

Alpha Court Day Centre August 2018

270 Windsor Street/Room 221

S Mon	Tue	Wed Wed	Thu	Fri	S
Wolf	Tue	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)	Z 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	3 Lunch: BBQ Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending **** Personal Training (Weights & Cardio) 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) **** 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)	4
CIVIC HOLIDAY DAY CENTRE CLOSED	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)	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)	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) *** 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	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	11

<u> </u>	13 <u>Lunch: Perogies</u> Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending	14 <u>Lunch: Chicken Wraps</u> <u>Boxing Class</u> 8:30am-9:30am (Exercise Rm) *Please call prior to attending	15 <u>Lunch: Grilled Cheese</u> <u>Boxing Class</u> 8:30am-9:30am (Exercise Rm) *Please call prior to attending	16 <u>Lunch: Ham Sandwiches</u> <u>Mall Walking</u> 8:30am-9:30am (Intercity Shopping Mall Food Court)	17 <u>Lunch: BBQ</u> <u>Boxing Class</u> 8:30am-9:30am (Exercise Rm) *Please call prior to attending
	Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register	Mall Walking 9:45am-10:30am (Intercity Shopping Mall Food Court)	Mall Walking 9:45am-10:30am (Intercity Shopping Mall Food Court)	Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register	Personal Training (Weights & Cardio) 10:00am- 11:30am (Fit4less) *Please Register
	Gardening 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125)	"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register	"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register	Mindfulness Colouring 10:00am – 12:00pm (Room 221)	Gardening 9:00pm – 9:45am (Lakehead Univeristy beside the Hangar, PLOT #125)
	Coping with Anixety12:00pm-1:30pm (Rm.221) *Closed Group/ Must register prior to attending 1st group1/4	Walking Group (DayCentre) 12:00pm-12:40pm ***	<u>Canvas Painting</u> 11:30am – 1:00pm (Room 221) ***	Documentary & Popcorn 10:30am- 12:30pm (Rm221)	Cribbage/Chess Club 10:00am-12:00pm (Rm.221)
9	*** <u>Coffee Talk</u> 10:00am – 12:00pm (Rm.221) ***	Tim Horton's Adventures 12:30pm-1:30pm*Please call for information	Tai Chi 1:00pm – 2:00pm(Room221) *** Summer Outdoor Exercise 1:00pm 2:00pm (Book Field)	"The Magic Pill" *** Vaca (Pm 221) 1:00 pm 2:20pm	Movie of the Week 12:00pm-2:30pm (Rm.221) "Breakfast at Tiffany's"
1	Walking Group (DayCentre) 12:0pm-12:40pm ***	<u>Jewelry Making</u> 1:00pm – 2:30pm (Room 221) ***	Summer Outdoor Exercise 1:00pm-2:00pm (Back Field) *Please Register ***	Yoga (Rm.221) 1:00 pm -2:30pm *** Outside Boxing Class 1:30pm-2:30pm	
ı	Cribbage/Chess Club 2:00pm-3:00pm (Rm.221) ***	Gameshelf (Games) 920 Memorial Ave. 2:00pm- 3:30pm	Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street)	(Exercise Rm) *Please call prior to attending	
ı	Ooshke Programing 2:00pm-4:00pm (Rm.221) *** New & Interested participants tour of the Day Centre 3:00pm-	Get Crafty 2:30pm-4:00pm (Rm.221)	Art Program 2:00pm-4:00pm (Rm 221)	Walking Group (Day Centre/ Cascades) 2:30pm – 4:00pm	
	4:00pm (Rm.221) *Call to Register				
E	20 <u>Lunch: Mac n' Cheese</u> Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending	21 <u>Lunch: Chili</u> <u>Boxing Class</u> 8:30am-9:30am (Exercise Rm) *Please call prior to attending	22 <u>Lunch: Cream of Mushroom Soup</u> <u>Boxing Class</u> 8:30am-9:30am (Exercise Rm) *Please call prior to attending	23 <u>Lunch: Pasta Bake</u> <u>Mall Walking</u> 8:30am-9:30am (Intercity Shopping Mall Food Court) ***	24 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)	Mall Walking 9:45am-10:30am (Intercity Shopping Mall Food Court)	Mall Walking 9:45am-10:30am (Intercity Shopping Mall Food Court)	Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register	Personal Training (Weights & Cardio) 10:00am- 11:30am (Fit4less) *Please Register
	Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register	Mindfulness Colouring 9:00am – 11:00am (Room 221)	"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register	Mindfulness Colouring 10:00am – 12:00pm (Room 221)	Gardening 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125)
<u> </u>	Brain Games! 10:00am – 11:00am (Rm.221)	"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register	Social Gaming: Board & Card Games 9:00am – 10:30am (Room 221)	Documentary & Popcorn 10:30am- 12:30pm (Rm221)	Coffee Talk 10:00am – 12:00pm (Rm.221)
	Women's Aquatics 11:30am – 1:00pm (Art Widnall Pool, 820 Minnesota Street.) *Please Register	*** <u>Tie Dyeing</u> 10:00am – 11:30am (Room 221) * Please	*** Bingo 10:30am-11:45pm (Room 221)	"Pedal the World"	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 group2/4	register *** Walking Group (DayCentre) 12:00pm-12:40pm	Knitting & Crocheting 10:30am-12:00pm (Room 221)	Yoga (Rm.221) 1:00 pm -2:30pm *** Outside Boxing Class 1:30pm-2:30pm	Cribbage/Chess Club 10:00am-12:00pm (Rm.221) *** Mindfulness Colouring 10:00am - 12:00pm (Room
ı	*** Walking Group (DayCentre) 12:00pm-12:40pm	*** Jewelry Making 1:00pm – 2:30pm (Room 221)	<u>Canvas Painting</u> 12:00pm – 2:00pm (Room 221)	(Exercise Rm) *Please call prior to attending	221) ***
<u>.</u>	Billiards at Mario's Bowl 1:30pm – 3:00pm (Mario's Bowl, 710 Memorial Ave	Tim Horton's Adventures 12:30pm-1:30pm*Please call for information	Quit Smoking Information & Support group 12:00pm – 1:00pm (Room 221) *Please register	Yardzee/ Bocce Ball 1:00pm-2:30pm (Day Centre Back field)	Movie of the Week 12:00pm-2:30pm (Rm.221) "Ferris Beuller's Day Off"
	**** Ooshke Programing 2:00pm-4:00pm (Rm.221)	*** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl)	Summer Outdoor Exercise 1:00pm-2:00pm (Back Field) *Please Register	*** Walking Group (Day Centre/ Lakehead	*** Frisbee Golf 2:00pm – 3:30pm (Birch Point Disc Golf Course off Current Ave) **Please Register
ſ	Wii Gaming 2:00pm – 4:00pm (Room 221)	*REGISTER - \$5.00 cost *** Gameshelf (Games) 920 Memorial Ave. 2:00pm-	Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street)	University trail) 2:30pm – 4:00pm	Coulds on ouncil Ave, Flease Register
	**** Cribbage/Chess Club 2:00pm-3:00pm (Rm.221)	3:30pm	***		

26	27 <u>Lunch: Cheesy Taco Pasta</u>	28 Lunch: Grilled Cheese	29 Lunch: Lasagna	30 Lunch: Stir Fry	31 Lunch: BBQ			
	Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior	Boxing Class 8:30am-9:30am (Exercise Rm) *Please	Boxing Class 8:30am-9:30am (Exercise Rm) *Please call	Mall Walking 8:30am-9:30am (Intercity	Boxing Class 8:30am-9:30am (Exercise Rm)			
	to attending	call prior to attending	prior to attending	Shopping Mall Food Court)	*Please call prior to attending			
	***	***	***	***	***			
	Personal Training (Weights & Cardio) 10:00am-11:30am	Mall Walking 9:45am-10:30am (Intercity Shopping	Mall Walking 9:45am-10:30am (Intercity Shopping Mall	Fit4Less" gym session 9:30am-10:45pm	Personal Training (Weights & Cardio) 10:00am-			
	(Fit4less) *Please Register	Mall Food Court)	Food Court)	(McIntyre Centre) *Register	11:30am (Fit4less) *Please Register			
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	0	Minute de la comina de Octobre de Como	Social Gaming: Board & Card Games 9:00am - 10:30am	Mindfulness Colouring 10:00am –	0 d i 0 0 0 0 45 (1 - l - l d 1 l - i i - t -			
	Gardening 9:00pm – 9:45am (Lakehead University beside the	Mindfulness Colouring 9:00am – 11:00am (Room			Gardening 9:00pm – 9:45am (Lakehead Univeristy			
	Hangar, PLOT #125)	221)	(Room 221)	12:00pm (Room 221)	beside the Hangar, PLOT #125)			
		***	***	***	***			
	Brain Games! 10:00am – 11:00am (Rm.221)		Healthy Choice Cooking Program (Kitchen) 10:30am-	Documentary & Popcorn 10:30am-	Cribbage/Chess Club 10:00am-12:00pm (Rm.221)			
	***	(Room 221/ Kitchen) *Limited spaces/ Please	12:30pm *Please Register! (Alpha Court)	12:30pm (Rm221)	***			
	Coping with Anxiety 12:00pm-1:30pm (Rm.221) *Closed	Register prior to attending	***	"Redeemed and the Dominant"	Brain Games! 10:00am – 11:00am (Rm 221)			
	Group/ Must register prior to attending 1st group3/4	***	"Fit4Less" gym session 10:30am-12:00pm (McIntyre	***	***			
	***	"Fit4Less" gym session 10:30am-12:00pm (McIntyre	Centre) *Register	Yoga (Rm.221) 1:00 pm -2:30pm	Coffee Talk 10:00am - 12:00pm (Rm.221)			
	Coffee Talk 10:00am - 12:00pm (Rm.221)	Centre) *Register	***	***	***			
	***	***	Canvas Painting 11:30am – 1:00pm (Room 221)	Yardzee/ Bocce Ball 1:00pm-2:30pm (Day	Mindfulness Colouring 10:00am - 12:00pm (Room			
	Women's Aquatics 11:30am – 1:00pm (Art Widnall Pool, 820	Tim Horton's Adventures 12:30pm-1:30pm*Please	***	Centre Back field)	221)			
			T-: Ch: 4:00 0:00/D004)	Centre Back field)	221)			
	Minnesota Street) *Please Register	call for information	<u>Tai Chi</u> 1:00pm – 2:00pm(Room221)	0 4 1 1 D 1 0 0 0 0 0 0	U 11 TI D (M. F. (I.F.171)			
				Outside Boxing Class 1:30pm-2:30pm	Uprising: The Power of Mother Earth Exhibit at			
	Walking Group (DayCentre) 12:00pm-12:40pm	Walking Group (DayCentre) 12:00pm-12:40pm	Summer Outdoor Exercise 1:00pm-2:00pm (Back Field)	(Exercise Rm) *Please call prior to	the Art Gallery 12:30pm – 2:00pm **Please register			
	***	***	*Please Register	attending	***			
	Billiards at Mario's Bowl 1:30pm – 3:00pm (Mario's Bowl, 710	Jewelry Making 1:00pm – 2:30pm (Room 221)	***	***	Movie of the Week 12:00pm-2:30pm (Rm.221) "The			
	Memorial Ave)	***	Art Program 2:00pm-4:00pm (Rm 221)	Walking Group (Around Day Centre)	Great Gatsby"			
	***	Gameshelf (Games) 920 Memorial Ave. 2:00pm-		2:30pm – 4:00pm	***			
	Cribbage/Chess Club 2:00pm-3:00pm (Rm.221)	3:30pm			Mini Putt at Boulevard Lake 2:30pm – 4:00pm			
	***	***			**Please register (Weather Permitting)			
	Ooshke Programing 2:00pm-4:00pm (Rm.221)	Get Crafty 2:30pm-4:00pm (Rm.221)			1 loads register (Treather 1 chilliang)			
	2.00pm (10m.221)	<u>Get Graity</u> 2.30pm-4.00pm (Rm.221)						

	New & Interested participants tour of the Day Centre 3:00pm-							
	4:00pm (Rm.221) *Call to Register							
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	* To attend the Cooking Program, you must pre-register for each class by calling Jesse @ 683-7729							

- 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.