



February 2018

270 Windsor Street/ Room 221

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

11	<p>12 Lunch: Lasagna 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 *2/6 *** Coffee Talk 11:00am-1:00pm (Rm.221) *** 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 *** Ooshke Programming 2:00pm-4:00pm (Rm.221) *** Wii Gaming 2:00pm – 4:00pm (Room 221)</p>	<p>13 Lunch: Mac n' Cheese 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 *** Baking (Cinnamon Buns) 10:00am- 11:30am (Room 221/ Kitchen) *Please Register prior to attending *** Jewelry Making 1:00PM-2:30PM (Room 221) *** Weight & Circuit training @ the Day Centre 1:00pm-2:00pm (Exercise Rm) *Must Register (HIIT) *** Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending *** Get Crafty 2:30pm-4:00pm (Rm.221) *** Thunder Bay Tours/Thunder Bay Art Gallery 3:15pm-4:30pm *Please Register</p>	<p>14 Lunch: Stir Fry Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Craft sewing & Mending clothes 10:00am-11:00am (Rm 221) *** Healthy Choice Cooking Program (Kitchen) 10:30am-12:30 pm *Please Register! (St.Joes) *** Bingo 10:30am-11:45pm (Room 221) *** Men's Boxing Class 11:00am-12:00pm (Exercise Rm) *Please call prior to attending *** Coping with Guilt & Shame 12:30pm-2:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group3/4 *** Canvas Painting 12:00pm – 2:00pm (Room 221) *** Tai Chi 1:00pm – 2:00pm (Room221) *** Chair Yoga with Frances 1:30pm-2:15pm (NorWest Clinic, 525 Simpson Street) *** Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>15 Lunch: Cheesy Taco Pasta Good Food Box Payment Due \$15/ Single, \$25/ Family Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12pm (Room 221) *** Documentary & Popcorn 10:30am-12:30pm (Rm221) "Hungry for Change" *** Coping with Guilt & Shame 11:30am-1:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4 *** Yoga (Rm.221) 1:00 pm -2:30pm *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Social Gaming Club 1:00pm-2:30pm (Marios Bowling) *** Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.) *** Walking Group (Around Day Centre) 2:30pm – 4:00pm</p>	<p>16 Lunch: Grilled Cheese 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 (Room 221.) *** Mindful Movement 10:30am-11:30am (Room 221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "American Made" *** Sleep Strategies 12:00pm – 1:00pm (Resolute Rm.) *** Women's Empowerment Group 12:30pm – 2:30pm (Resolute Rm.) *** Snow Shoeing @ Strathcona GC 1:00pm-2:30pm *Must Register/ Weather Depending *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	17
18	<p>19</p> <p>FAMILY DAY DAY CENTRE CLOSED</p>	<p>20 Lunch: Grilled Cheese 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) *** Weight & Circuit training @ the Day Centre 1:00pm-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/TBD 3:15pm-4:30pm *Please Register</p>	<p>21 Lunch: Pizza Casserole</p> <p>Day Centre Closed until 1230pm</p> <p>Coping with Difficult People 12:30pm-1:30pm (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) *** Men's Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending *** Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>22 Lunch: Pasta Bake with Veggies 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" *** Healthy Choice Cooking Program (Kitchen) 10:30am-12:30 pm *Please Register! (St.Joes) *** Coping with Difficult People 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 *** 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) *** Walking Group (Day Centre/ Boulevard Lake) 2:30pm – 4:00pm</p>	<p>23 Lunch: Chicken Wraps with Veggies 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 11:30a m-2:30pm (Rm.221) "Blade Runner 2049" *** Women's Empowerment Group 12:30pm – 2:30pm (Location TBD) *** 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</p>	24

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26 Lunch:
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 *4/6

Coffee Talk 11:00am-1:00pm (Rm.221)

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

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

Wii Gaming 2:00pm – 4:00pm (Room 221)

27 Lunch: Perogies with Coleslaw
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

Baking (White Chocolate Blueberry Truffles) 10:00am-11:30am (Room 221/ Kitchen) *Please Register prior to attending

Jewelry Making 1:00pm – 2:30pm (Room 221)

Weight & Circuit training @ the Day Centre 1:00pm-2:00pm (Exercise Rm) *Must Register (HIIT)

Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending

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

Thunder Bay Tours/TBD 3:15pm-4:30pm *Please Register

28 Lunch: Ham Sandwiches
Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court)

Craft sewing & Mending clothes 10:00am-11:00am (Rm 221)

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

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

Men's Boxing Class 11:00am-12:00pm (Exercise Rm) *Please call prior to attending

Coping with Difficult People 12:30pm-2:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group3/4

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

Tai Chi 1:00pm – 2:00pm(Room221)

Chair Yoga with Frances 1:30pm-2:15pm (NorWest Clinic, 525 Simpson Street)

Art Program 2:00pm-4:00pm (Rm 221) BISNO

* 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.