February 2020

Alpha Court Day Centre

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270 Windsor Street/ Room 221

S	Mon	Tue	Wed	Thu	Fri	S
<u> </u>	WOIT	i ue	Weu	Thu thu		1
_	Memorial Ave) *Please Register *** Mindfulness Colouring 10:30am – 12:30pm (Room 221) *** Depression Support Group 11:30am-12:30pm (Resolute Rm) *Please call for more info *** Canvas Painting - Crayon Art 10:00pm – 12:00pm (Rm 221) *** Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register ***	4 LUNCH: CLUBHOUSE SANDWICHES Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Tie Dyeing 10:00am – 11:30am (Molntyre Centre) *Register *** Tie Dyeing 10:00am – 11:30am (Room 221) *Please register *** Lets Sew!! (Sewing Class)-12:00pm-1:00pm (Rm.221) *** Get Crafty (Windchimes) 12:30pm (Room 221) *** Get Crafty (Windchimes) 12:30pm – 2:00pm (Room 221) *** Macrame- Plant Hanger 1:00pm – 2:30pm (Room 221) *** Controlled Breath Guided Meditation Comparison 2:30pm-3:00pm (Rm.221) ***	Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Knitting & Crochetting (Dishcloth) 9:00am – 11:00am (Room 221) *Please register *** Bingo 9:30am – 10:30am (Room 221) *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Healthy Choice Cooking Program 10:30am-12:30pm *Please Register! (Alpha Court) *** Cookie in a Jar Making 11:00a.m- 12:00p.m (Room 221) * please register ***	6 LUNCH: CHEESY TACO PASTA VOLUNTEER LUNCH SIGN UP Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** DY Beauty- Bath Bombs 10:00a.m- 11:30a.m (Room 221) * Please Register *** Documentary & Popcorn 10:30am-12:30pm (Room 221) "Dancing with the Birds" *** Yoga 1:00pm -2:00pm (Room 221) *** Boxing Class 1:00pm - 2:00pm (Exercise Rm) *Please call prior to attending *** Snowshoeing (Day Centre/ Location TBA) 2:00pm – 3:30pm *** Rock Painting 2:30p.m-3:30p.m (Room 221)	7 LUNCH: CHICKEN WRAPS Morning Meditation 9:30am-10:00am (Rm.221) *** Mindfulness Colouring 10:00am – 11:30am (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Crib Tournament 10:30am – 12:00pm (Room 221) **Please register *** Fit4less Gym Session 10:00am-11:30am (Fit4less) *Please Register *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Sherlock Gnomes" *** Boxing Class 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending *** Beading- Lanyards 2:30 p.m- 3:30p.m (Rm 221)	8

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9 10 LUNCH: HAMBURGER SOUP	11 LUNCH: MAC N' CHEESE	12 LUNCH: SLOPPY JOE'S	13 LUNCH: CHICKEN FAJITA PASTA	14 LUNCH: PASTA BAKE	15
Morning Meditation 8:30am-9:00am (Rm.221)	Mindfulness Colouring 9:00am – 11:00am (Room 221)	VOLUNTEER LUNCH SIGN UP	VOLUNTEER LUNCH SIGN UP	Morning Meditation 9:00am-9:30am (Rm.221)	
***	***	Mall Walking 9:00am-9:45am (Intercity Shopping Mall	Mindfulness Colouring 9:00am – 11:00am (Room	***	
Fit4Less Gym Session 9:30am – 11:00am (1186	Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food		221)	Cupcake Decorating 10:00a.m- 11:00a.m (
Memorial Ave) *Please Register	Court)	***	***	Room 221)	
	Court)			R00III 22 I)	
		Knitting & Crochetting (Dishcloth) 9:00am – 11:00am	Mall Walking 9:00am-9:45am (Intercity Shopping Mall		
Knitting & Crochetting 10:00am – 11:30am (Room	Baking (Bagels) 10:30am- 12:00pm (Room 221) *Limited	(Room 221) *Please register	Food Court)	Mindfulness Colouring 10:00am – 11:30am	
221)	spaces/ Please register prior to attending	***	***	(Room 221)	
***	***	Friendship Bracelets 10:00a.m-11:30a.m (Room 221)	Bingo 9:30am – 10:30am (Room 221)	***	
Coffee Talk 10:00am – 12:00pm (Rm.221)	"Fit4Less" gym session 10:00am-11:30am (McIntyre	***	***	Fit4less Gym Session 10:00am-11:30am	
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221)	Lets Sew!! (Sewing Class)- 12:00pm-1:00pm (Rm.221)			Friendly Individual Trivia Competition	
***	***	Mindfulness Colouring/ Valentine Card Making	Documentary & Popcorn 10:30am-12:30pm (Rm221)	11:00am - 12:00pm (Room 221)	
Depression Support Group 11:30am-12:30pm	Jewelry Making 1:00pm – 2:30pm (Room 221)	10:30am – 12:00pm (Room 221)	"Addiction"	***	
(Resolute Rm) *Please call for more info	***	***	***	Movie of the Week 12:00pm-2:30pm (Rm.221)	
***	DIY Beauty- Vanilla Bean Lotion Bars 1:30p.m- 2:30 p.m	Advanced Boxing Class 12:00pm – 1:00pm (Exercise	Yoga 1:00pm -2:00pm (Room 221)	"Monster In Law"	
Canvas Painting - Mandala Art 12:00pm – 2:00pm	(Rm 221) * Please Register	Rm) *Please call prior to attending	***	***	
(Rm 221)	***	***	Boxing Class 1:00pm – 2:00pm (Exercise Rm)		
***	Cot Crofty, Valentings Day Card Holders 1/00-m	Day Cantra Waight Training 1:00pm 2:00pm (Eversion		Beading- Lanyards 2:30p.m-3:30p.m (Room	
	Get Crafty- Valentines Day Card Holders 1:00pm -	Day Centre Weight Training 1:00pm-2:00pm (Exercise	*Please call prior to attending	221)	
Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool	, <mark>2:45pm (Room 221)</mark>	Rm.) *Please Register	***	<i>,</i>	
180 Martha Street) **Please register		***	Walking Group (Around Day Centre) 2:00pm -		
***		Social Gaming (Board & Card Games) 12:00pm -	3:30pm		
Boxing Class 1:00pm – 2:00pm (Exercise Rm)		1:30pm (Room 221)	***		
*Please call prior to attending		***	Crafters Corner- Valentines Mobile 2:00p.m-3:30p.m		
		Art Program 2:00pm-4:00pm (Rm 221)	(Room 221)		
		Art Frogram 2.00pm-4.00pm (Nm 221)			
Wii Gaming 3:00pm-4:00pm (Rm.221)					

New & Interested participants tour of the Day					
New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Bm 221) *Call to Register					
Centre 3:00pm-4:00pm (Rm.221) *Call to Register					
New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register 16 17	18 LUNCH: GRILLED CHEESE	19 <u>NO LUNCH</u>	20 LUNCH: CHICKEN NOODLE SOUP	21 LUNCH: PIZZA CASSEROLE	22
Centre 3:00pm-4:00pm (Rm.221) *Call to Register	18 LUNCH: GRILLED CHEESE Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food		20 LUNCH: CHICKEN NOODLE SOUP VOLUNTEER LUNCH SIGN UP	21 LUNCH: PIZZA CASSEROLE Morning Meditation 9:30am-10:00am	22
Centre 3:00pm-4:00pm (Rm.221) *Call to Register	Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food		VOLUNTEER LUNCH SIGN UP	Morning Meditation 9:30am-10:00am	22
Centre 3:00pm-4:00pm (Rm.221) *Call to Register			VOLUNTEER LUNCH SIGN UP Mindfulness Colouring 9:00am – 11:00am (Room		22
Centre 3:00pm-4:00pm (Rm.221) *Call to Register	Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) ***	DAY CENTRE CLOSED	VOLUNTEER LUNCH SIGN UP	Morning Meditation 9:30am-10:00am (Rm.221) ***	22
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23 24 LUNCH: HAM SANDWICHES	25 LUNCH: PANCAKES	26	27 LUNCH: PEROGIES	28 LUNCH: MAC N' CHEESE 29	
Morning Meditation 8:30am-9:00am (Rm.221)	Mindfulness Colouring 9:00am – 11:00am (Room 221)		VOLUNTEER LUNCH SIGN UP	VOLUNTEER LUNCH SIGN UP	
***	***		Mall Walking 9:00am-9:45am (Intercity Shopping Mall	Morning Meditation 9:00am-9:30am (Rm.221)	
Fit4Less Gym Session 9:30am – 11:00am (1186	Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food		Food Court)	***	
Memorial Ave) *Please Register	Court)		***	Mindfulness Colouring 10:00am – 11:30am	
****	***	DAV CENTDE	<u>Mindfulness Colouring</u> 9:00am – 11:00am (Room	(Room 221)	
Knitting & Crochetting 10:00am – 11:30am (Room 221)	Baking (Golden Graham Smores Bars) 10:30am- 12:00pm (Room 221) *Limited spaces/ Please register prior to	DAY CENTRE	221)	Fit4less Gym Session 10:00am-11:30am	
ZZ I) ***	attending	CLOSED	Bingo 9:30am – 10:30am (Room 221)	(Fit4less) *Please Register	
Coffee Talk 10:00am – 12:00pm (Rm.221)	***		<u>s.oodin</u> 10.00din (100in 221) ***	***	
***	"Fit4Less" gym session 10:00am-11:30am (McIntyre		Fit4Less" gym session 10:00am-11:30am (McIntyre	Healthy Choice Cooking Program 9:30am –	
Mindfulness Colouring 10:30am – 12:30pm (Room	Centre) *Register		Centre) *Register	11:30am *Please Register! (Alpha Court)	
221)	***		***	***	
	Lets Sew!! (Sewing Class)- Apron 12:00pm-1:00pm		Documentary & Popcorn 10:30am-12:30pm (Rm221)	Friendly Individual Trivia Competition	
Depression Support Group 11:30am-12:30pm (Resolute Rm) *Please call for more info	(Rm.221)		"Havana Syndrome: Investigating What Made The Diplomats Sick"	11:00am - 12:00pm (Room 221)	
	Friendship Bracelets 12:00p.m- 1:00p.m (Room 221)		***	Movie of the Week 12:00pm-2:30pm (Rm.221)	
Canvas Painting - Glue Gun Art 12:00pm – 2:00pm	***		Yoga 1:00pm -2:00pm (Room 221)	"The Longest Yard"	
(Rm 221)	Jewelry Making 1:00pm – 2:30pm (Room 221)		***	***	
***	***		Walking Group (Around Day Centre) 2:30pm -	Volunteer Income Tax Program 2:15pm-	
	, DIY Beauty- Honey Oatmeal Soap1:30p.m- 2:30 p.m (Rm		4:00pm	4:00pm (Rm.221) *TO SCHEDULE AN	
180 Martha Street) **Please register	221) * Please Register			APPOINTMENT PLEASE CALL (807) 683-	
Boxing Class 1:00pm – 2:00pm (Exercise Rm)	Beginner's Boxing Program 1:00pm – 2:00pm (Exercise			7729	
*Please call prior to attending	Rm) *Please call prior to attending			***	
	***			Beading Lanyards- 2:30p.m-3:30p.m (Room	
***	Controlled Breath Guided Meditation 2:30pm-3:00pm (Rm			221)	
Wii Gaming 3:00pm-4:00pm (Rm.221)	221)				

New & Interested participants tour of the Day					
Centre 3:00pm-4:00pm (Rm.221) *Call to Register					

* To attend the Cooking Program, you must pre-register for each class by calling Jesse, Sharon or Ashley at 683-7729

* The Fit4Less sessions can only take 4 participants at a time. Registering with Jesse, Sharon or Ashley (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 <u>Walking Group</u> 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.

* 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.