



April 2017
Alpha Court Day Centre/ 270 Windsor St

S	Mon	Tue	Wed	Thu	Fri	S
2	<p>3 Lunch: Cheeseburgers with Salad Zumba 10:00am-11:00am (Room 221) *Please Register ***</p> <p>Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) ***</p> <p>Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Register ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221) ***</p> <p>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>4 Lunch: Lasagna with Salad "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Baking 10:30am- 12:00pm (Room 221/ Kitchen) *Please Register ***</p> <p>Jewelry Making (RM 221) 1:00PM-2:30PM ***</p> <p>Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost ***</p> <p>Women's Group Reunion 6:00pm – 8:00pm (Room 221)</p>	<p>5 Lunch: Grilled Cheese with Veggies Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Bingo 10:30am-12:00pm (Rm.221) ***</p> <p>Knitting Group 12:30pm-2:00pm (Room 221) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>6 Lunch: Vegetable Soup Good Food Box Payment due \$15/Single, \$25/ Family</p> <p>Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12pm(Room 221) ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Social Gaming Club 1:00pm-2:30pm (Main Floor) ***</p> <p>Walking Group (Day Centre/ George Burke Park) 2:30pm – 4:00pm ***</p> <p>Canvas Painting 2:35pm – 3:45pm (Room 221)</p>	<p>7 Lunch: Spaghetti with Veggies Mindful Movement 10:30am-11:30am (Rm.221) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Assassin's Creed" ***</p> <p>Ooshke Programing 2:00pm-4:00pm (1241 Jasper Dr.) *Bannock & Tea ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	8
9	<p>10 Lunch: Perogies with Coleslaw Coffee Talk 11:00am-1:00pm (Rm.221) ***</p> <p>Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) ***</p> <p>Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Register ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221)</p>	<p>11 Lunch: Pizza Pitas with Veggies Tie Dying 10:30am- 12:00pm (Room 221) *Please Register ***</p> <p>Window Sill Gardening (Spices&Herbs) *Garden Prep 12:00pm-1:00pm (Rm.221) ***</p> <p>Jewelry Making (RM 221) 1:00PM-2:30PM ***</p> <p>Get Crafty 2:30pm-4:00pm (Rm.221)</p>	<p>12 Lunch: Stir Fry Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Healthy Choice Cooking Program (Kitchen)1030am-1230pm *REGISTER! (St. Joe's) ***</p> <p>Knitting Group 10:30am-12:00pm (Room 221) ***</p> <p>How to Organize! Tips & Tricks 1:00pm – 2:00pm (Room 221) ***</p> <p>Tai Ji Qigong with Bev 1:30pm-2:30pm (Resolute Room) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>13 Lunch: Chicken Noodle Soup Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12pm(Room 221) ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Social Gaming Club (Pool Tournament) 1:00pm-2:30pm (Main Floor) ***</p> <p>Walking Group (Day Centre/ Chapples Park) 2:30pm – 4:00pm</p>	<p align="center">Good Friday Day Centre Closed!</p>	15
16	<p align="center">17 Easter Monday! Day Centre Closed</p>	<p>18 Lunch: Chili with Veggies "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Tie Dying 10:30am- 12:00pm (Room 221) *Please Register ***</p> <p>Window Sill Gardening (Spices&Herbs) *Garden Prep. 12:00pm-1:00pm (Rm.221) ***</p> <p>Jewelry Making (RM 221) 1:00PM-2:30PM ***</p> <p>Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost</p>	<p>19 Lunch: Grilled Cheese with Veggies ***</p> <p align="center">DAY CENTRE CLOSED UNTIL 12PM</p> <p>Knitting Group 12:30pm-2:00pm (Room 221) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>20 Lunch: Pizza Pitas with Salad Good Food Box Pickup between 3pm & 4pm</p> <p>"Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12pm(Room 221) ***</p> <p>Rock Climbing 11:30am-1:00pm (Gym) ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Social Gaming Club 1:00pm-2:30pm (Main Floor) ***</p> <p>Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.) ***</p> <p>Walking Group (Day Centre/ Dease St) 2:30pm – 4:00pm</p>	<p>21 Lunch: Stir Fry Community Volunteering 9:00am – 12:00pm Regional Food Distribution Association (570 Syndicate Ave) *Please Register ***</p> <p>Mindful Movement 10:30am-11:30am (Rm.221) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Patriot's Day" ***</p> <p>Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) ***</p> <p>Ooshke Programing 2:00pm-4:00pm (1241 Jasper Dr.) *Bannock & Tea ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	22

<p>23 24 Lunch: Chicken Wraps with Salad Zumba 10:00am-11:00am (Room 221) *Please Register *** Coffee Talk 11:00am-1:00pm (Rm.221) *** Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) *** Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Register *** Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending *** Ooshke Programing 2:00pm-4:00pm (Rm.221) *** New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>25 Lunch: Lasagna with Veggies "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Baking 10:30am- 12:00pm (Room 221/ Kitchen) *Please Register *** Window Sill Gardening (Spices&Herbs) *Garden Prep. 12:00pm-1:00pm (Rm.221) *** Jewelry Making (RM 221) 1:00PM-2:30PM *** Coping with Chaos 1:00pm-2:00pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (1/4) *** Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending *** Get Crafty 2:30pm-4:00pm (Rm.221) *** Thunder Bay Museum 3:30pm-4:30pm *Register</p>	<p>26 Lunch: Ham Sandwiches with Veggies Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Healthy Choice Cooking Program (Kitchen)10:30am-12:30pm *REGISTER! (Alpha Court) *** Bingo 10:30am-12:00pm (Rm.221) *** Knitting Group 12:30pm-2:00pm (Room 221) *** Tai Ji Qigong with Bev 1:30pm-2:30pm (Tim Horton Room) *** Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>27 Lunch: Perogies with Coleslaw Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12pm(Room 221) *** Coping with Chaos 11:00am-12:30pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (2/4) *** Yoga (Rm.221) 1:00 pm -2:30pm *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Social Gaming Club 1:00pm-2:30pm (Main Floor) *** Walking Group (Day Centre/ Junot Park Trail) 2:30pm – 4:00pm *** Canvas Painting 2:35pm – 3:45pm (Room 221)</p>	<p>28 Lunch: Spaghetti with Veggies Mindful Movement 10:30am-11:30am (Rm.221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Why Him?" *** Women's Empowerment Group 12:30pm to 2:30pm (Green Rm)</p>
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30 Notes:

- * To attend the Cooking Program, you must pre-register for each class by calling Jesse @ 683-7729
- * The Fit4Less sessions can only take 4 participants at a time. Registering with Jesse (683-7729) IS REQUIRED every week. This will remain a free program, but you are required to bring an indoor pair of shoes, and loose fitting clothing. There can be no drop-ins.
- *People attending Walking Group that need a ride, we will meet at the Day Centre at 2:30pm and leave to our destination by 2:45pm. You may also meet us at the walking location indicated on the calendar. We can also provide one bus ticket to participants.
- * A reminder to clients, only people attending Day Centre programs are eligible for the daily lunches. We encourage all clients to participate in the many programs we provide.