

DECEMBER 2018

Alpha Court Day Centre
270 Windsor Street



S	Mon	Tue	Wed	Thu	Fri	S
2	<p>3 Lunch: Perogies Personal Training (Weights & Cardio) 9:00am-10:30am (Fit4less) *Please Register ***</p> <p>Brain Games! 10:00am – 11:00am (Room 221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Coping with Guilt & Shame 11:00pm-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 2/4 ***</p> <p>Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please Register ***</p> <p>Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221) ***</p> <p>New & Interested participants tour of the Day Centre 2:00pm-3:00pm (Rm.221) *Call to Register</p>	<p style="text-align: center;"><u>DAY CENTRE</u> <u>CLOSED</u></p>	<p>5 Lunch: Lazy Man Cabbage Rolls Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Christmas Card Making with Christine 10:00am – 12:00pm (Room 221) ***</p> <p>Knitting & Crocheting 10:30am-12:00pm (Room 221) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Workman Arts Presentation 11:00am – 12:00pm (Room221) ***</p> <p>Canvas Painting 11:00am– 1:00pm (Room 221) ***</p> <p>Men's Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Circuit & Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register ***</p> <p>Tai Chi 1:00pm 2:00pm(Room221) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221)</p>	<p>6 Lunch: Chicken Fajita Pasta Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p>Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) "Stink!" ***</p> <p>Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) ***</p> <p>Yoga (Rm.221) 1:00pm -2:30pm ***</p> <p>Social Gaming 1:00pm-2:30pm (Main Floor) ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Walking Group (Day Centre/Hillcrest Park) 2:30pm – 4:00pm ***</p> <p style="text-align: center;"><u>GOOD FOOD BOX PAYMENT DUE</u> <u>\$15/ Single, \$25/ Family</u></p>	<p>7 Lunch: Pasta Bake Morning Meditation 9:00am-9:40am (Rm.221) ***</p> <p>Knitting & Crocheting 9:00am – 11:00am (Room 221) ***</p> <p>Badminton (West Thunder CC) 10:00am-11:30am *Please Register ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Addiction Support Group 10:00am-12:00pm (Resolute Room) *Please Register 8/8 ***</p> <p>Personal Training (Weights & Cardio) 11:30am-1:00pm (Fit4less) *Please Register ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Jack Reacher:Never Back Down" ***</p> <p>Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Social Gaming 1:00pm – 2:30pm (Main Floor) ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	1
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10 Lunch: Stir Fry
Personal Training (Weights & Cardio) 9:00am-10:30am (Fit4less) *Please Register

Brain Games! 10:00am – 11:00am (Rm.221)

Mindfulness Colouring 10:00am – 12:00pm (Room 221)

Coffee Talk 10:00am – 12:00pm (Rm.221)

Coping with Guilt & Shame 11:00pm-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 3/4

Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending

Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register

Nutrition Class 2:00pm-3:00pm (Resolute Rm.) *Please Register

Ooshke Programming 2:00pm-4:00pm (Rm.221)

Wii Gaming 2:00pm – 4:00pm (Room 221)

New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register

11 Lunch: Shepard's Pie
Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court)

Mindfulness Colouring 9:00am – 11:00am (Room 221)

"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register

Tie Dyeing 10:00am – 11:30am (Room 221) *Please register

Employment Program Presentation w ILRC 11:30am-12:00pm (Rm.221)

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 Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending

Healthy Lifestyle & Wellness Group 2:00pm-3:00pm (Resolute Rm.)

Get Crafty 2:30pm-4:00pm (Rm.221)

12 Lunch: Chicken Broccoli Alfredo

DAY CENTRE CLOSED UNTIL 10:30AM

"Fit4Less" gym session 10:30am-11:50am (McIntyre Centre) *Register

Healthy Choice Cooking Program (Kitchen) 10:45am-12:30pm *Please Register!

Bingo 10:30am-11:45am (Room 221)

Knitting & Crocheting 10:30am-12:00pm (Room 221)

Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending

Canvas Painting 12:00pm– 2:00pm (Room 221)

Circuit & Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register

Walking Group (DayCentre) 1:30pm – 2:30pm

Art Program (Christmas Card Making) 2:00pm-4:00pm (Rm 221)

Experience Thunder Bay (Conservatory) 2:15pm-3:30pm 1601 Dease St. West/ Please Register

Thunder Bay Country Market Adventure 3:30pm – 4:30pm (850 May Street) **Please register

13 Lunch: Lasagna
Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court)

Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register

Snow Globe Making 9:30am – 11:00am (Room 221)

Mindfulness Colouring 10:00am – 12:00pm (Room 221)

Documentary & Popcorn 10:30am-12:30pm (Rm221) "Michael Jackson's: This Is It!"

Anxiety Support Group 11:00am-12:00pm (Resolute Rm.)

Yoga (Rm.221) 1:00pm -2:30pm

Social Gaming 1:00pm-2:30pm (Main Floor)

Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending

Walking Group (Day Centre/ Marina Park) 2:30pm – 4:00pm

14 Lunch: Grilled Cheese
Morning Meditation 9:00am-9:40am (Rm.221)

Badminton (West Thunder CC) 10:00am-11:30am *Please Register

Brain Games! 10:00am – 11:00am (Rm.221)

Mindfulness Colouring 10:00am – 12:00pm (Room 221)

Personal Training (Weights & Cardio) 11:30am-1:00pm (Fit4less) *Please Register

Movie of the Week 12:00pm-2:30pm (Rm.221) "The Grinch"

Social Gaming 1:00pm – 2:30pm (Main Floor)

Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending

Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse

Knitting & Crocheting 2:30pm – 4:00pm (Room 221)

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16	<p>17 Lunch: Mac n' Cheese Personal Training (Weights & Cardio) 9:00am-10:30am (Fit4less) *Please Register ***</p> <p>Brain Games! 10:00am – 11:00am (Room 221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Coping with Guilt & Shame 11:00pm-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 4/4 ***</p> <p>Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please Register ***</p> <p>Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Nutrition Class 2:00pm-3:00pm (Resolute Rm.) *Please Register ***</p> <p>Ooshke Programing 2:00pm-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>18 Lunch: Chili Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Baking (Christmas Bark) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (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 Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Healthy Lifestyle & Wellness Group 2:00pm-3:00pm (Resolute Rm.) ***</p> <p>Walking Group (DayCentre) 1:30pm – 2:30pm ***</p> <p>Experience Thunder Bay (Waverly Library) 2:15pm-3:30pm 285 Red River Rd. ***</p> <p>Mindful Movement 3:00pm-4:00pm (Room 221) .</p>	<p>19 NO LUNCH</p> <p>Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p>Social Gaming: Board & Card Games 9:00am – 10:30am (Room 221) ***</p> <p>Knitting & Crocheting 10:30am-12:00pm (Room 221) ***</p> <p>Healthy Choice Cooking Program (Kitchen) 10:00am – 12:00pm *Please Register! (Alpha Court) ***</p> <p>"Fit4Less" gym session 10:00am-11:30pm (McIntyre Centre) *Register ***</p> <p>Bingo10:30am-11:45am (Room 221)</p> <p style="text-align: center;"><u>DAY CENTRE CLOSED</u> <u>FROM 12:00PM – 4:30PM</u></p>	<p>20 Lunch: Chicken Wraps Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p>Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) "Bill Nye: Science Guy" ***</p> <p>Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) ***</p> <p>Yoga (Rm.221) 1:00pm -2:30pm ***</p> <p>Social Gaming 1:00pm-2:30pm (Main Floor) ***</p> <p>Rock Climbing 1:00pm-2:30pm *Register ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Walking Group (Day Centre/ Centennial) 2:30pm – 4:00pm</p> <p style="text-align: center;"><u>GOOD FOOD BOX PICKUP</u> <u>BETWEEN 3:00PM & 4:00PM</u></p>	<p>21 Lunch: Pizza Casserole Morning Meditation 9:00am-9:40am (Rm.221) ***</p> <p>Knitting & Crocheting 9:00am – 11:00am (Room 221) ***</p> <p>Badminton (West Thunder CC) 10:00am-11:30am *Please Register ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Personal Training (Weights & Cardio) 11:30am-1:00pm (Fit4less) *Please Register ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Die Hard" ***</p> <p>Social Gaming 1:00pm – 2:30pm (Main Floor) ***</p> <p>Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	22
23	<p>24 CHRISTMAS EVE BREAKFAST 10:00AM– 11:30AM **PLEASE REGISTER</p> <p>Boxing Class 9:00am-10:00am (Exercise Rm.) *Please Register ***</p> <p>Mindfulness Colouring 10:00am – 11:30am (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221)</p> <p style="text-align: center;"><u>DAY CENTRE CLOSED</u> <u>12:00PM – 4:30PM</u></p>	<p>25 <p style="text-align: center;"><u>CHRISTMAS DAY</u> <u>DAY CENTRE CLOSED</u></p> </p>	<p>26 <p style="text-align: center;"><u>BOXING DAY</u> <u>DAY CENTRE CLOSED</u></p> </p>	<p>27 Lunch: Perogies Bingo 9:00am – 10:00am (Room 221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) "The True Cost" ***</p> <p>Knitting & Crochet 11:00am – 1:00pm (Room 221) ***</p> <p>Social Gaming 1:00pm-2:30pm (Room 221) ***</p> <p>Walking Group (Day Centre/ George Burke Park) 2:30pm – 4:00pm</p>	<p>28 Lunch: Burgers Morning Meditation 8:30am-9:00am (Rm.221) ***</p> <p>Boxing Class 9:00am-10:00am (Rm.221) *Please call prior to attending ***</p> <p>Personal Training (Weights & Cardio) 10:00am-11:15am (Fit4less) *Please Register ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Now you see me"</p>	29

DAY CENTRE
CLOSED

* 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.