

January 2019
Alpha Court Day Centre
270 Windsor Street



S	Mon	Tue	Wed	Thu	Fri	S
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		<p style="text-align: center;"><u>NEW YEARS DAY</u> <u>DAY CENTRE CLOSED</u></p>	<p>2 Lunch: Chicken Wraps Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Social Gaming: Board & Card Games 9:00am – 10:00am (Room 221) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please Register! (Alpha Court) *** Knitting & Crocheting 10:30am-12:30pm (Room 221) *** Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending *** Canvas Painting 12:00pm – 2:00pm(Room 221) *** Circuit & Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register *** Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) *** Art Program 2:00pm-4:00pm (Rm 221) *** Snow Shoeing (Day Centre/ Strathcona) 2:30pm – 4:00pm</p>	<p>3 Lunch: Chicken Noodle Soup Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Documentary & Popcorn 10:30am-12:30pm (Rm221) "A Life of Its Own" *** Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) *** Yoga (Rm.221) 1:00pm -2:30pm *** Social Gaming 1:00pm-2:30pm (Main Floor) *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Walking Group (Day Centre/ Marina) 2:30pm – 4:00pm</p>	<p>4 Lunch: Chili Morning Meditation 9:00am-9:40am (Rm.221) *** Knitting & Crocheting 9:45am – 11:45am (Room 221) *** Badminton (West Thunder CC) 10:00am-11:30am *Please Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Personal Training (Weights & Cardio) 11:30am-1:00pm (Fit4less) *Please Register *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Mowgli" *** Social Gaming 1:00pm – 2:30pm (Main Floor) *** Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	

<p>6 <u>7 Lunch: Chili</u></p> <p><u>Mindfulness Colouring</u> 10:00am – 12:00pm (Room 221) ***</p> <p><u>Coffee Talk</u> 10:00am – 12:00pm (Rm.221) ***</p> <p><u>Knitting & Crocheting</u> 11:00am – 12:30pm (Room 221) ***</p> <p><u>Women's Aquatics</u> 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register ***</p> <p><u>Ooshke Programing</u> 2:00pm-4:00pm (Rm.221) ***</p> <p><u>Wii Gaming</u> 2:00pm – 4:00pm (Room 221) ***</p> <p><u>New & Interested participants tour of the Day Centre</u> 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p><u>8 Lunch: Stir Fry</u></p> <p><u>Mindfulness Colouring</u> 9:00am – 11:00am (Room 221) ***</p> <p><u>Tie Dyeing</u> 10:00am – 11:30am (Room 221) *Please register ***</p> <p><u>Jewelry Making</u> 1:00pm – 2:30pm (Room 221) ***</p> <p><u>Bowling</u> 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost ***</p> <p><u>Get Crafty</u> 2:30pm-4:00pm (Rm.221)</p>	<p><u>9 Lunch: Hamburger Soup</u></p> <p><u>Mall Walking</u> 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p><u>Mindfulness Colouring</u> 9:00am – 11:00am (Room 221) ***</p> <p><u>Bingo</u> 10:00am – 11:30am (Room 221) ***</p> <p><u>Knitting & Crocheting</u> 10:30am-12:30pm (Room 221) ***</p> <p><u>"Fit4Less" gym session</u> 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p><u>Canvas Painting</u> 11:00am– 1:00pm (Room 221) ***</p> <p><u>Men's Boxing Class</u> 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending ***</p> <p><u>Circuit & Weight Training</u> 1:00pm-2:00pm (Exercise Rm.) *Please Register ***</p> <p><u>Tai Chi</u> 1:00pm 2:00pm(Room221) ***</p> <p><u>Art Program</u> 2:00pm-4:00pm (Rm 221)</p>	<p><u>10 Lunch: Grilled Cheese</u></p> <p><u>Mall Walking</u> 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p><u>Mindfulness Colouring</u> 9:00am – 11:00am (Room 221) ***</p> <p><u>Fit4Less" gym session</u> 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p><u>Documentary & Popcorn</u> 10:30am-12:30pm (Rm221) "Wait: The Man Behind the Myth" ***</p> <p><u>Anxiety Support Group</u> 11:00am-12:00pm (Resolute Rm.) ***</p> <p><u>Yoga</u> (Rm.221) 1:00pm -2:30pm ***</p> <p><u>Social Gaming</u> 1:00pm-2:30pm (Main Floor) ***</p> <p><u>Rock Climbing</u> 1:00pm-2:30pm *Register ***</p> <p><u>Boxing Class</u> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p><u>Snow Shoeing</u> (Day Centre/ Strathcona) 2:30pm – 4:00pm</p> <p><u>Good Food Box Payment Due</u> \$15/ Single, \$25/ Family</p>	<p>12 <u>11 Lunch: Pizza Casserole</u></p> <p><u>Morning Meditation</u> 9:00am-9:40am (Rm.221) ***</p> <p><u>Badminton (West Thunder CC)</u> 10:00am-11:30am *Please Register ***</p> <p><u>Mindfulness Colouring</u> 10:00am – 12:00pm (Room 221) ***</p> <p><u>Personal Training (Weights & Cardio)</u> 11:30am-1:00pm (Fit4less) *Please Register ***</p> <p><u>Movie of the Week</u> 12:00pm-2:30pm (Rm.221) "Dumplin" ***</p> <p><u>Social Gaming</u> 1:00pm – 2:30pm (Main Floor) ***</p> <p><u>Boxing Class</u> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p><u>Volunteer Income Tax Program</u> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p> <p><u>Knitting & Crocheting</u> 2:30pm – 4:00pm (Room 221)</p>
<p>13 <u>14 Lunch: Mac n' Cheese</u></p> <p><u>Personal Training (Weights & Cardio)</u> 9:00am-10:30am (Fit4less) *Please Register ***</p> <p><u>Mindfulness Colouring</u> 10:00am – 12:00pm (Room 221) ***</p> <p><u>Knitting & Crocheting</u> 11:00am – 12:30pm (Room 221) ***</p> <p><u>Coping with Loneliness</u> 11:00pm-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 1/4 ***</p> <p><u>Women's Aquatics</u> 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please Register ***</p> <p><u>Boxing Class</u> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p><u>Nutrition Class</u> 2:00pm-3:00pm (Resolute Rm.) *Please Register ***</p> <p><u>Ooshke Programing</u> 2:00pm-4:00pm (Rm.221) ***</p> <p><u>New & Interested participants tour of the Day Centre</u> 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p><u>15 Lunch: Chicken Noodle Soup</u></p> <p><u>Mall Walking</u> 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p><u>Mindfulness Colouring</u> 9:00am – 11:00am (Room 221) ***</p> <p><u>Baking (Puppy Chow)</u> 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending ***</p> <p><u>"Fit4Less" gym session</u> 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p><u>Lets Sew!! (Sewing Class)</u> 12:00pm-1:00pm (Rm.221) ***</p> <p><u>Jewelry Making</u> 1:00pm – 2:30pm (Room 221) ***</p> <p><u>Women's Boxing Program</u> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p><u>Healthy Lifestyle & Wellness Group</u> 2:00pm-3:00pm (Resolute Rm.) ***</p> <p><u>Walking Group</u> (DayCentre) 1:30pm – 2:30pm ***</p> <p><u>Experience Thunder Bay (Waverly Library)</u> 2:15pm-3:30pm 285 Red River Rd. ***</p> <p><u>Mindful Movement</u> 3:00pm-4:00pm (Room 221)</p>	<p>16 <u>Lunch: Grilled Cheese</u></p> <p>DAY CENTRE CLOSED UNTIL 12:00PM</p> <p><u>Men's Boxing Class</u> 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending ***</p> <p><u>Canvas Painting</u> 12:00pm– 1:30pm (Room 221) ***</p> <p><u>Circuit & Weight Training</u> 1:00pm-2:00pm (Exercise Rm.) *Please Register ***</p> <p><u>Chair Yoga with Frances</u> 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) ***</p> <p><u>Art Program</u> 2:00pm-4:00pm (Rm 221) ***</p> <p><u>Snow Shoeing</u> (Day Centre/ Strathcona) 2:30pm – 4:00pm</p>	<p><u>17 Lunch: Spaghetti</u></p> <p><u>Mall Walking</u> 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p><u>Mindfulness Colouring</u> 9:00am – 11:00am (Room 221) ***</p> <p><u>Fit4Less" gym session</u> 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p><u>Documentary & Popcorn</u> 10:30am-12:30pm (Rm221) "Terms and Conditions May Apply" ***</p> <p><u>Anxiety Support Group</u> 11:00am-12:00pm (Resolute Rm.) ***</p> <p><u>Yoga</u> (Rm.221) 1:00pm -2:30pm ***</p> <p><u>Social Gaming</u> 1:00pm-2:30pm (Main Floor) ***</p> <p><u>Rock Climbing</u> 1:00pm-2:30pm *Register ***</p> <p><u>Boxing Class</u> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p><u>Aboriginal Drumming</u> 2:00pm-4:00pm (1241 Jasper Dr.) ***</p> <p><u>Walking Group</u> (Day Centre/ Boulevard Lk) 2:30pm – 4:00pm</p>	<p>19 <u>18 Lunch: Stir Fry</u></p> <p><u>Morning Meditation</u> 9:00am-9:40am (Rm.221) ***</p> <p><u>Knitting & Crocheting</u> 9:45am – 11:45am (Room 221) ***</p> <p><u>Badminton (West Thunder CC)</u> 10:00am-11:30am *Please Register ***</p> <p><u>Mindfulness Colouring</u> 10:00am – 12:00pm (Room 221) ***</p> <p><u>Coffee Talk</u> 10:00am – 12:00pm (Rm.221) ***</p> <p><u>Personal Training (Weights & Cardio)</u> 11:30am-1:00pm (Fit4less) *Please Register ***</p> <p><u>Movie of the Week</u> 12:00pm-2:30pm (Rm.221) "Ex Machina" ***</p> <p><u>Social Gaming</u> 1:00pm – 2:30pm (Main Floor) ***</p> <p><u>Boxing Class</u> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p><u>Volunteer Income Tax Program</u> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>

20	<p>21 Lunch: Chicken Wraps Personal Training (Weights & Cardio) 9:00am-10:30am (Fit4less) *Please Register ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Knitting & Crocheting 11:00am – 12:30pm (Room 221) ***</p> <p>Coping with Loneliness 11:00pm-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 2/4 ***</p> <p>Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register ***</p> <p>Nutrition Class 2:00pm-3:00pm (Resolute Rm.) *Please Register ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221) ***</p> <p>Wii Gaming 2:00pm – 4:00pm (Room 221) ***</p> <p>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>22 Lunch: Chicken Broccoli Alfredo Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (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>Jewelry Making 1:00pm – 2:30pm (Room 221) ***</p> <p>Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost ***</p> <p>Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Healthy Lifestyle & Wellness Group 2:00pm-3:00pm (Resolute Rm.) ***</p> <p>Get Crafty 2:30pm-4:00pm (Rm.221)</p>	<p>23 Lunch: Pasta Bake Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Bingo 10:00am – 11:30am (Room 221) ***</p> <p>Knitting & Crocheting 10:30am-12:30pm (Room 221) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Canvas Painting 11:30am– 1:00pm (Room 221) ***</p> <p>Men's Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Circuit & 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>24 Lunch: Vegetable Soup Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) *Mercury 13" ***</p> <p>Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) ***</p> <p>Yoga (Rm.221) 1:00pm -2:30pm ***</p> <p>Social Gaming 1:00pm-2:30pm (Main Floor) ***</p> <p>Rock Climbing 1:00pm-2:30pm *Register ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Snow Shoeing (Day Centre/ Strathcona) 2:30pm – 4:00pm Good Food Box Pickup between 3:00pm & 4:00pm</p>	<p>25 Lunch: Grilled Cheese Morning Meditation 9:00am-9:40am (Rm.221) ***</p> <p>Badminton (West Thunder CC) 10:00am-11:30am *Please Register ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Personal Training (Weights & Cardio) 11:30am-1:00pm (Fit4less) *Please Register ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Scott Pilgrim vs The World" ***</p> <p>Social Gaming 1:00pm – 2:30pm (Main Floor) ***</p> <p>Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p> <p>Knitting & Crocheting 2:30pm – 4:00pm (Room 221)</p>	26
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<p>27 <u>28 Lunch: Chili</u> Personal Training (Weights & Cardio) 9:00am-10:30am (Fit4less) *Please Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Knitting & Crocheting 11:00am – 12:30pm (Room 221) *** Coping with Loneliness 11:00pm-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 3/4 *** 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 *** Nutrition Class 2:00pm-3:00pm (Resolute Rm.) *Please Register *** Ooshke Programing 2:00pm-4:00pm (Rm.221) *** New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p><u>29 Lunch: Pizza Casserole</u> Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Baking (Peanut Butter Energy Bites) 10:00am-11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Lets Sew!! (Sewing Class) 12:00pm-1:00pm (Rm.221) *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** Healthy Lifestyle & Wellness Group 2:00pm-3:00pm (Resolute Rm.) *** Walking Group (DayCentre) 1:30pm – 2:30pm *** Experience Thunder Bay (Waverly Library) 2:15pm-3:30pm 285 Red River Rd. *** Mindful Movement 3:00pm-4:00pm (Room 221)</p>	<p><u>30 Lunch: Lasagna</u> Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Social Gaming: Board & Card Games 9:00am – 10:00am (Room 221) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please Register! (St.Joes) *** Knitting & Crocheting 10:30am-12:30pm (Room 221) *** Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending *** Canvas Painting 12:00pm– 2:00pm (Room 221) *** Circuit & Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register *** Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) *** Art Program 2:00pm-4:00pm (Rm 221) *** Snow Shoeing (Day Centre/ Strathcona) 2:30pm – 4:00pm *** Experience Thunder Bay (Art Gallery) 2:15pm-3:30pm 1080 Keewatin Street / Please Register *** Thunder Bay Country Market Adventure 3:30pm – 4:30pm (850 May Street) **Please register</p>	<p><u>31 Lunch: Perogies</u> Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) *** Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Documentary & Popcorn 10:30am-12:30pm (Rm221) "Bowie: The Man Who Changed The World" *** Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) *** Yoga (Rm.221) 1:00pm -2:30pm *** Social Gaming 1:00pm-2:30pm (Main Floor) *** Rock Climbing 1:00pm-2:30pm *Register *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Walking Group (Day Centre/ Centennial) 2:30pm – 4:00pm</p>	
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* 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.