



Alpha Court Day Centre

August 2018

270 Windsor Street/ Room 221

S	Mon	Tue	Wed	Thu	Fri	S
			<p>1 Lunch: Ham Sandwiches Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Mall Walking 9:45am-10:30am (Intercity Shopping Mall Food Court) *** "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Tai Chi 1:00pm – 2:00pm(Room221) *** Summer Outdoor Exercise 1:00pm-2:00pm (Back Field) *Please Register *** Art Program 2:00pm-4:00pm (Rm 221)</p>	<p>2 Lunch: Spagetti Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) *** Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Documentary & Popcorn 10:30am-12:30pm (Rm221) "How the Beatle's Changed the World" *** Yoga (Rm.221) 1:00 pm -2:30pm *** Outside Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Walking Group (Day Centre/ Marina Park) 2:30pm – 4:00pm</p>	<p>3 Lunch: BBQ Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register *** Gardening 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125) *** Cribbage/Chess Club 10:00am-12:00pm (Rm.221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "The Greatest Showman" *** Volunteer Income Tax Program 2:15pm-4:00pm (221 Wilson St.) *By appointment only/ Please call Jesse *** Mini Putt at Boulevard Lake 2:30pm – 4:00pm **Please register (Weather Permitting)</p>	4
5	6	<p>7 Lunch: Stir Fry Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Mall Walking 9:45am-10:30am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Tie Dyeing 10:00am – 11:30am (Room 221) *Please register *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** Tim Horton's Adventures 12:30pm-1:30pm *Please call for information *** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost *** Gameshelf (Games) 920 Memorial Ave. 2:00pm-3:30pm *** Mindful Movement 3:00pm-4:00pm (Room 221)</p>	<p>8 Lunch: Pizza Casserole Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Mall Walking 9:45am-10:30am (Intercity Shopping Mall Food Court) *** "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Social Gaming: Board & Card Games 9:00am – 10:30am (Room 221) *** Bingo 10:30am-11:45pm (Room 221) *** Knitting & Crocheting 10:30am-12:00pm (Room 221) *** Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please Register! (St.Joes) *** Canvas Painting 12:00pm – 2:00pm (Room 221) *** Summer Outdoor Exercise 1:00pm-2:00pm (Back Field) *Please Register *** Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) *** Art Program 2:00pm-4:00pm (Rm 221)</p>	<p>9 Lunch: Perogies Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) *** Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Documentary & Popcorn 10:30am-12:30pm (Rm221) "Food Choices" *** Workman Arts Presentation 12:00pm – 1:00pm (Room 221) *** Yoga (Rm.221) 1:00 pm -2:30pm *** Outside Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Yardzee/ Bocce Ball 1:00pm-2:30pm (Day Centre Back field) *** Walking Group (Day Centre/ Tree Farm) 2:30pm – 4:00pm</p>	<p>10 Lunch: BBQ Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register *** Gardening 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Brain Games! 10:00am – 11:00am (Rm.221) *** Cribbage/Chess Club 10:00am-12:00pm (Rm.221) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "A Beautiful Mind" *** Frisbee Golf 2:00pm – 3:30pm (Birch Point Disc Golf Course off Current Ave) **Please Register</p>	11

**CIVIC HOLIDAY
 DAY CENTRE
 CLOSED**

12	<p>13 Lunch: Perogies Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register *** Gardening 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125) *** Coping with Anixety 12:00pm-1:30pm (Rm.221) *Closed Group/ Must register prior to attending 1st group1/4 *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Walking Group (DayCentre) 12:0pm-12:40pm *** Cribbage/Chess Club 2:00pm-3:00pm (Rm.221) *** 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>14 Lunch: Chicken Wraps Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Mall Walking 9:45am-10:30am (Intercity Shopping Mall Food Court) *** "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Walking Group (DayCentre) 12:00pm-12:40pm *** Tim Horton's Adventures 12:30pm-1:30pm*Please call for information *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** Gameshelf (Games) 920 Memorial Ave. 2:00pm-3:30pm *** Get Crafty 2:30pm-4:00pm (Rm.221)</p>	<p>15 Lunch: Grilled Cheese Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Mall Walking 9:45am-10:30am (Intercity Shopping Mall Food Court) *** "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Canvas Painting 11:30am – 1:00pm (Room 221) *** Tai Chi 1:00pm – 2:00pm(Room221) *** Summer Outdoor Exercise 1:00pm-2:00pm (Back Field) *Please Register *** Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) *** Art Program 2:00pm-4:00pm (Rm 221)</p>	<p>16 Lunch: Ham Sandwiches Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) *** Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Documentary & Popcorn 10:30am-12:30pm (Rm221) "The Magic Pill" *** Yoga (Rm.221) 1:00 pm -2:30pm *** Outside Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Walking Group (Day Centre/ Cascades) 2:30pm – 4:00pm</p>	<p>17 Lunch: BBQ Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register *** Gardening 9:00pm – 9:45am (Lakehead Univeristy beside the Hangar, PLOT #125) *** Cribbage/Chess Club 10:00am-12:00pm (Rm.221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Breakfast at Tiffany's"</p>	18
19	<p>20 Lunch: Mac n' Cheese Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Gardening 9:00am – 9:45am (Lakehead University beside the Hangar, PLOT #125) *** Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register *** Brain Games! 10:00am – 11:00am (Rm.221) *** Women's Aquatics 11:30am – 1:00pm (Art Widnall Pool, 820 Minnesota Street.) *Please Register *** Coping with Anxiety 12:00pm-1:30pm (Rm 221) *Closed Group/ Must register prior to attending 1st group2/4 *** Walking Group (DayCentre) 12:00pm-12:40pm *** Billiards at Mario's Bowl 1:30pm – 3:00pm (Mario's Bowl, 710 Memorial Ave *** Ooshke Programing 2:00pm-4:00pm (Rm.221) *** Wii Gaming 2:00pm – 4:00pm (Room 221) *** Cribbage/Chess Club 2:00pm-3:00pm (Rm.221)</p>	<p>21 Lunch: Chili Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Mall Walking 9:45am-10:30am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Tie Dyeing 10:00am – 11:30am (Room 221) *Please register *** Walking Group (DayCentre) 12:00pm-12:40pm *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** Tim Horton's Adventures 12:30pm-1:30pm*Please call for information *** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost *** Gameshelf (Games) 920 Memorial Ave. 2:00pm-3:30pm</p>	<p>22 Lunch: Cream of Mushroom Soup Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Mall Walking 9:45am-10:30am (Intercity Shopping Mall Food Court) *** "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Social Gaming: Board & Card Games 9:00am – 10:30am (Room 221) *** Bingo 10:30am-11:45pm (Room 221) *** Knitting & Crocheting 10:30am-12:00pm (Room 221) *** Canvas Painting 12:00pm – 2:00pm (Room 221) *** Quit Smoking Information & Support group 12:00pm – 1:00pm (Room 221) *Please register *** Summer Outdoor Exercise 1:00pm-2:00pm (Back Field) *Please Register *** Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) *** Art Program 2:00pm-4:00pm (Rm 221)</p>	<p>23 Lunch: Pasta Bake Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) *** Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Documentary & Popcorn 10:30am-12:30pm (Rm221) "Pedal the World" *** Yoga (Rm.221) 1:00 pm -2:30pm *** Outside Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Yardzee/ Bocce Ball 1:00pm-2:30pm (Day Centre Back field) *** Walking Group (Day Centre/ Lakehead University trail) 2:30pm – 4:00pm</p>	<p>24 Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register *** Gardening 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Brain Games! 10:00am – 11:00am (Rm.221) *** Cribbage/Chess Club 10:00am-12:00pm (Rm.221) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Ferris Beuller's Day Off" *** Frisbee Golf 2:00pm – 3:30pm (Birch Point Disc Golf Course off Current Ave) **Please Register</p>	25

26	<p>27 Lunch: Cheesy Taco Pasta Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register *** Gardening 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125) *** Brain Games! 10:00am – 11:00am (Rm.221) *** Coping with Anxiety 12:00pm-1:30pm (Rm.221) *Closed Group/ Must register prior to attending 1st group3/4 *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Women's Aquatics 11:30am – 1:00pm (Art Widnall Pool, 820 Minnesota Street) *Please Register *** Walking Group (DayCentre) 12:00pm-12:40pm *** Billiards at Mario's Bowl 1:30pm – 3:00pm (Mario's Bowl, 710 Memorial Ave) *** Cribbage/Chess Club 2:00pm-3:00pm (Rm.221) *** 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>28 Lunch: Grilled Cheese Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Mall Walking 9:45am-10:30am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Baking (Strawberry Cheesecake) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please Register prior to attending *** "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Tim Horton's Adventures 12:30pm-1:30pm*Please call for information *** Walking Group (DayCentre) 12:00pm-12:40pm *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** Gameshelf (Games) 920 Memorial Ave. 2:00pm-3:30pm *** Get Crafty 2:30pm-4:00pm (Rm.221)</p>	<p>29 Lunch: Lasagna Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Mall Walking 9:45am-10:30am (Intercity Shopping Mall Food Court) *** Social Gaming: Board & Card Games 9:00am – 10:30am (Room 221) *** Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please Register! (Alpha Court) *** "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Canvas Painting 11:30am – 1:00pm (Room 221) *** Tai Chi 1:00pm – 2:00pm(Room221) *** Summer Outdoor Exercise 1:00pm-2:00pm (Back Field) *Please Register *** Art Program 2:00pm-4:00pm (Rm 221)</p>	<p>30 Lunch: Stir Fry Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) *** Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Documentary & Popcorn 10:30am-12:30pm (Rm221) "Redeemed and the Dominant" *** Yoga (Rm.221) 1:00pm -2:30pm *** Yardzee/ Bocce Ball 1:00pm-2:30pm (Day Centre Back field) *** Outside Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Walking Group (Around Day Centre) 2:30pm – 4:00pm</p>	<p>31 Lunch: BBQ Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register *** Gardening 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125) *** Cribbage/Chess Club 10:00am-12:00pm (Rm.221) *** Brain Games! 10:00am – 11:00am (Rm 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Uprising: The Power of Mother Earth Exhibit at the Art Gallery 12:30pm – 2:00pm **Please register *** Movie of the Week 12:00pm-2:30pm (Rm.221) "The Great Gatsby" *** Mini Putt at Boulevard Lake 2:30pm – 4:00pm **Please register (Weather Permitting)</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.