



February 2017

Alpha Court Day Centre/ 270 Windsor St

S	Mon	Tue	Wed	Thu	Fri	S
			<p>1 Lunch: Sloppy Joe's with Salad Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Craft sewing & Mending clothes 10:00am-11:00am (Rm221) ***</p> <p>Healthy Choice Cooking Program (Kitchen)1030am-1230pm *REGISTER! (Alpha Court) ***</p> <p>Beginners Boxing Class 11:00am-12:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Weight & Circuit training @ the Day Centre 12:00pm-1:00pm (Exercise Rm) *Must Register (HIIT) ***</p> <p>Controlling Negative Thoughts 8/12 (White Rm) 1:00pm-2:30pm ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>2 Lunch: Perogies with Coleslaw Good Food Box Payment Due \$15/ Single, \$25/ Family ***</p> <p>"Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Coping with Guilt & Shame 11:00am-12:30pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (3/4) ***</p> <p>Mindfulness Colouring 10:00am – 12pm (Room 221) ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Social Gaming Club 1:00pm-2:30pm (Main Floor) ***</p> <p>Walking Group (Day Centre/ Marina) 2:30pm – 4:00pm ***</p> <p>Canvas Painting 2:35pm – 3:45 pm (Room 221)</p>	<p>3 Lunch: Grilled Cheese with Salad Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending ***</p> <p>Snow Shoeing(Strathcona) 10:00am-11:30am *Must Register ***</p> <p>Mindful Movement 10:30am-11:30am (Rm.221) ***</p> <p>Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Blair Witch"</p>	4
5	<p>6 Lunch: Spaghetti with Salad Knitting group 10:30am-12pm (White Room) ***</p> <p>Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Register ***</p> <p>Express Yourself Writing Group 12:00pm-1:30pm (Rm221) ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221)</p>	<p>7 Lunch: Stir Fry "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Tie Dying 10:30am- 12:00pm (Room 221) ***</p> <p>Window Sill Gardening (Spices&Herbs) 12:00pm-1:00pm (Rm.221) ***</p> <p>Jewelry Making (Rm 221) 1:00PM-2:30PM ***</p> <p>Controlling Negative Thoughts 9/12 (White Rm) 1:00pm-2:30pm ***</p> <p>Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost</p>	<p>8 Lunch: Ham Sandwiches with Veggies Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Craft sewing & Mending clothes 10:00am-11:00am (Rm221) ***</p> <p>Bingo 10:30am-12:00p m (Room 221) ***</p> <p>Beginners Boxing Class 11:00am-12:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Weight & Circuit training @ the Day Centre 12:00pm-1:00pm (Exercise Rm) *Must Register (HIIT) ***</p> <p>Thunder Bay Transit Presentation (How to use/ Access) 1:00pm-2:00pm (Rm.221) ***</p> <p>Controlling Negative Thoughts 10/12 (White Rm) 1:00pm-2:30pm ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>9 Lunch: Pizza Pitas with Veggies "Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Coping with Guilt & Shame 11:00am-12:30pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (4/4) ***</p> <p>Mindfulness Colouring 10:00am – 12pm(Room 221) ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Social Gaming Club (Crib Tournament) 1:00pm-2:30pm (Main Floor) ***</p> <p>Rock Climbing 1:30pm-2:45pm (Gym) *Must Register ***</p> <p>Walking Group (Day Centre/ Boulevard Lk) 2:30pm – 4:00pm ***</p> <p>Canvas Painting 2:35pm – 3:45pm (Room 221)</p>	<p>10 Lunch: Sloppy Joe's with Veggies Badminton 10:00am-12:00pm (West Thunder Community Centre) *Register/ Participants must learn Badminton rules prior ***</p> <p>Mindful Movement 10:30am-11:30am (Rm.221) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Deep Water Horizon" ***</p> <p>Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) ***</p> <p>Boxing Class 2:15pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Ooshke Programing 2:00pm-4:00pm (1241 Jasper Dr.) *Bannock & Tea ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p> <p>LU Thunderwolves Hockey Game 6:30pm-9:30pm(Fort William Garden) *Must register/Please call for details/ \$7.00 cost</p>	11

12	<p>13 Lunch: Stir Fry Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***</p> <p>Coping with Anxiety 10:30am-12:00pm(4/4) (White Rm) *Closed Group/ Must register prior to attending 1st group ***</p> <p>Coffee Talk 11:00am-1:00pm (Rm.221) ***</p> <p>Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) ***</p> <p>Women's Aquatics 1:00pm-2:30pm (Volunteer Pool, 180 Martha St.) *Register ***</p> <p>Boxing Class 2:00pm-3:00pm (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 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>14 Lunch: Grilled Cheese with Veggies *Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Baking Group 10:30am – 12:00pm (Room 221/Kitchen) *Please Register ***</p> <p>Window Sill Gardening (Spices&Herbs) 12:00pm-1:00pm (Rm.221) ***</p> <p>Essential Skills Presentation (ConfedCollege) 12:00pm-1:00pm (Rm.221) *Please call for more information ***</p> <p>Jewelry Making (Rm 221) 1:00PM-2:30PM ***</p> <p>Controlling Negative Thoughts 11/12 (White Rm) 1:00pm-2:30pm ***</p> <p>Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Get Crafty 2:30pm-4:00pm (Rm.221)</p>	<p>15 Lunch: Pizza Pitas with Salad Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Craft sewing & Mending clothes 10:00am-11:00am (Rm221) ***</p> <p>Healthy Choice Cooking Program (Kitchen)1030am-1230pm *REGISTER! (Alpha Court) ***</p> <p>Bingo 10:30am-12:00p m (Room 221) ***</p> <p>Beginners Boxing Class 11:00am-12:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Weight & Circuit training @ the Day Centre 12:00pm-1:00pm (Exercise Rm) *Must Register (HIIT) ***</p> <p>Art Doodling/Journaling 12:30pm-2:00pm (Rm.221) ***</p> <p>Controlling Negative Thoughts 12/12 (White Rm) 1:00pm-2:30pm ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO ***</p> <p>Thunder Bay Conservatory Tour 3:00pm- 4:00pm *Please register</p>	<p>16 Lunch: Chicken Noodle Soup Good Food Box Pickup between 3pm & 4pm ***</p> <p>*Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12pm(Room 221) ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Social Gaming Club 1:00pm-2:30pm (Main Floor) ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.) ***</p> <p>Walking Group (Day Centre/ Tree Farm) 2:30pm – 4:00pm ***</p> <p>Canvas Painting 2:35pm – 3:45pm (Room 221)</p>	<p>17 Lunch: Spaghetti with Salad Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending ***</p> <p>Community Volunteering 9:00am-12:00pm Regional Food Distribution Association (Syndicate Ave) ***</p> <p>Snow Shoeing(Strathcona) 10:00am-11:30am *Must Register ***</p> <p>Mindful Movement 10:30am-11:30am (Rm.221) ***</p> <p>Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "The Accountant" ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	18
19	<p>20</p> <p>Family Day! (Day Centre Closed)</p>	<p>21 Lunch: Chicken Wraps *Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Tie Dying 10:30am- 12:00pm (Room 221) ***</p> <p>Window Sill Gardening (Spices&Herbs) 12:00pm-1:00pm (Rm.221) ***</p> <p>Tai Ji Qigong with Bev 1:30pm-2:30pm (Rm.221) ***</p> <p>Jewelry Making (Rm 221) 1:00PM-2:30PM ***</p> <p>Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost</p>	<p>22 Lunch: Vegetable Soup Day Centre Closed until 12pm</p> <p>Weight & Circuit training @ the Day Centre 12:00pm-1:00pm (Exercise Rm) *Must Register (HIIT) ***</p> <p>Day Centre Client Focus Group 1:00pm-2:00pm (Rm.221) *Prize to be won with participation ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>23 Lunch: Grilled Cheese with Veggies *Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12pm(Room 221) ***</p> <p>Coping with Negativity 11:00am-12:30pm (White Rm) *Closed Group/ Must register prior to attending 1st group 1/1 ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Social Gaming Club 1:00pm-2:30pm (Main Floor) ***</p> <p>Rock Climbing 1:30pm-2:45pm (Gym) *Must Register ***</p> <p>Walking Group/ Snow Shoeing (Day Centre/ LPH trail) 2:30pm-4:00 pm *Must Register</p>	<p>24 Lunch: Lasagna with Salad Badminton 10:00am-12:00pm (West Thunder Community Centre) *Register/ Participants must learn Badminton rules prior ***</p> <p>Mindful Movement 10:30am-11:30am (Rm.221) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Keeping up with the Joneses" ***</p> <p>Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) ***</p> <p>Ooshke Programing 2:00pm-4:00pm (1241 Jasper Dr.) *Bannock & Tea ***</p> <p>Boxing Class 2:15pm-3:00pm (Exercise Rm) *Please call prior to attending</p>	25

26 **27 Lunch: Perogies with Coleslaw**
Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***
Coping with Loneliness 10:30am-12:00pm (White Rm) *Closed Group/ Must register prior to attending 1st group 1/1 ***
Coffee Talk 11:00am-1:00pm (Rm.221) ***
Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) ***
Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Register ***
Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***
Ooshke Programing 2:00pm-4:00pm (Rm.221)

28 Lunch: Chili with Salad
"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***
Baking Group 10:30am – 12:00pm (Room 221/Kitchen) *Please Register ***
Registered Disability Savings Plan(RDSP) Presentation 12:00pm-1:00pm (Rm.221) ***
Window Sill Gardening (Spices&Herbs) 12:00pm-1:00pm (Rm.221) ***
Tai Ji Qigong with Bev 1:30pm-2:30pm (Rm.221) ***
Jewelry Making (RM 221) 1:00PM-2:30PM ***
Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***
Get Crafty 2:30pm-4:00pm (Rm.221)

Notes:

- 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.