


JULY 2024
ALPHA COURT DAY CENTRE
270 WINDSOR STREET – ROOM 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>  <p style="text-align: center;">DAY CENTRE CLOSED</p>	<p>2</p> <p>9:30AM – 10:00AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>11:00AM – 11:30AM Gardening at Jasper Location: 1241 Jasper Drive *Please register/ Weather depending ***</p> <p>12:30PM – 1:30PM Flower Garden at Dease Location: 1500 Dease Street *Weather Depending* ***</p> <p>2:00PM – 3:00PM GARDENING Plot #125 Location: Behind LU Hangar</p>	<p>3</p> <p>10:00AM - 11:00AM WALKING GROUP Location: McVicars Creek (Off Junot) *Please register/ Weather depending ***</p> <p>11:30AM – 12:00PM MINDFULNESS MEDITATION Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Hot Dogs and Kraft Dinner” Location: Day Centre ***</p> <p>1:30PM – 3:30PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>4</p> <p>9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>10:30AM – 11:30AM YOGA with Wendy Location: Day Centre ***</p> <p>12:00PM – 1:00PM SWIMMING at Art Widnall Pool Location: 820 Minnesota St *Please Register/ Weather depending* ***</p> <p>2:00PM – 3:00PM WOMEN’S GROUP Location: Intercity Mall</p>	<p>5</p> <p>9:15AM – 10:00AM GARDENING Plot #125 Location: Behind LU Hangar ***</p> <p>12:00PM – 1:00PM LUNCH “QUINOA SALAD” Location: Day Centre ***</p> <p>1:00PM – 3:00PM INDIGENOUS ADVENTURES with Natalie Location: Day Centre ***</p> <p>1:30PM – 2:30PM YARDZEE Location: Day Centre Back Field</p>

<p>8 10:30AM – 12:00PM COOKING GROUP “Black Bean Burgers” ** Please Register** Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Black Bean Burgers” Location: Day Centre ***</p> <p>1:00PM – 2:45PM BEACH DAY Location: Boulevard Lake *Please bring water, sunscreen, blanket, towel and snack*</p>	<p>9 9:30AM – 10:00AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>10:15AM – 10:45AM Flower Garden at Dease Location: 1500 Dease Street *Weather Depending* ***</p> <p>11:00AM – 12:00PM Book Club Location: Waverly Park Rain Location: Day Centre *Please Register/ Weather pending* ***</p> <p>1:00PM – 2:00PM WALK & TALK with Executive Director Nicole Latour Location: 1241 Jasper Drive *Please register/ Weather depending* ***</p> <p>2:00PM – 3:00PM Gardening at Jasper Location: 1241 Jasper Drive *Weather depending</p>	<p>10 9:15AM – 9:45AM GARDENING Plot #125 Location: Behind LU Hangar ***</p> <p>10:00AM - 11:00AM WALKING GROUP Location: Vickers Park *Please register/ Weather depending ***</p> <p>11:30AM – 12:00PM MINDFULNESS MEDITATION Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Taco Salad” Location: Day Centre ***</p> <p>1:30PM – 3:30PM ART GROUP facilitated by BISNO Location: Day Centre</p>	<p>11 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>10:00AM – 11:30AM YOGA with Wendy Location: Vickers Park Rain Location: Day Centre *Please Register* ***</p> <p>1:00PM – 2:00PM PICTIONARY Location: Day Centre ***</p> <p>2:00PM – 4:00PM 2SLGBTQIA+ and ALLIES SUPPORT Group with Natalie and Barb Location: George Burke Park *Please Register*</p>	<p>12 9:15AM – 10:00AM GARDENING Plot #125 Location: Behind LU Hangar ***</p> <p>10:30AM – 12:00PM COFFEE TALK with Peer Connections Location: Day Centre ***</p> <p>11:30AM – 12:15PM LUNCH “Grilled Cheese” Location: Day Centre ***</p> <p>12:30PM – 2:30PM Movie</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Bannock & Tea” Location: 1241 Jasper Drive (Common Room)</p>
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<p>15 10:30AM – 12:00PM COFFEE TALK with Peer Connections Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Black Bean Burrito Bowl” Location: Day Centre ***</p> <p>1:00PM – 3:00PM (Sharon/ Ashley) PICNIC/ SPLASH PAD Location: Marina Park *Please bring water, sunscreen, hat, towel and snack* *Weather Depending* ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Ornamental Muckluks” Location: Day Centre</p>	<p>16 9:30AM – 10:00AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>10:30AM – 11:30AM Gardening at Jasper Location: 1241 Jasper Drive *Weather Depending* ***</p> <p>12:30PM – 1:30PM Flower Garden at Dease Location: 1500 Dease Street *Weather Depending* ***</p> <p>2:00PM – 3:00PM GARDENING Plot #125 Location: Behind LU Hangar *Weather Depending*</p>	<p>17 10:00AM - 11:00AM WALKING GROUP Location: Hillcrest Park *Please register/ Weather depending ***</p> <p>11:30AM – 12:00PM MINDFULNESS MEDITATION Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Veggie Pitas” Location: Day Centre ***</p> <p>1:30PM – 2:30PM Bowling at Marios Bowl Cost \$6.00 *Please Register*</p>	<p>18 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>10:00AM – 11:30AM YOGA with Wendy Location: Day Centre ***</p> <p>12:00PM – 1:00PM SWIMMING at Art Widnall Pool Location: 820 Minnesota St *Please Register/ Weather depending* ***</p> <p>2:00PM – 3:00PM Womans Group Location: Marina Park Splash Pad Area <u>Rain Location: Intercity Mall</u> *Please Register* ***</p> <p>2:00PM – 4:00PM OOSHKE PROGRAMMING “Drumming Group” Location: Vickers Park Rain Location: 1241 Jasper Drive (Common Room)</p>	<p>19 9:15AM – 10:00AM GARDENING Plot #125 Location: Behind LU Hangar *Weather Depending* ***</p> <p>11:00AM – 12:00PM Social Coloring Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Subs and Chips” Location: Day Centre ***</p> <p>12:00PM – 1:00PM NALOXONE training with Pathway 525 Location: Day Centre ***</p> <p>1:30PM – 2:30PM CARING FOR HOUSEPLANTS Location: Day Centre</p>
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<p>22 9:30AM – 10:15AM BINGO Location: Day Centre ***</p> <p>10:30AM – 11:30AM COLOURING Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Creamy Chicken and Corn Pasta with Bacon” Location: Day Centre ***</p> <p>1:00PM – 2:00PM Postcard Group w Sara H Location: Day Centre ***</p> <p>1:00PM – 3:00PM BEACH DAY Location: Boulevard Lake *Please bring water, sunscreen, blanket, towel and snack ***</p> <p>1:00PM – 2:00PM MINI PUTT Location: Boulevard Lake Cost: \$6.00 *Please register/ Weather depending</p>	<p>23 9:30AM – 10:00AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>10:15AM – 10:45AM Flower Garden at Dease Location: 1500 Dease Street *Weather Depending* ***</p> <p>11:00AM – 12:00PM Book Club Location: Waverly Park Rain Location: Day Centre *Please Register/ Weather pending* ***</p> <p>12:30PM – 1:30PM Gardening at Jasper Location: 1241 Jasper Drive *Weather depending ***</p> <p>2:00PM – 2:45PM Gardening Plot #125 Location: Behind LU Hangar *Weather Depending*</p>	<p>24 9:30AM – 10:30AM WALKING GROUP Location: George Burke Park *Please register/ Weather depending ***</p> <p>11:00AM – 12:00PM Ka - Na - Chi - Hih Presentation Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Cheeseburger Sliders” Location: Day Centre ***</p> <p>12:15PM-12:45PM VISIT WITH THERAPY DOG “TIMBER” Location: Day Centre ***</p> <p>1:30PM – 3:30PM ART GROUP facilitated by BISNO Location: Day Centre ***</p> <p>6:00PM – 7:30PM (Sharon & Ashley) LIVE ON THE WATERFRONT Location: Marina Park Festival Area *Please register/ weather depending</p>	<p>25 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS Location: 1186 Memorial Ave ***</p> <p>10:00AM – 11:30AM YOGA with Wendy Location: Boulevard Lake (Main Parking Lot) Rain location: Day Centre ***</p> <p>11:00AM – 12:00PM FRISBEE GOLF at Birch Point Park Location: Corner of Cuyler St & Current Ave *Weather Depending*</p> <p style="text-align: center;">DAY CENTRE CLOSED 1:00PM – 4:30PM</p>	<p>26 9:15AM – 10:00AM GARDENING Plot #125 Location: Behind LU Hangar *Weather Depending* ***</p> <p>10:30AM – 12:00PM COFFEE TALK with Peer Connections Location: Day Centre ***</p> <p>12:00PM – 1:00PM LUNCH “Sloppy Joes” Location: Day Centre ***</p> <p>12:00PM – 3:00PM OOSHKE PROGRAMMING “Summer Feast” Location: Vickers Park Rain Location: 1241 Jasper Drive *Please register ***</p> <p>1:30PM – 2:30PM YARDZEE Location: Day Centre Back Field *Weather Depending*</p>
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9:30AM – 10:15AM

BINGO

Location: Day Centre

10:30AM – 12:00PM

COFFEE TALK with Peer Connections

Location: Day Centre

12:00PM – 1:00PM

LUNCH

“Chicken Bacon Ranch Wrap”

Location: Day Centre

1:00PM – 3:00PM

(Sharon/ Ashley)

PICNIC/ SPLASH PAD

Location: Marina Park

Please bring water, sunscreen, hat, towel and snack

2:00PM – 4:00PM

OOSHKE PROGRAMMING

“Ornamental Muckluks”

Location: Day Centre

30

9:30AM – 10:00AM

(Sharon/ Ashley)

FIT4LESS

Location: 1186 Memorial Ave

10:30AM – 11:30AM

Gardening at Jasper

Location: 1241 Jasper Drive

*Please register/ Weather depending

12:30PM – 1:30PM

Flower Garden at Dease

Location: 1500 Dease Street

Weather Depending

2:00PM – 3:00PM

GARDENING

Plot #125

Location: Behind LU Hangar

31

9:30AM – 10:30AM

WALKING GROUP

Location: Marina Park

*Please register/ Weather depending

11:00AM – 12:00PM

TIE DYE

Location: Day Centre

12:00PM – 1:00PM

LUNCH

“Dill Pickle Pizza”

Location: Day Centre

1:30PM – 3:30PM

ART GROUP facilitated by BISNO

Location: Day Centre

ALPHA COURT DAY CENTRE

(807) 683 – 7729

DAY PROGRAM FACILTATOR

Contact Information:

Sharon sgreshuk@alphacourt.ca ext. 3176 or
(807) 627 – 6119

Ashley aspaxman@alphacourt.ca ext 3175 or
(807) 621 – 6413

*Please note location and program times varies;
due to community activities*

*Please note, outdoor programming could be
cancelled last minute due to weather*

