

APRIL 2025
ALPHA COURT DAY CENTRE
270 WINDSOR STREET – Room 221



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>9:30AM – 10:30AM BODY4U Gentle FITNESS CLASS with Natalie Location: Day Centre ***</p> <p>10:15AM – 11:00AM MALL WALKING *Please register* Location: Intercity Shopping Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Cold Cut Sandwiches” Location: Day Centre ***</p> <p>1:30PM - 2:30PM BOXING Location: Day Centre Main Room ***</p> <p>2:30PM – 3:30PM WALKING at LU HANGAR *FREE – please register Location: 955 Sanders Drive</p>	<p>2 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please Register* Location: 1186 Memorial Ave ***</p> <p>10:40AM – 12:00PM AQUATICS at Volunteer Pool *Please Register* Location: 180 Martha Street ***</p> <p>12:30PM – 1:00PM BINGO Location: Day Centre ***</p> <p>1:30PM – 3:30PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>3 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>CUPCAKE DECORATING with Gates Location: Day Centre *Please register by Tuesday April 1 ***</p> <p>12:00PM – 1:00PM LUNCH “Pizza Bagels” Location: Day Centre ***</p> <p>2:00PM – 3:00PM WOMAN’S GROUP “Crafting Group- Sock Bunnies” Location: Day Centre ***</p> <p>3:00PM – 3:30PM OUTDOOR WALKING GROUP Location: Day Centre *Weather permitting</p>	<p>4 10:30AM – 12:00PM DAILY GRIND COFFEE CLUB & SOCIAL GAMING Location: Day Centre ***</p> <p>11:00AM –12:00PM How to Paint Group “Tulips & Rainboots” Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Sloppy Joe’s” Location: Day Centre ***</p> <p>12:00PM – 2:00PM MOVIE & POPCORN “Austin Powers: Goldmember” Location: Day Centre ***</p> <p>2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Bannock & Tea” Location: 1241 Jasper Drive</p>

<p>7 10:00AM – 10:45AM GARDEN SEED STARTERS Location: Day Centre ***</p> <p>10:30AM – 12:00PM DAILY GRIND COFFEE CLUB & SOCIAL GAMING Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Chicken Broccoli Alfredo” Location: Day Centre ***</p> <p>1:00PM – 3:00PM INDIGENOUS ADVENTURES with Natalie Location: Day Centre ***</p> <p>2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p>	<p>8 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>9:30AM – 10:30AM BODY4U Gentle FITNESS CLASS with Natalie Location: Day Centre ***</p> <p>10:15AM – 11:00AM MALL WALKING *Please register* Location: Intercity Shopping Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Grilled Cheese” Location: Day Centre ***</p> <p>1:30PM - 2:30PM BOXING Location: Day Centre Main Room ***</p> <p>2:30PM – 3:30PM GUY’S CLUB with Gene W & Steve J Location: Day Centre</p>	<p>9 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave ***</p> <p>11:00AM – 12:00PM DAILY GRIND COFFEE CLUB & BINGO Location: 1500 Dease Street ***</p> <p>1:30PM – 3:30PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>10 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please Register* Location: 1186 Memorial Ave ***</p> <p>11:15AM – 12:00PM CRAFT “Sharpie Coasters” Location: Day Centre *Please register ***</p> <p>12:00PM – 1:00PM LUNCH “Mac n’ Cheese” Location: Day Centre ***</p> <p>1:30PM – 2:30PM OUTDOOR WALKING GROUP Location: Day Centre *Weather permitting</p>	<p>11 10:30AM – 12:00PM CRIBBAGE TOURNAMENT Location: Day Centre *Please register ***</p> <p>12:00PM – 1:00PM LUNCH “Perogies & Chicken Fingers” Location: Day Centre ***</p> <p>12:30PM – 2:30PM MOVIE & POPCORN “Creed” Location: Day Centre ***</p> <p>2:30PM – 3:30PM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave</p>
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21

EASTER
MONDAY

DAY CENTRE
CLOSED

22

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1186 Memorial Ave

9:30AM – 10:30AM

BODY4U Gentle FITNESS CLASS
with Natalie

Location: Day Centre

10:15AM – 11:00AM

MALL WALKING

Please register

Location: Intercity Shopping
Centre

12:00PM – 1:00PM

LUNCH

“Pita Personal Pizzas”

Location: Day Centre

1:30PM - 2:30PM

BOXING

Location: Day Centre Main Room

2:30PM – 3:30PM

GUY’S CLUB with Gene W &
Steve J

Location: Day Centre

23

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1186 Memorial Ave

10:40AM – 12:00PM

AQUATICS at Volunteer Pool

Please Register

Location: 180 Martha Street

12:15PM – 1:00PM

MUSIC BINGO

Location: Day Centre

1:30PM – 3:30PM

ART GROUP facilitated by BISNO

Location: Day Centre

24

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please Register

Location: 1186 Memorial Ave

11:00AM – 12:00PM

Caring for houseplants/
Gardening 101

Location: Day Centre

12:00PM – 1:00PM

LUNCH

“Stir Fry”

Location: Day Centre

1:00PM – 2:00PM

Crafting with Ashley

“DIY Birdbath”

Location: Day Centre

1:30PM – 2:30PM

OUTDOOR WALKING GROUP

Location: Day Centre

*Weather permitting

25

10:30AM – 12:00PM

SCRABBLE TOURNAMENT

Location: Day Centre

*Please register

11:00AM – 12:00PM

HOW TO PAINT GROUP

“Busy Bee”

Location: Day Centre

12:00PM – 1:00PM

LUNCH

“Broccoli Cheese Soup”

Location: Day Centre

12:30PM – 2:30PM

MOVIE & POPCORN

“Creed 2”

Location: Day Centre

2:30PM – 3:30PM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1186 Memorial Ave

28
10:30AM – 12:00PM
DAILY GRIND COFFEE CLUB &
SOCIAL GAMING

Location: Day Centre

12:00PM – 12:30PM
LUNCH

“Mac & Cheese”
Location: Day Centre

12:45PM – 2:15PM
BOWLING

Location: Mario’s Bowl
Cost: \$6

*Please register
Location: 710 Memorial Ave

2:30PM – 3:30PM
(Sharon/ Ashley)

FIT4LESS
Please register
Location: 1186 Memorial Ave

29
9:30AM – 10:30AM
(Sharon/ Ashley)
FIT4LESS
Please register
Location: 1186 Memorial Ave

9:30AM – 10:30AM
BODY4U Gentle FITNESS CLASS
with Natalie
Location: Day Centre

10:15AM – 11:00AM
MALL WALKING
Please register
Location: Intercity Shopping
Centre

12:00PM – 1:00PM
LUNCH
“Turkey Wraps”
Location: Day Centre

1:30PM - 2:30PM
BOXING
Location: Day Centre Main Room

2:30PM – 3:30PM
New WALKING at LU HANGAR
*FREE – please register
Location: 955 Sanders Drive

30
9:30AM – 10:30AM
(Sharon/ Ashley)
FIT4LESS
Please Register
Location: 1186 Memorial Ave

11:00AM – 1:00PM
NORTHWEST RECOVERY
COLLEGE SOFT LAUNCH
Location: Canadian Mental
Health Association –
200 Van Norman Street

1:30PM – 3:30PM
ART GROUP facilitated by BISNO
Location: Day Centre

**ALPHA COURT DAY CENTRE
(807) 683 – 7729**

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

**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