

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</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>BOOK CLUB</b>                      Location: The Habit                      (308 Red River Road)                      ***</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>2</b>  <b>10:00AM – 11:15AM</b>  <b>AQUATICS at Volunteer Pool</b>                      Location: 180 Martha Street                      *Registration required                      ***</p> <p><b>11:30AM – 12:00PM</b>  <b>DAILY GRIND COFFEE CLUB</b>                      Location: 1500 Dease Street                      (Common Room)                      ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Grilled Cheese”</b>                      Location: 1500 Dease St                      ***</p> <p><b>1:30PM – 3:30PM</b>  <b>ART GROUP facilitated by BISNO</b>                      Location: Day Centre</p>	<p><b>3</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>Fall Wreathes * Limited Spaces *</b>                      Location: 1500 Dease Street                      ***</p> <p><b>12:00PM – 12:30PM</b>  <b>WORD PUZZLES</b>                      Location: Day Centre                      ***</p> <p><b>1:00PM – 2:00PM</b>  <b>Chair YOGA with Wendy</b>                      Location: Day Centre                      ***</p> <p><b>2:15PM – 3:15PM</b>  <b>Womans Group</b>                      Location: Intercity Mall</p>	<p><b>4</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>“Taco’s”</b>                      Location: Day Centre                      ***</p> <p><b>12:00PM – 3:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>“FALL FEAST”</b>                      Location: 1241 Jasper Drive                      ***</p> <p><b>1:00PM – 3:00PM</b>  <b>INDIGENOUS ADVENTURES with</b>  <b>Natalie</b>                      Location: Day Centre</p>

<p><b>7</b>  <b>9:00AM</b>  <b>Drop In/ Hang out</b>  Location: Day Centre  ***</p> <p><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>“Perogies”</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 1:45PM</b>  <b>BINGO</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 3:00PM</b>  <b>Coping with Anxiety Education Group</b>  <b>Final Session</b>  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>“Ornamental Muckluks”</b>  Location: Day Centre</p>	<p><b>8</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  ***</p> <p><b>11:00AM-12:30PM</b>  <b>BAKING GROUP</b>  <b>“Mini Pumpkin Pies”</b>  Location: Day Centre  <b>*Limited Spaces*</b>  ***</p> <p><b>11:00AM – 12:00PM</b>  <b>Colouring/ Canvas Painting</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>COLOURING</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 3:00PM</b>  <b>CARD &amp; BOARD GAMES</b>  Location: Day Centre</p>	<p><b>9</b>  <b>11:30AM – 12:00PM</b>  <b>DAILY GRIND COFFEE CLUB</b>  Location: Day Centre  ***</p> <p><b>11:30AM – 12:15PM</b>  <b>RECORD SUSPENSION PRESENTATION</b>  presented by Kristen - John Howard  <b>Society</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Cold Cut Sammiches”</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>10</b>  <b>12:00PM – 1:30PM</b>  <b>THANKSGIVING LUNCH with Executive Director Nicole Latour</b>  Location: Day Centre  <b>**Please register by Thursday October 3 to Sharon or Ashley</b>  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>WALKING PROUD GROUP</b>  Location: Day Centre</p>	<p><b>11</b></p> <p style="text-align: center;"><b>DAY CENTRE  CLOSED</b></p>
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**THANKSGIVING  
DAY  
  
DAY CENTRE  
CLOSED**

15

**9:30AM – 10:30AM**

**(Sharon/ Ashley)**

**FIT4LESS**

Location: 1186 Memorial Ave

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**11:00AM – 12:00PM**

**BOOK CLUB**

Location: The Habit

(308 Red River Road)

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**12:00PM – 1:00PM**

**LUNCH “Chicken Ceaser Wrap”**

Location: Day Centre

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**12:30PM- 2:00PM**

**Jewelry Making**

**“Halloween Earrings”**

Location: Day Centre

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**1:00PM – 2:00PM**

**BOXING**

Location: Day Centre Main Room

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**2:15PM – 3:15PM**

**Lets make Caramal Apples**

Location: Day Centre

16

**DAY CENTRE  
CLOSED**

**8:30AM – 12:00PM**

**12:30PM – 1:15PM**

**LUNCH**

**“Soup and Sandwhich”**

Location: Day Centre

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**12:30PM – 1:00PM**

**THERAPY DOG TIMBER VISITING**

Location: Day Centre

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**1:30PM – 3:30PM**

**ART GROUP facilitated by BISNO**

Location: Day Centre

17

**9:30AM – 10:30AM**

**(Sharon/ Ashley)**

**FIT4LESS**

Location: 1186 Memorial Ave

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**11:00AM – 12:00PM**

**Fall Wreathes**

**\*Limited Spaces, please register\***

Location: 1241 Jasper Drive

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**12:30PM- 1:30PM**

**Chair YOGA with Wendy**

Location: 1241 Jasper Drive

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**1:30PM – 2:30PM**

**COLOURING**

Location: Day Centre

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**2:00PM – 3:00PM**

**Womans Group**

Location: Intercity Mall

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**2:00PM – 4:00PM**

**OOSHKE PROGRAMMING**

**“Drumming”**

Location: 1241 Jasper Drive

18

**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**

**“Chicken and Dumplings”**

Location: Day Centre

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**12:30PM – 2:30PM**

**HALLOWEEN MOVIE SERIES**

**“Jaws”**

Location: Day Centre

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**2:00PM – 4:00PM**

**OOSHKE PROGRAMMING**

**“Bannock & Tea”**

Location: 1241 Jasper Drive

<p><b>21</b>  <b>9:00AM</b>  <b>Drop In/ Hang out</b>  <b>Location: Day Centre</b>  ***</p> <p><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>“Chicken Fingers &amp; Fries”</b>  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>MOTIVATIONAL QUOTES Key</b>  <b>Chains</b>  <b>with Sara H</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 2:00PM</b>  <b>POSTCARDS with Sara H</b>  Location: Day Centre  ***</p> <p><b>2:00PM – 3:00PM</b>  <b>SOCIAL GAMING</b>  Location: Day Centre Main Room  ***</p> <p><b>2:00PM – 4:00PM</b>  <b>OOSHKE PROGRAMMING</b>  <b>“Ornamental Muckluks”</b>  Location: Day Centre</p>	<p><b>22</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  ***</p> <p><b>11:00AM – 12:30PM</b>  <b>MACRAME DRIFTWOOD</b>  <b>HANGING</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- 3:30PM</b>  <b>Jewelry Making</b>  <b>“Halloween Earrings”</b>  Location: Day Centre</p>	<p><b>23</b></p> <p style="text-align: center;"><b>DAY CENTRE</b> <b>CLOSED</b></p>	<p><b>24</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  ***</p> <p><b>10:45AM – 12:00PM</b>  <b>BAKING GROUP</b>  <b>“Cinnamon Rolls”</b>  **Limited Spaces, please register  ***</p> <p><b>11:00AM – 11:45AM</b>  <b>CARING FOR HOUSEPLANTS</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 2:00PM</b>  <b>Chair YOGA with Wendy</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 3:00PM</b>  <b>CARD &amp; BOARD GAMES at Dease</b>  Location: 1500 Dease Street</p>	<p><b>25</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>11:00AM – 12:00PM</b>  <b>Cooking Group</b>  <b>“Lazy Cabbage Rolls”</b>  **Limited spaces, please register  Location: Day Centre  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Lazy Cabbage Rolls”</b>  Location: Day Centre  ***</p> <p><b>12:30PM – 2:30PM</b>  <b>HALLOWEEN MOVIE SERIES</b>  <b>“Witches of Eastwick”</b>  Location: Day Centre</p>
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<p><b>28</b>  <b>9:00AM</b>  <b>Drop In/ Hang out</b>  <b>Location: Day Centre</b>  ***</p> <p><b>10:00AM – 10:45AM</b>  <b>BINGO</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>  “Pizza”  Location: Day Centre  ***</p> <p><b>12:30PM – 2:30PM</b>  <b>HALLOWEEN MOVIE SERIES</b>  <b>“Tim Burton’s Corpse Bride”</b>  Location: Day Centre</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>11:00AM – 12:00PM</b>  <b>BOOK CLUB</b>  Location: The Habit  (308 Red River Road)  ***</p> <p><b>11:00AM – 1:30PM</b>  <b>PUMPKIN CARVING</b>  <b>*Limited Spots/ registration required*</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 2:00PM</b>  <b>BOXING</b>  Location: Day Centre Main Room</p>	<p><b>30</b>  <b>10:00AM – 11:15AM</b>  <b>AQUATICS at Volunteer Pool</b>  Location: 180 Martha Street  *Registration required  ***</p> <p><b>11:30AM – 12:00PM</b>  <b>DAILY GRIND COFFEE CLUB</b>  Location: 1241 Jasper Drive  (Common Room)  ***</p> <p><b>12:00PM – 1:00PM</b>  <b>LUNCH</b>  <b>“Chili”</b>  Location: 1241 Jasper Drive  ***</p> <p><b>1:30PM – 3:30PM</b>  <b>ART GROUP facilitated by BISNO</b>  <b>“Halloween Gathering”</b>  Location: Day Centre</p>	<p><b>31</b>  <b>9:30AM – 10:30AM</b>  <b>(Sharon/ Ashley)</b>  <b>FIT4LESS</b>  Location: 1186 Memorial Ave  ***</p> <p><b>11:00AM- 12:30PM</b>  <b>Halloween Gnomes</b>  Location: Day Centre  ***</p> <p><b>1:00PM – 2:00PM</b>  <b>YOGA with Wendy</b>  Location: 1241 Jasper Drive</p>	
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**ALPHA COURT DAY CENTRE**  
**(807) 683 – 7729**

**DAY PROGRAM FACILTATOR**  
**Contact Information:**

Sharon [sgreshuk@alphacourt.ca](mailto:sgreshuk@alphacourt.ca) ext. 3176 or  
(807) 627 – 6119  
Ashley [aspaxman@alphacourt.ca](mailto:aspaxman@alphacourt.ca) ext 3175 or  
(807) 621 – 6413

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