

**FEBRUARY 2025**  
**ALPHA COURT DAY CENTRE**  
**270 WINDSOR STREET – ROOM 221**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b>  <b>10:00AM – 12:00PM</b>  <b>DIAMOND DOT ART</b>                      Location: Day Centre                      ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Tacos”</b>                      Location: Day Centre                      ***</p> <p><b>1:30PM – 2:00PM</b>  <b>MALL WALKING</b>                      Location: Intercity Shopping Centre                      *Please register*                      ***</p> <p><b>1:00PM – 4:00PM</b>  <b>INDIGENOUS ADVENTURE with Natalie</b>                      Location: Day Centre                      ***</p> <p><b>2:30PM – 3:30PM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>                      Location: 1186 Memorial Ave                      *Please Register*</p>	<p><b>4</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>                      Location: 1186 Memorial Ave                      *Please Register*                      ***</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>12:15PM – 1:15PM</b>  <b>KNITTING &amp; CROCHETTING</b>                      Location: Day Centre                      ***</p> <p><b>1:30PM - 2:30PM</b>  <b>BOXING</b>                      Location: Day Centre Main Room                      ***</p> <p><b>2:30PM – 3:30PM</b>  <b>SNOWSHOEING</b>                      Location: Day Centre                      *Please register</p>	<p><b>5</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>                      Location: 1186 Memorial Ave                      *Please Register*                      ***</p> <p><b>11:00AM – 12:00PM</b>  <b>Crafting with Ashley</b>  <b>“DIY Valentines Day Coffee Mugs”</b>                      Location: Day Centre                      ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Fajita Wraps”</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>6</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>                      Location: 1186 Memorial Ave                      *Please Register*                      ***</p> <p><b>11:00AM – 12:30PM</b>  <b>DAILY GRIND COFFEE CLUB &amp; BINGO</b>                      Location: 1500 Dease Street                      ***</p> <p><b>1:00PM – 2:00PM</b>  <b>Womans Group</b>  <b>“Tea Party &amp; Brainstorm Session”</b>                      Location: Day Centre                      ***</p> <p><b>2:00PM – 4:00PM</b>  <b>WALKING PROUD GROUP with Natalie</b>  <b>“Cooking Program”</b>                      *Limited Spaces, Please Register*                      Location: Day Centre</p>	<p><b>7</b>  <b>10:30AM – 12:00PM</b>  <b>DAILY GRIND COFFEE CLUB &amp; SOCIAL GAMING</b>                      Location: Day Centre                      ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Chicken Ceaser Wrap”</b>                      Location: Day Centre                      ***</p> <p><b>12:00PM – 3:30PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>“Winter Feast”</b>                      Location: 1241 Jasper Drive                      ***</p> <p><b>12:30PM – 2:00PM</b>  <b>MOVIE &amp; POPCORN</b>  <b>Black History Month Series</b>  <b>“Beasts of the Southern Wild”</b>                      Location: Day Centre                      ***</p> <p><b>2:30PM – 3:30PM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>                      Location: 1186 Memorial Ave                      *Please Register*</p>

<p><b>10</b>  <b>9:30AM – 10:30AM</b>  <b>DIAMOND DOT ART</b>  Location: Day Centre  ***</p> <p><b>11:30AM – 12:00PM</b>  <b>RECORD SUSPENSION</b>  <b>PRESENTATION from John</b>  <b>Howard Society</b>  *Open to everyone  ***</p> <p><b>12:00PM – 12:30PM</b>  <b>LUNCH</b>  “Grilled Cheese”  Location: Day Centre  ***</p> <p><b>12:45PM – 2:15PM</b>  <b>BOWLING</b>  Location: Mario’s Bowl  <b>Cost: \$6</b>  *Please register  Location: 710 Memorial Ave  ***</p> <p><b>2:30PM – 3:30PM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  *Please Register*</p>	<p><b>11</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  ***</p> <p><b>10:00AM – 11:00AM</b>  <b>BODY4U Gentle FITNESS CLASS</b>  <b>with Natalie</b>  Location: Day Centre  ***</p> <p><b>11:30AM – 12:15PM</b>  <b>BINGO</b>  <b>Location: Day Centre</b>  ***</p> <p><b>1:00PM – 2:30PM</b>  <b>GUY’S CLUB with Gene W &amp;</b>  <b>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>12</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  ***</p> <p><b>10:40AM – 12:00PM</b>  <b>AQUATICS at Volunteer Pool</b>  *Please Register*  Location: 180 Martha Street  ***</p> <p><b>12:15PM – 1:00PM</b>  <b>LUNCH</b>  “Spaghetti”  Location: Day Centre  ***</p> <p><b>1:30PM – 3:30PM</b>  <b>ART GROUP facilitated by BISNO</b>  Location: Day Centre</p>	<p><b>13</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>COLOURING</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  “Ham &amp; Cheese Sandwich”  Location: Day Centre  ***</p> <p><b>1:30PM – 2:30PM</b>  <b>MALL WALKING</b>  Location: Intercity Shopping Centre  *Please register</p>	<p><b>14</b>  <b>10:30AM – 12:00PM</b>  <b>Card &amp; Boardgames</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  “Perogies”  Location: Day Centre  ***</p> <p><b>1:00PM – 3:30PM</b>  <b>MOVIE &amp; POPCORN</b>  <b>Black History Month Series</b>  “Dreamgirls”  Location: Day Centre  ***</p> <p><b>2:30PM – 3:30PM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  *Please Register*</p>
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17

FAMILY DAY  
DAY CENTRE  
CLOSED

18

9:30AM – 10:30AM  
(Sharon/ Ashley)  
FIT4LESS  
Location: 1186 Memorial Ave  
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10:00AM – 11:00AM  
BODY4U Gentle FITNESS CLASS  
with Natalie  
Location: Day Centre  
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11:00AM – 12:00PM  
BOOK CLUB  
Location: Bay Village  
(221 Bay St)  
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12:15PM – 1:15PM  
KNITTING & CROCHETTING  
Location: Day Centre  
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1:30PM - 2:30PM  
BOXING  
Location: Day Centre Main Room  
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2:30PM – 3:30PM  
SNOWSHOEING  
Location: Day Centre  
\*Please register

19

DAY CENTRE  
CLOSED  
8:30AM – 12:00PM

12:00PM – 1:00PM  
LUNCH  
“Grilled Cheese”  
Location: Day Centre  
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1:30PM – 3:30PM  
ART GROUP facilitated by BISNO  
Location: Day Centre

20

9:30AM – 10:30AM  
(Sharon/ Ashley)  
FIT4LESS  
Location: 1186 Memorial Ave  
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11:00AM – 12:00PM  
Cooking Group  
“Chicken Broccoli Alfredo”  
\*Please Register\*  
Location: Day Centre  
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12:00PM – 1:00PM  
LUNCH  
“Chicken Broccoli Alfredo”  
Location: Day Centre  
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1:00PM – 2:0PM  
Womans Group  
“Spa Day”  
\*Please Register- supplies provided\*  
Location: Day Centre  
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2:30PM – 3:30PM  
Crafting with Ashley  
“DIY Iron On Shirts”  
\*Please Register- Supplies provided\*  
Location: Day Centre

21

9:30AM – 10:30AM  
DIAMOND DOT ART  
Location: Day Centre  
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10:30AM – 12:00PM  
DAILY GRIND COFFEE CLUB & SOCIAL  
GAMING  
Location: Day Centre  
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12:00PM – 1:00PM  
LUNCH  
“Pulled Chicken”  
Location: Day Centre  
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12:30PM – 2:30PM  
MOVIE & POPCORN  
Black History Month Series  
“Coach Carter”  
Location: Day Centre  
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2:30PM – 3:30PM  
(Sharon/ Ashley)  
FIT4LESS  
Location: 1186 Memorial Ave  
\*Please Register\*

<p><b>24</b>  <b>9:30AM – 10:30AM</b>  <b>DIAMOND DOT ART</b>  Location: Day Centre  ***</p> <p><b>10:30AM – 12:00PM</b>  <b>DAILY GRIND COFFEE CLUB &amp; SOCIAL GAMING</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Chili”</b>  Location: Day Centre  ***</p> <p><b>12:45PM – 2:15PM</b>  <b>BOWLING</b>  Location: Mario’s Bowl  <b>Cost: \$6</b>  *Please register  Location: 710 Memorial Ave  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>“Arts &amp; Crafts”</b>  Location: 1241 Jasper Drive  ***</p> <p><b>2:30PM – 3:30PM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  *Please Register*</p>	<p><b>25</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</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>11:30AM – 12:15PM</b>  <b>BINGO</b>  <b>Location: Day Centre</b>  ***</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>26</b>  <b>PINK SHIRT DAY</b>  <b>Wear your Pink Shirt</b></p> <p><b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  ***</p> <p><b>10:45AM – 12:00PM</b>  <b>AQUATICS at Volunteer Pool</b>  *Please Register*  Location: 180 Martha Street  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Stir Fry”</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>27</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  ***</p> <p><b>10:45AM – 11:15PM</b>  <b>MALL WALKING</b>  Location: Intercity Shopping Centre  *Please register*  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Ham &amp; Cheese Sandwich”</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 1:45PM</b>  <b>Tie Dye</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 3:00PM</b>  <b>Crafting with Ashley</b>  <b>“Silicone Beaded Keychains”</b>  Location: Day Centre</p>	<p><b>28</b>  <b>10:30AM – 12:00PM</b>  <b>Card &amp; Boardgames</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Perogies &amp; Chicken Fingers”</b>  Location: Day Centre  ***</p> <p><b>12:30PM – 2:30PM</b>  <b>MOVIE &amp; POPCORN</b>  <b>Black History Month Series</b>  <b>“Man on Fire”</b>  Location: Day Centre  ***</p> <p><b>2:30PM – 3:30PM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  *Please Register*</p>
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**\*Please note location and program times varies; due to community activities**

**ALPHA COURT DAY CENTRE**  
**CONTACT INFORMATION:**  
**(807) 683 - 7729**

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