

# Alpha Court Day Centre

April 2019

270 Windsor Street/ Room 221



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

7	<p><b>8 Lunch: Sloppy Joe's</b>  <b>Fit4less Gym Session</b> 9:00am-10:30am (Fit4less) *Please Register  ***</p> <p><b>Mindfulness Colouring</b> 10:00am – 12:00pm (Room 221)  ***</p> <p><b>Coping with Guilt &amp; Shame</b> 11:00pm-12:30pm (221 Rm.) *Closed Group/ Must register prior to attending 1st group 2/4  ***</p> <p><b>Boxing Class</b> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>General Life skills (Car Maintenance)</b> 2:00pm-3:00pm (Resolute Rm.) *Please call prior to attending  ***</p> <p><b>Wii Gaming</b> 2:00pm-3:00pm (Rm.221)  ***</p> <p><b>New &amp; Interested participants tour of the Day Centre</b> 2:00pm-3:00pm (Rm.221) *Call to Register</p>	<p><b>9 Lunch: Vegetable Soup</b>  <b>Mall Walking</b> 8:30am-9:15am (Intercity Shopping Mall Food Court)  ***</p> <p><b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221)  ***</p> <p><b>Baking (Bagels)</b> 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending  ***</p> <p><b>"Fit4Less" gym session</b> 10:40am-12:00pm (McIntyre Centre) *Register  ***</p> <p><b>Lets Sew!! (Sewing Class)</b> 12:00pm-1:00pm (Rm.221)  ***</p> <p><b>Jewelry Making</b> 1:00pm – 2:30pm (Room 221)  ***</p> <p><b>Beginner's Boxing Program</b> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Mens Group</b> 2:00pm-3:00pm (Resolute Rm.) Please call prior to attending  ***</p> <p><b>Walking Group</b> (DayCentre) 1:30pm – 2:30pm  ***</p> <p><b>Experience Thunder Bay (Waverly Library)</b> 2:15pm-3:30pm 285 Red River Rd.</p>	<p><b>10 Lunch: Ham Sandwiches</b>  <b>Mall Walking</b> 9:00am-10:00am (Intercity Shopping Mall Food Court)  ***</p> <p><b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221)  ***</p> <p><b>Bingo</b> 10:00am – 11:30am (Room 221)  ***</p> <p><b>"Fit4Less" gym session</b> 10:00am-11:30am (McIntyre Centre) *Register  ***</p> <p><b>Healthy Choice Cooking Program</b> (Kitchen) 10:30am-12:30pm *Please Register! (St.Joes)  ***</p> <p><b>Knitting &amp; Crocheting</b> 10:30am-12:30pm (Room 221)  ***</p> <p><b>Advanced Boxing Class</b> 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Canvas Painting</b> 12:00pm– 2:00pm (Room 221)  ***</p> <p><b>Friendly Team Trivia Competition</b> 1:00pm-2:00pm (Rm.221) *Please Register  ***</p> <p><b>Chair Yoga with Frances</b> 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street)  ***</p> <p><b>Art Program</b> 2:00pm-4:00pm (Rm 221)  ***</p> <p><b>Experience Thunder Bay (Art Gallery)</b> 2:15pm-3:30pm 1080 Keewatin Street / Please Register  ***</p> <p><b>Thunder Bay Country Market Adventure</b> 3:30pm – 4:30pm (850 May Street) **Please register</p>	<p><b>11 Lunch: Chicken Fajita Pasta</b>  <b>Mall Walking</b> 8:30am-9:30am (Intercity Shopping Mall Food Court)  ***</p> <p><b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221)  ***</p> <p><b>Fit4Less" gym session</b> 9:30am-10:45pm (McIntyre Centre) *Register  ***</p> <p><b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) "Williams"  ***</p> <p><b>Controlling Negative Thoughts</b> 11:00am-12:30pm (Resolute Rm.) 1/12  ***</p> <p><b>Yoga</b> (Rm.221) 1:00pm -2:30pm  ***</p> <p><b>Social Gaming</b> 1:00pm-2:30pm (Wackys)  ***</p> <p><b>Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Walking Group</b> (Day Centre/ Chapples Park) 2:30pm – 4:00pm</p>	<p><b>12 Lunch: Grilled Cheese</b>  <b>Morning Meditation</b> 9:00am-9:40am (Rm.221)  ***</p> <p><b>Badminton (West Thunder CC)</b> 10:00am-11:30am*Please Register  ***</p> <p><b>Coffee Talk</b> 10:00am – 12:00pm (Rm.221)  ***</p> <p><b>Mindfulness Colouring</b> 10:00am – 12:00pm (Room 221)  ***</p> <p><b>Fit4less Gym Session</b> 11:30am-1:00pm (Fit4less) *Please Register  ***</p> <p><b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "The Girl on the Train"  ***</p> <p><b>Social Gaming</b> 1:00pm-2:30pm (Wackys)  ***</p> <p><b>Boxing Class</b> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Ooshke Programming – Bannock &amp; Tea</b> 2:00pm – 4:00pm (1241 Jasper Drive)  <b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse  ***</p> <p><b>Knitting &amp; Crocheting</b> 2:30pm – 4:00pm (Room 221)</p>	13
14	<p><b>15 Lunch: Chicken Wraps</b>  <b>Fit4less Gym Session</b> 9:00am-10:30am (Fit4less) *Please Register  ***</p> <p><b>Mindfulness Colouring</b> 10:00am – 12:00pm (Room 221)  ***</p> <p><b>Knitting &amp; Crocheting</b> 11:00am – 12:30pm (Room 221)  ***</p> <p><b>Coping with Guilt &amp; Shame</b> 11:00pm-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 3/4  ***</p> <p><b>Boxing Class</b> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>General Life skills (Household Cleaning)</b> 2:00pm-3:00pm (Resolute Rm.) *Please call prior to attending  ***</p> <p><b>Ooshke Programming</b> 2:00pm-4:00pm (Rm.221)</p>	<p><b>16 Lunch: Spaghetti</b>  <b>Mall Walking</b> 8:30am-9:15am (Intercity Shopping Mall Food Court)  ***</p> <p><b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221)  ***</p> <p><b>"Fit4Less" gym session</b> 10:40am-12:00pm (McIntyre Centre) *Register  ***</p> <p><b>Tie Dyeing</b> 10:00am – 11:30am (Room 221) *Please register  ***</p> <p><b>Lets Sew!! (Sewing Class)</b> 12:00pm-1:00pm (Rm.221)  ***</p> <p><b>Jewelry Making</b> 1:00pm – 2:30pm (Room 221)  ***</p> <p><b>Bowling</b> 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost  ***</p> <p><b>Beginner's Boxing Program</b> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Mens Group</b> 2:00pm-3:00pm (Resolute Rm.) Please call prior to attending  ***</p> <p><b>Get Crafty</b> 2:30pm-4:00pm (Rm.221)</p>	<p><b>17 NO LUNCH</b></p> <p>Day Centre Closed until 12:00pm</p> <p><b>Advanced Boxing Class</b> 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Canvas Painting</b> 12:30pm – 1:45pm (Room 221)  ***</p> <p><b>Day Centre Weight Training</b> 1:00pm-2:00pm (Exercise Rm.) *Please Register  ***</p> <p><b>Tai Chi</b> 1:00pm 2:00pm(Room221)  ***</p> <p><b>Social Gaming</b> 1:00pm-2:30pm (Main Floor)  ***</p> <p><b>Art Program</b> 2:00pm-4:00pm (Rm 221)  ***</p>	<p><b>18 Lunch: Pizza Casserole</b>  <b>Mall Walking</b> 8:30am-9:30am (Intercity Shopping Mall Food Court)  ***</p> <p><b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221)  ***</p> <p><b>Fit4Less" gym session</b> 9:30am-10:45pm (McIntyre Centre) *Register  ***</p> <p><b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) "Nat King Cole: Afraid of the Dark"  ***</p> <p><b>Controlling Negative Thoughts</b> 11:00am-12:30pm (Resolute Rm.) 2/12  ***</p> <p><b>Yoga</b> (Rm.221) 1:00pm -2:30pm  ***</p> <p><b>Social Gaming</b> 1:00pm-2:30pm (Main Floor)  ***</p> <p><b>Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Aboriginal Drumming</b> 2:00pm-4:00pm (1241 Jasper Dr.)  ***</p> <p><b>Walking Group</b> (Day Centre/ Boulevard Lake) 2:30pm – 4:00pm</p>	<p><b>19</b></p> <p>GOOD FRIDAY  Day Centre Closed</p>	20

21	22	<p>EASTER MONDAY</p> <p>Day Centre Closed</p>	<p><b>23 Lunch: Mac n' Cheese</b> <u>Mall Walking</u> 8:30am-9:15am (Intercity Shopping Mall Food Court) *** <u>Mindfulness Colouring</u> 9:00am – 11:00am (Room 221) *** <u>Baking (Brownies)</u> 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** <u>"Fit4Less" gym session</u> 10:40am-12:00pm (McIntyre Centre) *Register *** <u>Lets Sew!! (Sewing Class)</u> 12:00pm-1:00pm (Rm.221) *** <u>Jewelry Making</u> 1:00pm – 2:30pm (Room 221) *** <u>Beginner's Boxing Program</u> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** <u>Mens Group</u> 2:00pm-3:00pm (Resolute Rm.) Please call prior to attending *** <u>Walking Group</u> (DayCentre) 1:30pm – 2:30pm *** <u>Experience Thunder Bay (Conservatory)</u> 2:15pm-3:30pm 285 Red River Rd.</p>	<p><b>24 Lunch: Pasta Bake</b> <u>Mall Walking</u> 9:00am-10:00am (Intercity Shopping Mall Food Court) *** <u>Mindfulness Colouring</u> 9:00am – 11:00am (Room 221) *** <u>Bingo</u>10:00am – 11:30am (Room 221) *** <u>"Fit4Less" gym session</u> 10:00am-11:30am (McIntyre Centre) *Register *** <u>Healthy Choice Cooking Program</u> (Kitchen) 10:30am-12:30pm *Please Register! (Alpha Court) *** <u>Knitting &amp; Crocheting</u> 10:30am-12:30pm (Room 221) *** <u>Canvas Painting</u> 12:00pm– 2:00pm (Room 221) **** <u>Friendly Individual Trivia Competition</u> 1:00pm-2:00pm (Rm.221) *Please Register ** <u>Chair Yoga with Frances</u> 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) *** <u>Social Gaming</u> 1:00pm-2:30pm (Main Floor) *** <u>Art Program</u> 2:00pm-4:00pm (Rm 221) *** <u>Experience Thunder Bay (Art Gallery)</u> 2:15pm-3:30pm 1080 Keewatin Street / Please Register</p>	<p><b>25 Lunch: Shepard's Pie</b> <u>Mall Walking</u> 8:30am-9:30am (Intercity Shopping Mall Food Court) *** <u>Mindfulness Colouring</u> 9:00am – 11:00am (Room 221) *** <u>Fit4Less" gym session</u> 9:30am-10:45pm (McIntyre Centre) *Register *** <u>Documentary &amp; Popcorn</u> 10:30am-12:30pm (Rm221) "Maya Angelou: And Still I Rise" *** <u>Controlling Negative Thoughts</u> 11:00am-12:30pm (Resolute Rm.) 3/12 *** <u>Yoga</u> (Rm.221) 1:00pm -2:30pm *** <u>Social Gaming</u> 1:00pm-2:30pm (Marios Bowl) *** <u>Boxing Class</u> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** <u>Walking Group</u> (Day Centre/ Around the Day Centre) 2:30pm – 4:00pm</p>	<p><b>26 Lunch: Cheeseburgers</b> <u>Morning Meditation</u> 9:00am-9:40am (Rm.221) *** <u>Badminton (West Thunder CC)</u> 10:00am-11:30am*Please Register *** <u>Mindfulness Colouring</u> 10:00am – 12:00pm (Room 221) *** <u>Women's Social Group</u> 10:30am – 12:00pm *** <u>Fit4less Gym Session</u> 11:30am-1:00pm (Fit4less) *Please Register *** <u>SPRING FEAST</u> 12:00pm – 3:00pm (1241 Jasper Drive) *** <u>Movie of the Week</u> 12:00pm-2:30pm (Rm.221) "Rambo" *** <u>Social Gaming</u> 1:00pm-2:30pm (Main Floor) *** <u>Boxing Class</u> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** <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)</p>	27			
28	<p><b>29 Lunch: Mac n' Cheese</b> <u>Fit4less Gym Session</u> 9:00am-10:30am (Fit4less) *Please Register *** <u>Mindfulness Colouring</u> 10:00am – 12:00pm (Room 221) *** <u>Coffee Talk</u> 10:00am – 12:00pm (Rm.221) *** <u>Knitting &amp; Crocheting</u> 11:00am – 12:30pm (Room 221) *** <u>Coping with Guilt &amp; Shame</u> 11:00pm-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 4/4 *** <u>Boxing Class</u> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** <u>General Life skills (First Aid)</u> 2:00pm-3:00pm (Resolute Rm.) *Please call prior to attending *** <u>Ooshke Programing</u> 2:00pm-4:00pm (Rm.221)</p>						<p><b>30 Lunch: Grilled Cheese</b> <u>Mall Walking</u> 8:30am-9:15am (Intercity Shopping Mall Food Court) *** <u>Mindfulness Colouring</u> 10:00am – 12:00pm (Room 221) *** <u>"Fit4Less" gym session</u> 10:40am-12:00pm (McIntyre Centre) *Register *** <u>Tie Dyeing</u> 10:00am – 11:30am (Room 221) *Please register *** <u>Lets Sew!! (Sewing Class)</u> 12:00pm-1:00pm (Rm.221) *** <u>Jewelry Making</u> 1:00pm – 2:30pm (Room 221) *** <u>Bowling</u> 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost *** <u>Beginner's Boxing Program</u> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** <u>Mens Group</u> 2:00pm-3:00pm (Resolute Rm.) Please call prior to attending *** <u>Get Crafty</u> 2:30pm-4:00pm (Rm.221)</p>	<p>* To attend the Cooking Program, you must pre-register for each class by calling Jesse at 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 <u>Walking Group</u> 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.</p>		