



January 2017

Alpha Court Day Centre/ 270 Windsor St

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Day Centre is Closed	3 Lunch: Perogies with Coleslaw "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Window Sill Gardening (Spices&Herbs) 12:00pm-1:00pm (Rm.221) *** Jewelry Making (RM 221) 1:00PM-2:30PM *** 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 *** Get Crafty 2:30pm-4:00pm (Rm.221)	4 Lunch: Chicken Wraps with Salad Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Craft sewing & Mending clothes 10:00am-11:00am (Rm221) *** Beginners Boxing Class 11:00am-12:00pm (Exercise Rm) *Please call prior to attending *** Weight & Circuit training @ the Day Centre 12:00pm-1:00pm (Exercise Rm) *Must Register (HIIT) *** Art Program 2:00pm-4:00pm (Rm 221) BISNO	5 Lunch: Chicken Noodle Soup with Veggies Mindfulness Colouring 10:00am – 12pm(Room 221) *** "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** 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 (Main Floor) *** Walking Group (Day Centre/ Marina) 2:30pm – 4:00 pm	6 Lunch: Chili with Veggies Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending *** Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) *** Movie of the Week 12:00pm-2:30pm (Rm.221)	7
8	9 Lunch: Stir Fry GOOD FOOD BOX PAYMENT DUE \$15/ Single, \$25/ Family Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register *** Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) *** Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Register *** Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending *** Express Yourself Writing Group 12:00pm-1:30pm (Rm221) *** Ooshke Programming 2:00pm-4:00pm (Rm.221) *** New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register	10 Lunch: Perogies with Coleslaw "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Tie Dying 10:30am - 12pm (Room 221) *** Window Sill Gardening (Spices&Herbs) 12:00pm-1:00pm (Rm.221) *** Jewelry Making (RM 221) 1:00PM-2:30PM *** Controlling Negative Thoughts 1/12 (White Rm) 1:00pm-2:30pm *** 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	11 Lunch: Lasagna with Salad Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Craft sewing & Mending clothes 10:00am-11:00am (Rm221) *** Bingo 10:30am-12:00pm (Rm.221) *** Healthy Choice Cooking Program (Kitchen)1030am-1230pm *REGISTER! (St.Joes) *** Beginners Boxing Class 11:00am-12:00pm (Exercise Rm) *Please call prior to attending *** Weight & Circuit training @ the Day Centre 12:00pm-1:00pm (Exercise Rm) *Must Register (HIIT) *** Controlling Negative Thoughts 2/12 (White Rm) 1:00pm-2:30pm *** Art Program 2:00pm-4:00pm (Rm 221) BISNO	12 Lunch: Grilled Cheese with Salad "Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12pm(Room 221) *** 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 (Main Floor) *** Walking Group (Day Centre/ Marina) 2:30pm – 4:00 pm *** Canvas Painting 2:35pm – 3:45pm (Room 221) *** Special Event: Mindful Expression Expo Launch (Art Gallery) 6:30pm-8:00pm (1080 Keewatin St) *Please Register	13 Lunch: Chicken Wraps with Salad Badminton 10:00am-12:00pm (West Thunder Community Centre) *Register/ Participants must learn Badminton rules prior *** Mindful Movement 10:30am-11:30am (Rm.221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) *** Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) *** Boxing Class 2:15pm-3:00p m (Exercise Rm) *Please call prior to attending *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse	14

15	<p>16 Lunch: Vegetable Soup Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register *** Coping with Anxiety 10:30am-12:00pm(1/4) (White Rm) *Closed Group/ Must register prior to attending 1st group *** Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) *** Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Register *** Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending *** Ooshke Programming 2:00pm-4:00pm (Rm.221)</p>	<p>17 Lunch: Sloppy Joe's with Salad Baking Group 10:30am-12pm (Rm 221/Kitchen) *Register *** "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Window Sill Gardening (Spices&Herbs) 12:00pm-1:00pm (Rm.221) *** Jewelry Making (RM 221) 1:00PM-2:30PM *** Controlling Negative Thoughts 3/12 (White Rm) 1:00pm-2:30pm *** 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 *** Get Crafty 2:30pm-4:00pm (Rm.221)</p>	<p>18 Lunch: Grilled Cheese with Veggies Day Centre Closed until 12pm *** Controlling Negative Thoughts 4/12 (Rm221) 1:00pm-2:30pm *** Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>19 Lunch: Ham Sandwiches GOOD FOOD BOX PICKUP BETWEEN 3PM & 4PM AT DAY CENTRE "Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Coping with Guilt & Shame 11:00am-12:30pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (1/4) *** Mindfulness Colouring 10:00am – 12pm(Room 221) *** Yoga (Rm.221) 1:00 pm -2:30pm *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Social Gaming Club "SCRABBLE TOURNAMENT" 1:00pm-2:30pm (Main Floor) *** Rock Climbing 1:30pm-2:45pm (Gym) *Must Register *** Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.) *** Walking Group (Day Centre/ Marina) 2:30pm – 4:00pm</p>	<p>20 Lunch: Spaghetti with Veggies Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending *** Snow Shoeing(Strathcona) 10:00am-11:30am *Must Register *** Mindful Movement 10:30am-11:30am (Rm.221) *** Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) *** Movie of the Week 12:00pm-2:30pm (Rm.221) *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	21
22	<p>23 Lunch: Pizza Pitas with Salad Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register *** Coping with Anxiety 10:30am-12:00pm(2/4) (White Rm) *Closed Group/ Must register prior to attending 1st group *** Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) *** Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Register *** Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending *** Ooshke Programming 2:00pm-4:00pm (Rm.221)</p>	<p>24 Lunch: Grilled Cheese with Salad "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Tie Dying 10:30am -12pm (Room 221) *** Window Sill Gardening (Spices&Herbs) 12:00pm-1:00pm (Rm.221) *** Jewelry Making (RM 221) 1:00PM-2:30PM *** Controlling Negative Thoughts 5/12 (White Rm) 1:00pm-2:30pm *** 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</p>	<p>25 Lunch: Perogies with Coleslaw Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Craft sewing & Mending clothes 10:00am-11:00am (Rm221) *** Bingo 10:30am-12:00pm (Rm.221) *** Healthy Choice Cooking Program (Kitchen)1030am-1230pm *REGISTER! (Alpha Court) *** Beginners Boxing Class 11:00am-12:00pm (Exercise Rm) *Please call prior to attending *** Weight & Circuit training @ the Day Centre 12:00pm-1:00pm (Exercise Rm) *Must Register (HIIT) *** Art Doodling/Journaling 12:30pm-2:00pm (Rm.221) *** Controlling Negative Thoughts 6/12 (White Rm) 1:00pm-2:30pm *** Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>26 Lunch: Vegetable Soup "Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Coping with Guilt & Shame 11:00am-12:30pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (2/4) *** Mindfulness Colouring 10:00am – 12pm(Room 221) *** 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 (Main Floor) *** Rock Climbing 1:30pm-2:45pm (Gym) *Must Register *** Walking Group/ Snow Shoeing (Day Centre/ Chapples) 2:30pm – 4:00 pm *Must Register</p>	<p>27 Lunch: Hamburgers with Veggies Badminton 10:00am-12:00pm (West Thunder Community Centre) *Register/ Participants must learn Badminton rules prior *** Mindful Movement 10:30am-11:30am (Rm.221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) *** Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) *** Boxing Class 2:15pm-3:00pm (Exercise Rm) *Please call prior to attending *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	28
29	<p>30 Lunch: Spaghetti with Salad Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register *** Coping with Anxiety 10:30am-12:00pm(3/4) (White Rm) *Closed Group/ Must register prior to attending 1st group *** Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) *** Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Register *** Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending *** Ooshke Programming 2:00pm-4:00pm (Rm.221)</p>	<p>31 Lunch: Stir Fry Baking Group 10:30am-12pm (Rm 221/Kitchen) *Register *** "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Window Sill Gardening (Spices&Herbs) 12:00pm-1:00pm (Rm.221) *** Jewelry Making (RM 221) 1:00PM-2:30PM *** Controlling Negative Thoughts 6/12 (White Rm) 1:00pm-2:30pm *** 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 *** Get Crafty 2:30pm-4:00pm (Rm.221) *** Mens Group 3:00pm-4:00pm (Snow Shoeing) *Must Register</p>	<p>Notes:</p> <ul style="list-style-type: none"> To attend the Cooking Program, you must pre-register for each class by calling Jesse @ 683-7729 <p>* 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.</p> <p>*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.</p> <p>* 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.</p>			

