

August 2019

Alpha Court Day Centre

270 Windsor Street/ Room 221



S	Mon	Tue	Wed	Thu	Fri	S
				<p>1 LUNCH: PEROGIES Boxing Class 8:45am-9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Bingo 9:30am – 10:30am (Room 221) ***</p> <p>Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p>Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) "Secrets of Westminster" ***</p> <p>Yoga 1:00pm -2:00pm (Room 221) ***</p> <p>Social Gaming 1:00pm-2:30pm (Back Field) ***</p> <p>Walking Group (Day Centre/ Chapples Park) 2:30pm – 4:00pm ***</p>	<p>2 LUNCH: BBQ Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p>Gardening 8:45am – 9:30am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***</p> <p>Morning Meditation 9:30am-10:00am (Rm.221) ***</p> <p>Mindfulness Colouring 10:00am – 11:30am (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Fit4less Gym Session 10:30am-12:00pm (Fit4less) *Please Register ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "The Hunger Games: Mockingjay Part 1" ***</p> <p>Mini Putt 1:00pm-2:30pm (Boulevard Lake) **Weather Depending, please register ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p> <p>Knitting & Crocheting 2:45pm – 4:00pm (Room 221) ***</p>	3
4	5	<p>6 LUNCH: CHICKEN WRAPS Beginner's Boxing Program 8:45am-9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Tie Dyeing 10:00am – 11:30am (Room 221) *Please register ***</p> <p>Lets Sew!! (Sewing Class) 12:00pm-1:00pm (Rm.221) ***</p> <p>Jewelry Making 1:00pm – 2:30pm (Room 221) ***</p> <p>Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost ***</p> <p>Controlled Breath Guided Meditation 2:30pm-3:00pm (Rm221) ***</p>		<p>7 LUNCH: PIZZA CASSEROLE Advanced Boxing Class 8:45am – 9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***</p> <p>Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p>Social Gaming - Board/ Card Games 9:30am – 10:30am (Room 221) ***</p> <p>"Fit4Less" gym session 10:30am-11:30am (McIntyre Centre) *Register ***</p> <p>Bingo 10:30am – 11:30am (Room 221) ***</p> <p>Mindfulness Colouring 10:30am – 12:00pm (Room 221) ***</p> <p>Tai Chi 1:00pm 2:00pm (Room221) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) ***</p>		10
<p>CIVIC HOLIDAY DAY CENTRE CLOSED</p>						
				<p>8 LUNCH: NO LUNCH Boxing Class 8:45am-9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Documentary & Popcorn 10:00am-12:00pm (Rm221) "Elizabeth at 90: A Family Tribute" ***</p> <p>Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p>Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Special Event: Free CLE entry with Day Centre group 12:00pm-3:00pm / *Must Register before attending ***</p> <p style="text-align: center;">GOOD FOOD BOX PAYMENT DUE \$15/ SINGLE, \$25/ FAMILY</p>	<p>9 LUNCH: BBQ Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p>Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***</p> <p>Morning Meditation 9:30am-10:00am (Rm.221) ***</p> <p>Mindfulness Colouring 10:00am – 11:30am (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Mindful Movement 11:00am – 12:00pm (NorWest Health Clinic, 525 Simpson Street) ***</p> <p>Fit4less Gym Session 10:30am-12:00pm (Fit4less) *Please Register ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "The Hunger Games: Mockingjay Part 2" ***</p> <p>Mini Putt 1:00pm-2:30pm (Boulevard Lake) **Weather Depending, please register - \$7.00 ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p> <p>Knitting & Crocheting 2:45pm – 4:00pm (Room 221) ***</p>	10

11	<p>12 LUNCH: HAM SANDWICHES Boxing Class 8:45am-9:45am (Exercise Rm) *Please call prior to attending *** Gardening 8:45am – 9:15am (Lakehead University Hangar, Plot #125, 955 Oliver Road) *** Fit4Less Gym Session 10:00am – 11:30am (1186 Memorial Ave) *Please Register *** Mindfulness Colouring 10:00am – 11:30am (Room 221) *** Coping with Anxiety 1:00pm-2:00pm (221 Rm.) *Closed Group/ Must register prior to attending 1st group 4/4 *** Afternoon Meditation 2:00pm-3:00pm (Rm.221) *** Wii Gaming 3:00pm-4:00pm (Rm.221) *** New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>13 LUNCH: SPAGHETTI Beginner's Boxing Program 8:45am-9:45am (Exercise Rm) *Please call prior to attending *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) *** Baking (Puppy Chow) 10:30am- 12:00pm (Room 221) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Lets Sew!! (Sewing Class) 12:00pm-1:00pm (Rm.221) *** Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register *** Controlled Breath Guided Meditation 2:30pm-3:00pm (Rm221) *** Experience Thunder Bay (Conservatory) 3:15pm-3:45pm 1601 Dease Street</p>	<p>14 LUNCH: GRILLED CHEESE Advanced Boxing Class 8:45am – 9:45am (Exercise Rm) *Please call prior to attending *** Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road) *** Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:30am – 11:00am (Room 221) *** "Fit4Less" gym session 10:30am-11:30am (McIntyre Centre) *Register *** Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please Register! (St Joes) *** Art Program 2:00pm-4:00pm (Rm 221)</p>	<p>15 LUNCH: SLOPPY JOE'S Boxing Class 8:45am-9:45am (Exercise Rm) *Please call prior to attending *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Bingo 9:30am – 10:30am (Room 221) *** Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) *** Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Documentary & Popcorn 10:30am-12:30pm (Rm221) "Secrets of Underground London" *** Yoga 1:00pm -2:00pm (Room 221) *** Walking Group (Day Centre/ Boulevard Park) 2:30pm – 4:00pm</p>	<p>16 LUNCH: BBQ Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road) *** Morning Meditation 9:30am-10:00am (Rm.221) *** Mindfulness Colouring 10:00am – 11:30am (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Fit4less Gym Session 10:30am-12:00pm (Fit4less) *Please Register *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Sisterhood of the Travelling Pants" *** Mini Putt 1:00pm-2:30pm (Boulevard Lake) **Weather Depending, please register *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	17
18	<p>19 LUNCH: STIR FRY Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road) *** Fit4Less Gym Session 10:00am – 11:30am (1186 Memorial Ave) *Please Register *** Mindfulness Colouring 10:00am – 11:30am (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Swimming at Widnall Pool 11:45am – 1:00pm (Art Widnall Pool, 820 Minnesota Ave) **Please register *** Ooshke Programing 2:00pm-4:00pm (Rm.221) *** Frisbee Golf 2:30pm – 4:00pm (Birch Point Disc Golf Course, Cuyler Street) **Please register</p>	<p>20 LUNCH: LASAGNA Mall Walking 9:00am-10:00am (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 *** Lets Sew!! (Sewing Class) 12:00pm-1:00pm (Rm.221) *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost *** Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register *** Canvas Painting 2:45pm – 4:00pm (Room 221)</p>	<p>21 LUNCH: HAM SANDWICHES Gardening 8:45am – 9:30am (Lakehead University Hangar Plot #125, 955 Oliver Road) *** Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Social Gaming - Board/ Card Games 9:00am – 10:30am (Room 221) *** "Fit4Less" gym session 10:30am-12:30pm (McIntyre Centre) *Register *** Bingo 10:30am – 11:30am (Room 221) *** Mindfulness Colouring 9:30am – 11:30am (Room 221) *** Tai Chi 1:00pm 2:00pm (Room221) *** Art Program 2:00pm-4:00pm (Rm 221)</p>	<p>22 LUNCH: PEROGIES Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Documentary & Popcorn 10:30am-12:30pm (Rm221) "JFK: The Making of a President" *** Yoga 1:00pm -2:00pm (Room 221) *** Social Gaming 1:00pm-2:30pm (Mario's Bowl) *** Walking Group (Day Centre) 2:30pm – 4:00pm *** GOOD FOOD BOX PICK UP BETWEEN 3:00PM – 4:00PM</p>	<p>23 LUNCH: BBQ Gardening 8:45am – 9:30am (Lakehead University Hangar Plot #125, 955 Oliver Road) *** Morning Meditation 9:30am-10:00am (Rm.221) *** Mindfulness Colouring 10:00am – 11:30am (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Mindful Movement 11:00am – 12:00pm (NorWest Health Clinic, 525 Simpson Street) *** Fit4less Gym Session 10:30am-12:00pm (Fit4less) *Please Register *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Spy Kids" *** Mini Putt 1:00pm-2:30pm (Boulevard Lake) **Weather Depending, please register *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse *** Knitting & Crocheting 2:45pm – 4:00pm (Room 221)</p>	24

25	<p>26 LUNCH: GRILLED CHEESE Gardening 8:45am – 9:15am (Lakehead University Hangar, Plot #125, 955 Oliver Road) ***</p> <p>Fit4Less Gym Session 10:00am – 11:30am (1186 Memorial Ave) *Please Register ***</p> <p>Mindfulness Colouring 10:00am – 11:30am (Room 221) ***</p> <p>Swimming at Widnall Pool 11:45am – 1:00pm (Art Widnall Pool, 820 Minnesota Ave) **Please register ***</p> <p>Afternoon Meditation 2:00pm-3:00pm (Rm.221) ***</p> <p>Wii Gaming 3:00pm-4:00pm (Rm.221) ***</p> <p>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register ***</p> <p>Knitting & Crocheting 3:00pm – 4:00pm (Room 221) ***</p>	<p>27 LUNCH: HAMBURGER SOUP Beginner's Boxing Program 8:45am-9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p>Baking (Chex Mix) 10:30am- 12:00pm (Room 221) *Limited spaces/ Please register prior to attending ***</p> <p>"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Lets Sew! (Sewing Class) 12:00pm-1:00pm (Rm.221) ***</p> <p>Jewelry Making 1:00pm – 2:30pm (Room 221) ***</p> <p>Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register ***</p> <p>Controlled Breath Guided Meditation 2:30pm-3:00pm (Rm221) ***</p> <p>Experience Thunder Bay (Conservatory) 3:15pm-3:45pm 1601 Dease Street ***</p>	<p>28 LUNCH: PASTA BAKE Advanced Boxing Class 8:45am – 9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***</p> <p>Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:30am – 11:00am (Room 221) ***</p> <p>"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please Register! (Alpha Court) ***</p> <p>Social Gaming - Board/ Card Games 1:00pm-2:00pm (Room 221) ***</p> <p>Friendly Individual Trivia Competition 1:00pm-2:00pm (Room221) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) ***</p> <p>Frisbee Golf 2:30pm – 4:00pm (Birch Point Disc Golf Course, Cuyler Street) **Please register ***</p>	<p>29 LUNCH: CHICKEN WRAPS Boxing Class 8:45am-9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Bingo 9:30am – 10:30am (Room 221) ***</p> <p>Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p>Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) "Happy" ***</p> <p>Yoga 1:00pm -2:00pm (Room 221) ***</p> <p>Social Gaming 1:00pm-2:30pm (Back Field) ***</p> <p>Walking Group (Day Centre/ Mills Block Forest) 2:30pm – 4:00pm ***</p>	<p>30 LUNCH: BBQ Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p>Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***</p> <p>Morning Meditation 9:30am-10:00am (Rm.221) ***</p> <p>Mindfulness Colouring 10:00am – 11:30am (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Fit4less Gym Session 10:30am-12:00pm (Fit4less) *Please Register ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Spy Kids 2" ***</p> <p>Mini Putt 1:00pm-2:30pm (Boulevard Lake) **Weather Depending, please register ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p> <p>Knitting & Crocheting 2:45pm – 4:00pm (Room 221) ***</p>	31
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* 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 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.

* 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.