

**DECEMBER 2024**  
 ALPHA COURT DAY CENTRE  
 270 WINDSOR STREET - ROOM 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p style="text-align: center;"><b>DAY CENTRE CLOSED</b></p> <p style="text-align: center;">***</p> <p>2:00PM – 4:00PM  <b>OOSHKE PROGRAMMING</b>  <b>“Ornamental Muckluks”</b>            Location: 1241 Jasper Drive</p>	<p>3</p> <p>9:30AM – 10:30AM            (Sharon/ Ashley)  <b>FIT4LESS</b>            *Please Register*            Location: 1186 Memorial Ave            ***</p> <p style="background-color: yellow;">10:00AM – 11:00AM  <b>BODY4U Gentle FITNESS CLASS with Natalie</b>            Location: Day Centre            ***</p> <p>10:30AM – 11:30AM  <b>BINGO</b>            Location: 1500 Dease Street            ***</p> <p>12:00PM – 1:00PM  <b>Crafting with Sharon</b>  <b>“Yarn Hat Tree Ornaments”</b>            Location: Day Centre            ***</p> <p>1:00PM - 2:00PM  <b>BOXING</b>            Location: Day Centre Main Room</p>	<p>4</p> <p>9:45AM – 11:00AM  <b>AQUATICS at Volunteer Pool</b>            *Please Register*            Location: 180 Martha Street            ***</p> <p>11:15AM – 12:30PM  <b>Christmas Colouring</b>            Location: Day Centre            ***</p> <p>11:00AM – 12:00PM  <b>Baking group</b>  <b>“Shortbread Cookies”</b>            *Please Register*            Location: Day Centre            ***</p> <p>12:00PM – 1:00PM  <b>LUNCH</b>  <b>“Club House Sandwiches”</b>            Location: Day Centre            ***</p> <p>1:30PM – 3:30PM  <b>ART GROUP facilitated by BISNO</b>            Location: Day Centre</p>	<p>5</p> <p>9:30AM – 10:30AM            (Sharon/ Ashley)  <b>FIT4LESS</b>            *Please Register*            Location: 1186 Memorial Ave            ***</p> <p>11:00AM – 12:00PM  <b>DIAMOND DOT ART</b>            Location: 1500 Dease Street            ***</p> <p>12:30PM – 1:30PM  <b>Crafting with Ashley</b>  <b>“Light up Christmas Gnomes”</b>            Location: Day Centre</p> <p style="text-align: center;"><b>DAY CENTRE CLOSED</b>  <b>2:00PM – 4:30PM</b></p>	<p>6</p> <p>9:30AM – 10:30AM            (Sharon/ Ashley)  <b>FIT4LESS</b>            *Please Register*            Location: 1186 Memorial Ave            ***</p> <p>11:00AM – 12:00PM  <b>Crafting with Ashley</b>  <b>“Christmas Coffee Mugs”</b>            Location: Day Centre            ***</p> <p>12:00PM – 1:00PM  <b>LUNCH</b>  <b>“Pizza Casserole”</b>            Location: Day Centre            ***</p> <p>1:00PM – 3:30PM  <b>Indigenous Adventures</b>  <b>“Bannock and CEDAR Bingo”</b>            *Please Register*            Location: Day Centre</p>

<p><b>9</b>  <b>9:30AM – 11:00AM</b>  <b>DIAMOND DOT ART</b>  Location: Day Centre  ***</p> <p><b>11:15AM – 11:45AM</b>  <b>BINGO</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  “Chicken Quesadillas”  Location: Day Centre  ***</p> <p><b>12:30PM – 2:30PM</b>  <b>Baking Group</b>  “Sharon’s Nuts &amp; Bolts”  *Limited Spaces, Please Register*  Location: Day Centre  ***</p> <p><b>1:00PM – 3:00PM</b>  <b>Movie and Popcorn</b>  “A Christmas Story”  Location: Day Centre</p>	<p><b>10</b>  <b>9:30AM – 10:30AM</b>  <b>FIT4LESS</b>  *Please Register*  Location: 1186 Memorial Ave  ***</p> <p><b>10:00AM – 11:00AM</b>  <b>BODY4U Gentle FITNESS CLASS with Natalie</b>  Location: Day Centre  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>BOOK CLUB</b>  Location: Bay Village  (221 Bay St)  ***</p> <p><b>12:30PM – 1:00PM</b>  <b>TOUR OF THE DAY CENTRE FOR NEW/ INTERESTED PARTICIPANTS</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 2:30PM</b>  <b>GUY’S CLUB with Gene W &amp; Steve J</b>  Location: Day Centre  ***</p> <p><b>2:30PM – 3:30PM</b>  <b>Boxing</b>  Location: Day Centre Main Room</p>	<p><b>11</b>  <b>11:00AM – 12:00PM</b>  <b>CHRISTMAS CARD MAKING with Christine K</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  “Perogies”  Location: Day Centre  ***</p> <p><b>12:30PM – 1:00PM</b>  <b>Visit with Therapy Dog Timber</b>  Location: Day Centre  ***</p> <p><b>1:30PM – 3:30PM</b>  <b>ART GROUP facilitated by BISNO</b>  Location: Day Centre</p>	<p><b>12</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  *Please Register*  Location: 1186 Memorial Ave  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>DIAMOND DOT ART</b>  Location: 1500 Dease Street</p> <p style="text-align: center;"><b>DAY CENTRE</b>  <b>CLOSED</b>  <b>12:00PM – 4:30PM</b></p>	<p><b>13</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  *Please Register*  Location: 1186 Memorial Ave  ***</p> <p><b>10:30AM – 12:00PM</b>  <b>COFFEE TALK with Peer Connections</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  “Pizza Party for student Lindsay”  Location: Day Centre  ***</p> <p><b>12:30PM – 2:30PM</b>  <b>MOVIE and Popcorn</b>  “Home Alone”  Location: Day Centre  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  “Bannock &amp; Tea”  Location: 1241 Jasper Drive</p>
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<p><b>16</b>  <b>9:30AM – 11:00AM</b>  <b>DIAMOND DOT ART</b>  Location: Day Centre  ***</p> <p><b>10:30AM – 12:00PM</b>  <b>Lets Talk Mondays with Peer Connections</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Hamburger Soup”</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 2:00PM</b>  <b>POSTCARDS with Sara H</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>“Ornamental Muckluks”</b>  Location: 1241 Jasper Drive</p>	<p><b>17</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please Register*</b>  Location: 1186 Memorial Ave  ***</p> <p><b>10:00AM – 11:00AM</b>  <b>BODY4U Gentle FITNESS CLASS with Natalie</b>  Location: Day Centre  ***</p> <p><b>10:00AM – 10:30AM</b>  <b>BINGO</b>  Location: 1241 Jasper Drive  ***</p> <p><b>10:30AM – 12:00PM</b>  <b>CHRISTMAS TRIVIA with Sara S</b>  <b>*prizes to be won*</b>  Location: 1241 Jasper Drive  ***</p> <p><b>1:00PM - 2:00PM</b>  <b>BOXING</b>  Location: Day Centre Main Room  ***</p> <p><b>1:00PM – 4:00PM</b>  <b>WALKING PROUD</b>  <b>“Oji-Party &amp; Bingo”</b>  <b>*Must bring a used gift, please register by Monday December 16*</b>  Location: 1241 Jasper Drive</p>	<p><b>18</b>  <b>9:45AM – 11:00AM</b>  <b>AQUATICS at Volunteer Pool</b>  <b>*Please Register*</b>  Location: 180 Martha Street  ***</p> <p><b>11:15AM – 12:00PM</b>  <b>DRIED ORANGE SLICE ORNAMENTS</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Butter Chicken &amp; Rice”</b>  Location: Day Centre  ***</p> <p><b>1:30PM – 3:30PM</b>  <b>ART GROUP facilitated by BISNO</b>  Location: Day Centre</p>	<p><b>19</b>  <b>10:30AM – 12:00PM</b>  <b>CHRISTMAS BRUNCH</b>  <b>Location: Day Centre</b>  <b>*Please register by Thursday December 12</b>  ***</p> <p><b>1:00PM – 2:00PM</b>  <b>Card &amp; Board Games</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>“Drumming”</b>  Location: 1241 Jasper Drive</p>	<p><b>20</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please Register*</b>  Location: 1186 Memorial Ave  ***</p> <p><b>10:30AM – 11:30AM</b>  <b>Baking Group</b>  <b>“Peanut Butter Confetti”</b>  <b>*Please register*</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Chicken Wraps”</b>  Location: Day Centre  ***</p> <p><b>12:30PM – 2:30PM</b>  <b>MOVIE and Popcorn</b>  <b>“A Christmas Carol”</b>  Location: Day Centre</p>
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<p><b>23</b>  <b>9:30AM – 11:00AM</b>  <b>DIAMOND DOT ART</b>  Location: Day Centre  ***</p> <p><b>11:15AM – 11:45AM</b>  <b>BINGO</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  “Grilled Cheese &amp; Tomato Soup”  Location: Day Centre  ***</p> <p><b>1:30PM – 2:30PM</b>  <b>COLOURING</b>  Location: Day Centre</p>	<p><b>24</b></p> <p style="text-align: center;"><u>DAY CENTRE</u>  <u>CLOSED</u></p>	<p><b>25</b></p> <p style="text-align: center;"><b>CHRISTMAS DAY</b>  <u>DAY CENTRE</u>  <u>CLOSED</u></p>	<p><b>26</b></p> <p style="text-align: center;"><b>BOXING DAY</b>  <u>DAY CENTRE</u>  <u>CLOSED</u></p>	<p><b>27</b>  <b>10:30AM – 12:00PM</b>  <b>COFFEE TALK with Peer Connections</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  “Spaghetti”  Location: Day Centre  ***</p> <p><b>12:30PM – 2:30PM</b>  <b>Movie &amp; Popcorn</b>  “Joker (2019 Version)”  Location: Day Centre</p>
<p><b>30</b>  <b>10:30AM – 12:00PM</b>  <b>Coffee Talk with Peer Connections</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  “Subs &amp; Chips”  Location: Day Centre  ***</p> <p><b>12:30PM – 2:30PM</b>  <b>Movie &amp; Popcorn</b>  “Austin Power’s- International Man of Mystery”  Location: Day Centre</p>	<p><b>31</b></p> <p style="text-align: center;"><u>DAY CENTRE</u>  <u>CLOSED</u></p>	<p style="text-align: center;"><b>ALPHA COURT DAY CENTRE</b>  <b>(807) 683 – 7729</b></p> <p style="text-align: center;">*Please note location and program times varies; due to community activities</p> <p style="text-align: center;"><b>DAY PROGRAM FACILTATOR</b>  <b>Contact Information:</b></p> <p style="text-align: center;">Sharon <a href="mailto:sgreshuk@alphacourt.ca">sgreshuk@alphacourt.ca</a> ext. 3176 or  (807) 627 – 6119</p> <p style="text-align: center;">Ashley <a href="mailto:aspaxman@alphacourt.ca">aspaxman@alphacourt.ca</a> ext 3175 or  (807) 621 – 6413</p>		