APRIL 2025

ALPHA COURT DAY CENTRE





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MONDAY	1 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 ***	Please Register* Location: 1186 Memorial Ave *** 10:40AM – 12:00PM AQUATICS at Volunteer Pool *Please Register* Location: 180 Martha Street *** 12:30PM – 1:00PM BINGO Location: Day Centre *** 1:30PM – 3:30PM ART GROUP facilitated by BISNO Location: Day Centre	3 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1186 Memorial Ave *** CUPCAKE DECORATING with Gates Location: Day Centre *Please register by Tuesday April 1 *** 12:00PM – 1:00PM LUNCH "Pizza Bagels" Location: Day Centre ***	10:30AM – 12:00PM DAILY GRIND COFFEE CLUB & SOCIAL GAMING Location: Day Centre *** 11:00AM –12:00PM How to Paint Group "Tulips & Rainboots" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Sloppy Joe's" Location: Day Centre *** 12:00PM – 2:00PM MOVIE & POPCORN
	Please register Location: Intercity Shopping Centre	Location: Day Centre *** 1:30PM – 3:30PM ART GROUP facilitated by BISNO	LUNCH "Pizza Bagels" Location: Day Centre	Location: Day Centre *** 12:00PM – 2:00PM
	*** 2:30PM – 3:30PM WALKING at LU HANGAR *FREE – please register Location: 955 Sanders Drive			Location: 1186 Memorial Ave *** 2:00PM – 4:00PM OOSHKE PROGRAMMING "Bannock & Tea" Location: 1241 Jasper Drive

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

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	15	16	17	18
	9:30AM – 10:30AM		9:30AM – 10:30AM	
COCIAL CANAINIC	(Sharon/ Ashley)	DAY CENTRE	(Sharon/ Ashley)	
	FIT4LESS	CLOSED	FIT4LESS	
Location: Day Centre ***	*Please register*	323322	*Please register*	
12:00PM – 12:30PM	Location: 1186 Memorial Ave ***	8:30AM - 12:00PM	Location: 1186 Memorial Ave	
"Pizza Quesadilla" Location: Day Centre *** 12:45PM – 2:15PM BOWLING Location: Mario's Bowl Cost: \$6 *Please register* Location: 710 Memorial Ave *** 1:00PM – 4:00PM WALKING PROUD GROUP with Natalie "Birthday Celebration & BINGO"	9·30AM – 10·30AM	12:30PM – 1:00PM BINGO Location: Day Centre *** 1:30PM – 3:30PM ART GROUP facilitated by BISNO Location: Day Centre	11:00AM – 12:00PM Crafting with Ashley "Spring Burlap Wreath" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Chicken Spaghetti" Location: Day Centre *** 1:00PM – 2:00PM WOMAN'S GROUP "Games & Snacks" Location: Day Centre *** 2:00PM – 3:30PM	GOOD FRIDAY DAY CENTRE CLOSED
*** 2:30PM – 3:30PM	1:30PM - 2:30PM		DIY Iron on T-shirts	
(Sharon/ Ashley)	BOXING		*Please Register- supplies provided*	
FIT4LESS	Location: Day Centre Main Room			
	***		Location: Day Centre ***	
Please register	2:30PM – 3:30PM			
Location: 1186 Memorial Ave	*New* WALKING at LU HANGAR		2:00PM – 4:00PM	
	*FREE – please register		OOSHKE PROGRAMMING	
	·		"Drumming"	
	Location: 955 Sanders Drive			

21	22 9:30AM – 10:30AM	23 9:30AM – 10:30AM	24 9:30AM – 10:30AM	25 10:30AM – 12:00PM
	(Sharon/ Ashley)	(Sharon/ Ashley)	(Sharon/ Ashley)	SCRABBLE TOURNAMENT
	FIT4LESS	FIT4LESS	FIT4LESS	Location: Day Centre
	Please register	*Please register*	*Please Register*	*Please register
	Location: 1186 Memorial Ave ***	Location: 1186 Memorial Ave	Location: 1186 Memorial Ave ***	*** 11:00AM –12:00PM
	9:30AM – 10:30AM	10:40AM – 12:00PM	11:00AM – 12:00PM	HOW TO PAINT GROUP
EASTER MONDAY DAY CENTRE CLOSED	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 &	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	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	"Busy Bee" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Brocolli 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
	GUY'S CLUB with Gene W &			
	Location: Day Centre			

28 29 10:30AM - 12:00PM 9:30AM – 10:30AM DAILY GRIND COFFEE CLUB & (Sharon/ Ashley) SOCIAL GAMING FIT4LESS Location: Day Centre *Please register* Location: 1186 Memorial Ave 12:00PM - 12:30PM LUNCH 9:30AM - 10:30AM "Mac & Cheese" BODY4U Gentle FITNESS CLASS Location: Day Centre with Natalie Location: Day Centre 12:45PM - 2:15PM BOWLING 10:15AM - 11:00AM Location: Mario's Bowl MALL WALKING Cost: \$6 *Please register* *Please register Location: Intercity Shopping Location: 710 Memorial Ave Centre *** 2:30PM - 3:30PM 12:00PM - 1:00PM (Sharon/ Ashley) LUNCH FIT4LESS "Turkey Wraps" *Please register* Location: Day Centre Location: 1186 Memorial Ave 1:30PM - 2:30PM BOXING Location: Day Centre Main Room

2:30PM - 3:30PM

*FREE – please register

30 9:30AM - 10:30AM (Sharon/ Ashley) FIT4LESS *Please Register* Location: 1186 Memorial Ave 1:30PM - 3:30PM ART GROUP facilitated by BISNO Location: Day Centre *New* WALKING at LU HANGAR Location: 955 Sanders Drive

11:00AM - 1:00PM

NORTHWEST RECOVERY

COLLEGE SOFT LAUNCH

Location: Canadian Mental

Health Association -

200 Van Norman Street

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 - 6119Ashley aspaxman@alphacourt.ca ext 3175 or (807)621 - 6413