

SEPTEMBER 2026
ALPHA COURT DAY CENTRE
270 Windsor Street – Room 221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 4:00PM DAY CENTRE DROP IN *** 11:00AM – 12:00PM Crafting with Ashley "Beaded Plant Decoration" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Beef on a bun" Location: Day Centre *** 1:00PM – 2:00PM Colouring/Painting Location: Day Centre *** 2:15PM – 3:15PM BOOK CLUB at Waverly Park Starting New Book "A Man Called Ove" Location: Waverly Park *Rain Location Day Centre*	2 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 4:00PM DAY CENTRE DROP IN *** 11:00AM – 12:00PM JEWELLRY GROUP "Beaded Bumble Bee Earrings" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Egg Salad Sandwiches" Location: Day Centre *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO "Tie Dye" Location: Day Centre	3 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 12:00PM GARDENING Location: 1500 Dease St *** 12:00PM – 1:00PM LUNCH "Mac and Cheese" Location: 1500 Dease St *** 1:00PM – 2:00PM Coloring Location: 1500 Dease St *** 2:15PM – 3:15PM GARDENING Location: 1241 Jasper Drive *** 2:00PM – 4:00PM OOSHKE PROGRAMMING "Drumming" Location: 1241 Jasper Drive (Common Room)	4 9:00AM – 10:00AM MORNING LAP AROUND THE TRACK *Please register* Location: 300 Legion Track Drive *** 10:00AM – 11:30AM DAILY GRIND COFFEE CLUB Location: Day Centre *** 11:00AM – 1:00PM SOCIAL GAMING Location: Day Centre *** 11:30AM – 1:30PM MOVIE & POPCORN "Superman" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Butter Chicken" Location: Day Centre *** 2:00PM – 3:00PM WALKING GROUP Location: Friendship Gardens (102 Legion Track Drive)

7

LABOUR
DAY

DAY CENTRE
CLOSED

8

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1000 Fort William Rd

11:00AM – 11:30AM

GARDENING

Location: 1500 Dease Street

11:30AM – 1:00PM

**BBQ LUNCH with Executive
Director Nicole Latour**

"Burgers"

Location: 1500 Dease Street

1:00PM – 2:00PM

Cleaning Products BINGO

Location: Day Centre

Location: 1500 Dease St

2:15PM – 3:15PM

Gardening

Location: 1241 Jasper Drive

9

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1000 Fort William Rd

11:00AM – 4:00PM

DAY CENTRE DROP IN

11:00AM – 12:00PM

JEWELLRY GROUP

"Paw Print Bracelet"

Location: Day Centre

12:00PM – 1:00PM

LUNCH

"Pizza"

Location: Day Centre

1:00PM – 2:00PM

POSTCARD GROUP with Sara

Location: Day Centre

1:00PM – 3:00PM

ART GROUP facilitated by BISNO

Location: Day Centre

10

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1000 Fort William Rd

11:00AM – 4:00PM

DAY CENTRE DROP IN

11:00AM – 12:00PM

CRAFTING with Ashley

"Teacup Garden"

Location: Day Centre

12:00PM – 1:00PM

LUNCH

**"Grilled Cheese and Tomato
Soup"**

Location: Day Centre

1:00PM – 2:00PM

Baking Group

"Apple Crumble"

First Come First Served

Location: Day Centre

2:00PM – 3:00PM

Pictionary

Location: Day Centre

11

9:00AM – 10:00AM

**MORNING LAP AROUND THE
TRACK**

Please register

Location: 300 Legion Track Drive

10:00AM – 11:30AM

DAILY GRIND COFFEE CLUB

Location: Day Centre

11:00AM – 1:00PM

**SOCIAL GAMING/ SKIP BO
TOURNAMENT**

Location: Day Centre

11:30AM – 1:30PM

MOVIE & POPCORN

"The Meg 2"

Location: Day Centre

12:00PM – 1:00PM

LUNCH

"Stuffed Peppers"

Location: Day Centre

2:00PM – 3:30PM

**PUBLIC SWIM at Volunteer
Pool**

Please Register

Location: Volunteer Pool

14 9:30AM – 10:30AM RISE & DINE BREAKFAST "Breakfast Wraps" Location: Day Centre *** 11:00AM – 12:00PM BAKING GROUP "Brownies" *First Come, First Served* Location: Day Centre *** 11:00AM – 1:00PM HANGOUT/ COLOURING Location: Day Centre *** 1:30PM – 2:30PM BOOK CLUB at Waverly Park Starting New Book "" Location: Waverly Park *Rain Location Day Centre* *** 2:00PM – 4:00PM INDIGENOUS ADVENTURES with Natalie "Seven Grandfather Teachings" Location Day Centre	15 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 4:00PM DAY CENTRE DROP IN *** 11:00AM – 12:00PM CRAFTING with Ashley "Pony Bead Axolotl" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Ginger Beef" Location: Day Centre *** 1:00PM – 2:00PM Snack BINGO Location: Day Centre *Win yummy snacks*	16 8:30AM – 12:00PM DAY CENTRE CLOSED 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	17 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 12:00PM GARDENING Location: 1241 Jasper Drive *** 12:00PM – 1:00PM LUNCH "BLT Sandwiches" Location: 1241 Jasper Drive *** 1:00PM – 2:00PM BINGO Location: 1241 Jasper Drive *** 2:15PM – 3:15PM GARDENING Location: 1500 Dease Street *** 2:00PM – 4:00PM OOSHKE PROGRAMMING "Drumming" Location: 1241 Jasper Drive (Common Room)	18 9:00AM – 10:00AM MORNING LAP AROUND THE TRACK *Please register* Location: 300 Legion Track Drive *** 10:00AM – 11:30AM DAILY GRIND COFFEE CLUB Location: Day Centre *** 11:00AM – 1:00PM SOCIAL GAMING Location: Day Centre *** 11:30AM – 1:30PM MOVIE & POPCORN "" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "CHILI" Location: Day Centre *** 1:30PM – 3:00PM COOKING GROUP "Chicken Broccoli Alfredo" Location: Day Centre *First come, first serve
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21 9:30AM – 10:30AM RISE & DINE BREAKFAST "Scrambler" Location: Day Centre *** 10:30AM – 12:00PM DAILY GRIND COFFEE CLUB Location: Day Centre *** 11:00AM – 12:00PM BAKING GROUP "Carrot Muffins" *First Come, First Served* Location: Day Centre *** 1:30PM – 3:00PM BOWLING *Please register* Location: Mario's Bowl *** 2:00PM – 4:00PM OOSHKE PROGRAMMING "Arts & Crafts" Location: 1241 Jasper Drive (Common Room) *** 2:00PM – 4:00PM WALKING PROUD GROUP "Sexual Health Awareness" Location: Day Centre	22 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 4:00PM DAY CENTRE DROP IN *** 11:00AM – 12:00PM CRAFTING with Ashley "Cat Toy Wand" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Club Sandwiches" Location: Day Centre *** 1:30PM – 2:30PM TIE DYE Location: Day Centre *** 2:00PM – 3:00PM DIAMOND DOT ART Location: Day Centre	23 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 4:00PM DAY CENTRE DROP IN *** 11:00AM – 12:00PM JEWELLRY GROUP "Pumpkin Earrings" Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Spaghetti" Location: Day Centre *** 1:00PM – 3:00PM ART GROUP facilitated by BISNO Location: Day Centre	24 9:30AM – 10:30AM (Sharon/ Ashley) FIT4LESS *Please register* Location: 1000 Fort William Rd *** 11:00AM – 12:00PM GARDENING Location: 1500 Dease *** 12:00PM – 1:00PM LUNCH "BLT Sandwiches" Location: 1500 Dease St *** 1:00PM – 2:00PM Crafting w Ashley "Wire Wrapped Bumble Bee" Location: 1500 Dease *** 2:15PM – 3:15PM GARDENING Location: 1241 Jasper Drive	25 9:00AM – 10:00AM MORNING LAP AROUND THE TRACK *Please register* Location: 300 Legion Track Drive *** 10:30AM – 11:30AM CHAIR YOGA with Frances Simic Location: Day Centre *** 11:45AM – 1:00PM SOCIAL GAMING Location: Day Centre *** 11:45AM – 1:30PM MOVIE & POPCORN " " Location: Day Centre *** 12:00PM – 1:00PM LUNCH "Chicken Noodle Soup" Location: Day Centre *** 2:00PM – 3:30PM PUBLIC SWIM at Volunteer Pool *Please Register* Location: Volunteer Pool *** 2:00PM – 4:00PM OOSHKE PROGRAMMING "Bannock & Tea" Location: 1241 Jasper Drive (Common Room)
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28

9:30AM – 10:30AM

RISE & DINE BREAKFAST

"Finn Pancakes"

Location: Day Centre

11:00AM – 12:00PM

BAKING GROUP

"Homemade Ice Cream"

First Come, First Served

Location: Day Centre

11:00AM – 1:00PM

HANGOUT/ COLOURING

Location: Day Centre

1:00PM – 2:00PM

Crafting with Ashley

"Plant Propagation Jar"

Location: Day Centre

2:15PM – 3:15PM

BOOK CLUB at Waverly Park

Location: Waverly Park

Rain Location Day Centre

29

9:30AM – 10:30AM

(Sharon/ Ashley)

FIT4LESS

Please register

Location: 1000 Fort William Rd

11:00AM – 4:00PM

DAY CENTRE DROP IN

11:00AM – 12:00PM

CRAFTING with Ashley

"Pet Ghost Jars"

Location: Day Centre

12:00PM – 1:00PM

LUNCH

"Chicken Broccoli Alfredo"

Location: Day Centre

1:00PM – 2:00PM

Meat BINGO

Location: Day Centre

Win Free Meat

2:15PM – 3:15PM

WALKING GROUP

"George Burke Park"

Location: Day Centre

Weather Depending

30

NATIONAL
TRUTH &
RECONCILIATION
DAY

DAY CENTRE CLOSED

ALPHA COURT DAY CENTRE

(807) 683 – 7729



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DAY PROGRAM FACILTATOR

Contact Information:

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