



August 2017

Alpha Court Day Centre/270 Windsor Street

S	Mon	Tue	Wed	Thu	Fri	S	
		<p>1 Lunch: Stir Fry "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Baking (Peanut Butter Cups) 10:30am- 12:00pm (Room 221/ Kitchen) *Please Register ***</p> <p>Jewelry Making (RM 221) 1:00PM-2:30PM ***</p> <p>Get Crafty 2:30pm-4:00pm (Rm.221) ***</p> <p>Community Spokes Bike Repair 3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/Register</p>	<p>2 Lunch: Vegetable Soup Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Outdoor Boot Camp 11:15am-12:00pm (Back Field) *Must Register/ Weather Depending ***</p> <p>Sleep Strategies 12:00pm – 1:00pm (Room 221) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO ***</p>	<p>3 Lunch: Baked Ziti with Salad Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12pm(Room 221) ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Resolute Rm) *What in the Health ***</p> <p>Social Gaming 1:00pm – 2:30pm (Back Field) ***</p> <p>Running/Jogging Club 1:00pm-2:30pm (Back field/Outside) *Must Register ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.) ***</p> <p>Walking Group (Day Centre/ Marina) 2:30pm – 4:00pm ***</p> <p>Boxing Class 5:30pm-6:30pm (Exercise Rm) *Must register prior to attending ***</p>	<p>4 Lunch: BBQ Gardening Group! 10:00am-10:45am (Lakehead University Hangar #Plot 11) **Weather Depending ***</p> <p>Mindful Movement 10:30am-11:30am (Rm.221) ***</p> <p>Swimming at Widnall Pool! 12:00pm – 1:00pm (Art Widnall Pool, 820 Minnesota St.) *Please Register ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Kong: Skull Island" ***</p> <p>Mini Putt 1:30pm – 3:30pm (Boulevard Lake) **Weather Permitting** Please Register ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p>		
6	7	<p>8 Lunch: Quesadillas "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Tie Dying 10:30am – 12:00pm (Room 221) *Please register ***</p> <p>Coping with Guilt and Shame 12:30pm-2:00pm *Closed Group/ Must register prior to attending 1st group 1/4 (1241 Jasper Dr.) ***</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>Yoga (Rm.221) 2:30 pm -4:00pm ***</p> <p>Community Spokes Bike Repair 3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/Register</p>	<p>9 Lunch: Perogies with Coleslaw Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Healthy Choice Cooking Program (Rm.221) 10:30am-12:30 pm *REGISTER! (St.Joes) ***</p> <p>Craft sewing & Mending clothes 10:00am-11:00am (Rm 221) ***</p> <p>Bingo 10:30am-12:00pm (Room 221) ***</p> <p>Outdoor Boot Camp 11:15am-12:00pm (Back Field) *Must Register/ Weather Depending ***</p> <p>Coping with Guilt and Shame 12:30pm-2:00pm *Closed Group/ Must register prior to attending 1st group 2/4 (1241 Jasper Dr.) ***</p> <p>Canvas Painting 12:00pm – 1:00pm (Room 221) ***</p> <p>Tai Chi 1:00pm – 2:00pm(Room221) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO ***</p> <p>Conservatory Visit 2:00pm-3:15pm (1601 Dease St) *Please Register ***</p> <p>Women's Group 6:00pm – 8:00pm (Marina – Meet at Splash Pad) ***</p>	<p>10 Lunch: Pizza Casserole Good Food Box Payment Due \$15/Single, \$25/ Family Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am -12pm(Room 221) ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Resolute Rm) *Get me Roger Stone ***</p> <p>Coping with Guilt and Shame 11:00am-12:30pm *Closed Group/ Must register prior to attending 1st group 3/4 (1241 Jasper Dr.) ***</p> <p>Running/Jogging Club 1:00pm-2:30pm (Back field/Outside) *Must Register ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Walking Group (Day Centre/ Cascades) 2:30pm – 4:00pm ***</p> <p>Boxing Class 5:30pm-6:30pm (Exercise Rm) *Must register prior to attending ***</p>	<p>11 Lunch: BBQ Gardening Group! 10:00am-10:45am (Lakehead University Hangar #Plot 11) **Weather Depending ***</p> <p>Mindful Movement 10:30am-11:30am (Norwest Clinic Building/525 Simpson St) ***</p> <p>Swimming at Widnall Pool! 12:00pm – 1:00pm (Art Widnall Pool, 820 Minnesota St.) *Please Register ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Snatched" ***</p> <p>Coping with Guilt and Shame 12:30pm-2:00pm *Closed Group/ Must register prior to attending 1st group 4/4 (1241 Jasper Dr.) ***</p> <p>Frisbee Golf 1:30 pm – 3:30pm (Boulevard Lake) **Weather Permitting** ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p>		

**CIVIC HOLIDAY
 DAY CENTRE
 CLOSED**

13	<p>14 Lunch: Chicken Noodle Soup Gardening Group! 9:00am-9:45am (Lakehead University Hangar #Plot 11) **Weather Depending *** ZUMBA! 10:00am - 11:00am (Rm.221) *** Coffee Talk 11:00am-1:00pm (Rm.221) *** Women's Aquatics 12:00pm -1:15pm (Art Widhall Pool, 820 Minnesota St.) *Please Register *** Ooshke Programing 2:00pm-4:00pm (Rm.221) *** Wii Gaming 2:00pm – 4:00pm (Room 221)</p>	<p>15 Lunch: Sloppy Joe's with Salad Baking (Caramel Apple Cream Cheese Dip) 10:30am- 12:00pm (Room 221/ Kitchen) *Please Register *** Jewelry Making (RM 221) 1:00PM-2:30PM *** Get Crafty 2:30pm-4:00pm (Rm.221)</p>	<p>16 Lunch: Ham Sandwiches Canvas Painting 12:00pm – 1:00pm (Room 221) *** Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>17 Lunch: Mac & Cheese Mindfulness Colouring 10:00am – 12pm(Room 221) *** Documentary & Popcorn 10:30am-12:30pm (Resolute Rm) *What in the Health *** Social Gaming 1:00pm – 2:30pm (Back Field) *** Yoga (Rm.221) 1:00 pm -2:30pm *** Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.) *** Walking Group (Day Centre/ Marina) 2:30pm – 4:00pm</p>	<p>18 Lunch: BBQ Gardening Group! 10:00am-10:45am (Lakehead University Hangar #Plot 11) **Weather Depending *** Mindful Movement 10:30am-11:30am (Rm.221) *** Swimming at Widnall Pool! 12:00pm – 1:00pm (Art Widnall Pool, 820 Minnesota St.) *Please Register *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Alien:Covenant" *** Mini Putt 1:30pm – 3:30pm (Boulevard Lake) **Weather Permitting** Please Register *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	19
20	<p>21 Lunch: Perogies with Salad Gardening Group! 9:00am-9:45am (Lakehead University Hangar #Plot 11) **Weather Depending *** Coffee Talk 11:00am-1:00pm (Rm.221) *** Ooshke Programing 2:00pm-4:00pm (Rm.221)</p>	<p>22 Lunch: Grilled Cheese with Salad Jewelry Making (RM 221) 1:00PM-2:30PM *** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost *** Yoga (Rm.221) 2:30 pm -4:00pm</p>	<p>23 Lunch: Chicken Wraps with Veggies Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Craft sewing & Mending clothes 10:00am-11:00am (Rm 221) *** Healthy Choice Cooking Program (Rm.221) 10:30am-12:30 pm *REGISTER! (St.Joes) *** Bingo 10:30am-12:00pm (Room 221) *** Outdoor Boot Camp 11:15am-12:00pm (Back Field) *Must Register/ Weather Depending *** Paint – A – Rain Barrel Planning meeting 12:00pm – 1:00pm (Room 221) *** Tai Chi 1:00pm – 2:00pm(Room221) *** Art Program 2:00pm-4:00pm (Rm 221) BISNO *** Conservatory Visit 2:00pm-3:15pm (1601 Dease St) *Please Register</p>	<p>24 Lunch: Chicken Noodle Soup Good Food Box pick up between 3pm & 4pm Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am - 12pm(Room 221) *** Documentary & Popcorn 10:30am-12:30pm (Resolute Rm) *Get me Roger Stone *** Social Gaming 1:00pm – 2:30pm (Back Field) *** Running/Jogging Club 1:00pm-2:30pm (Back field/Outside) *Must Register *** Yoga (Rm.221) 1:00 pm -2:30pm *** Walking Group (Day Centre/ Cascades) 2:30pm – 4:00pm *** Boxing Class 5:30pm-6:30pm (Exercise Rm) *Must register prior to attending</p>	<p>25 Lunch: BBQ Gardening Group! 10:00am-10:45am (Lakehead University Hangar #Plot 11) **Weather Depending *** Mindful Movement 10:30am-11:30am (Norwest Clinic Building/525 Simpson St) *** Swimming at Widnall Pool! 12:00pm – 1:00pm (Art Widnall Pool, 820 Minnesota St.) *Please Register *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Pearl Harbor" *** Women's Group 1:30pm – 4:00pm (RibFest Outing) *Meet at Day Centre *** Frisbee Golf 1:30 pm – 3:30pm (Boulevard Lake) **Weather Permitting**</p>	26

<p>27 28 Lunch: Hashbrown Casserole Gardening Group! 9:00am-9:45am (Lakehead University Hangar #Plot 11) **Weather Depending *** Running/Jogging Club 10:30am-12:00pm (Back field/Outside) *Must Register *** Coffee Talk 11:00am-1:00pm (Rm.221) *** Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) *** Ooshke Programing 2:00pm-4:00pm (Rm.221) *** Wii Gaming 2:00pm – 4:00pm (Room 221) *** Personal Training (Weights & Cardio) 2:00pm-3:15pm (Fit4less) *Please Register *** Boxing Class 5:30pm-6:30pm (Exercise Rm) *Must register prior to attending</p>	<p>29 Lunch: Lasagna “Fit4Less” gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Jewelry Making (Rm 221) 1:00PM-2:30PM *** Get Crafty 2:30pm-4:00pm (Rm.221) *** Community Spokes Bike Repair 3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/Register</p>	<p>30 Lunch: Stir Fry Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Craft sewing & Mending clothes 10:00am-11:00am (Rm 221) *** Outdoor Boot Camp 11:15am-12:00pm (Back Field) *Must Register/ Weather Depending *** Tai Chi 1:00pm – 2:00pm(Room221) *** Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>31 Lunch: Perogies Fit4Less” gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12pm(Room 221) *** Documentary & Popcorn 10:30am-12:30pm (Resolute Rm) *What in the Health *** Social Gaming 1:00pm – 2:30pm (Back Field) *** Running/Jogging Club 1:00pm-2:30pm (Back field/Outside) *Must Register *** Yoga (Rm.221) 1:00 pm -2:30pm *** Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.) *** Walking Group (Day Centre/ Marina) 2:30pm – 4:00pm *** Boxing Class 5:30pm-6:30pm (Exercise Rm) *Must register prior to attending</p>	
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*** 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.**