

February 2018 270 Windsor Street/ Room 221

S Mon	Tue	Wed	Thu	Fri	S
S WOII	Tue	Wed	1 Lunch: Grilled Cheese with Vegetables Good Food Box Payment Due \$15/Single, \$25/ Family 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) *Jane" **** Coping with Negativity 11:30am-1:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4 **** Yoga (Rm.221) 1:00 pm -2:30pm (Exercise Rm) *Please call prior to attending *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Social Gaming Club 1:00pm-2:30pm (Marios Bowling) Walking Group (Day Centre/ Friendship Gardens) 2:30pm – 4:00pm	2 Lunch: Sloppy Joe's with Vegetables Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Badminton 10:00am-11:30am (West Thunder Community Centre) *Must Register *** Brain Games! 10:00am – 11:00am (Resolute Rm.) *** Mindful Movement 10:30am:11:30am (Room 221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) *The Foreigner" *** Sleep Strategies 12:00pm – 1:00pm (Resolute Rm.) *** Snow Shoeing @ Strathcona GC 1:00pm-2:30pm *Must Register/ Weather Depending	3
5 Lunch: Perogies with Coleslaw Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register *** Brain Games! 10:00am - 11:00am (Rm.221) *** Wellness Lifestyle Group 10:30am- 12:00pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *1/6 *** ScrapBooking 12:00pm-1:00pm (Rm.221) *** Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register *** Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register *** Ooshke Programing 2:00pm-4:00pm (Rm.221)	6 Lunch: Stir Fry Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Tie Dyeing 10:00am – 11:30am (Room 221) *Please register *** Mindfulness Colouring 11:00am – 1:00pm (Room 221) Jewelry Making 1:00pm – 2:30pm (Room 221) *** Music discussion Group 1:00pm-2:30pm (Rm.221) "One-Hit Wonders" *** Weight & Circuit training @ the Day Centre 2:00pm (Exercise Rm) *Must Register (HIIT) *** Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending *** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost *** Yoga (Rm.221) 2:30 pm -4:00pm *** Thunder Bay Tours/ Museum 3:15pm-4:30pm *Please Register	7 Lunch: Spaghetti Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) **** Craft sewing & Mending clothes 10:00am- 11:00am (Rm 221) *** Knitting & Crocheting 10:30am-12:00pm (Room 221) *** Men's Boxing Class 11:00am-12:00pm (Exercise Rm) *Please call prior to attending *** Naloxone Presentation from Elevate Pharmacy 11:00am – 12:00pm (Room 221) **Please Register *** Coping with Guilt & Shame 12:30pm-2:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group1/4 *** Chair Yoga with Frances 1:30pm-2:15pm (NorWest Clinic, 525 Simpson Street) *** Art Program 2:00pm-4:00pm (Rm 221) BISNO	8 Lunch: Veggie Pasta Bake 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 Genius of Photography" **** Coping with Guilt & Shame 11:30am-1:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 2/4 **** Yoga (Rm.221) 1:00 pm -2:30pm (TBD) *Please register prior to attending **** Rock Climbing 1:00pm-2:30pm (TBD) *Please register prior to attending **** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending **** Social Gaming Club 1:00pm-2:30pm (Marios Bowling) "Scrabble Tournament" *** Walking Group (Day Centre/ George Burke Park) 2:30pm – 4:00pm	9 Lunch: Ham Sandwiches Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Badminton 10:00am-11:30am (West Thunder Community Centre) *Must Register *** Brain Games! 10:00am – 11:00am (Resolute Rm.) *** Mindful Movement 10:30am-11:30am (NorWest Clinic, 525 Simpson Street) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Geostorm" *** Snow Shoeing @ Chapples GC 1:00pm-2:30pm *Must Register/ Weather Depending *** Writing Group 1:00pm-3:00pm (Resolute Rm) *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse	

11	12 <u>Lunch: Lasagna</u>	13 Lunch: Mac n' Cheese	14 Lunch: Stir Fry	15 Lunch: Cheesy Taco Pasta	16 Lunch: Grilled Cheese	17
	Personal Training (Weights & Cardio)	Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food	Mall Walking 9:00am-10:00am (Intercity		Boxing Class 8:30am-9:30am (Exercise Rm) *Please call	
	9:00am-10:15am (Fit4less) *Please	Court)	Shopping Mall Food Court)	Good Food Box Payment Due	prior to attending	
	Register	***	***	\$15/ Single, \$25/ Family	***	
	***	Mindfulness Colouring 9:00am - 11:00am (Room 221)	Craft sewing & Mending clothes 10:00am-		Badminton 10:00am-11:30am (West Thunder Community	
	Brain Games! 10:00am – 11:00am	***	11:00am (Rm 221)	Fit4Less" gym session 9:30am-10:45pm (McIntyre	Centre) *Must Register	
	(Rm.221)	"Fit4Less" gym session 10:30am-12:00pm (McIntyre	***	Centre) *Register	***	
	***	Centre) *Register	Healthy Choice Cooking Program (Kitchen)	***	Brain Games! 10:00am – 11:00am (Room 221.)	
	Wellness Lifestyle Group 10:30am-	***	10:30am-12:30 pm *Please Register!	Mindfulness Colouring 10:00am – 12pm (Room 221)	***	
	12:00pm (Resolute rm.) *Closed Group/	Baking (Cinnamon Buns) 10:00am- 11:30am (Room 221/	(St.Joes)	***	Mindful Movement 10:30am-11:30am (Room 221)	
	Must register prior to attending 1st group	Kitchen) *Please Register prior to attending	***	Documentary & Popcorn 10:30am-12:30pm (Rm221)	***	
	<mark>*2/6</mark>	***	Bingo 10:30am-11:45pm (Room 221)	*Hungry for Change"	Movie of the Week 12:00pm-2:30pm (Rm.221)	
	***	Jewelry Making 1:00PM-2:30PM (Room 221)	***	***	"American Made"	
	Coffee Talk 11:00am-1:00pm (Rm.221)	***	Men's Boxing Class 11:00am-12:00pm	Coping with Guilt & Shame 11:30am-1:00pm (Resolute	***	
		Weight & Circuit training @ the Day Centre 1:00pm-	(Exercise Rm) *Please call prior to attending	Rm.) *Closed Group/ Must register prior to attending	Sleep Strategies 12:00pm – 1:00pm (Resolute Rm.)	
	ScrapBooking 12:00pm-1:00pm (Rm.221)	2:00pm (Exercise Rm) *Must Register (HIIT)	×××	1st group4/4	xxx	
	l	L	Coping with Guilt & Shame 12:30pm-2:00pm		Women's Empowerment Group 12:30pm – 2:30pm	
	Women's Aquatics 1:00pm -2:30pm	Women's Boxing Program 2:00pm-3:00pm (Exercise Rm)		<u>Yoga</u> (Rm.221) 1:00 pm -2:30pm	(Resolute Rm.)	
	(Volunteer Pool, 180 Martha St.) *Please	*Please call prior to attending	prior to attending 1st group3/4		***	
	Register	^^^		Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please	Snow Shoeing @ Strathcona GC 1:00pm-2:30pm *Must	
	Partie a Olare 4:00 - 0 00 (5	Get Crafty 2:30pm-4:00pm (Rm.221)	Canvas Painting 12:00pm – 2:00pm (Room	call prior to attending	Register/ Weather Depending	
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	Rm) *Please call prior to attending	Thunder Bay Tours/Thunder Bay Art Gallery 3:15pm-	Toi Chi 1:00nm 2:00nm(Danm221)	Social Gaming Club 1:00pm-2:30pm (Marios Bowling)	Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse	
	Ocables Brancoming 2:00nm 4:00nm	4:30pm *Please Register	<u>Tai Chi</u> 1:00pm – 2:00pm(Room221)	Aborininal Drummina 2:00nm 4:00nm (1241 Januar	By appointment only/ Please call Jesse	
	Ooshke Programing 2:00pm-4:00pm (Rm.221)		Chair Yoga with Frances 1:30pm-2:15pm	Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.)		
	(RIII.221) ***		(NorWest Clinic, 525 Simpson Street)	UI.) ***		
	Wii Gaming 2:00pm – 4:00pm (Room 221)		***	Walking Group (Around Day Centre) 2:30pm - 4:00pm		
	4.00pm (1.00m 221)		Art Program 2:00pm-4:00pm (Rm 221) BISNO	Trunking Group (Around Bay Gentie) 2.00pm 4.00pm		
			zati rogium 2.00pm (ram 221) Biorto			
18	19	20 Lunch: Grilled Cheese	21 <u>Lunch: Pizza Casserole</u>	22 <u>Lunch: Pasta Bake with Veggies</u>	23 <u>Lunch: Chicken Wraps with Veggies</u>	24
18	19	Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food	21 <u>Lunch: Pizza Casserole</u>	Fit4Less" gym session 9:30am-10:45pm (McIntyre	Boxing Class 8:30am-9:30am (Exercise Rm) *Please call	24
18	19					24
18	19	Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***	21 <u>Lunch: Pizza Casserole</u> Day Centre Closed until	Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register	Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending	24
18	19	Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** "Fit4Less" gym session 10:30am-12:00pm (McIntyre	Day Centre Closed until	Fit4Less" gym session 9:30am-10:45pm (McIntyre	Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Badminton 10:00am-11:30am (West Thunder Community	24
18	19	Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***		Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) "Register *** Mindfulness Colouring 10:00am – 12pm (Room 221) ***	Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Badminton 10:00am-11:30am (West Thunder Community Centre) *Must Register	24
18	19	Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** "Fit4Less" gym session Centre) *Register ****	Day Centre Closed until	Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12pm (Room 221) *** Documentary & Popcorn 10:30am-12:30pm (Rm221)	Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Badminton 10:00am-11:30am (West Thunder Community Centre) *Must Register ****	24
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18		Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Tie Dyeing 10:00am – 11:30am (Room 221) *Please register ***	Day Centre Closed until 1230pm Coping with Difficult People 12:30pm-1:30pm	Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12pm (Room 221) *** Documentary & Popcorn 10:30am-12:30pm (Rm221) *My Scientology Movie* ***	Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Badminton 10:00am-11:30am (West Thunder Community Centre) *Must Register *** Brain Games! 10:00am – 11:00am (Resolute Rm.)	
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26 Lunch: 27 Lunch: Perogies with Coleslaw 28 Lunch: Ham Sandwiches * To attend the Cooking Program, you must pre-register for each class by Personal Training (Weights & Cardio) Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Mall Walking 9:00am-10:00am (Intercity calling Jesse @ 683-7729 9:00am-10:15am (Fit4less) *Please Shopping Mall Food Court) Mindfulness Colouring 9:00am - 11:00am (Room 221) Craft sewing & Mending clothes 10:00am-The Fit4Less sessions can only take 4 participants at a time. Brain Games! 10:00am - 11:00am 11:00am (Rm 221) (Rm.221) "Fit4Less" gym session 10:30am-12:00pm (McIntyre Registering with Jesse (683-7729) IS REQUIRED every week. This will Centre) *Register Bingo10:30am-11:45pm (Room 221) remain a free program, but you are required to bring an indoor pair of Wellness Lifestyle Group 10:30am-Healthy Choice Cooking Program (Kitchen) shoes, and loose fitting clothing. There can be no drop-ins. 12:00pm (Resolute rm.) *Closed Group/ Baking (White Chocolate Blueberry Truffles) 10:00am-Must register prior to attending 1st group 11:30am (Room 221/ Kitchen) *Please Register prior to 10:30am-12:30 pm *Please Register! (Alpha Court) *People attending Walking Group that need a ride, we will meet at the Coffee Talk 11:00am-1:00pm (Rm.221) Jewelry Making 1:00pm - 2:30pm (Room 221) Men's Boxing Class 11:00am-12:00pm Day Centre at 2:30pm and leave to our destination by 2:45pm. You may (Exercise Rm) *Please call prior to attending also meet us at the walking location indicated on the calendar. We can ScrapBooking 12:00pm-1:00pm (Rm.221) Weight & Circuit training @ the Day Centre 1:00pm-2:00pm (Exercise Rm) *Must Register (HIIT) Coping with Difficult People 12:30pm-2:00pr also provide one bus ticket to participants. Women's Aquatics 1:00pm -2:30pm Resolute Rm.) *Closed Group/ Must register prior to attending 1st group3/4 (Volunteer Pool. 180 Martha St.) *Please Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) Please call prior to attending A reminder to clients, only people attending Day Centre programs are Canvas Painting 12:00pm - 2:00pm (Room eligible for the daily lunches. We encourage all clients to participate in the Boxing Class 1:00pm-2:00pm (Exercise Get Crafty 2:30pm-4:00pm (Rm.221) many programs we provide. Rm) *Please call prior to attending Tai Chi 1:00pm – 2:00pm(Room221) Thunder Bay Tours/TBD 3:15pm-4:30pm *Please Register Ooshke Programing 2:00pm-4:00pm (Rm.221) Chair Yoga with Frances 1:30pm-2:15pm NorWest Clinic, 525 Simpson Street) Wii Gaming 2:00pm – 4:00pm (Room 221) Art Program 2:00pm-4:00pm (Rm 221) BISNO