

**NOVEMBER 2024**  
 ALPHA COURT DAY CENTRE  
 270 WINDSOR STREET - ROOM 221



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>ALPHA COURT DAY CENTRE</b>  <b>(807) 683 - 7729</b></p> <p>*Please note location and program times varies; due to community activities</p> <p style="text-align: center;"><b>DAY PROGRAM FACILTATOR</b>  <b>Contact Information:</b></p> <p style="text-align: center;">Sharon <a href="mailto:sgreshuk@alphacourt.ca">sgreshuk@alphacourt.ca</a> ext. 3176 or                  (807) 627 - 6119</p> <p style="text-align: center;">Ashley <a href="mailto:aspaxman@alphacourt.ca">aspaxman@alphacourt.ca</a> ext 3175 or                  (807) 621 - 6413</p>				<p><b>1</b>  <b>9:30AM – 10:30AM</b>                  (Sharon/ Ashley)  <b>FIT4LESS</b>                  Location: 1186 Memorial Ave                  ***</p> <p><b>10:30AM – 12:00PM</b>  <b>COFFEE TALK with Peer</b>  <b>Connections</b>                  Location: Day Centre                  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>                  “Stir Fry”                  Location: Day Centre                  ***</p> <p><b>1:00PM – 3:00PM</b>  <b>INDIGENOUS ADVENTURES with</b>  <b>Natalie</b>  <b>Indigenous Bingo &amp; Bannock</b>  <b>*Limited Spaces, Please Register*</b>                  Location: Day Centre</p>

<p><b>4</b>  <b>10:30AM – 12:00PM</b>  <b>COFFEE TALK with Peer Connections</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Lasagna”</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 2:00PM</b>  <b>PICTIONARY</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>“Ornamental Muckluks”</b>  Location: Day Centre  ***</p> <p><b>2:30PM – 3:30PM</b>  <b>WALKING GROUP</b>  Location: Meet at Day Centre</p>	<p><b>5</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  ***</p> <p><b>10:00AM – 11:00AM</b>  <b>BODY4U Gentle FITNESS CLASS</b>  <b>with Natalie</b>  Location: Day Centre  ***</p> <p><b>10:15AM – 11:00AM</b>  <b>Yes Employment Presentation</b>  Location: 1241 Jasper Drive  ***</p> <p><b>11:30AM – 12:30PM</b>  <b>Day Centre Paint Night</b>  <b>‘Desert Cactuses’</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 2:00PM</b>  <b>BOXING</b>  Location: Day Centre Main Room  ***</p> <p><b>2:00PM- 3:00PM</b>  <b>Jewelry Making</b>  <b>“Friendship Bracelets”</b>  Location: Day Centre</p>	<p><b>6</b></p> <p style="text-align: center;"><b>DAY CENTRE  CLOSED</b></p>	<p><b>7</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>Crafting with Ashley</b>  <b>“Remembrance Day Felt Poppy  Pin Craft”</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 12:45PM</b>  <b>CARING FOR HOUSEPLANTS</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 2:30PM</b>  <b>Disney Movie Trivia w Sara S</b>  Location: Day Centre  ***</p> <p><b>2:15PM – 3:15PM</b>  <b>Womans Group</b>  Location: Intercity Mall  ***</p> <p><b>2:15PM – 3:00PM</b>  <b>MALL WALKING</b>  Location: Intercity Shopping Centre,  Meet at Food Court</p>	<p><b>8 NATIONAL ABORIGINAL VETERAN'S  DAY</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>KNITTING GROUP</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Grilled cheese and Ham  Sandwiches”</b>  Location: Day Centre  ***</p> <p><b>12:30PM – 2:30PM</b>  <b>MOVIE and Popcorn</b>  <b>“The Goonies”</b>  Location: Day Centre</p>
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11

**DAY CENTRE  
CLOSED**

12

**9:30AM – 10:30AM**  
**(Sharon/ Ashley)**  
**FIT4LESS**  
Location: 1186 Memorial Ave  
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**10:00AM – 11:00AM**  
**BODY4U Gentle FITNESS CLASS**  
**with Natalie**  
Location: Day Centre  
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**10:00AM – 10:45AM**  
**BINGO**  
Location: 1500 Dease Street  
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**11:00AM – 12:00PM**  
**BOOK CLUB**  
Location: Bay Village  
(221 Bay St)  
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**12:00PM – 2:00PM**  
**HEALTH BOUNDARIES**  
**PRESENTATION from Metis**  
**Nations of Ontario**  
Location: 1241 Jasper Drive  
(Common Room)  
\*Open to everyone  
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**1:00PM - 2:00PM**  
**BOXING**  
Location: Day Centre Main Room

13

**9:45AM – 11:00AM**  
**AQUATICS at Volunteer Pool**  
Location: 180 Martha Street  
\*Registration required  
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**11:30AM – 12:00PM**  
**DAILY GRIND COFFEE CLUB**  
Location: 1241 Jasper Drive  
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**12:00PM – 1:00PM**  
**LUNCH**  
**“Spaghetti”**  
Location: 1241 Jasper Drive  
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**1:30PM – 3:30PM**  
**ART GROUP facilitated by BISNO**  
Location: Day Centre

14

**9:30AM – 10:30AM**  
**(Sharon/ Ashley)**  
**FIT4LESS**  
Location: 1186 Memorial Ave  
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**11:00AM – 12:00PM**  
**Crafting with Ashley**  
**“Charm Filled Dream Pillows”**  
Location: Day Centre  
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**1:00PM – 2:00PM**  
**Board Games**  
Location: 1241 Jasper Drive  
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**2:00PM – 4:00PM**  
**WALKING PROUD GROUP**  
Location: Day Centre

15

**9:30AM – 10:30AM**  
**(Sharon/ Ashley)**  
**FIT4LESS**  
Location: 1186 Memorial Ave  
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**10:30AM – 12:00PM**  
**COFFEE TALK with Peer**  
**Connections**  
Location: Day Centre  
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**12:00PM – 1:00PM**  
**LUNCH**  
**“Stuffed Peppers”**  
Location: Day Centre  
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**12:30PM – 2:30PM**  
**MOVIE and Popcorn**  
**“ELF”**  
Location: Day Centre  
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**2:00PM – 4:00PM**  
**OOSHKE PROGRAMMING**  
**“Bannock & Tea”**  
Location: 1241 Jasper Drive

**18**  
**10:30AM – 12:00PM**  
**COFFEE TALK with Peer Connections**  
 Location: Day Centre  
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**12:00PM – 1:00PM**  
**LUNCH**  
**“Butter Chicken & Rice”**  
 Location: Day Centre  
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**1:00PM – 2:00PM**  
**POSTCARDS with Sara H**  
 Location: Day Centre  
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**2:00PM – 4:00PM**  
**OOSHKE PROGRAMMING**  
**“Ornamental Muckluks”**  
 Location: Day Centre  
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**2:00PM – 3:00PM**  
**AFRICA STORY TIME with Executive Director Nicole Latour**  
 \*Staff & Clients welcome

**19**  
**9:30AM – 10:30AM**  
**(Sharon/ Ashley)**  
**FIT4LESS**  
 Location: 1186 Memorial Ave  
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**10:00AM – 11:00AM**  
**BODY4U Gentle FITNESS CLASS with Natalie**  
 Location: Day Centre  
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**11:00AM – 11:30AM**  
**BINGO**  
 Location: 1241 Jasper Drive  
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**12:00PM – 2:00PM**  
**CONFLICT RESOLUTION PRESENTATION from Metis Nations of Ontario**  
 Location: 1241 Jasper Drive (Common Room)  
 \*Open to everyone  
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**1:00PM – 2:30PM**  
**GUY’S CLUB with Gene W & Steve J**  
 Location: Day Centre

**20 TRANS DAY OF REMEMBRANCE**  
**DAY CENTRE**  
**CLOSED**  
**8:30AM – 12:00PM**

**12:30PM – 1:15PM**  
**LUNCH**  
**“Hot Dogs and KD”**  
 Location: Day Centre  
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**1:30PM – 3:30PM**  
**ART GROUP facilitated by BISNO**  
 Location: Day Centre

**21**  
**9:30AM – 10:30AM**  
**(Sharon/ Ashley)**  
**FIT4LESS**  
 Location: 1186 Memorial Ave  
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**11:00AM – 12:00PM**  
**Crafting with Ashley**  
**“Gnome Christmas Tree Ornament”**  
 Location: Day Centre  
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**12:00PM – 12:45PM**  
**CARING FOR HOUSEPLANTS**  
 Location: Day Centre  
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**1:30PM – 2:30PM**  
**Craft**  
**“Wood Bead Snowman Ornaments”**  
 Location: 1500 Dease Street  
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**2:00PM – 4:00PM**  
**OOSHKE PROGRAMMING**  
**“Drumming”**  
 Location: 1241 Jasper Drive  
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**2:15PM – 3:15PM**  
**Womans Group**  
 Location: Intercity Mall  
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**2:15PM – 3:00PM**  
**MALL WALKING**  
 Location: Intercity Shopping Centre,  
 Meet at Food Court

**22**  
**9:30AM – 10:30AM**  
**(Sharon/ Ashley)**  
**FIT4LESS**  
 Location: 1186 Memorial Ave  
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**11:00AM – 12:00PM**  
**KNITTING GROUP**  
 Location: Day Centre  
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**11:00AM – 12:00PM**  
**Cooking Group**  
**“Homemade Hamburgers”**  
**\*Please Register\***  
 Location: Day Centre  
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**12:00PM – 1:00PM**  
**LUNCH**  
**“Homemade Hamburgers”**  
 Location: Day Centre  
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**12:30PM – 2:30PM**  
**MOVIE and Popcorn**  
**“THE GRINCH- Original”**  
 Location: Day Centre

<p><b>25</b>  <b>10:30AM – 12:00PM</b>  <b>DIAMOND DOT ART</b>  Location: Day Centre  ***</p> <p><b>11:00AM – 11:30AM</b>  <b>SOUP IN A JAR MAKING</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  “French Toast”  Location: Day Centre  ***</p> <p><b>1:00PM- 2:00PM</b>  <b>JEWELLRY MAKING</b>  “Friendship Bracelets”  Location: Day Centre  ***</p> <p><b>2:00PM – 3:00PM</b>  <b>DRIED ORANGE SLICE ORNAMENTS</b>  Location: Day Centre</p>	<p><b>26</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  ***</p> <p><b>10:00AM – 11:00AM</b>  <b>BODY4U Gentle FITNESS CLASS</b>  <b>with Natalie</b>  <b>Location: Day Centre</b>  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>BOOK CLUB</b>  Location: Bay Village  (221 Bay St)  ***</p> <p><b>12:30PM – 1:00PM</b>  <b>TOUR OF THE DAY CENTRE</b>  <b>FOR NEW/ INTERESTED</b>  <b>PARTICIPANTS</b>  Location: Day Centre  ***</p> <p><b>1:00PM - 2:00PM</b>  <b>BOXING</b>  Location: Day Centre Main Room  ***</p> <p><b>2:15PM – 3:00PM</b>  <b>TIE DYE</b>  Location: Day Centre</p>	<p><b>27</b>  <b>9:45AM – 11:00AM</b>  <b>AQUATICS at Volunteer Pool</b>  Location: 180 Martha Street  *Registration required  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>CHRISTMAS CARD MAKING with</b>  <b>Christine K</b>  Location: Day Centre  ***</p> <p><b>11:30AM – 12:00PM</b>  <b>DAILY GRIND COFFEE CLUB</b>  Location: 1500 Dease Street  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  “Chicken Wraps”  Location: Day Centre  ***</p> <p><b>12:30PM – 1:00PM</b>  <b>THERAPY DOG TIMBER VISITING</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>28</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>Day Centre Paint Night</b>  <b>‘Snowy Christmas Tree’</b>  Location: Day Centre  ***</p> <p><b>12:30PM – 1:30PM</b>  <b>Crafting with Ashley</b>  <b>“Pinecone Gnomes”</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 3:00PM</b>  <b>CRAFT</b>  <b>“Wooden Bead Snowman</b>  <b>Ornaments”</b>  Location: 1241 Jasper Drive</p>	<p><b>29</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  ***</p> <p><b>10:30AM – 12:00PM</b>  <b>COFFEE TALK with Peer</b>  <b>Connections</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Chicken Ceaser Wraps”</b>  Location: Day Centre  ***</p> <p><b>12:30PM – 2:30PM</b>  <b>MOVIE and Popcorn</b>  <b>“THE POLAR EXPRESS”</b>  Location: Day Centre</p>
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