February 2019

Alpha Court Day Centre 270 Windsor Street/ Room 221



270 Willusor Street/ Room 221	
S Mon Tue Wed Thu	Fri S 1 Lunch: Stir Fry 2
	Knitting & Crochetting 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
4 Lunch: Chili 5 Lunch: Perogies 6 Lunch: Chicken Noodle Soup 7 Lunch: Ham Sandwiches	8 Lunch: Cheeseburgers 5
Mindfulness Colouring 10:00am – 12:00pm Mindfulness Colouring 9:00am – Mall Walking 9:00am-10:00am (Intercity Shopping Mall Walking 8:30am-9:30am (
(Room 221) 11:00am (Room 221) Mall Food Court) Food Court)	Badminton (West Thunder CC) 10:00am-11:30am
Coffee Talk 10:00am - 12:00pm (Rm.221) Tie Dyeing 10:00am - 11:30am (Room Mindfulness Colouring 9:00am - 11:00am (Room Mindfulness Colouring 9:00am	m – 11:00am (Room 221) *Please Register
*** 221) *Please register 221)	***
Knitting & Crochetting 11:00am – 12:30pm *** Fit4Less" gym session 9:30ar	m-10:45pm (McIntyre Mindfulness Colouring 10:00am – 12:00pm (Room 221)
(Room 221) <u>Jewelry Making</u> 1:00pm – 2:30pm <u>Bingo</u> 10:00am – 11:30am (Room 221) Centre) *Register	***
*** (Room 221) ***	Coffee Talk 10:00am – 12:00pm (Rm.221)
Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please Bowling 2:00pm-4:00pm (Meet at 221) **Martha Street **Please Bowling 2:00pm-4:00pm (Meet at 221) **Decumentary & Popcorn 10:30pm (Room Documentary & Popcorn 10:30pm (
register Mario's Bowl) *REGISTER - \$5.00 cost ***	Fit4less Gym Session 11:30am-1:00pm (Fit4less) *Please Register
*** Fit4Less" gym session 10:00am-11:30am Anxiety Support Group 11:00a	lam-12:00pm (Resolute Movie of the Week 12:00pm-2:30pm (Rm.221) "Solo:Star wars"
Ooshke Programing 2:00pm-4:00pm (Rm.221) Get Crafty 2:30pm-4:00pm (Rm.221) (McIntyre Centre) *Register Rm.)	***
***	Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending
Wii Gaming 2:00pm – 4:00pm (Room 221) Canvas Painting 11:30am – 1:00pm (Room 221) Yoga (Rm.221) 1:00pm -2:30pm	TTI ***
11 12 12 12 12 12 12 12 12 12 12 12 12 1	Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/
Men's Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending ****	m (Main Floor) Please call Jesse
*** Boxing Class 1:30pm-2:30pm	(Exercise Rm) *Please
Day Centre Weight Training 1:00pm-2:00pm call prior to attending	
(Exercise Rm.) *Please Register ***	
*** <u>Snow Shoeing</u> (Day Centre/ S Tai Chi 1:00pm 2:00pm(Room221) 4:00pm	Strathcona) 2:30pm –
Tai Chi 1:00pm 2:00pm(Room221) 4:00pm	
Art Program 2:00pm-4:00pm (Rm 221)	
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11 Lunch: Chicken Wraps 12 Lunch: Sti Fry 13 Lunch: Ham Sandwiches 14 Lunch: Pasta Bake 15 Lunch: Perogies 16 Mall Walking 9:00am-10:00am (Intercity Shopping it4less Gym Session 9:00am-10:30am Mall Walking 9:00am-10:00am Mall Walking 8:30am-9:30am (Intercity Shopping Mall Knitting & Crochetting 9:45am - 11:45am (Room 221) (Intercity Shopping Mall Food Court) Fit4less) *Please Register Mall Food Court) Food Court) Mindfulness Colouring 10:00am - 12:00pm (Room 221) "Fit4Less" gym session 10:00am-11:30am Mindfulness Colouring 9:00am - 11:00am (Room 221) Coffee Talk 10:00am - 12:00pm (Rm.221) Mindfulness Colouring 9:00am -(McIntyre Centre) *Register 11:00am (Room 221) Movie of the Week 12:00pm-2:30pm (Rm.221) "Chappaquiddick" Mindfulness Colouring 10:00am - 12:00pm Fit4Less" gym session 9:30am-10:45pm (McIntyre (Room 221) Baking (Dark Chocolate Energy Healthy Choice Cooking Program (Kitchen) Centre) *Register Social Gaming 1:00pm - 2:30pm (Main Floor) Bites) 10:00am- 11:30am (Room 221/ 10:30am-12:30pm *Please Register! (St.Joes) Knitting & Crochetting 11:00am – 12:30pm Kitchen) *Limited spaces/ Please Documentary & Popcorn 10:30am-12:30pm (Rm221) Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ register prior to attending Men's Boxing Class 12:00pm-1:00pm (Exercise Please call Jesse (Room 221) "National Parks Adventure" Rm) *Please call prior to attending Coping with Loneliness 11:00pm-12:30pm Anxiety Support Group 11:00am-12:00pm (Resolute "Fit4Less" gym session 10:00am-(Resolute Rm.) *Closed Group/ Must register 11:30am (McIntyre Centre) *Register Day Centre Weight Training 1:00pm-2:00pm Exercise Rm.) *Please Register prior to attending 1st group 4 /4 ets Sew!! (Sewing Class) 12:00pm-Yoga (Rm.221) 1:00pm -2:30pm Women's Aquatics 1:00pm - 2:30pm 1:00pm (Rm.221) Chair Yoga with Frances 1:30pm - 2:15pm (Volunteer Pool, 180 Martha Street) **Please (NorWest Clinic, 525 Simpson Street) Social Gaming 1:00pm-2:30pm (Main Floor) Jewelry Making 1:00pm – 2:30pm Register (Room 221) Art Program 2:00pm-4:00pm (Rm 221) Rock Climbing 1:00pm-2:30pm *Register Boxing Class 1:00pm-2:00pm (Exercise Rm) Women's Boxing Program 1:00pm-Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please *Please call prior to attending Snow Shoeing (Day Centre/ Strathcona) 2:30pm -2:00pm (Exercise Rm) *Please call call prior to attending communication Skills Workshop 2:00pmprior to attending :00pm (Resolute Rm.) *Please Register (1/5) Walking Group (Day Centre/ Marina) 2:30pm - 4:00pm Experience Thunder Bay (Art Gallery) onflict Management Skills 2:15pm-3:30pm 1080 Keewatin Street / Please Workshop 2:00pm-3:00pm (Resolute Ooshke Programing 2:00pm-4:00pm (Rm.221) Rm.) (1/6) New & Interested participants tour of the Day Walking Group (DayCentre) 1:30pm -Centre 3:00pm-4:00pm (Rm.221) *Call to 2:30pm Register xperience Thunder Bay (Waverly 2:15pm-3:30pm 285 Red River Rd.

17 18		19 Lunch: Hamburger Soup	20 Lunch: Grilled Cheese	21 Lunch: Shepard's Pie	22 Lunch: Chicken Broccoli Alfredo 23
		Mall Walking 9:00am-10:00am		Mall Walking 8:30am-9:30am (Intercity Shopping Mall	Morning Meditation 9:00am-9:40am (Rm.221)
		(Intercity Shopping Mall Food Court)	DAY CENTRE CLOSED UNTIL 12:00PM	Food Court)	****
		***		***	Badminton (West Thunder CC) 10:00am-11:30am
		Mindfulness Colouring 9:00am -	Social Gaming: Board & Card Games 12:00pm -	Mindfulness Colouring 9:00am - 11:00am (Room 221)	*Please Register
		11:00am (Room 221)	1:00pm (Room 221)	***	***
	FAMILY DAY	***	***	Fit4Less" gym session 9:30am-10:45pm (McIntyre	Mindfulness Colouring 10:00am – 12:00pm (Room 221)
DAV		"Fit4Less" gym session 10:00am-	Men's Boxing Class 12:00pm - 1:00pm (Exercise	Centre) *Register	***
DAT	Y CENTRE CLOSED	11:30am (McIntyre Centre) *Register	Rm) *Please call prior to attending	**** 10.00 10.00 (D.001)	Coffee Talk 10:00am – 12:00pm (Rm.221)
		T: B : 10.00 11.00 /D	***	Documentary & Popcorn 10:30am-12:30pm (Rm221)	F''
		11:30am (Room	Day Centre Weight Training 1:00pm-2:00pm	"The Music of Strangers: Yo-Yo Ma and the Silk Road Ensemble"	Fit4less Gym Session 11:30am-1:00pm (Fit4less) *Please Register
		221) *Please register	(Exercise Rm.) *Please Register	Eriserible ***	Mayie of the Week 12:00nm 2:20nm (Pm 221) "Coaret in their ayee"
		Lets Sew!! (Sewing Class) 12:00pm-	***	Anxiety Support Group 11:00am-12:00pm (Resolute	Movie of the Week 12:00pm-2:30pm (Rm.221) "Secret in their eyes"
		1:00pm (Rm.221)	Tai Chi 1:00pm 2:00pm(Room221)	Rm.)	777
		1.00piii (Kiii.221) ***	***	***	Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending
		Jewelry Making 1:00pm - 2:30pm	Chair Yoga with Frances 1:30pm – 2:15pm	Yoga (Rm.221) 1:00pm -2:30pm	0.45 400 (D.004) tD
		(Room 221)	(NorWest Clinic, 525 Simpson Street)	***	Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse
		` ' +++	Art Drawer 2:00mm (1:00mm (Dm 221)	Social Gaming 1:00pm-2:30pm (Main Floor)	Please call Jesse
		Bowling 2:00pm-4:00pm (Meet at	<u>Art Program</u> 2:00pm-4:00pm (Rm 221)	***	***
		Mario's Bowl) *REGISTER - \$5.00 cost		Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please	Knitting & Crocheting 2:30pm – 4:00pm (Room 221)
		***		call prior to attending	
		Women's Boxing Program 1:00pm-		***	
		2:00pm (Exercise Rm) *Please call		Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper	
		prior to attending		Dr.)	
		***		***	
		Conflict Management Skills		Snow Shoeing (Day Centre/ Strathcona) 2:30pm -	
		Workshop 2:00pm-3:00pm (Resolute		4:00pm	
		Rm.) (2/6)			

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

24 12 Lunch: Sloppy Joe's Fittless Gym Session 9:00am-10:30am (Fitless) *Please Register Mindfulness Colouring 10:00am - 12:00pm (Room 221) *** **Coffee Talk** 10:00am - 12:00pm (Room 221) *** **Coffee Talk** 10:00am - 12:00pm (Room 221) *** **Coffee Talk** 10:00am - 12:00pm (Room 221) *** **Cosing with Emotional & Physical Pain 11:00am (Room 221) *** **Cosing with Emotional & Physical Pain 11:00am (Room) 221) *** **Cosing with Emotional & Physical Pain 11:00am (Room) 221) *** **Women's Aquatics 1:00pm - 2:30pm (Room) 1:00pm - 2:30pm (Room) 1:00pm (Room)	
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### Conflict Management Skills ### Lealthy Choice Cooking Program (Kitchen) 10:30am-12:30pm (Pasae Register! (Alpha Court) ### Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) ### Anxiety Support Group 11:00am-12:00pm (Resolute Testing Indicated Indicated Indicated Indicated Indicated Ind	
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Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please Register	
Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please Register *** Women's Boxing Program 1:00pm – 2:30pm (Room 221) **** Rock Climbing 1:00pm-2:30pm (Room 221) **** Rock Cli	
(Volunteer Pool, 180 Martha Street) **Please Register **** *** *** *** *** *** *** *	
(Volunteer Pool, 180 Martha Street) **Please Register **** *** *** *** *** *** *** *	
Register *** *** *** *** *** *** ***	
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Boxing Class 1:00pm-2:00pm (Exercise Rm) 2:00pm (Exercise Rm) Please call prior to attending	
*Please call prior to attending	
*** Day Centre Weight Training 1:00pm-2:00pm Communication Skills Workshop 2:00pm- Conflict Management Skills (Exercise Rm.) *Please Register Walking Group (Day Centre/ Boulvard lake) 2:30pm –	
Communication Skills Workshop 2:00pm- Conflict Management Skills (Exercise Rm.) *Please Register Walking Group (Day Centre/ Boulvard lake) 2:30pm -	
3:00pm (Resolute Rm.) *Please Register (2/5) Workshop 2:00pm-3:00pm (Resolute 1 *** 4:00pm	
*** Rm.) (3/6) Chair Yoga with Frances 1:30pm – 2:15pm	
Ooshke Programing 2:00pm-4:00pm (Rm.221) **** (NorWest Clinic, 525 Simpson Street)	
*** Walking Group (DayCentre) 1:30pm – ***	
New & Interested participants tour of the Day 2:30pm Art Program 2:00pm-4:00pm (Rm 221)	
Centre 3:00pm-4:00pm (Rm.221) *Call to ****	
Register Experience Thunder Bay (Waverly Snow Shoeing (Day Centre/ Strathcona) 2:30pm –	
Library) 4:00pm	
2:15pm-3:30pm 285 Red River Rd.	

Mindful Movement 3:00pm-4:00pm Experience Thunder Bay (Art Gallery)	
(Room 221) 2:15pm-3:30pm 1080 Keewatin Street / Please	
(ROUTH 221) Register	
inguin.	
4:30pm (850 May Street) **Please register	
Thunder Bay Country Market Adventure 3:30pm – 4:30pm (850 May Street) **Please register	

- * 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.