

**MARCH 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>                      “COB Salad”                      Location: Day Centre                      ***</p> <p><b>1:30PM – 2:00PM</b>  <b>MALL WALKING</b>                      *Please register*                      Location: Intercity Shopping Centre                      ***</p> <p><b>2:30PM – 3:30PM</b>                      (Sharon/ Ashley)  <b>FIT4LESS</b>                      Location: 1186 Memorial Ave                      *Please Register*</p>	<p><b>4</b>  <b>9:30AM – 10:30AM</b>                      (Sharon/ Ashley)  <b>FIT4LESS</b>                      *Please register*                      Location: 1186 Memorial Ave                      ***</p> <p><b>11:00AM – 12:00PM</b>  <b>BOOK CLUB</b>                      Location: Day Centre                      ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>                      “Pancakes”                      Location: Day Centre                      ***</p> <p><b>1:30PM - 2:30PM</b>  <b>BOXING</b>                      Location: Day Centre Main Room</p>	<p><b>5</b>  <b>9:30AM – 10:30AM</b>                      (Sharon/ Ashley)  <b>FIT4LESS</b>                      *Please register*                      Location: 1186 Memorial Ave                      ***</p> <p><b>10:45AM – 11:15AM</b>  <b>BINGO</b>                      Location: Day Centre                      ***</p> <p><b>11:30AM – 1:00PM</b>  <b>How to Paint Group</b>                      “Tulips &amp; Rainboots”                      Location: Day Centre                      ***</p> <p><b>1:30PM – 3:30PM</b>  <b>ART GROUP</b> facilitated by BISNO                      Location: Day Centre</p>	<p><b>6</b>  <b>9:30AM – 10:30AM</b>                      (Sharon/ Ashley)  <b>FIT4LESS</b>                      *Please register*                      Location: 1186 Memorial Ave                      ***</p> <p><b>11:00AM – 12:00PM</b>  <b>CRAFTING</b> with Ashley                      “DIY Dammit Dolls”                      Location: Day Centre                      ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>                      “Turkey Wraps”                      Location: Day Centre                      ***</p> <p><b>1:00PM – 2:00PM</b>  <b>Womans Group (2SLGBTQ+ Inclusive)</b>                      “St Patricks Day Tea Party”                      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>                      “Hashbrown Casserole”                      Location: Day Centre                      ***</p> <p><b>12:00PM – 2:00PM</b>  <b>MOVIE &amp; POPCORN</b>                      “Austin Powers: The Spy Who Shagged Me”                      Location: Day Centre                      ***</p> <p><b>2:30PM – 3:30PM</b>                      (Sharon/ Ashley)  <b>FIT4LESS</b>                      *Please register*                      Location: 1186 Memorial Ave</p>

<p><b>10</b>  <b>10:30AM – 12:00PM</b>  <b>Social Gaming</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Hot Beef Sandwich”</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 3:00PM</b>  <b>INDIGENOUS ADVENTURE</b>  <b>with Natalie</b>  Location: Day Centre</p> <p><b>2:30PM – 3:30PM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please Register*</b>  Location: 1186 Memorial Ave</p>	<p><b>11</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please Register*</b>  Location: 1186 Memorial Ave  ***</p> <p><b>10:00AM – 11:00AM</b>  <b>BODY4U Gentle FITNESS CLASS with</b>  <b>Natalie</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Taco Salad”</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>GUY’S CLUB with Gene W &amp;</b>  <b>Steve J</b>  Location: Day Centre</p>	<p><b>12</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please Register*</b>  Location: 1186 Memorial Ave  ***</p> <p><b>10:40AM – 12:00PM</b>  <b>AQUATICS at Volunteer Pool</b>  <b>*Please Register*</b>  Location: 180 Martha Street  ***</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>  <b>*Please Register*</b>  Location: 1186 Memorial Ave  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>DAILY GRIND COFFEE CLUB &amp; BINGO</b>  Location: 1500 Dease Street  ***</p> <p><b>12:30PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Subs &amp; Chips”</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 2:00PM</b>  <b>Crafting with Ashley</b>  <b>“St Patricks Day Gnome Planter”</b>  Location: Day Centre</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>  <b>“Hamburger &amp; Chips”</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 2:00PM</b>  <b>MOVIE &amp; POPCORN</b>  <b>“Space Jam: A New Legacy”</b>  Location: Day Centre  ***</p> <p><b>2:30PM – 3:30PM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please Register*</b>  Location: 1186 Memorial Ave</p>
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<p><b>17</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>“Stuffed Peppers”</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>WALKING PROUD GROUP with Natalie</b>  <b>*Cooking Program- Please Register*</b>  Location: Day Centre  ***</p> <p><b>2:30PM – 3:30PM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please Register*</b>  Location: 1186 Memorial Ave</p>	<p><b>18</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</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>11:00AM – 12:00PM</b>  <b>BOOK CLUB</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Chicken Wraps”</b>  Location: Day Centre  ***</p> <p><b>1:30PM - 2:30PM</b>  <b>BOXING</b>  Location: Day Centre Main Room</p>	<p><b>19</b></p> <p style="text-align: center;"><b>DAY CENTRE  CLOSED  8:30AM – 12:00PM</b></p> <p><b>12:00PM – 1:00PM</b>  <b>KNITTING &amp; CROCHETTING</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>20</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>  Location: 1186 Memorial Ave  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Grilled Cheese &amp; Soup”</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 3:00PM</b>  <b>WOMAN’S GROUP (2SLGBTQ+ Inclusive)</b>  <b>BOWLING</b>  <b>*Please Register*</b>  <b>Cost: \$6.00</b>  Location: 710 Memorial Ave  ***</p> <p><b>1:00PM – 2:00PM</b>  <b>DOCUMENTARY</b>  <b>“Small Town Pride”</b>  Location: Day Centre</p>	<p><b>21</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>“Homemade Chicken Noodle Soup”</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 2:00PM</b>  <b>MOVIE &amp; POPCORN</b>  <b>“Book Club”</b>  Location: Day Centre  ***</p> <p><b>2:30PM – 3:30PM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  <b>*Please register*</b>  Location: 1186 Memorial Ave</p>
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<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 – 12:30PM</b>  <b>LUNCH</b>  “Pizza Quesadilla”  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>  “Arts &amp; Crafts”  Location: 1241 Jasper Drive  ***</p> <p><b>2:30PM – 3:30PM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  *Please register*  Location: 1186 Memorial Ave</p>	<p><b>25</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  *Please register*  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>11:15AM – 12:00PM</b>  *New* <b>MUSIC BINGO</b>  <b>(THEME: EVERYONE’S FAVOURITES)</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>FOCUS GROUP &amp; LUNCH</b>  <b>“Spaghetti”</b>  <b>Location: Day Centre</b>  ***</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>GUY’S CLUB with Gene W &amp; Steve J</b>  Location: Day Centre</p>	<p><b>26</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  *Please register*  Location: 1186 Memorial Ave  ***</p> <p><b>11:00AM – 12:30PM</b>  <b>Crafting With Ashley</b>  <b>“DIY Mini Terrariums”</b>  *Please Register – supplies provided*  Location: Day Centre  ***</p> <p><b>12:30PM – 1:30PM</b>  <b>How to Paint Group</b>  <b>“Busy Bee Portrait”</b>  Location: Day Centre  ***</p> <p><b>1:30PM – 3:30PM</b>  <b>ART GROUP</b> facilitated by BISNO  Location: Day Centre</p>	<p><b>27</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  *Please register*  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>  <b>“Ham &amp; Cheese Sandwiches”</b>  Location: Day Centre</p> <p style="text-align: center;"><b>DAY CENTRE</b>  <b>CLOSED</b>  <b>1:00PM – 4:00PM</b></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>“Chicken Fingers &amp; Fries”</b>  Location: Day Centre  ***</p> <p><b>12:30PM – 2:30PM</b>  <b>MOVIE &amp; POPCORN</b>  <b>“The Peanuts Movie”</b>  Location: Day Centre  ***</p> <p><b>2:30PM – 3:30PM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  *Please register*  Location: 1186 Memorial Ave</p>
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**31**

**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**

**“Mac & Cheese”**

Location: Day Centre

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**2:30PM – 3:30PM**

**(Sharon/ Ashley)**

**FIT4LESS**

**\*Please register\***

Location: 1186 Memorial Ave

## **ALPHA COURT DAY CENTRE**

**(807) 683 – 7729**

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

### **DAY PROGRAM FACILTATOR**

#### **Contact Information:**

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