

# January 2019

## Alpha Court Day Centre

### 270 Windsor Street



S	Mon	Tue	Wed	Thu	Fri	S
		1				5
		<b><u>NEW YEARS DAY</u></b> <b><u>DAY CENTRE CLOSED</u></b>	<p><b>2 Lunch: Chicken Wraps</b> <b>Mall Walking</b> 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p><b>Social Gaming: Board &amp; Card Games</b> 9:00am – 10:00am (Room 221) ***</p> <p><b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221) ***</p> <p><b>“Fit4Less” gym session</b> 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p><b>Healthy Choice Cooking Program</b> (Kitchen) 10:30am-12:30pm *Please Register! (Alpha Court) ***</p> <p><b>Knitting &amp; Crocheting</b> 10:30am-12:30pm (Room 221) ***</p> <p><b>Men’s Boxing Class</b> 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending ***</p> <p><b>Canvas Painting</b> 12:00pm – 2:00pm(Room 221) ***</p> <p><b>Circuit &amp; Weight Training</b> 1:00pm-2:00pm (Exercise Rm.) *Please Register ***</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) ***</p> <p><b>Snow Shoeing</b> (Day Centre/ Strathcona) 2:30pm – 4:00pm</p>	<p><b>3 Lunch: Chicken Noodle Soup</b> <b>Mall Walking</b> 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p><b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221) ***</p> <p><b>Fit4Less” gym session</b> 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p><b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) “A Life of Its Own” ***</p> <p><b>Anxiety Support Group</b> 11:00am-12:00pm (Resolute Rm.) ***</p> <p><b>Yoga</b> (Rm.221) 1:00pm -2:30pm ***</p> <p><b>Social Gaming</b> 1:00pm-2:30pm (Main Floor) ***</p> <p><b>Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p><b>Walking Group</b> (Day Centre/ Marina) 2:30pm – 4:00pm</p>	<p><b>4 Lunch: Chili</b> <b>Morning Meditation</b> 9:00am-9:40am (Rm.221) ***</p> <p><b>Knitting &amp; Crocheting</b> 9:45am – 11:45am (Room 221) ***</p> <p><b>Badminton (West Thunder CC)</b> 10:00am-11:30am *Please Register ***</p> <p><b>Mindfulness Colouring</b> 10:00am – 12:00pm (Room 221) ***</p> <p><b>Coffee Talk</b> 10:00am – 12:00pm (Rm.221) ***</p> <p><b>Personal Training (Weights &amp; Cardio)</b> 11:30am-1:00pm (Fit4less) *Please Register ***</p> <p><b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) “Mowgli” ***</p> <p><b>Social Gaming</b> 1:00pm – 2:30pm (Main Floor) ***</p> <p><b>Boxing Class</b> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p><b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	

<p><b>6</b> <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 &amp; 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 &amp; 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 &amp; 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 &amp; 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 &amp; 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><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 &amp; 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 &amp; Crocheting</u> 2:30pm – 4:00pm (Room 221)</p>	<p><b>12</b></p>
<p><b>13</b> <u>14 Lunch: Mac n' Cheese</u></p> <p><u>Personal Training (Weights &amp; 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 &amp; 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 &amp; 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 &amp; 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><u>16 Lunch: Grilled Cheese</u></p> <p><b>DAY CENTRE CLOSED UNTIL 12:00PM</b></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 &amp; 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 &amp; 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><u>18 Lunch: Stir Fry</u></p> <p><u>Morning Meditation</u> 9:00am-9:40am (Rm.221) ***</p> <p><u>Knitting &amp; 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 &amp; 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>	<p><b>19</b></p>

**21 Lunch: Chicken Wraps**

**Personal Training (Weights & Cardio)** 9:00am-10:30am (Fit4less) \*Please Register  
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**Mindfulness Colouring** 10:00am – 12:00pm (Room 221)  
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**Coffee Talk** 10:00am – 12:00pm (Rm.221)  
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**Knitting & Crocheting** 11:00am – 12:30pm (Room 221)  
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**Coping with Loneliness** 11:00pm-12:30pm (Resolute Rm.)  
\*Closed Group/ Must register prior to attending 1st group 2/4  
\*\*\*

**Boxing Class** 1:00pm-2:00pm (Exercise Rm) \*Please call prior to attending  
\*\*\*

**Women's Aquatics** 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) \*\*Please register  
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**Nutrition Class** 2:00pm-3:00pm (Resolute Rm.)  
\*Please Register  
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**Ooshke Programing** 2:00pm-4:00pm (Rm.221)  
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**Wii Gaming** 2:00pm – 4:00pm (Room 221)  
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**New & Interested participants tour of the Day Centre** 3:00pm-4:00pm (Rm.221) \*Call to Register

**22 Lunch: Chicken Broccoli Alfredo**

**Mall Walking** 9:00am-10:00am (Intercity Shopping Mall Food Court)  
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**Mindfulness Colouring** 9:00am – 11:00am (Room 221)  
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**"Fit4Less" gym session** 10:00am-11:30am (McIntyre Centre) \*Register  
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**Tie Dyeing** 10:00am – 11:30am (Room 221) \*Please register  
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**Lets Sew!! (Sewing Class)** 12:00pm-1:00pm (Rm.221)  
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**Jewelry Making** 1:00pm – 2:30pm (Room 221)  
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**Bowling** 2:00pm-4:00pm (Meet at Mario's Bowl)  
\*REGISTER - \$5.00 cost  
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**Women's Boxing Program** 1:00pm-2:00pm (Exercise Rm) \*Please call prior to attending  
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**Healthy Lifestyle & Wellness Group** 2:00pm-3:00pm (Resolute Rm.)  
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**Get Crafty** 2:30pm-4:00pm (Rm.221)

**23 Lunch: Pasta Bake**

**Mall Walking** 9:00am-10:00am (Intercity Shopping Mall Food Court)  
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**Mindfulness Colouring** 9:00am – 11:00am (Room 221)  
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**Bingo** 10:00am – 11:30am (Room 221)  
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**Knitting & Crocheting** 10:30am-12:30pm (Room 221)  
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**"Fit4Less" gym session** 10:00am-11:30am (McIntyre Centre) \*Register  
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**Canvas Painting** 11:30am– 1:00pm (Room 221)  
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**Men's Boxing Class** 12:00pm – 1:00pm (Exercise Rm) \*Please call prior to attending  
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**Circuit & Weight Training** 1:00pm-2:00pm (Exercise Rm.) \*Please Register  
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**Tai Chi** 1:00pm 2:00pm(Room221)  
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**Art Program** 2:00pm-4:00pm (Rm 221)

**24 Lunch: Vegetable Soup**

**Mall Walking** 8:30am-9:30am (Intercity Shopping Mall Food Court)  
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**Mindfulness Colouring** 9:00am – 11:00am (Room 221)  
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**Fit4Less" gym session** 9:30am-10:45pm (McIntyre Centre) \*Register  
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**Documentary & Popcorn** 10:30am-12:30pm (Rm221)  
\*Mercury 13"  
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**Anxiety Support Group** 11:00am-12:00pm (Resolute Rm.)  
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**Yoga** (Rm.221) 1:00pm -2:30pm  
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**Social Gaming** 1:00pm-2:30pm (Main Floor)  
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**Rock Climbing** 1:00pm-2:30pm \*Register  
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**Boxing Class** 1:30pm-2:30pm (Exercise Rm)  
\*Please call prior to attending  
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**Snow Shoeing** (Day Centre/ Strathcona)  
2:30pm – 4:00pm

**Good Food Box Pickup**  
between 3:00pm & 4:00pm

**25 Lunch: Grilled Cheese**

**Morning Meditation** 9:00am-9:40am (Rm.221)  
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**Badminton (West Thunder CC)** 10:00am-11:30am  
\*Please Register  
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**Mindfulness Colouring** 10:00am – 12:00pm (Room 221)  
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**Personal Training (Weights & Cardio)** 11:30am-1:00pm (Fit4less) \*Please Register  
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**Movie of the Week** 12:00pm-2:30pm (Rm.221)  
"Scott Pilgrim vs The World"  
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**Social Gaming** 1:00pm – 2:30pm (Main Floor)  
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**Boxing Class** 1:00pm-2:00pm (Exercise Rm) \*Please call prior to attending  
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**Volunteer Income Tax Program** 2:15pm-4:00pm (Rm.221) \*By appointment only/ Please call Jesse  
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**Knitting & Crocheting** 2:30pm – 4:00pm (Room 221)

<p><b>27 28 Lunch: Chili</b>  <b>Personal Training (Weights &amp; Cardio)</b> 9:00am-10:30am (Fit4less) *Please Register  ***</p> <p><b>Mindfulness Colouring</b> 10:00am – 12:00pm (Room 221)  ***</p> <p><b>Knitting &amp; Crocheting</b> 11:00am – 12:30pm (Room 221)  ***</p> <p><b>Coping with Loneliness</b> 11:00pm-12:30pm (Resolute Rm.)  *Closed Group/ Must register prior to attending 1st group 3/4  ***</p> <p><b>Women's Aquatics</b> 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please Register  ***</p> <p><b>Boxing Class</b> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Nutrition Class</b> 2:00pm-3:00pm (Resolute Rm.)  *Please Register  ***</p> <p><b>Ooshke Programing</b> 2:00pm-4:00pm (Rm.221)  ***</p> <p><b>New &amp; Interested participants tour of the Day Centre</b> 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p><b>29 Lunch: Pizza Casserole</b>  <b>Mall Walking</b> 9:00am-10:00am (Intercity Shopping Mall Food Court)  ***</p> <p><b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221)  ***</p> <p><b>Baking (Peanut Butter Energy Bites)</b> 10:00am-11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending  ***</p> <p><b>"Fit4Less" gym session</b> 10:00am-11:30am (McIntyre Centre) *Register  ***</p> <p><b>Lets Sew!! (Sewing Class)</b> 12:00pm-1:00pm (Rm.221)  ***</p> <p><b>Jewelry Making</b> 1:00pm – 2:30pm (Room 221)  ***</p> <p><b>Women's Boxing Program</b> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Healthy Lifestyle &amp; Wellness Group</b> 2:00pm-3:00pm (Resolute Rm.)  ***</p> <p><b>Walking Group</b> (DayCentre) 1:30pm – 2:30pm  ***</p> <p><b>Experience Thunder Bay (Waverly Library)</b> 2:15pm-3:30pm 285 Red River Rd.  ***</p> <p><b>Mindful Movement</b> 3:00pm-4:00pm (Room 221)</p>	<p><b>30 Lunch: Lasagna</b>  <b>Mall Walking</b> 9:00am-10:00am (Intercity Shopping Mall Food Court)  ***</p> <p><b>Social Gaming: Board &amp; Card Games</b> 9:00am – 10:00am (Room 221)  ***</p> <p><b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221)  ***</p> <p><b>"Fit4Less" gym session</b> 10:00am-11:30am (McIntyre Centre) *Register  ***</p> <p><b>Healthy Choice Cooking Program</b> (Kitchen) 10:30am-12:30pm *Please Register! (St.Joes)  ***</p> <p><b>Knitting &amp; Crocheting</b> 10:30am-12:30pm (Room 221)  ***</p> <p><b>Men's Boxing Class</b> 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Canvas Painting</b> 12:00pm– 2:00pm (Room 221)  ***</p> <p><b>Circuit &amp; Weight Training</b> 1:00pm-2:00pm (Exercise Rm.) *Please Register  ***</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)  ***</p> <p><b>Snow Shoeing</b> (Day Centre/ Strathcona) 2:30pm – 4:00pm  ***</p> <p><b>Experience Thunder Bay (Art Gallery)</b> 2:15pm-3:30pm 1080 Keewatin Street / Please Register  ***</p> <p><b>Thunder Bay Country Market Adventure</b> 3:30pm – 4:30pm (850 May Street) **Please register</p>	<p><b>31 Lunch: Perogies</b>  <b>Mall Walking</b> 8:30am-9:30am (Intercity Shopping Mall Food Court)  ***</p> <p><b>Fit4Less" gym session</b> 9:30am-10:45pm (McIntyre Centre) *Register  ***</p> <p><b>Mindfulness Colouring</b> 10:00am – 12:00pm (Room 221)  ***</p> <p><b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221)  "Bowie: The Man Who Changed The World"  ***</p> <p><b>Anxiety Support Group</b> 11:00am-12:00pm (Resolute Rm.)  ***</p> <p><b>Yoga</b> (Rm.221) 1:00pm -2:30pm  ***</p> <p><b>Social Gaming</b> 1:00pm-2:30pm (Main Floor)  ***</p> <p><b>Rock Climbing</b> 1:00pm-2:30pm *Register  ***</p> <p><b>Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Walking Group</b> (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.