JANUARY 2024

ALPHA COURT DAY CENTRE

270 WINDSOR STREET - ROOM 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW YEARS DAY DAY CENTRE CLOSED	Location: Meet at Intercity Food Court *** 12:00PM – 1:00PM (Ashley) PICTIONARY (Day Centre) *Please register	3 10:00AM - 11:00AM (Sharon/Ashley) WALKING GROUP Meet at Day Centre *Please register/ Weather Depending *** 11:00AM - 12:00PM (Ashley) MANAGING UNWANTED THOUGHTS & FEELINGS COPING GROUP (Session 1/4) (Day Centre) *** 12:00PM-1:15PM (Sharon/Ashley) Field trip to Thunder Bay Art Gallery *** 1:30PM - 3:30PM (Sharon/ Ashley) ART GROUP facilitated by BISNO *Please register	4 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register	9:30AM – 10:15AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register *** 11:30AM – 12:30PM (Sharon + Ashley) LUNCH at the Day Centre "Cheesy Taco Pasta" *** 1:00PM – 2:30PM (Sharon/ Ashley) INDIGENOUS ADVENTURES Location: Day Centre *Please register

11 12 10 10:00AM - 11:00AM (Sharon) 9:30AM - 10:30AM (Sharon/ 9:30AM - 10:30AM (Sharon/ 9:30AM - 10:15AM 10:00AM - 11:00AM (Sharon) TIE DYE (Day Centre) Ashley) Ashley) Ashley) (Sharon/ Ashley) *Please register FIT4LESS FIT4LESS **WALKING GROUP** FIT4LESS Location: 1186 Memorial Ave Location: 1186 Memorial Ave Meet at Marina Park Location: 1186 Memorial Ave 11:30PM - 12:30PM (Sharon/ *Please register *Please register/ Weather *Please register *Please register Ashley) Depending LUNCH at the Day Centre *** 11:00AM - 12:00PM (Sharon) 10:45AM - 11:30AM (Sharon) 10:30AM - 12:00PM (Sharon/ "Stuffed Peppers" MALL WALKING SOCIAL GAMING Ashley) 11:00AM- 12:00PM (Ashley) *Please register Location: Meet at Intercity Food COFFEE TALK with Peer (Day Centre/ Main Floor) MANAGING UNWANTED Court Connections THOUGHTS & FEELINGS COPING *Please register 12:45PM - 1:45PM (Sharon) (Day Centre) GROUP (Sesson 2/4) 12:00PM - 1:00PM (Sharon) **AQUATICS** *Please register 11:00AM - 12:00PM (Ashley) NAME, PLACE, ANIMAL & THING Location: Churchill Pool 12:00PM - 1:00PM (Sharon) YOGA with Wendy (Day Centre) GAME (Day Centre) 12:00PM - 1:00PM (Sharon/ (145 Churchill Drive West) KNITTING GROUP (Day Centre) *Please register Ashley) *Please register *Please register *Please register *** LUNCH at the Day Centre 1:00PM - 2:30PM (Ashley) 'Burrito Bowl" 2:00PM- 3:30PM (Ashlev) 1:30PM - 3:30PM BAKING GROUP **WOMEN'S GROUP** (Sharon/ Ashley) "No Bake Energy Bites" 1:00PM - 2:00PM (Sharon) Location: Intercity Mall ART GROUP facilitated by (Day Centre) BINGO BISNO *Please register (Day Centre) *Please register *** *Please register 2:00PM - 4:00PM 2SLGBTQIA+ and ALLIES 2:00PM- 3:30PM (Ashley/ Sharon) SUPPORT Group Movie and Popcorn Facilitated by Natalie "The Wedding Singer" Location: (Day Centre) (Day Centre) *** 12:00PM - 3:00PM OOSHKE PROGRAMMING "Winter Feast" Location: 1241 Jasper Drive Common Room) *Please register

15 17 18 19 16 10:30AM - 12:00PM (Sharon/ 9:30AM - 10:30AM (Sharon/ 9:30AM - 10:30AM (Sharon/ 9:30AM - 10:15AM **DAY CENTRE** Ashley) Ashley) Ashley) (Sharon/ Ashley) **CLOSED** COFFEE TALK with Peer FIT4LESS FIT4LESS FIT4LESS 8:30AM - 12:00PM Connections Location: 1186 Memorial Ave Location: 1186 Memorial Ave Location: 1186 Memorial Ave (Day Centre) *Please register *Please register *Please register *Please register 12:30PM - 1:15PM 11:00AM - 12:00PM (Sharon) 10:45AM - 11:30AM (Sharon) 11:30AM - 12:30PM (Sharon/ 12:00PM - 1:00PM (Sharon/ **MALL WALKING** (Sharon/ Ashley) SOCIAL GAMING Ashley) Ashlev) Location: Meet at Intercity Food THERAPY DOG "Timber" Visits (Day Centre/ Main Floor) LUNCH at the Day Centre LUNCH at the Day Centre Court Location: Day Centre *Please register "CHICKEN WRAPS" "Perogies" *Please register *** *** *Please register 12:00PM – 1:00PM (Sharon) 11:00AM - 12:00PM (Ashley) 1:00PM - 3:00PM (Sharon) **PICTIONARY** 1:30PM - 3:30PM YOGA with Wendy (Day Centre) ART THERAPY facilitated by 2:30PM - 4:00PM (Sharon) (Day Centre) (Sharon/ Ashley) Thunder Bay Indigenous *Please register *Please register **BOWLING** ART GROUP facilitated by Friendship Centre Location: Mario's Bowl **BISNO** Location: Day Centre 12:30-1:00P.M (Ashley) *Please register/ Cost \$6.00 *Please register *Please register Mindfulness Meditation *** (Day Centre) 2:00PM - 4:00PM OOSHKE PROGRAMMING 2:00PM - 4:00PM "Arts & Crafts" (Day Centre) OOSHKE PROGRAMMING *Please register 'Drumming Group Location: 1241 Jasper Drive (Common Room) *Please register

26 22 24 25 23 10:00AM - 11:00AM (Sharon) 10:30AM - 11:30AM (Sharon) 9:30AM - 10:30AM (Sharon/ 9:30AM - 10:30AM (Sharon/ 9:30AM - 10:15AM CARD & BOARD GAMES Ashley) Ashley) Ashley) (Sharon/ Ashley) (Day Centre) FIT4LESS FIT4LESS **WALKING GROUP** FIT4LESS *Please register Location: 1186 Memorial Ave Meet at Marina Park Location: 1186 Memorial Ave Location: 1186 Memorial Ave *Please register *Please register/ Weather *Please register *Please register 11:30PM - 12:30PM (Sharon/ Depending *** Ashley) *** 11:00AM - 12:00PM (Sharon) 10:45AM - 11:30AM (Sharon) 10:30AM - 12:00PM (Sharon/ LUNCH at the Day Centre **MALL WALKING** SOCIAL GAMING Ashley) 11:00AM- 12:00PM (Ashley) "Chicken Lettuce Wraps" Location: Meet at Intercity Food COFFEE TALK with Peer (Day Centre/ Main Floor) MANAGING UNWANTED *Please register Court Connections THOUGHTS & FEELINGS COPING *Please register *** (Day Centre) **GROUP** (Sesson 3/4) *** 12:00PM - 1:00PM (Sharon) *Please register 1:00PM – 2:00PM (Sharon) 11:00AM - 12:00PM (Ashley) NAME, PLACE, ANIMAL & THING *** CANVAS PAINTING 12:00PM - 1:00PM (Sharon) YOGA with Wendy (Day Centre) GAME (Day Centre) 12:00PM - 1:00PM (Sharon/ Location: Day Centre KNITTING GROUP (Day Centre) *Please register Ashley) *Please register *Please register *Please register LUNCH at the Day Centre 1:00PM – 3:00PM (Ashley) "Chicken Caesar Salad" 2:00PM- 3:30PM (Ashley) 1:30PM - 3:30PM 2024 VISION BOARDS WOMEN'S GROUP (Sharon/ Ashley) (Day Centre) 1:00PM - 2:00PM (Sharon) Location: Day Centre ART GROUP facilitated by *Please register BINGO BISNO (Day Centre) *Please register *Please register 2:00PM- 3:30PM (Ashley) Movie and Popcorn "Blended" (Day Centre)

29
10:30AM – 12:00PM (Sharon/Ashley)
COFFEE TALK with Peer
Connections
(Day Centre)
*Please register

12:00PM – 1:00PM (Sharon/Ashley)
LUNCH at the Day Centre
"GRILLED CHEESE"
*Please register

2:30PM – 4:00PM (Sharon)

BOWLING

Location: Mario's Bowl

*Please register/ Cost \$6.00

2:00PM – 4:00PM

OOSHKE PROGRAMMING

"Arts & Crafts & WII Bowling" (Day Centre)

*Please register

30 9:30AM – 10:30AM (Sharon/ Ashley)

FIT4LESS

Location: 1186 Memorial Ave

*Please register

10:45AM - 11:30AM (Sharon)
MALL WALKING

Location: Meet at Intercity Food Court

12:00PM – 1:00PM (SHARON)
PICTIONARY (Day Centre)

*Please register

1:30PM – 2:30PM (SHARON) COLOURING (Day Centre)

*Please register

31 10:00AM - 11:00AM (Sharon/ Ashley)

WALKING GROUP

Meet at Day Centre

*Please register/ Weather Depending

11:00AM- 12:00PM (Ashley)
MANAGING UNWANTED
THOUGHTS & FEELINGS COPING
GROUP (Sesson 4/4)

**

12:00PM – 1:00PM (Sharon) KNITTING GROUP (Day Centre)

*Please register

12:00PM – 1:00PM (Sharon)

LET'S TALK PLANTS

(Day Centre)

1:30PM – 3:30PM (Sharon/Ashley)

ART GROUP facilitated by BISNO

*Please register

CALENDAR LEGEND
At the Day Centre (not highlighted)
Outdoor Programming
Community Indoor Programming
ZOOM

ALPHA COURT DAY CENTRE

(807) 683-7729

DAY PROGRAM FACILITATOR
Contact Information:

Sharon <u>sgreshuk@alphacourt.ca</u> ext. 3176 or (807) 627 – 6119

Ashley <u>aspaxman@alphacourt.ca</u> ext. 3175 or (807) 621- 6413

*Please note:
All programming requires registration

