

February 2019
Alpha Court Day Centre
 270 Windsor Street/ Room 221



S	Mon	Tue	Wed	Thu	Fri	S
					1 Lunch: Stir Fry Knitting & Crocheting 9:45am – 11:45am (Room 221) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "10" *** Social Gaming 1:00pm – 2:30pm (Main Floor) *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse	2
3	4 Lunch: Chili Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Knitting & Crocheting 11:00am – 12:30pm (Room 221) *** Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register *** Ooshke Programing 2:00pm-4:00pm (Rm.221) *** Wii Gaming 2:00pm – 4:00pm (Room 221)	5 Lunch: Perogies Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Tie Dyeing 10:00am – 11:30am (Room 221) *Please register *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost *** Get Crafty 2:30pm-4:00pm (Rm.221)	6 Lunch: Chicken Noodle Soup Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Bingo 10:00am – 11:30am (Room 221) *** Knitting & Crocheting 10:30am-12:30pm (Room 221) *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Canvas Painting 11:30am– 1:00pm (Room 221) *** Men's Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending *** Day Centre Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register *** Tai Chi 1:00pm 2:00pm(Room221) *** Art Program 2:00pm-4:00pm (Rm 221)	7 Lunch: Ham Sandwiches Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Documentary & Popcorn 10:30am-12:30pm (Rm221) "The Last Man on the Moon" *** 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 *** Snow Shoeing (Day Centre/ Strathcona) 2:30pm – 4:00pm	8 Lunch: Cheeseburgers Morning Meditation 9:00am-9:40am (Rm.221) *** Badminton (West Thunder CC) 10:00am-11:30am *Please Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Fit4less Gym Session 11:30am-1:00pm (Fit4less) *Please Register *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Solo:Star wars" *** 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	9

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11 Lunch: Chicken Wraps**Fit4less Gym Session** 9:00am-10:30am
(Fit4less) *Please Register
*****Coffee Talk** 10:00am – 12:00pm (Rm.221)
*****Mindfulness Colouring** 10:00am – 12:00pm
(Room 221)
*****Knitting & Crocheting** 11:00am – 12:30pm
(Room 221)
*****Coping with Loneliness** 11:00pm-12:30pm
(Resolute Rm.) *Closed Group/ Must register
prior to attending 1st group 4 /4
*****Women's Aquatics** 1:00pm – 2:30pm
(Volunteer Pool, 180 Martha Street) **Please
Register
*****Boxing Class** 1:00pm-2:00pm (Exercise Rm)
*Please call prior to attending
*****Communication Skills Workshop** 2:00pm-
3:00pm (Resolute Rm.) *Please Register (1/5)
*****Ooshke Programing** 2:00pm-4:00pm (Rm.221)
*****New & Interested participants tour of the Day
Centre** 3:00pm-4:00pm (Rm.221) *Call to
Register**12 Lunch: Stii Fry****Mall Walking** 9:00am-10:00am
(Intercity Shopping Mall Food Court)
*****Mindfulness Colouring** 9:00am –
11:00am (Room 221)
*****Baking (Dark Chocolate Energy
Bites)** 10:00am- 11:30am (Room 221/
Kitchen) *Limited spaces/ Please
register prior to attending
*****"Fit4Less" gym session** 10:00am-
11:30am (McIntyre Centre) *Register
*****Lets Sew!! (Sewing Class)** 12:00pm-
1:00pm (Rm.221)
*****Jewelry Making** 1:00pm – 2:30pm
(Room 221)
*****Women's Boxing Program** 1:00pm-
2:00pm (Exercise Rm) *Please call
prior to attending
*****Conflict Management Skills
Workshop** 2:00pm-3:00pm (Resolute
Rm.) (1/6)
*****Walking Group** (DayCentre) 1:30pm –
2:30pm
*****Experience Thunder Bay (Waverly
Library)**
2:15pm-3:30pm 285 Red River Rd.**13 Lunch: Ham Sandwiches****Mall Walking** 9:00am-10:00am (Intercity Shopping
Mall Food Court)
*****"Fit4Less" gym session** 10:00am-11:30am
(McIntyre Centre) *Register
*****Healthy Choice Cooking Program** (Kitchen)
10:30am-12:30pm *Please Register! (St.Joes)
*****Men's Boxing Class** 12:00pm-1:00pm (Exercise
Rm) *Please call prior to attending
*****Day Centre Weight Training** 1:00pm-2:00pm
(Exercise Rm.) *Please Register
*****Chair Yoga with Frances** 1:30pm – 2:15pm
(NorWest Clinic, 525 Simpson Street)
*****Art Program** 2:00pm-4:00pm (Rm 221)
*****Snow Shoeing** (Day Centre/ Strathcona) 2:30pm –
4:00pm
*****Experience Thunder Bay (Art Gallery)**
2:15pm-3:30pm 1080 Keewatin Street / Please
Register**14 Lunch: Pasta Bake****Mall Walking** 8:30am-9:30am (Intercity Shopping Mall
Food Court)
*****Mindfulness Colouring** 9:00am – 11:00am (Room 221)
*****Fit4Less" gym session** 9:30am-10:45pm (McIntyre
Centre) *Register
*****Documentary & Popcorn** 10:30am-12:30pm (Rm221)
"National Parks Adventure"
*****Anxiety Support Group** 11:00am-12:00pm (Resolute
Rm.)
*****Yoga** (Rm.221) 1:00pm -2:30pm
*****Social Gaming** 1:00pm-2:30pm (Main Floor)
*****Rock Climbing** 1:00pm-2:30pm *Register
*****Boxing Class** 1:30pm-2:30pm (Exercise Rm) *Please
call prior to attending
*****Walking Group** (Day Centre/ Marina) 2:30pm – 4:00pm

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15 Lunch: Perogies**Knitting & Crocheting** 9:45am – 11:45am (Room 221)
*****Mindfulness Colouring** 10:00am – 12:00pm (Room 221)
*****Movie of the Week** 12:00pm-2:30pm (Rm.221) "Chappaquiddick"
*****Social Gaming** 1:00pm – 2:30pm (Main Floor)
*****Volunteer Income Tax Program** 2:15pm-4:00pm (Rm.221) *By appointment only/
Please call Jesse

**FAMILY DAY
DAY CENTRE CLOSED**

19 Lunch: Hamburger Soup
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

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

Conflict Management Skills Workshop 2:00pm-3:00pm (Resolute Rm.) (2/6)

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

20 Lunch: Grilled Cheese

DAY CENTRE CLOSED UNTIL 12:00PM

Social Gaming: Board & Card Games 12:00pm – 1:00pm (Room 221)

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

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

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)

21 Lunch: Shepard's Pie

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

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

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

Documentary & Popcorn 10:30am-12:30pm (Rm221)
 "The Music of Strangers: Yo-Yo Ma and the Silk Road Ensemble"

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

Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.)

Snow Shoeing (Day Centre/ Strathcona) 2:30pm – 4:00pm

22 Lunch: Chicken Broccoli Alfredo

Morning Meditation 9:00am-9:40am (Rm.221)

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

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

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

Fit4less Gym Session 11:30am-1:00pm (Fit4less) *Please Register

Movie of the Week 12:00pm-2:30pm (Rm.221) "Secret in their eyes"

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)

24	<p>25 Lunch: Sloppy Joe's Fit4Less Gym Session 9:00am-10:30am (Fit4less) *Please Register ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Knitting & Crocheting 11:00am – 12:30pm (Room 221) ***</p> <p>Coping with Emotional & Physical Pain 11:00pm-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 1/4 ***</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>Communication Skills Workshop 2:00pm-3:00pm (Resolute Rm.) *Please Register (2/5) ***</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>26 Lunch: Vegetable Soup Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Baking (Bagels) 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>Conflict Management Skills Workshop 2:00pm-3:00pm (Resolute Rm.) (3/6) ***</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>27 Lunch: Perogies Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Bingo 10:00am – 11:30am (Room 221) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please Register! (Alpha Court) ***</p> <p>Knitting & Crocheting 10:30am-12:30pm (Room 221) ***</p> <p>Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Canvas Painting 12:00pm – 2:00pm (Room 221) ***</p> <p>Day Centre Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register ***</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) ***</p> <p>Snow Shoeing (Day Centre/ Strathcona) 2:30pm – 4:00pm ***</p> <p>Experience Thunder Bay (Art Gallery) 2:15pm-3:30pm 1080 Keewatin Street / Please Register ***</p> <p>Thunder Bay Country Market Adventure 3:30pm – 4:30pm (850 May Street) **Please register</p>	<p>28 Lunch: Grilled Cheese Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) "Life in the Blue" ***</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/ Boulevard lake) 2:30pm – 4:00pm</p>
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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. 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.