



# January 2018

## 270 Windsor Street/ Room 221

| S | Mon   | Tue  | Wed   | Thu   | Fri  | S  |
|---|---|--|---|---|--|----|
| 1 | <p style="font-size: 1.2em; font-weight: bold; margin: 0;">NEW YEARS DAY<br/>DAY CENTRE CLOSED</p>  | <p><b>2 Lunch: Sloppy Joe's with Veggies</b><br/><b>Weight &amp; Circuit training @ the Day Centre</b><br/>9:30am-10:15am (Exercise Rm) *Must Register (HIIT) ***</p> <p><b>"Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p><b>Baking (Cranberry Orange Cookies)</b><br/>10:00am- 11:30am (Room 221/ Kitchen)<br/>*Please Register prior to attending ***</p> <p><b>Jewelry Making</b> (Rm 221) 1:00PM-2:30PM ***</p> <p><b>Basic Nutrition Program</b> 1:00pm-2:00pm *Please Register (Resolute.Rm.) ***</p> <p><b>Women's Boxing Program</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p>   | <p><b>3 Lunch: Chicken Pot Pie with Veggies</b><br/><b>Mall Walking</b> 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p><b>Craft sewing &amp; Mending clothes</b><br/>10:00am-11:00am (Rm 221) ***</p> <p><b>Bingo</b> 10:30am-12:00pm (Room 221) ***</p> <p><b>Men's Boxing Class</b> 11:00am-12:00pm (Exercise Rm) *Please call prior to attending ***</p> <p><b>Canvas Painting</b> 12:00pm – 1:45pm (Room 221) ***</p> <p><b>Chair Yoga with Frances</b> 1:30pm-2:15pm (NorWest Clinic, 525 Simpson Street) ***</p> <p><b>Art Program</b> 2:00pm-4:00pm (Rm 221) BISNO ***</p>   | <p><b>4 Lunch: Veggie Pasta Bake with Salad</b><br/><b>Fit4Less" gym session</b> 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p><b>Mindfulness Colouring</b> 10:00am – 12pm (Room 221) ***</p> <p><b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) *Cuba and the Cameraman" ***</p> <p><b>Coping with Anxiety</b> 11:30am-1:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group1/4 ***</p> <p><b>Yoga</b> (Rm.221) 1:00 pm -2:30pm ***</p> <p><b>Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p><b>Social Gaming Club</b> 1:00pm-2:30pm (Main Floor) ***</p> <p><b>Walking Group</b> (Day Centre/ Boulevard Lake) 2:30pm – 4:00pm ***</p>   | <p><b>5 Lunch: Chicken Wraps with Salad</b><br/><b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p><b>Badminton</b> 10:00am-11:30am (West Thunder Community Centre) *Must Register ***</p> <p><b>Mindful Movement</b> 10:30am-11:30am (Room 221) ***</p> <p><b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "Dunkirk" ***</p> <p><b>Sleep Strategies</b> 12:00pm – 1:00pm (Room 221) ***</p> <p><b>Snow Shoeing @ Strathcona GC</b> 1:00pm-2:30pm *Must Register/ Weather Depending ***</p> <p><b>Brain Games!</b> 1:00pm – 2:00pm (Resolute Rm.) ***</p> | 6  |
| 7 | <p><b>8 Lunch: Cheesy Taco Pasta</b><br/><b>Personal Training (Weights &amp; Cardio)</b> 9:00am-10:15am (Fit4less) *Please Register ***</p> <p><b>Brain Games!</b> 10:00am – 11:00am (Rm.221) ***</p> <p><b>Coping with Chaos</b> 10:30am-12:00pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *1/4 ***</p> <p><b>Coffee Talk</b> 11:00am-1:00pm (Rm.221) ***</p> <p><b>ScrapBooking</b> 12:00pm-1:00pm (Rm.221) ***</p> <p><b>Women's Aquatics</b> 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register ***</p> <p><b>Boxing Class</b> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p><b>Ooshke Programming</b> 2:00pm-4:00pm (Rm.221) ***</p> | <p><b>9 Lunch: Chicken Noodle Soup</b><br/><b>Weight &amp; Circuit training @ the Day Centre</b><br/>9:30am-10:15am (Exercise Rm) *Must Register (HIIT) ***</p> <p><b>"Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p><b>Tie Dyeing</b> 10:00am – 11:30am (Room 221) *Please register ***</p> <p><b>Jewelry Making</b> (Rm 221) 1:00PM-2:30PM ***</p> <p><b>Basic Nutrition Program</b> 1:00pm-2:00pm *Please Register (Resolute Rm.) ***</p> <p><b>Women's Boxing Program</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p><b>Bowling</b> 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost ***</p> <p><b>Yoga</b> (Rm.221) 2:30 pm -4:00pm ***</p> <p><b>Thunder Bay Tours/ Museum</b> 3:15pm-4:30pm *Please Register ***</p> | <p><b>10 Lunch: Stir Fry</b><br/><b>Mall Walking</b> 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p><b>Craft sewing &amp; Mending clothes</b><br/>10:00am-11:00am (Rm 221) ***</p> <p><b>Healthy Choice Cooking Program</b> (Kitchen) 10:30am-12:30 pm *REGISTER! (St Joes) ***</p> <p><b>Knitting</b> 10:30am-12:00pm (Room 221) ***</p> <p><b>Men's Boxing Class</b> 11:00am-12:00pm (Exercise Rm) *Please call prior to attending ***</p> <p><b>Canvas Painting</b> 11:30am – 12:30pm (Room 221) ***</p> <p><b>Coping with Anxiety</b> 12:30pm-2:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group2/4 ***</p> <p><b>Chair Yoga with Frances</b> 1:30pm-2:15pm (NorWest Clinic, 525 Simpson Street) ***</p> <p><b>Tai Chi</b> 1:00pm – 2:00pm(Room221) ***</p> <p><b>Art Program</b> 2:00pm-4:00pm (Rm 221) BISNO ***</p> | <p><b>11 Lunch: Grilled Cheese</b><br/><b>Fit4Less" gym session</b> 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p><b>Mindfulness Colouring</b> 10:00am – 12pm (Room 221) ***</p> <p><b>Healthy Choice Cooking Program</b> (Kitchen) 10:30am-12:30 pm *REGISTER! (St Joes) *NEW ***</p> <p><b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) *A Plastic Ocean" ***</p> <p><b>Coping with Anxiety</b> 11:30am-1:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group3/4 ***</p> <p><b>Yoga</b> (Rm.221) 1:00 pm -2:30pm ***</p> <p><b>Rock Climbing</b> 1:00pm-2:30pm (Gym) ***</p> <p><b>Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p><b>Social Gaming Club</b> 1:00pm-2:30pm (Main Floor) ***</p> <p><b>Walking Group</b> (Day Centre/Centennial Park) 2:30pm – 4:00pm ***</p> | <p><b>12 Lunch: Spaghetti</b><br/><b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p><b>Badminton</b> 10:00am-11:30am (West Thunder Community Centre) *Must Register ***</p> <p><b>Mindful Movement</b> 10:30am-11:30am (NorWest Clinic, 525 Simpson Street) ***</p> <p><b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "Mother!" ***</p> <p><b>Snow Shoeing @ Chapples GC</b> 1:00pm-2:30pm *Must Register/ Weather Depending ***</p> <p><b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p>      | 13 |

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|----|--|---|--|---|--|----|
| 14 | <p><b>15 Lunch: Veggie Pasta Bake</b><br/> <b>Personal Training (Weights &amp; Cardio)</b> 9:00am-10:15am (Fit4less)<br/> *Please Register<br/> ***</p> <p><b>Coping with Chaos</b> 10:30am-12:00pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *2/4<br/> ***</p> <p><b>ScrapBooking</b> 12:00pm-1:00pm (Rm.221)<br/> ***</p> <p><b>Women's Aquatics</b> 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register<br/> ***</p> <p><b>Boxing Class</b> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending<br/> ***</p> <p><b>Ooshke Programing</b> 2:00pm-4:00pm (Rm.221)<br/> ***</p> <p><b>Wii Gaming</b> 2:00pm – 4:00pm (Room 221)<br/> ***</p>   | <p><b>16 Lunch: Perogies with Coleslaw</b><br/> <b>Weight &amp; Circuit training @ the Day Centre</b> 9:30am-10:15am (Exercise Rm) *Must Register (HIIT)<br/> ***</p> <p><b>"Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) *Register<br/> ***</p> <p><b>Baking (Oatmeal Applesauce Muffins)</b> 10:00am- 11:30am (Room 221/ Kitchen)<br/> *Please Register prior to attending<br/> ***</p> <p><b>Jewelry Making</b> (Rm 221) 1:00PM-2:30PM<br/> ***</p> <p><b>Music discussion Group</b> 1:00pm-2:30pm (Rm.221) *One-Hit Wonders<br/> ***</p> <p><b>Basic Nutrition Program</b> 1:00pm-2:00pm *Please Register (Resolute.Rm.)<br/> ***</p> <p><b>Women's Boxing Program</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending<br/> ***</p> <p><b>Get Crafty</b> 2:30pm-4:00pm (Rm.221)<br/> ***</p> <p><b>Thunder Bay Tours/Thunder Bay Art Gallery</b> 3:15pm-4:30pm *Please Register<br/> ***</p> | <p><b>17 Lunch: Ham Sandwiches</b><br/> <br/> <b>DAY CENTRE CLOSED</b><br/> <b>8:30am – 12:00pm</b><br/> <br/> <b>Canvas Painting</b> 12:00pm – 2:00pm (Room 221)<br/> ***</p> <p><b>Chair Yoga with Frances</b> 1:30pm-2:15pm (NorWest Clinic, 525 Simpson Street)<br/> ***</p> <p><b>Art Program</b> 2:00pm-4:00pm (Rm 221) BISNO<br/> ***</p>   | <p><b>18 Lunch: Beef Stew</b><br/> <b>Fit4Less" gym session</b> 9:30am-10:45pm (McIntyre Centre) *Register<br/> ***</p> <p><b>Mindfulness Colouring</b> 10:00am – 12pm (Room 221)<br/> ***</p> <p><b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) *Stealing a Nation"<br/> ***</p> <p><b>Coping with Anxiety</b> 11:30am-1:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4<br/> ***</p> <p><b>Yoga</b> (Rm.221) 1:00 pm -2:30pm<br/> ***</p> <p><b>Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending<br/> ***</p> <p><b>Social Gaming Club</b> 1:00pm-2:30pm (Main Floor)<br/> ***</p> <p><b>Walking Group</b> (Day Centre/ Chapples Park) 2:30pm – 4:00pm<br/> ***</p>  | <p><b>19 Lunch: Chicken Noodle Soup</b><br/> <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending<br/> ***</p> <p><b>Badminton</b> 10:00am-11:30am (West Thunder Community Centre) *Must Register<br/> ***</p> <p><b>Mindful Movement</b> 10:30am-11:30am (Room 221)<br/> ***</p> <p><b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) *Stronger"<br/> ***</p> <p><b>Sleep Strategies</b> 12:00pm – 1:00pm (Resolute Rm.)<br/> ***</p> <p><b>Brain Games!</b> 1:00pm – 2:00pm (Resolute Rm.)<br/> ***</p> <p><b>Snow Shoeing @ Strathcona GC</b> 1:00pm-2:30pm *Must Register/ Weather Depending<br/> ***</p> <p><b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse<br/> ***</p> | 20 |
| 21 | <p><b>22 Lunch: Pasta Bake</b><br/> <b>Personal Training (Weights &amp; Cardio)</b> 9:00am-10:15am (Fit4less)<br/> *Please Register<br/> ***</p> <p><b>Brain Games!</b> 10:00am – 11:00am (Rm.221)<br/> ***</p> <p><b>Coping with Chaos</b> 10:30am-12:00pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *3/4<br/> ***</p> <p><b>Coffee Talk</b> 11:00am-1:00pm (Rm.221)<br/> ***</p> <p><b>ScrapBooking</b> 12:00pm-1:00pm (Rm.221)<br/> ***</p> <p><b>Women's Aquatics</b> 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register<br/> ***</p> <p><b>Boxing Class</b> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending<br/> ***</p> <p><b>Ooshke Programing</b> 2:00pm-4:00pm (Rm.221)<br/> ***</p> | <p><b>23 Lunch: Grilled Cheese</b><br/> <b>Weight &amp; Circuit training @ the Day Centre</b> 9:30am-10:15am (Exercise Rm) *Must Register (HIIT)<br/> ***</p> <p><b>"Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) *Register<br/> ***</p> <p><b>Tie Dyeing</b> 10:00am – 11:30am (Room 221)<br/> *Please register<br/> ***</p> <p><b>Jewelry Making</b> (Rm 221) 1:00PM-2:30PM<br/> ***</p> <p><b>Basic Nutrition Program</b> 1:00pm-2:00pm *Please Register (Resolute Rm.)<br/> ***</p> <p><b>Women's Boxing Program</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending<br/> ***</p> <p><b>Bowling</b> 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost<br/> ***</p> <p><b>Yoga</b> (Rm.221) 2:30 pm -4:00pm<br/> ***</p> <p><b>Thunder Bay Tours/Sports Museum</b> 3:15pm-4:30pm *Please Register<br/> ***</p>   | <p><b>24 Lunch: Chicken Wraps</b><br/> <b>Mall Walking</b> 9:00am-10:00am (Intercity Shopping Mall Food Court)<br/> ***</p> <p><b>Craft sewing &amp; Mending clothes</b> 10:00am-11:00am (Rm 221)<br/> ***</p> <p><b>Healthy Choice Cooking Program</b> (Kitchen) 10:30am-12:30 pm<br/> *REGISTER! (Alpha Court)<br/> ***</p> <p><b>Knitting</b> 10:30am-12:00pm (Room 221)<br/> ***</p> <p><b>Men's Boxing Class</b> 11:00am-12:00pm (Exercise Rm) *Please call prior to attending<br/> ***</p> <p><b>Canvas Painting</b> 11:30am –12:30pm (Room 221)<br/> ***</p> <p><b>Coping with Negativity</b> 12:30pm-2:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group3/4<br/> ***</p> <p><b>Tai Chi</b> 1:00pm – 2:00pm(Room221)<br/> ***</p> <p><b>Chair Yoga with Frances</b> 1:30pm-2:15pm (NorWest Clinic, 525 Simpson Street)<br/> ***</p> <p><b>Art Program</b> 2:00pm-4:00pm (Rm 221) BISNO<br/> ***</p> | <p><b>25 Lunch: Vegetable Soup</b><br/> <b>Fit4Less" gym session</b> 9:30am-10:45pm (McIntyre Centre) *Register<br/> ***</p> <p><b>Mindfulness Colouring</b> 10:00am – 12pm (Room 221)<br/> ***</p> <p><b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) *How Big Oil Conquered the World"<br/> N ***</p> <p><b>Coping with Negativity</b> 11:30am-1:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4<br/> ***</p> <p><b>Yoga</b> (Rm.221) 1:00 pm -2:30pm<br/> ***</p> <p><b>Rock Climbing</b> 1:00pm-2:30pm (Gym)<br/> ***</p> <p><b>Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending<br/> ***</p> <p><b>Social Gaming Club</b> 1:00pm-2:30pm (Main Floor)<br/> ***</p> <p><b>Walking Group</b> (Day Centre/ George Burke Park) 2:30pm – 4:00pm<br/> ***</p> | <p><b>26 Lunch: Lasagna</b><br/> <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending<br/> ***</p> <p><b>Badminton</b> 10:00am-11:30am (West Thunder Community Centre) *Must Register<br/> ***</p> <p><b>Mindful Movement</b> 10:30am-11:30am (NorWest Clinic, 525 Simpson Street)<br/> ***</p> <p><b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "Detroit"<br/> ***</p> <p><b>Snow Shoeing @ Chapples GC</b> 1:00pm-2:30pm *Must Register/ Weather Depending<br/> ***</p> <p><b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse<br/> ***</p>   | 27 |

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**29 Lunch: Spaghetti**  
**Personal Training (Weights & Cardio)** 9:00am-10:15am (Fit4less)  
 \*Please Register \*\*\*

**Coping with Chaos** 10:30am-12:00pm (Resolute rm.) \*Closed  
 Group/ Must register prior to attending 1st group \*4/4  
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**ScrapBooking** 12:00pm-1:00pm (Rm.221)  
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**Women's Aquatics** 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) \*Please Register  
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**Boxing Class** 1:00pm-2:00pm (Exercise Rm) \*Please call prior to attending  
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**Ooshke Programing** 2:00pm-4:00pm (Rm.221)  
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**Wii Gaming** 2:00pm – 4:00pm (Room 221)

**30 Lunch: Stir Fry**  
**Weight & Circuit training @ the Day Centre**  
 9:30am-10:15am (Exercise Rm) \*Must Register (HIIT)  
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**"Fit4Less" gym session** 10:30am-12:00pm  
 (McIntyre Centre) \*Register  
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**Baking (Butter Tarts)** 10:00am- 11:30am  
 (Room 221/ Kitchen) \*Please Register prior to attending  
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**Jewelry Making** (Rm 221) 1:00PM-2:30PM  
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**Basic Nutrition Program** 1:00pm-2:00pm  
 \*Please Register (Resolute.Rm.)  
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**Women's Boxing Program** 2:00pm-3:00pm  
 (Exercise Rm) \*Please call prior to attending  
 \*\*\*

**Get Crafty** 2:30pm-4:00pm (Rm.221)  
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**Thunder Bay Tours/TBD** 3:15pm-4:30pm  
 \*Please Register

**31 Lunch: Mac n' Cheese**  
**Mall Walking** 9:00am-10:00am  
 (Intercity Shopping Mall Food Court)  
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**Craft sewing & Mending clothes**  
 10:00am-11:00am (Rm 221)  
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**Bingo** 10:30am-12:00pm (Room 221)  
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**Men's Boxing Class** 11:00am-12:00pm (Exercise Rm) \*Please call prior to attending  
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**Canvas Painting** 12:00pm – 2:00pm  
 (Room 221)  
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**Chair Yoga with Frances** 1:30pm-2:15pm (NorWest Clinic, 525 Simpson Street)  
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**Art Program** 2:00pm-4:00pm (Rm 221) BISNO

\* To attend the Cooking Program, you must pre-register for each class by calling Jesse @ 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.