFEE CLUB & Cultural Teachings w May** Location: Day Centre *** **11:00AM – 1:00PM** **SOCIAL GAMING** Location: Day Centre *** **11:30AM – 1:30PM** **Movie** **"Mickey 17"** Location: Day Centre *** **12:00PM – 1:00PM** **LUNCH** **"Chili"** Location: Day Centre *** **2:00PM – 4:00PM** **FREE FITNESS/ POOL** ***Please Register*** Location: Canada Games Complex (420 Winnipeg Ave) *** **4:00PM – 6:00PM** **TALES OF RESILIENCE THEATRE ACTING WORKSHOP (8 Week Workshop)** ***Please Register*** Location: Day Centre

16	17	18	19	20
11:00AM – 12:00PM **BAKING GROUP** **"Chocolate Chip Cookies"** ***First Come, First Served*** Location: Day Centre *** **11:00AM – 1:00PM** **HANGOUT/ COLOURING** Location: Day Centre *** **12:00PM – 1:00PM** **LUNCH** **"Grilled Cheese"** Location: Day Centre *** **1:30PM – 3:00PM** **BOWLING** ***Please register*** Location: Mario's Bowl *** **2:00PM – 4:00PM** **WALKING PROUD GROUP** **"This is ME"** Location: Day Centre	**9:30AM – 10:30AM** **(Sharon/ Ashley)** **FIT4LESS** ***Please register*** Location: 1000 Fort William Rd *** **11:00AM – 4:00PM** **DAY CENTRE DROP IN** *** **11:00AM – 12:00PM** **Crafting with Ashley** **"Cactus Rock Garden"** Location: Day Centre *** **12:00PM – 1:00PM** **LUNCH** **"Tator Tot Breakfast Casserole"** Location: Day Centre *** **1:00PM – 2:00PM** **DIAMOND DOT ART** ***We have pieces, or bring your own*** Location: Day Centre *** **2:00PM – 3:00PM** **COPING with LONELINESS support group** Location: Day Centre	**8:30AM – 12:00PM** **DAY CENTRE CLOSED** *** **1:00PM – 3:00PM** **ART GROUP facilitated by BISNO** Location: Day Centre	**9:30AM – 10:30AM** **(Sharon/ Ashley)** **FIT4LESS** ***Please register*** Location: 1000 Fort William Rd *** **11:00AM – 12:00PM** **Crafting with Ashley** **"Old Book Garland"** Location: Day Centre *** **12:00PM – 1:00PM** **LUNCH** **"Pulled Chicken"** Location: Day Centre *** **1:00PM – 1:45PM** **TIE DYE** Location: Day Centre *** **2:00PM – 3:30PM** **Games & Hangout** Location: 1500 Dease Street *** **2:00PM – 4:00PM** **OOSHKE PROGRAMMING** **"Drumming"** Location: 1241 Jasper Drive (Common Room)	**10:00AM – 11:30AM** **DAILY GRIND COFFEE CLUB & Cultural Teachings w May** Location: Day Centre *** **11:00AM – 1:00PM** **SOCIAL GAMING** Location: Day Centre *** **11:30AM – 1:30PM** **Movie** **"A Minecraft Movie"** Location: Day Centre *** **12:00PM – 1:00PM** **LUNCH** **"Sloppy Joes"** Location: Day Centre *** **12:00PM – 3:00PM** **OOSHKE PROGRAMMING** **"FALL FEAST"** Location: 1241 Jasper Drive (Common Room) *** **2:00PM – 4:00PM** **FREE FITNESS/ POOL** ***Please Register*** Location: Canada Games Complex (420 Winnipeg Ave)

23	24	25	26	27
12:00PM – 1:00PM **LUNCH** **"Reuben Sandwich"** Location: Day Centre *** **1:00PM – 2:00PM** **MEAT BINGO** Location: Day Centre *** **2:00PM – 4:00PM** **INDIGENOUS ADVENTURES with Natalie** **"Bannock & Teachings"** Location Day Centre	**9:30AM – 10:30AM** **(Sharon/ Ashley)** **FIT4LESS** ***Please register*** Location: 1000 Fort William Rd *** **11:00AM – 4:00PM** **DAY CENTRE DROP IN** *** **11:00AM – 12:00PM** **Crafting with Ashley** **"Orange & Cinnamon Wreath"** Location: Day Centre *** **12:00PM – 1:00PM** **LUNCH** **"Taco Rice Bowl"** Location: Day Centre *** **1:00PM – 2:00PM** **CRAFT with Sharon** **"Nordic Christmas Ornaments"** Location: Day Centre *** **2:00PM – 3:00PM** **COPING with LONELINESS support group** Location: Day Centre	**9:30AM – 10:30AM** **(Sharon/ Ashley)** **FIT4LESS** ***Please register*** Location: 1000 Fort William Rd *** **11:00AM – 4:00PM** **DAY CENTRE DROP IN** *** **11:00AM – 12:00PM** **JEWELLRY GROUP** **"Daisy Beaded Necklace"** Location: Day Centre *** **12:00PM – 1:00PM** **LUNCH** **"Cobb Salad"** Location: Day Centre *** **1:00PM – 3:00PM** **ART GROUP facilitated by BISNO** Location: Day Centre	**9:30AM – 10:30AM** **(Sharon/ Ashley)** **FIT4LESS** ***Please register*** Location: 1000 Fort William Rd *** **11:00AM – 12:00PM** **Crafting with Ashley** **"Christmas Gnome"** Location: Day Centre *** **12:00PM – 1:00PM** **LUNCH** **"Chicken Wraps"** Location: Day Centre *** **12:30PM – 1:45PM** **Beginner Macrame** Location: Day Centre *** **2:00PM – 3:30PM** **Games & Hangout** Location: 1241 Jasper Drive	**10:00AM – 11:30AM** **DAILY GRIND COFFEE CLUB** Location: Day Centre *** **11:00AM – 1:00PM** **SOCIAL GAMING** Location: Day Centre *** **11:30AM – 1:30PM** **Movie** **"Roofman"** Location: Day Centre *** **12:00PM – 1:00PM** **LUNCH** **"Pasta Bake"** Location: Day Centre *** **2:00PM – 4:00PM** **FREE FITNESS/ POOL** ***Please Register*** Location: Canada Games Complex (420 Winnipeg Ave) *** **2:00PM – 4:00PM** **OOSHKE PROGRAMMING** **"Bannock & Tea"** Location: 1241 Jasper Drive (Common Room) *** **4:00PM – 6:00PM** **TALES OF RESILIENCE THEATRE ACTING WORKSHOP (8 Week Workshop)** ***Please Register*** Location: Day Centre

30 **9:30AM – 10:30AM** **RISE & DINE BREAKFAST** **"Waffles"** Location: Day Centre *** **11:00AM – 12:00PM** **BAKING GROUP** **"Peppermint Bark Pretzel Bites"** Location: Day Centre *** **11:00AM – 1:00PM** **HANGOUT/ COLOURING** Location: Day Centre *** **1:00PM – 2:00PM** **BINGO** Location: Day Centre *** **2:00PM – 3:30PM** **Learn to Knit Group** Location: Day Centre	**ALPHA COURT DAY CENTRE** **(807) 683 – 7729** Find us on Facebook Scan the above QR Code to be keep up to date with Alpha Court on Facebook **DAY PROGRAM FACILTATOR** **Contact Information:** Sharon sgreshuk@alphacourt.ca ext. 3176 or (807) 627 – 6119 Ashley aspaxman@alphacourt.ca ext. 3175 or (807) 621 – 6413