

JANUARY 2024
ALPHA COURT DAY CENTRE
270 WINDSOR STREET - ROOM 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 NEW YEARS DAY DAY CENTRE CLOSED	2 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 (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 *** 11:00AM – 12:00PM (Ashley) YOGA with Wendy (Day Centre) *Please register *** 1:30PM – 2:30PM (Ashley) “POSITIVITY JAR” CRAFT (DAY CENTRE) *** 2:30PM - 3:30PM (Sharon/Ashley) Boardgames/ Puzzles (Day Centre)	5 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

<p>8 10:00AM – 11:00AM (Sharon) TIE DYE (Day Centre) *Please register</p> <p>11:30PM – 12:30PM (Sharon/ Ashley) LUNCH at the Day Centre “Stuffed Peppers ” *Please register ***</p> <p>12:45PM – 1:45PM (Sharon) AQUATICS Location: Churchill Pool (145 Churchill Drive West) *Please register</p>	<p>9 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register ***</p> <p>10:45AM - 11:30AM (Sharon) MALL WALKING Location: Meet at Intercity Food Court ***</p> <p>12:00PM – 1:00PM (Sharon) NAME, PLACE, ANIMAL & THING GAME (Day Centre) *Please register ***</p> <p>2:00PM- 3:30PM (Ashley) WOMEN’S GROUP Location: Intercity Mall</p>	<p>10 10:00AM – 11:00AM (Sharon/ Ashley) WALKING GROUP Meet at Marina Park *Please register/ Weather Depending ***</p> <p>11:00AM- 12:00PM (Ashley) MANAGING UNWANTED THOUGHTS & FEELINGS COPING GROUP (Session 2/4) ***</p> <p>12:00PM – 1:00PM (Sharon) KNITTING GROUP (Day Centre) *Please register ***</p> <p>1:30PM – 3:30PM (Sharon/ Ashley) ART GROUP facilitated by BISNO *Please register</p>	<p>11 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register ***</p> <p>11:00AM – 12:00PM (Sharon) SOCIAL GAMING (Day Centre/ Main Floor) *Please register ***</p> <p>11:00AM – 12:00PM (Ashley) YOGA with Wendy (Day Centre) *Please register ***</p> <p>1:00PM – 2:30PM (Ashley) BAKING GROUP “No Bake Energy Bites” (Day Centre) *Please register ***</p> <p>2:00PM – 4:00PM 2SLGBTQIA+ and ALLIES SUPPORT Group <i>Facilitated by Natalie</i> Location: (Day Centre)</p>	<p>12 9:30AM – 10:15AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register ***</p> <p>10:30AM – 12:00PM (Sharon/ Ashley) COFFEE TALK with Peer Connections (Day Centre) *Please register ***</p> <p>12:00PM – 1:00PM (Sharon/ Ashley) LUNCH at the Day Centre “Burrito Bowl” ***</p> <p>1:00PM – 2:00PM (Sharon) BINGO (Day Centre) *Please register ***</p> <p>2:00PM- 3:30PM (Ashley/ Sharon) Movie and Popcorn “<i>The Wedding Singer</i>” (Day Centre) ***</p> <p>12:00PM – 3:00PM OOSHKE PROGRAMMING “<i>Winter Feast</i>” Location: 1241 Jasper Drive (Common Room) *Please register</p>
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<p>15 10:30AM – 12:00PM (Sharon/ Ashley) COFFEE TALK with Peer Connections (Day Centre) *Please register ***</p> <p>12:00PM – 1:00PM (Sharon/ Ashley) LUNCH at the Day Centre “Perogies” *Please register ***</p> <p>2:30PM – 4:00PM (Sharon) BOWLING Location: Mario’s Bowl *Please register/ Cost \$6.00 ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Arts & Crafts” (Day Centre) *Please register</p>	<p>16 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register ***</p> <p>10:45AM - 11:30AM (Sharon) MALL WALKING Location: Meet at Intercity Food Court ***</p> <p>12:00PM – 1:00PM (Sharon) PICTIONARY (Day Centre) *Please register</p>	<p>17 DAY CENTRE CLOSED 8:30AM – 12:00PM ***</p> <p>12:30PM – 1:15PM (Sharon/ Ashley) THERAPY DOG “Timber” Visits Location: Day Centre *Please register ***</p> <p>1:30PM – 3:30PM (Sharon/ Ashley) ART GROUP facilitated by BISNO *Please register</p>	<p>18 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register ***</p> <p>11:00AM – 12:00PM (Sharon) SOCIAL GAMING (Day Centre/ Main Floor) *Please register ***</p> <p>11:00AM – 12:00PM (Ashley) YOGA with Wendy (Day Centre) *Please register ***</p> <p>12:30-1:00P.M (Ashley) Mindfulness Meditation (Day Centre)</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Drumming Group” Location: 1241 Jasper Drive (Common Room) *Please register</p>	<p>19 9:30AM – 10:15AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register ***</p> <p>11:30AM – 12:30PM (Sharon/ Ashley) LUNCH at the Day Centre “CHICKEN WRAPS” ***</p> <p>1:00PM – 3:00PM (Sharon) ART THERAPY facilitated by Thunder Bay Indigenous Friendship Centre Location: Day Centre *Please register</p>
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<p>22 10:30AM – 11:30AM (Sharon) CARD & BOARD GAMES (Day Centre) *Please register ***</p> <p>11:30PM – 12:30PM (Sharon/ Ashley) LUNCH at the Day Centre “Chicken Lettuce Wraps” *Please register ***</p> <p>1:00PM – 2:00PM (Sharon) CANVAS PAINTING Location: Day Centre *Please register</p>	<p>23 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register ***</p> <p>10:45AM - 11:30AM (Sharon) MALL WALKING Location: Meet at Intercity Food Court ***</p> <p>12:00PM – 1:00PM (Sharon) NAME, PLACE, ANIMAL & THING GAME (Day Centre) *Please register ***</p> <p>2:00PM- 3:30PM (Ashley) WOMEN’S GROUP Location: Day Centre</p>	<p>24 10:00AM – 11:00AM (Sharon/ Ashley) WALKING GROUP Meet at Marina Park *Please register/ Weather Depending ***</p> <p>11:00AM- 12:00PM (Ashley) MANAGING UNWANTED THOUGHTS & FEELINGS COPING GROUP (Session 3/4) ***</p> <p>12:00PM – 1:00PM (Sharon) KNITTING GROUP (Day Centre) *Please register ***</p> <p>1:30PM – 3:30PM (Sharon/ Ashley) ART GROUP facilitated by BISNO *Please register</p>	<p>25 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register ***</p> <p>11:00AM – 12:00PM (Sharon) SOCIAL GAMING (Day Centre/ Main Floor) *Please register ***</p> <p>11:00AM – 12:00PM (Ashley) YOGA with Wendy (Day Centre) *Please register ***</p> <p>1:00PM – 3:00PM (Ashley) 2024 VISION BOARDS (Day Centre) *Please register</p>	<p>26 9:30AM – 10:15AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave *Please register ***</p> <p>10:30AM – 12:00PM (Sharon/ Ashley) COFFEE TALK with Peer Connections (Day Centre) *Please register ***</p> <p>12:00PM – 1:00PM (Sharon/ Ashley) LUNCH at the Day Centre “Chicken Caesar Salad” ***</p> <p>1:00PM – 2:00PM (Sharon) BINGO (Day Centre) *Please register ***</p> <p>2:00PM- 3:30PM (Ashley) Movie and Popcorn “Blended” (Day Centre)</p>
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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 (Session 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 sgreshuk@alphacourt.ca ext. 3176 or

(807) 627 – 6119

Ashley aspaxman@alphacourt.ca ext. 3175 or

(807) 621- 6413

***Please note:**

All programming requires registration

