## Alpha Court Day Centre April 2019

## 270 Windsor Street/ Room 221



Mon	Tue	Wed	Thu	Fri S
1 Lunch: Perogies	2 Lunch: Chicken Noodle Soup	3 Lunch: Pizza Casserole	4 Lunch: Chicken Broccoli Alfredo	5 Lunch: Chili 6
	Mall Walking 8:30am-9:15am (Intercity Shopping Mall	Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court)	Mall Walking 8:30am-9:30am (Intercity	Morning Meditation 9:00am-9:40am (Rm.221)
(Fit4less) *Please Register	Food Court)	***	Shopping Mall Food Court)	***
***	***	Mindfulness Colouring 9:00am – 11:00am (Room 221)	***	Badminton (West Thunder CC) 10:00am-
Mindfulness Colouring 10:00am –	Mindfulness Colouring 9:00am – 11:00am (Room 221)	***	Mindfulness Colouring 9:00am – 11:00am	11:30am*Please Register
12:00pm (Room 221)	***	Knitting & Crocheting 10:30am-12:30pm (Room 221)	(Room 221)	***
***	"Fit4Less" gym session 10:40am-12:00pm (McIntyre	***	***	Mindfulness Colouring 10:00am – 12:00pm (Room
Coffee Talk 10:00am – 12:00pm	Centre) *Register	"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register	Fit4Less" gym session 9:30am-10:45pm	221)
(Rm.221)	***	***	(McIntyre Centre) *Register	, ***
***	Tie Dyeing 10:00am – 11:30am (Room 221) *Please	Canvas Painting11:30am– 1:00pm (Room 221)	***	Fit4less Gym Session 11:30am-1:00pm (Fit4less)
Knitting & Crochetting 11:00am -	register	***	Documentary & Popcorn 10:30am-12:30pm	*Please Register
12:30pm (Room 221)	***	Advanced Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to	(Rm221) "Valley Uprisingl"	***
***	Lets Sew!! (Sewing Class) 12:00pm-1:00pm (Rm.221)	attending	***	Knitting & Crocheting 10:00am – 12:00pm (Room
Coping with Guilt & Shame 11:00pm-	***	***	Anxiety Support Group 11:00am-12:00pm	221)
12:30pm (Resolute Rm.) *Closed Group/	Jewelry Making 1:00pm – 2:30pm (Room 221)	Day Centre Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register	(Resolute Rm.)	***
Must register prior to attending 1st	***	***	***	Women's Social Group 10:30am – 12:00pm
group 1/4	Bowling 2:00pm-4:00pm (Meet at Mario's Bowl)	Tai Chi 1:00pm 2:00pm(Room221)	Yoga (Rm.221) 1:00pm -2:30pm	***
	*REGISTER - \$5.00 cost	***	***	Movie of the Week 12:00pm-2:30pm (Rm.221)
Boxing Class 1:00pm-2:00pm (Exercise	***	Art Program 2:00pm-4:00pm (Rm 221)	Social Gaming 1:00pm-2:30pm (Main Floor)	"Going in Style"
Rm) *Please call prior to attending	Beginner's Boxing Program 1:00pm-2:00pm (Exercise			***
	Rm) *Please call prior to attending		Boxing Class 1:30pm-2:30pm (Exercise Rm)	Social Gaming 1:00pm-2:30pm (Wackys)
General Life skills (First Aid) 2:00pm- 3:00pm (Resolute Rm.) *Please call	Mana Craun 2:00nm 2:00nm (Deselute Dm )*Places cell		*Please call prior to attending	***
prior to attending	Mens Group 2:00pm-3:00pm (Resolute Rm.)*Please call prior to attending		Walking (Day Centre/ Marina Park) 2:30pm	Boxing Class 1:00pm-2:00pm (Exercise Rm)
***			– 4:00pm	*Please call prior to attending
Ooshke Programing 2:00pm-4:00pm	Get Crafty 2:30pm-4:00pm (Rm.221)		– 4.00pm	***
(Rm.221)				Volunteer Income Tax Program 2:15pm-4:00pm
((((),221))				(Rm.221) *By appointment only/ Please call Jesse
				***
				Scrabble Tournament 2:30pm – 4:00pm (Room
				221)
		***		,

(Fit4less) *Please Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Coping with Guilt & Shame 11:00pm- 12:30pm (221 Rm.) *Closed Group/ Must register prior to attending 1st group 2/4 *** Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** General Life skills (Car Maintenance) 2:00pm-3:00pm (Resolute Rm.) *Please call prior to attending *** Wii Gaming 2:00pm-3:00pm (Rm.221) ***	9 Lunch: Vegetable Soup Mall Walking Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Baking (Bagels) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session 10:40am-12:00pm (McIntyre Centre) *Register *** Lets Sew!! (Sewing Class) 12:00pm-1:00pm (Rm.221) *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** Beginner's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** Mens Group 2:00pm-3:00pm (Resolute Rm.) Please call prior to attending *** Walking Group (DayCentre) 1:30pm – 2:30pm	Mindfulness Colouring 9:00am – 11:00am (Room 221)   ***   Bingo10:00am – 11:30am (Room 221)   ***   "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register   ***   Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please Register!   (St.Joes)   ***   Knitting & Crocheting 10:30am-12:30pm (Room 221)   ***   Advanced Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending   ***   Canvas Painting 12:00pm – 2:00pm (Room 221)   ***   Friendly Team Trivia Competition 1:00pm-2:00pm (Rm.221) *Please Register   ***   Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street)   ***	Shopping Mall Food Court) **** <u>Mindfulness Colouring</u> 9:00am – 11:00am (Room 221)	Morning Meditation   9:00am-9:40am (Rm.221)     ***     Badminton (West Thunder CC)     10:00am-11::00am-11::00am-11::00am - 12::00pm (Rm.221)     ***     Coffee Talk     Mindfulness Colouring     10::00am - 12::00pm (Rm.221)     ***     Mindfulness Colouring     10::00am - 12::00pm (Room 221)     ***     Fit4less Gym Session     ***     Movie of the Week     10::00pm-2::00pm (Rm.221) "The Girl on the Train"     ***     Social Gaming 1::00pm-2::30pm (Wackys)     ***     Boxing Class     1::00pm-2::00pm (Exercise Rm)     ****     Ooshke Programming – Bannock & Tea	13
the Day Centre 2:00pm-3:00pm (Rm.221) *Call to Register 15 Lunch: Chicken Wraps	Experience Thunder Bay (Waverly Library) 2:15pm-3:30pm 285 Red River Rd. 16 Lunch: Spaghetti		Park) 2:30pm – 4:00pm 18 Lunch: Pizza Casserole	4:00pm (1241 Jasper Drive) <u>Volunteer Income Tax Program</u> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse *** <u>Knitting &amp; Crocheting</u> 2:30pm – 4:00pm (Room 221) 19	20
Fit4Tess Gym Session 9:00 (Fit4Tess) *Please Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Knitting & Crochetting 11:00am – 12:30pm (Room 221) *** Coping with Guilt & Shame 11:00pm- 12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 3/4 *** Boxing Class 1:00pm-2:00pm (Exercise	No Editorie (Spagnetic)   Mall Walking 8:30am-9:15am (Intercity Shopping Mall   Food Court) ***   Mindfulness Colouring 9:00am – 11:00am (Room 221)   ***   "Fit4Less" gym session   officitation (Room 221)   ***   Tie Dyeing   10:00am – 11:30am (Room 221) *Please   register   ***   Lets Sew!! (Sewing Class)   12:00pm-1:00pm (Rm.221)   ***   Bowling 2:00pm-4:00pm (Meet at Mario's Bowl)   ***   Beginner's Boxing Program 1:00pm-2:00pm (Exercise   ***   Beginner's Boxing Program 1:00pm-2:00pm (Exercise   ***   Mens Group 2:00pm-3:00pm (Resolute Rm.) Please call   ***   Get Crafty 2:30pm-4:00pm (Rm.221)	Advanced Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending   Advanced Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending   Canvas Painting 12:30pm – 1:45pm (Room 221)   Tay Centre Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register   Tai Chi 1:00pm 2:00pm(Room221)   *** Social Gaming   1:00pm-2:30pm (Main Floor)   ***   Art Program   2:00pm-4:00pm (Rm 221)	Note: Controlling Negative Thoughts   Mail Walking S:30am (Intercity   Shopping Mail Food Court)   ***   Mindfulness Colouring   (Room 221)   ***   Fit4Less" gym session   9:30am-10:45pm   (McIntyre Centre) *Register   ***   Documentary & Popcom   10:30am-12:30pm   (Rm221) "Nat King Cole: Afraid of the Dark"   ***   Controlling Negative Thoughts   11:00am-12:30pm   12:30pm (Resolute Rm.) 2/12   ***   Yoga (Rm.221) 1:00pm -2:30pm   ***   Social Gaming 1:00pm-2:30pm (Main Floor)   ***   Social Gaming 1:00pm-2:30pm (Exercise Rm)   *Please call prior to attending   ***   Aboriginal Drumming 2:00pm-4:00pm (1241   Jasper Dr.)   ***   Walking Group (Day Centre/ Boulevard   Lake) 2:30pm – 4:00pm	GOOD FRIDAY Day Centre Closed	

_				1		_
21	22	23 Lunch: Mac n' Cheese	24 <u>Lunch: Pasta Bake</u>	25 Lunch: Shepard's Pie		27
			Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court)	Mall Walking 8:30am-9:30am (Intercity	Morning Meditation 9:00am-9:40am (Rm.221)	
	EASTER MONDAY	Food Court)	***	Shopping Mall Food Court)	***	
	UTIST CF MONUTIT	***	<u>Mindfulness Colouring</u> 9:00am – 11:00am (Room 221)	***	Badminton (West Thunder CC) 10:00am-	
	Day Centre Closed	Mindfulness Colouring 9:00am – 11:00am (Room 221)	***	Mindfulness Colouring 9:00am – 11:00am	11:30am*Please Register	
	Pag Contro Closed	***	<u>Bingo</u> 10:00am – 11:30am (Room 221)	(Room 221)	***	
		Baking (Brownies) 10:00am- 11:30am (Room 221/	***	***	Mindfulness Colouring 10:00am – 12:00pm (Room	
		Kitchen) *Limited spaces/ Please register prior to	"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register	Fit4Less" gym session 9:30am-10:45pm	221)	
		attending	***	(McIntyre Centre) *Register	***	
		***	Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please Register!	***	Women's Social Group 10:30am – 12:00pm	
		"Fit4Less" gym session 10:40am-12:00pm (McIntyre	(Alpha Court)	Documentary & Popcorn 10:30am-12:30pm	***	
		Centre) *Register	***	(Rm221) "Maya Angelou: And Still I Rise"	Fit4less Gym Session 11:30am-1:00pm (Fit4less)	
		***	Knitting & Crocheting 10:30am-12:30pm (Room 221)	***	*Please Register	
		Lets Sew!! (Sewing Class) 12:00pm-1:00pm (Rm.221)	***	Controlling Negative Thoughts 11:00am-	***	
		***	Canvas Painting 12:00pm- 2:00pm (Room 221)	12:30pm (Resolute Rm.) 3/12	SPRING FEAST 12:00pm – 3:00pm (1241 Jasper	
		Jewelry Making 1:00pm – 2:30pm (Room 221)	****	***	Drive)	
		***	Friendly Individual Trivia Competition 1:00pm-2:00pm (Rm.221) *Please Register	Yoga (Rm.221) 1:00pm -2:30pm	***	
		Beginner's Boxing Program 1:00pm-2:00pm (Exercise			Movie of the Week 12:00pm-2:30pm (Rm.221)	
		Rm) *Please call prior to attending	Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street)	Social Gaming 1:00pm-2:30pm (Marios Bowl)	"Rambo"	
					***	
		Mens Group 2:00pm-3:00pm (Resolute Rm.) Please call	Social Gaming T:00pm-2:30pm (Main Floor)	Boxing Class 1:30pm-2:30pm (Exercise Rm)	Social Gaming 1:00pm-2:30pm (Main Floor)	
		prior to attending	And December 2000-cm (Dec 2001)	*Please call prior to attending	***	
		Welking Crown (DevContro) 1:20nm 2:20nm	Art Program 2:00pm-4:00pm (Rm 221)	Walking Crown (Day Control Around the	Boxing Class 1:00pm-2:00pm (Exercise Rm)	
		Walking Group (DayCentre) 1:30pm – 2:30pm	***	Walking Group (Day Centre/ Around the Day Centre) 2:30pm – 4:00pm	*Please call prior to attending	
		Experience Thunder Bay (Conservatory)	Experience Thunder Bay (Art Gallery)	Day Centre) 2:30pm – 4:00pm	***	
		2:15pm-3:30pm 285 Red River Rd.	2:15pm-3:30pm 1080 Keewatin Street / Please Register		Volunteer Income Tax Program 2:15pm-4:00pm	
		2. 13pm-3.30pm <b>203 Reu River Ru.</b>			(Rm.221) *By appointment only/ Please call Jesse	
					***	
					Knitting & Crocheting 2:30pm – 4:00pm (Room	
					221)	
28	29 <u>Lunch: Mac n' Cheese</u>	30 Lunch: Grilled Cheese	* To other dath of Cool is a Decomposition of the second state	. fan an de alana hu an llina tana	+ (02 7720	
20	Fit4less Gym Session 9:00am-10:30am	Mall Walking 8:30am-9:15am (Intercity Shopping Mall	* To attend the Cooking Program, you must pre-registe	r for each class by calling Jesse	at 683-7729	
	(Fit4less) *Please Register	Food Court)	* The Fit4Less sessions can only take 4 participants at a	time. Registering with Jesse (6	83-7729) IS REQUIRED every week.	
	***	, ***		• • •		
	Mindfulness Colouring 10:00am -	Mindfulness Colouring 10:00am – 12:00pm (Room	This will remain a free program, but you are required to	bring an indoor pair of shoes,	and loose fitting clothing. There ca	an
	12:00pm (Room 221)	221)	be no drop-ins.			
	***	***				
	Coffee Talk 10:00am – 12:00pm	"Fit4Less" gym session 10:40am-12:00pm (McIntyre				
	(Rm.221)	Centre) *Register	*People attending Walking Group that need a ride, we	will meet at the Day Centre at	2.30nm and leave to our destination	n
	***	***		-	•	
	Knitting & Crochetting 11:00am –	Tie Dyeing 10:00am – 11:30am (Room 221) *Please	by 2:45pm. You may also meet us at the walking locatio	n indicated on the calendar. W	/e can also provide one bus ticket t	0
	12:30pm (Room 221)	register	participants.			
	Coning with Cuilt & Chame 11:00	Lata Soull (Souring Class) 10:00mm 1:00mm (Der 001)				
	Coping with Guilt & Shame 11:00pm- 12:30pm (Resolute Rm.) *Closed Group/	Lets Sew!! (Sewing Class) 12:00pm-1:00pm (Rm.221)				
	Must register prior to attending 1st	Jewelry Making 1:00pm – 2:30pm (Room 221)	* A reminder to clients, only people attending Day Cent	ro programs are oligible for the	a daily lunches. We encourage all	
	group 4/4	***	* A reminder to clients, only people attending Day Centre programs are eligible for the daily lunches. We encourage all			
	***	Bowling 2:00pm-4:00pm (Meet at Mario's Bowl)	clients to participate in the many programs we provide.			
	Boxing Class 1:00pm-2:00pm (Exercise	*REGISTER - \$5.00 cost	, , , , , , , , , , , , , , , , , , , ,			
	Rm) *Please call prior to attending	***				
	***	Beginner's Boxing Program 1:00pm-2:00pm (Exercise				
	General Life skills (First Aid) 2:00pm-	Rm) *Please call prior to attending				
	3:00pm (Resolute Rm.) *Please call	***				
	prior to attending	Mens Group 2:00pm-3:00pm (Resolute Rm.) Please call				
	***	prior to attending				
	Ooshke Programing 2:00pm-4:00pm	***				
		0-4 0-44 0.00 mm 4.00 mm (Dec 004)				
	(Rm.221)	<b><u>Get Crafty</u> 2:30pm-4:00pm (Rm.221)</b>				
	(Rm.221)	Get Crafty 2:30pm-4:00pm (Rm.221)				
	(Rm.221)	<u>Get Cratty</u> 2:30pm-4:00pm (Rm.221)				