January 2020

Alpha Court Day Centre

270 Windsor Street/ Room 221

Sun Mon	Tue	Wed	Thu	Fri	Sat
		¹ <u>NEW YEARS DAY!</u> <u>DAY CENTRE CLOSED</u>	2 <u>LUNCH: HAMBURGER SOUP</u> <u>Mindfulness Colouring</u> 9:00am – 11:00am (Room 221) *** <u>Mall Walking</u> 9:00am-9:45am (Intercity Shopping Mall Food Court) *** <u>Bingo</u> 9:30am – 10:30am (Room 221) *** <u>Fit4Less" gym session</u> 10:00am-11:30am (McIntyre Centre) *Register *** <u>Documentary & Popcorn</u> 10:30am-12:30pm (Rm221) "THE GAME CHANGERS" *** <u>Yoga</u> 1:00pm -2:00pm (Room 221) *** <u>Social Gaming</u> 1:00pm -2:30pm (Main Floor) *** <u>Boxing Class</u> 1:00pm -2:00pm (Exercise Rm) *Please call prior to attending *** <u>Walking Group</u> (Day Centre/ Conservatory) ***	3 LUNCH: SPAGHETTI Morning Meditation 9:00am-9:30am (Rm.221) *** Mindfulness Colouring 10:00am - 11:30am (Room 221) *Teiteless Gym Session 10:00am-11:30am (Fit4less) *Please Register *** DIY Beauty- Bathbombs 10:00a.m- 11:30a.m (Rm 221) *Please Register *** Friendly Individual Trivia Competition 11:00am - 12:00pm (Room 221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) *THE GREATEST SHOWMAN" *** Men's Group Meet-up 1:00pm-2:30pm (Resolute Rm.) *Please call for more info *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Sharon	4
 5 6 LUNCH: MAC N' CHEESE Fit4Less Gym Session 9:00am – 10:30am (1186 Memorial Ave) *Please Register *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Knitting & Crochetting 10:00am – 11:30am (Room 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 12:00p.m-2:00p.m (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 *** Afternoon Meditation 2:00pm-3:00pm (Rm.221) *** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost 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 	7 LUNCH: LASAGNA Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Tie Dyeing 10:00am – 11:30am (Room 221) *Please register *** Lets Sew!! (Sewing Class)- Apron 12:00pm -1:00pm (Rm.221) *Please Register *** Beginner's Boxing Program 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending *** Chill in a Jar Making-1:00p.m-2:00p.m (Rm 221) *** Get Crafty "CLOTHESPIN SNOWFLAKE" 2:00pm – 3:30pm (Room 221) *** Controlled Breath Guided Meditation 2:30pm-3:00pm (Rm221)	Mall Food Court) *** Mindfulness Colouring 9:30am – 11:00am (Room 221) *** Bingo 9:30am – 10:30am (Room 221) *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please Register! (St. Joe's) Advanced Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending	2:00pm – 3:30pm 9 <u>LUNCH: SHEPHERD'S PIE</u> <u>Mindfulness Colouring</u> 9:00am – 11:00am (Room 221) *** <u>Mall Walking</u> 9:00am-9:45am (Intercity Shopping Mall Food Court) *** <u>Fit4Less" gym session</u> 10:00am-11:30am (McIntyre Centre) *Register *** <u>Documentary & Popcorn</u> 10:30am-12:30pm (Rm221) *WON'T YOU BE MY NEIGHBOR?" *** <u>Yoga</u> 1:00pm -2:00pm (Room 221) <u>Social Gaming</u> 1:00pm - 2:00pm (Main Floor) *** <u>Boxing Class</u> 1:00pm - 2:00pm (Exercise Rm) *Please call prior to attending *** <u>Walking Group</u> (Day Centre/ Chapples Park) 2:00pm – 3:30pm *** <u>Rock Painting</u> 2:00p 3:30p.m (Rm 221) *Please Register	Morning Meditation 9:30am-10:00am (Rm.221) *** <u>Mindfulness Colouring</u> 10:00am – 11:30am (Room 221) *** <u>Volunteering at Shelter House</u> 10:15am – 2:30pm	11

12 13 LUNCH: CHILI	14 LUNCH: SLOPPY JOE'S				10
12 13 LUNCH: CHILI Morning Meditation 8:30am-9:00am (Rm.221)	Mindfulness Colouring 9:00am – 11:00am (Room 221)	15 <u>NO LUNCH</u>	16 <u>LUNCH: CHICKEN WRAPS</u> <u>Mindfulness Colouring</u> 9:00am – 11:00am (Room	17 LUNCH: HAM SANDWICHES Morning Meditation 9:00am-9:30am (Rm.221)	18
***	***	DAY CENTRE CLOSED	221)	***	
Knitting & Crochetting 10:00am – 11:30am (Room 221)	Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court)	UNTIL 12:00PM	Mall Walking 9:00am-9:45am (Intercity Shopping	<u>Mindfulness Colouring</u> 10:00am – 11:30am (Room 221)	
, ***	***	<u></u>	Mall Food Court)	***	
Fit4Less Gym Session 9:30am – 11:00am (1186 Memorial Ave) *Please Register	Baking (Maple Glazed Brown Sugar Scones) 10:30am- 12:00pm (Room 221) *Limited spaces/ Please register prior to	Advanced Boxing Class 12:00pm – 1:00pm	Snowshoeing 10:30a.m- 11:45 a.m Location TBD	Fit4less Gym Session 10:00am-11:30am (Fit4less) *Please Register	
, ***	attending	(Exercise Rm) *Please call prior to attending	***	***	
Mindfulness Colouring 10:30am – 12:30pm (Room 221)	*** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre)	Clay Crafts- 12:00p.m- 1:30p.m (Rm 221)	Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register	Beading- Lanyards 10:30a.m- 12:00p.m (Rm 221)	
· ***	*Register	***	***	Friendly Individual Trivia Competition 11:00am -	
Depression Support Group 11:30am-12:30pm (Resolute Rm) *Please call for more info	*** Lets Sew!! (Sewing Class)- Apron 12:00pm-1:00pm (Rm.221)	Day Centre Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register	Documentary & Popcorn 10:30am-12:30pm (Room 221) "THE DAWN WALL"	12:00pm (Room 221)	
	*Please Register	***	(100111221) THE DAVIN WALL ***	OOSHKE WINTER FEAST 12:00pm – 4:00pm (1241	
Canvas Painting 12:00p.m- 2:00p.m (Rm 221)	*** Jewelry Making 1:00pm – 2:30pm (Room 221)	Art Program 2:00pm-4:00pm (Rm 221)	Yoga 1:00pm -2:00pm (Room 221)	Jasper Drive)	
Women's Aguatics 1:00pm – 2:30pm (Volunteer Pool			Social Gaming 1:00pm-2:30pm (Main Floor)	Movie of the Week 12:00pm-2:30pm (Rm.221)	
180 Martha Street) **Please register	Beginner's Boxing Program 1:00pm – 2:00pm (Exercise Rm)		***	"HAPPY FEET"	
Boxing Class 1:00pm – 2:00pm (Exercise Rm)	*Please call prior to attending		Boxing Class 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending	*** Bingo 2:30p.m- 3:30p.m (Rm 221)	
*Please call prior to attending	Controlled Breath Guided Meditation 2:30pm-3:00pm (Rm221)		***	***	
Ooshke Programming 2:00pm – 4:00pm (Rm.221)			Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.)	Men's Group Meet-up 1:00pm-2:30pm (Resolute Rm.) *Please call for more info	
***			· ***	***	
New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register			Walking Group (Day Centre/ Boulevard Lake) 2:00pm – 3:30pm	Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Sharon	
<u>Centre</u> 5.00pm-4.00pm (Rm.221) Can to Register				(RIII.221) by appointment only Please can Sharon	
19 20 LUNCH: PEROGIES Fit4Less Gym Session 9:00am – 10:30am (1186	21 <u>LUNCH: PULLED CHICKEN</u> Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food	22 LUNCH: QUESADILLAS Mall Walking 9:00am-9:45am (Intercity Shopping	23 LUNCH: GRILLED CHEESE Mindfulness Colouring 9:00am – 11:00am (Room	24 <u>LUNCH: VEGETABLE SOUP</u> Morning Meditation 9:30am-10:00am (Rm.221)	25
Memorial Ave) *Please Register	Court)	Mall Food Court)	221)	***	
*** <u>Coffee Talk</u> 10:00am – 12:00pm (Rm.221)	*** Mindfulness Colouring 10:00am – 12:00pm (Room 221)	*** Mindfulness Colouring 9:30am – 11:00am	*** Mall Walking 9:00am-9:45am (Intercity Shopping	<u>Mindfulness Colouring</u> 10:00am – 11:30am (Room 221)	
***	***	(Room 221)	Mall Food Court)	***	
Knitting & Crochetting 10:00am – 11:30am (Room 221)	"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register	*** Bingo 9:30am – 10:30am (Room 221)	*** Fit4Less" gym session 10:00am-11:30am (McIntyre	Volunteering at Shelter House 10:15am – 2:30pm (420 George Street) **Please register	
221) ***	***	5.50am - 10.50am (100m 221)	Centre) *Register		
Mindfulness Colouring 10:30am – 12:30pm (Room 221)	Tie Dyeing 10:00am – 11:30am (Room 221) *Please register	<u>"Fit4Less" gym session</u> 10:00am-11:30am (McIntyre Centre) * Register	*** Documentary & Popcorn 10:30am-12:30pm	Canvas Painting 10:30am – 12:00pm (Room 221)	
221)	Lets Sew!! (Sewing Class)- Apron 12:00pm-1:00pm (Rm.221)	(McIntyre Centre) Register	(Room 221) "NALEDI: A BABY ELEPHANT'S TALE"	Fit4less Gym Session 10:00am-11:30am (Fit4less)	
Depression Support Group 11:30am-12:30pm	***	Healthy Choice Cooking Program (Kitchen)	×***	*Please Register	
(Resolute Rm) *Please call for more info	Canvas Painting 12:00pm – 1:30pm (Room 221)	10:30am-12:30pm *Please Register! (Alpha Court)	Yoga 1:00pm -2:00pm (Room 221)	Movie of the Week 12:00pm-2:30pm (Rm.221)	
Canvas Painting 12:00p.m- 2:00p.m (Rm 221)	Beginner's Boxing Program 1:00pm – 2:00pm (Exercise Rm)	***	Social Gaming 1:00pm-2:30pm (Main Floor)	"HAPPY FEET 2"	
Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool	*Please call prior to attending	Advanced Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending	Boxing Class 1:00pm – 2:00pm (Exercise Rm)	*** Men's Group Meet-up 1:00pm-2:30pm	
180 Martha Street) **Please register	Macrame 1:00pm – 2:30pm (Room 221) ** Please Register	***	*Please call prior to attending	(Resolute Rm.) *Please call for more info	
*** Boxing Class 1:00pm – 2:00pm (Exercise Rm)	*** Controlled Breath Guided Meditation 2:30pm-3:00pm (Rm221)	Day Centre Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register	*** Walking Group (Day Centre/ Conservatory)	*** Pannack 9 Tao 2:00nm 4:00nm (1044 loss - Direct)	
*Please call prior to attending		***	2:00pm – 3:30pm	Bannock & Tea 2:00pm – 4:00pm (1241 Jasper Drive)	
*** Afternoon Meditation 2:00pm-3:00pm (Rm.221)		Tai Chi 1:00pm 2:00pm (Room221)		Volunteer Income Tax Program 2:15pm-4:00pm	
***		Art Program 2:00pm-4:00pm (Rm 221)		(Rm.221) *By appointment only/ Please call Sharon	
*** Pouling 2:00pm 4:00pm (Most at Maria's Paul)				***	
Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost				Beading- Lanyards 2:30 p.m- 3:30p.m (Rm 221)	
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					
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26	27 LUNCH: PIZZA CASSEROLE	28 LUNCH: CHICKEN NOODLE SOUP		30 LUNCH: PEROGIES	31 LUNCH: CHEESY TACO PASTA BAKE
	Morning Meditation 8:30am-9:00am (Rm.221)	Mindfulness Colouring 9:00am – 11:00am (Room 221)		Mindfulness Colouring 9:00am – 11:00am (Room	Morning Meditation 9:00am-9:30am (Rm.221)
	***	***	Mall Food Court)	221)	***
	Knitting & Crochetting 10:00am – 11:30am (Room	Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food	***	***	Mindfulness Colouring 10:00am – 11:30am (Room
	221)	Court)	Social Gaming - Board/ Card Games 9:00am -	Mall Walking 9:00am-9:45am (Intercity Shopping	221)
	, ***	, ***	10:30am (Room 221)	Mall Food Court)	, ***
	Fit4Less Gym Session 9:30am – 11:00am (1186	Baking (Marshmallow Pops) 10:30am- 12:00pm (Room 221)	***	***	Fit4less Gym Session 10:00am-11:30am (Fit4less)
	Memorial Ave) *Please Register	*Limited spaces/ Please register prior to attending	"Fit4Less" gym session 10:00am-11:30am	Bingo 9:30am – 10:30am (Room 221)	*Please Register
	***	***	(McIntyre Centre) *Register	***	***
	Mindfulness Colouring 10:30am – 12:30pm (Room	"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre)		Fit4Less" gym session 10:00am-11:30am (McIntyre	Friendly Individual Trivia Competition 11:00am -
	221)	*Register	Mindfulness Colouring 10:30am – 12:00pm	Centre) *Register	12:00pm (Room 221)
	***	***	(Room 221)	***	***
	Depression Support Group 11:30am-12:30pm	Lets Sew!! (Sewing Class)- Apron_12:00pm-1:00pm (Rm.221)	***	Documentary & Popcorn 10:30am-12:30pm	Movie of the Week 12:00pm-2:30pm (Rm.221)
	(Resolute Rm) *Please call for more info	***	Advanced Boxing Class 12:00pm – 1:00pm	(Rm221) "GIANTS OF AFRICA"	"THE 24 HOUR WAR"
	***	Jewelry Making 1:00pm – 2:30pm (Room 221)	(Exercise Rm) *Please call prior to attending	***	***
	Canvas Painting 12:00p.m- 2:00p.m (Rm 221)	*** ` /		Yoga 1:00pm -2:00pm (Room 221)	
	***	DIY Beauty- Vanilla Bean Lotion Bars 1:30p.m- 2:30 p.m (Rm	***	**** /	Men's Group Meet-up 1:00pm-2:30pm
	Women's Aquatics 1:00pm - 2:30pm (Volunteer Pool,		Day Centre Weight Training 1:00pm-2:00pm	Social Gaming 1:00pm-2:30pm (Main Floor)	(Resolute Rm.) *Please call for more info
	180 Martha Street) **Please register	***	(Exercise Rm.) *Please Register	***	
		Beginner's Boxing Program 1:00pm – 2:00pm (Exercise Rm)		Boxing Class 1:00pm – 2:00pm (Exercise Rm)	Volunteer Income Tax Program 2:15pm-4:00pm
	Boxing Class 1:00pm – 2:00pm (Exercise Rm)	*Please call prior to attending	***	*Please call prior to attending	(Rm.221) *By appointment only/ Please call Sharon
	*Please call prior to attending	***	Art Program 2:00pm-4:00pm (Rm 221)	***	***
	***	Controlled Breath Guided Meditation 2:30pm-3:00pm (Rm 221)		Walking Group (Around Day Centre) 2:00pm -	Get Crafty- Mug Decorating 2:30pm – 4:00pm (Room
	Ooshke Programming 2:00pm – 4:00pm (Rm.221)	<u> </u>		3:30pm	221)

	New & Interested participants tour of the Day				
	Centre 3:00pm-4:00pm (Rm.221) *Call to Register				
	ochice 0.00pm (1011.221) Can to Register				

* 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 <u>Walking Group</u> 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.