

JANUARY 2025
 ALPHA COURT DAY CENTRE
 270 WINDSOR STREET – Room 221



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">ALPHA COURT DAY CENTRE (807) 683 – 7729</p> <p>*Please note location and program times varies; due to community activities</p> <p align="center">DAY PROGRAM FACILTATOR Contact Information:</p> <p>Sharon sgreshuk@alphacourt.ca ext. 3176 or (807) 627 – 6119</p> <p>Ashley aspaxman@alphacourt.ca ext 3175 or (807) 621 – 6413</p>		<p align="center">1</p> <p align="center"><i>NEW YEAR'S DAY</i></p> <p align="center">DAY CENTRE CLOSED</p>	<p align="center">2</p> <p>9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>11:00AM – 12:00PM Colouring Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Ham & Cheese Sandwich” Location: Day Centre ***</p> <p>1:30PM – 2:30PM Womans Group Location: Intercity Mall</p>	<p align="center">3</p> <p>9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>11:00AM – 12:00PM Lets Talk SMART Goals and New Years Resolutions Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Kraft Dinner” Location: Day Centre ***</p> <p>1:00PM – 3:00PM (Adrianna Covering) MOVIE and Popcorn “80 For Brady” Location: Day Centre</p>

<p>6 9:30AM – 11:00AM DIAMOND DOT ART Location: Day Centre ***</p> <p>10:00AM – 12:00PM Baking Group “Sharon’s Nuts & Bolts” *Closed Group- Rescheduled from December 9th* Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Tacos” Location: Day Centre</p>	<p>7 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>10:00AM – 11:00AM BODY4U Gentle FITNESS CLASS with Natalie Location: Day Centre ***</p> <p>11:00AM – 12:00PM BOOK CLUB Location: Bay Village (221 Bay St) ***</p> <p>12:00PM – 1:00PM LUNCH “Chicken Quesadillas” Location: Day Centre ***1:00PM - 2:00PM</p> <p>BOXING Location: Day Centre Main Room</p>	<p>8 9:45AM – 11:00AM AQUATICS at Volunteer Pool *Please Register* Location: 180 Martha Street ***</p> <p>11:00AM – 12:00PM Disney Movie Trivia w Sara S Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Peanut Butter and Jam Sandwich” Location: Day Centre ***</p> <p>1:30PM – 3:30PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>9 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>11:00AM – 12:00PM Scrapbooking Club (Bring your own Pictures) Location: Day Centre ***</p> <p>12:30PM – 2:00PM Daily Grind Coffee Club & Colouring Location: 1500 Dease Street ***</p> <p>1:00PM – 4:00PM Walking Proud Group with Natalie Cooking Program *Limited Spaces, Please Register* Location: Day Centre</p>	<p>10 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>10:30AM – 12:00PM COFFEE TALK with Peer Connections Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Chicken Noodle Soup” Location: Day Centre ***</p> <p>1:00PM – 3:30PM Movie & Popcorn “Wonka (2023)” Location: Day Centre ***</p> <p>12:00PM – 3:30PM OOSHKE PROGRAMMING “Winter Feast” Location: 1241 Jasper Drive</p>
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<p>13 9:30AM – 10:30AM DIAMOND DOT ART Location: Day Centre ***</p> <p>10:30AM – 12:00PM Lets Talk Mondays with Peer Connections Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Sloppy Joes” Location: Day Centre ***</p> <p>1:00PM – 4:00PM Indigenous Adventure with Natalie Location: Day Centre</p>	<p>14 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>10:00AM – 11:00AM BODY4U Gentle FITNESS CLASS with Natalie Location: Day Centre ***</p> <p>1:00PM – 2:30PM GUY’S CLUB with Gene W & Steve J “Guys Movie Club – Top Gun: Maverick” Location: Day Centre ***</p> <p>2:30PM – 3:30PM BOXING Location: Day Centre Main Room</p>	<p>15 9:45AM – 11:00AM AQUATICS at Volunteer Pool *Please Register* Location: 180 Martha Street ***</p> <p>11:00AM – 12:00PM Journaling Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Fajita Wraps” Location: Day Centre ***</p> <p>12:30PM – 1:00PM Visit with Therapy Dog Timber Location: Day Centre ***</p> <p>1:30PM – 3:30PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>16 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>12:30PM – 1:30PM Colouring Location: Day Centre</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Drumming” Location: Day Centre ***</p> <p>2:00PM – 3:00PM Womans Group Location: Intercity Mall</p>	<p>17 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>12:00PM – 1:00PM LUNCH “Lasagna” Location: Day Centre ***</p> <p>1:00PM – 3:30PM Movie & Popcorn “Barbie (2024 version)” Location: Day Centre</p>
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<p>20 9:30AM – 11:00AM DIAMOND DOT ART Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Meatball Subs” Location: Day Centre ***</p> <p>1:00PM – 2:00PM POSTCARDS with Sara H Location: Day Centre</p>	<p>21 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>10:00AM – 11:00AM BODY4U Gentle FITNESS CLASS with Natalie Location: Day Centre ***</p> <p>11:00AM – 12:00PM BOOK CLUB Location: Bay Village (221 Bay St) ***</p> <p>1:00PM - 2:00PM BOXING Location: Day Centre Main Room</p>	<p>22</p> <p style="text-align: center;">DAY CENTRE CLOSED 8:30AM – 12:00PM</p> <p>12:30PM – 1:00PM LUNCH “Cold Cut Sandwich” Location: Day Centre ***</p> <p>1:30PM – 3:30PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>23 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>11:00AM – 12:00PM Scrapbooking Club (Bring your own pictures) Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Grilled Cheese” Location: Day Centre ***</p> <p>1:30PM – 3:00PM DAILY GRIND COFFEE CLUB & COLOURING GROUP Location: 1500 Dease Street</p>	<p>24 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>10:30AM – 12:00PM COFFEE TALK with Peer Connections Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Perogies” Location: Day Centre ***</p> <p>1:00PM – 3:30PM Movie & Popcorn “Birds Of Prey (And the Fantabulous Emancipation of Harley Quinn)” Location: Day Centre ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Bannock & Tea” Location: 1241 Jasper Drive</p>
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<p>27 9:30AM – 10:30AM DIAMOND DOT ART Location: Day Centre ***</p> <p>10:30AM – 12:00PM Lets Talk Mondays with Peer Connections Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Macaroni & Ground Beef” Location: Day Centre ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Ornamental Muckluks” Location: 1241 Jasper Drive</p>	<p>28 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>10:00AM – 11:00AM BODY4U Gentle FITNESS CLASS with Natalie Location: Day Centre ***</p> <p>1:00PM – 2:30PM GUY’S CLUB with Gene W & Steve J Location: Day Centre</p> <p>1:00PM - 2:00PM BOXING Location: Day Centre Main Room</p>	<p>29 11:00AM – 12:00PM Journaling Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Butter Chicken” Location: Day Centre ***</p> <p>1:30PM – 3:30PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>30 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>12:00PM – 1:00PM LUNCH “Cold Cut sandwiches” Location: Day Centre ***</p> <p>2:15PM – 3:15PM Womans Group Location: Intercity Mall</p>	<p>31 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>12:00PM – 1:00PM LUNCH “Stir Fry” Location: Day Centre ***</p> <p>12:30PM – 2:30PM Movie & Popcorn “Aquaman” Location: Day Centre</p>
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