

February 2020

Alpha Court Day Centre

270 Windsor Street/ Room 221



S	Mon	Tue	Wed	Thu	Fri	S
2	<p>3 LUNCH: PEROGIES Fit4Less Gym Session 9:00am – 10:30am (1186 Memorial Ave) *Please Register ***</p> <p>Mindfulness Colouring 10:30am – 12:30pm (Room 221) ***</p> <p>Depression Support Group 11:30am-12:30pm (Resolute Rm) *Please call for more info ***</p> <p>Canvas Painting - Crayon Art 10:00pm – 12:00pm (Rm 221) ***</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>Afternoon Meditation 2:00pm-3:00pm (Rm.221) ***</p> <p>Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost ***</p> <p>Ooshke Programming 2:00pm – 4:00pm (Rm.221) ***</p> <p>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Please call to Register</p>	<p>4 LUNCH: CLUBHOUSE SANDWICHES Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Tie Dyeing 10:00am – 11:30am (Room 221) *Please register ***</p> <p>Lets Sew!! (Sewing Class)-12:00pm-1:00pm (Rm.221) ***</p> <p>Wji Gaming 12:00pm – 1:30pm (Room 221) ***</p> <p>Get Crafty (Windchimes) 12:30pm – 2:00pm (Room 221) ***</p> <p>Beginner's Boxing Program 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Macrame- Plant Hanger 1:00pm – 2:30pm (Room 221) ** Please Register ***</p> <p>Controlled Breath Guided Meditation 2:30pm-3:00pm (Rm221) ***</p>	<p>5 LUNCH: SPAGHETTI VOLUNTEER LUNCH SIGN UP Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) ***</p> <p>Knitting & Crocheting (Dishcloth) 9:00am – 11:00am (Room 221) *Please register ***</p> <p>Bingo 9:30am – 10:30am (Room 221) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Healthy Choice Cooking Program 10:30am-12:30pm *Please Register! (Alpha Court) ***</p> <p>Cookie in a Jar Making 11:00a.m- 12:00p.m (Room 221) * please register ***</p> <p>Mindfulness Colouring 11:00am – 1:00pm (Room 221) ***</p> <p>Advanced Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Day Centre Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register ***</p> <p>Tai Chi 1:00pm 2:00pm (Room221) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) ***</p>	<p>6 LUNCH: CHEESY TACO PASTA VOLUNTEER LUNCH SIGN UP Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) ***</p> <p>Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>DIY Beauty- Bath Bombs 10:00a.m- 11:30a.m (Room 221) * Please Register ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Room 221) *Dancing with the Birds" ***</p> <p>Yoga 1:00pm -2:00pm (Room 221) ***</p> <p>Boxing Class 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Snowshoeing (Day Centre/ Location TBA) 2:00pm – 3:30pm ***</p> <p>Rock Painting 2:30p.m-3:30p.m (Room 221) ***</p>	<p>7 LUNCH: CHICKEN WRAPS Morning Meditation 9:30am-10:00am (Rm.221) ***</p> <p>Mindfulness Colouring 10:00am – 11:30am (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Crib Tournament 10:30am – 12:00pm (Room 221) **Please register ***</p> <p>Fit4less Gym Session 10:00am-11:30am (Fit4less) *Please Register ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Sherlock Gnomes" ***</p> <p>Boxing Class 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Beading- Lanyards 2:30 p.m- 3:30p.m (Rm 221) ***</p>	1

23	<p>24 LUNCH: HAM SANDWICHES Morning Meditation 8:30am-9:00am (Rm.221) *** Fit4Less Gym Session 9:30am – 11:00am (1186 Memorial Ave) *Please Register *** Knitting & Crocheting 10:00am – 11:30am (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Mindfulness Colouring 10:30am – 12:30pm (Room 221) *** Depression Support Group 11:30am-12:30pm (Resolute Rm) *Please call for more info *** Canvas Painting - Glue Gun Art 12:00pm – 2:00pm (Rm 221) *** 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 *** Wii Gaming 3:00pm-4:00pm (Rm.221) *** New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>25 LUNCH: PANCAKES Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Baking (Golden Graham Smores Bars) 10:30am- 12:00pm (Room 221) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Lets Sew!! (Sewing Class)- Apron 12:00pm-1:00pm (Rm.221) *** Friendship Bracelets 12:00p.m- 1:00p.m (Room 221) *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** DIY Beauty- Honey Oatmeal Soap 1:30p.m- 2:30 p.m (Rm 221) * Please Register *** Beginner's Boxing Program 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending *** Controlled Breath Guided Meditation 2:30pm-3:00pm (Rm 221)</p>	<p>26</p> <p style="text-align: center;"><u>DAY CENTRE</u> <u>CLOSED</u></p>	<p>27 LUNCH: PEROGIES VOLUNTEER LUNCH SIGN UP Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Bingo 9:30am – 10:30am (Room 221) *** Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Documentary & Popcorn 10:30am-12:30pm (Rm221) "Havana Syndrome: Investigating What Made The Diplomats Sick" *** Yoga 1:00pm -2:00pm (Room 221) *** Walking Group (Around Day Centre) 2:30pm – 4:00pm</p>	<p>28 LUNCH: MAC N' CHEESE VOLUNTEER LUNCH SIGN UP Morning Meditation 9:00am-9:30am (Rm.221) *** Mindfulness Colouring 10:00am – 11:30am (Room 221) *** Fit4less Gym Session 10:00am-11:30am (Fit4less) *Please Register *** Healthy Choice Cooking Program 9:30am – 11:30am *Please Register! (Alpha Court) *** Friendly Individual Trivia Competition 11:00am - 12:00pm (Room 221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "The Longest Yard" *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *TO SCHEDULE AN APPOINTMENT PLEASE CALL (807) 683-7729 *** Beading Lanyards- 2:30p.m-3:30p.m (Room 221)</p>	29
----	--	---	--	--	--	----

* 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 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.

* 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.