

# January 2020

## Alpha Court Day Centre

### 270 Windsor Street/ Room 221

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b>  <b><u>NEW YEARS DAY!</u></b> <b><u>DAY CENTRE CLOSED</u></b>	<b>2 LUNCH: HAMBURGER SOUP</b> <b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221) *** <b>Mall Walking</b> 9:00am-9:45am (Intercity Shopping Mall Food Court) *** <b>Bingo</b> 9:30am – 10:30am (Room 221) *** <b>Fit4Less" gym session</b> 10:00am-11:30am (McIntyre Centre) *Register *** <b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) "THE GAME CHANGERS" *** <b>Yoga</b> 1:00pm -2:00pm (Room 221) *** <b>Social Gaming</b> 1:00pm-2:30pm (Main Floor) *** <b>Boxing Class</b> 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending *** <b>Walking Group</b> (Day Centre/ Conservatory) 2:00pm – 3:30pm	<b>3 LUNCH: SPAGHETTI</b> <b>Morning Meditation</b> 9:00am-9:30am (Rm.221) *** <b>Mindfulness Colouring</b> 10:00am – 11:30am (Room 221) *** <b>Fit4less Gym Session</b> 10:00am-11:30am (Fit4less) *Please Register *** <b>DIY Beauty- Bathbombs</b> 10:00a.m- 11:30a.m (Rm 221) *Please Register *** <b>Friendly Individual Trivia Competition</b> 11:00am - 12:00pm (Room 221) *** <b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "THE GREATEST SHOWMAN" *** <b>Men's Group Meet-up</b> 1:00pm-2:30pm (Resolute Rm.) *Please call for more info *** <b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Sharon	<b>4</b>
<b>5</b>	<b>6 LUNCH: MAC N' CHEESE</b> <b>Fit4Less Gym Session</b> 9:00am – 10:30am (1186 Memorial Ave) *Please Register *** <b>Coffee Talk</b> 10:00am – 12:00pm (Rm.221) *** <b>Knitting &amp; Crocheting</b> 10:00am – 11:30am (Room 221) *** <b>Mindfulness Colouring</b> 10:30am – 12:30pm (Room 221) *** <b>Depression Support Group</b> 11:30am-12:30pm (Resolute Rm) *Please call for more info *** <b>Canvas Painting</b> 12:00p.m- 2:00p.m (Rm 221) *** <b>Women's Aquatics</b> 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register *** <b>Boxing Class</b> 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending *** <b>Afternoon Meditation</b> 2:00pm-3:00pm (Rm.221) *** <b>Bowling</b> 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost *** <b>Wii Gaming</b> 3:00pm-4:00pm (Rm.221) *** <b>New &amp; Interested participants tour of the Day Centre</b> 3:00pm-4:00pm (Rm.221) *Call to Register	<b>7 LUNCH: LASAGNA</b> <b>Mall Walking</b> 9:00am-9:45am (Intercity Shopping Mall Food Court) *** <b>Mindfulness Colouring</b> 10:00am – 12:00pm (Room 221) *** <b>"Fit4Less" gym session</b> 10:00am-11:30am (McIntyre Centre) *Register *** <b>Tie Dyeing</b> 10:00am – 11:30am (Room 221) *Please register *** <b>Lets Sew!! (Sewing Class)- Apron</b> 12:00pm-1:00pm (Rm.221) *Please Register *** <b>Beginner's Boxing Program</b> 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending *** <b>Chili in a Jar Making-</b> 1:00p.m- 2:00p.m (Rm 221) *** <b>Get Crafty</b> "CLOTHESPIN SNOWFLAKE" 2:00pm – 3:30pm (Room 221) *** <b>Controlled Breath Guided Meditation</b> 2:30pm-3:00pm (Rm221)	<b>8 LUNCH: HAM SANDWICHES</b> <b>Mall Walking</b> 9:00am-9:45am (Intercity Shopping Mall Food Court) *** <b>Mindfulness Colouring</b> 9:30am – 11:00am (Room 221) *** <b>Bingo</b> 9:30am – 10:30am (Room 221) *** <b>"Fit4Less" gym session</b> 10:00am-11:30am (McIntyre Centre) *Register *** <b>Healthy Choice Cooking Program</b> (Kitchen) 10:30am-12:30pm *Please Register! (St. Joe's) *** <b>Advanced Boxing Class</b> 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending *** <b>Day Centre Weight Training</b> 1:00pm-2:00pm (Exercise Rm.) *Please Register *** <b>Tai Chi</b> 1:00pm 2:00pm (Room221) *** <b>Art Program</b> 2:00pm-4:00pm (Rm 221)	<b>9 LUNCH: SHEPHERD'S PIE</b> <b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221) *** <b>Mall Walking</b> 9:00am-9:45am (Intercity Shopping Mall Food Court) *** <b>Fit4Less" gym session</b> 10:00am-11:30am (McIntyre Centre) *Register *** <b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) "WON'T YOU BE MY NEIGHBOR?" *** <b>Yoga</b> 1:00pm -2:00pm (Room 221) *** <b>Social Gaming</b> 1:00pm-2:30pm (Main Floor) *** <b>Boxing Class</b> 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending *** <b>Walking Group</b> (Day Centre/ Chapples Park) 2:00pm – 3:30pm *** <b>Rock Painting</b> 2:00p.m - 3:30p.m (Rm 221) *Please Register	<b>10 LUNCH: GRILLED CHEESE</b> <b>Morning Meditation</b> 9:30am-10:00am (Rm.221) *** <b>Mindfulness Colouring</b> 10:00am – 11:30am (Room 221) *** <b>Volunteering at Shelter House</b> 10:15am – 2:30pm (420 George Street) **Please register *** <b>Skip Bo Tournament</b> 10:30a.m- 12:00p.m (Rm 221) *Please Register *** <b>Fit4less Gym Session</b> 10:00am-11:30am (Fit4less) *Please Register *** <b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "CROCODILE DUNDEE" *** <b>Men's Group Meet-up</b> 1:00pm-2:30pm (Resolute Rm.) *Please call for more info *** <b>Bannock &amp; Tea</b> 2:00pm – 4:00pm (1241 Jasper Drive) *** <b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Sharon	<b>11</b>

12	<p><b>13 LUNCH: CHILI</b>  <b>Morning Meditation</b> 8:30am-9:00am (Rm.221)  ***  <b>Knitting &amp; Crocheting</b> 10:00am – 11:30am (Room 221)  ***  <b>Fit4Less Gym Session</b> 9:30am – 11:00am (1186 Memorial Ave) *Please Register  ***  <b>Mindfulness Colouring</b> 10:30am – 12:30pm (Room 221)  ***  <b>Depression Support Group</b> 11:30am-12:30pm (Resolute Rm) *Please call for more info  ***  <b>Canvas Painting</b> 12:00p.m- 2:00p.m (Rm 221)  ***  <b>Women's Aquatics</b> 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register  ***  <b>Boxing Class</b> 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Ooshke Programming</b> 2:00pm – 4:00pm (Rm.221)  ***  <b>New &amp; Interested participants tour of the Day Centre</b> 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p><b>14 LUNCH: SLOPPY JOE'S</b>  <b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221)  ***  <b>Mall Walking</b> 9:00am-9:45am (Intercity Shopping Mall Food Court)  ***  <b>Baking (Maple Glazed Brown Sugar Scones)</b> 10:30am-12:00pm (Room 221) *Limited spaces/ Please register prior to attending  ***  <b>"Fit4Less" gym session</b> 10:00am-11:30am (McIntyre Centre) *Register  ***  <b>Lets Sew!! (Sewing Class)- Apron</b> 12:00pm-1:00pm (Rm.221) *Please Register  ***  <b>Jewelry Making</b> 1:00pm – 2:30pm (Room 221)  ***  <b>Beginner's Boxing Program</b> 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Controlled Breath Guided Meditation</b> 2:30pm-3:00pm (Rm221)</p>	<p><b>15 NO LUNCH</b>    <b>DAY CENTRE CLOSED UNTIL 12:00PM</b>    <b>Advanced Boxing Class</b> 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Clay Crafts- 12:00p.m- 1:30p.m (Rm 221)</b>  ***  <b>Day Centre Weight Training</b> 1:00pm-2:00pm (Exercise Rm.) *Please Register  ***  <b>Art Program</b> 2:00pm-4:00pm (Rm 221)</p>	<p><b>16 LUNCH: CHICKEN WRAPS</b>  <b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221)  ***  <b>Mall Walking</b> 9:00am-9:45am (Intercity Shopping Mall Food Court)  ***  <b>Snowshoeing 10:30a.m- 11:45 a.m Location TBD</b>  ***  <b>Fit4Less" gym session</b> 10:00am-11:30am (McIntyre Centre) *Register  ***  <b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Room 221) "THE DAWN WALL"  ***  <b>Yoga</b> 1:00pm -2:00pm (Room 221)  ***  <b>Social Gaming</b> 1:00pm-2:30pm (Main Floor)  ***  <b>Boxing Class</b> 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Aboriginal Drumming</b> 2:00pm-4:00pm (1241 Jasper Dr.)  ***  <b>Walking Group</b> (Day Centre/ Boulevard Lake) 2:00pm – 3:30pm</p>	<p><b>17 LUNCH: HAM SANDWICHES</b>  <b>Morning Meditation</b> 9:00am-9:30am (Rm.221)  ***  <b>Mindfulness Colouring</b> 10:00am – 11:30am (Room 221)  ***  <b>Fit4less Gym Session</b> 10:00am-11:30am (Fit4less) *Please Register  ***  <b>Beading- Lanyards 10:30a.m- 12:00p.m (Rm 221)</b>  ***  <b>Friendly Individual Trivia Competition</b> 11:00am - 12:00pm (Room 221)  ***  <b>OOSHKE WINTER FEAST</b> 12:00pm – 4:00pm (1241 Jasper Drive)  ***  <b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "HAPPY FEET"  ***  <b>Bingo</b> 2:30p.m- 3:30p.m (Rm 221)  ***  <b>Men's Group Meet-up</b> 1:00pm-2:30pm (Resolute Rm.) *Please call for more info  ***  <b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Sharon</p>	18
19	<p><b>20 LUNCH: PEROGIES</b>  <b>Fit4Less Gym Session</b> 9:00am – 10:30am (1186 Memorial Ave) *Please Register  ***  <b>Coffee Talk</b> 10:00am – 12:00pm (Rm.221)  ***  <b>Knitting &amp; Crocheting</b> 10:00am – 11:30am (Room 221)  ***  <b>Mindfulness Colouring</b> 10:30am – 12:30pm (Room 221)  ***  <b>Depression Support Group</b> 11:30am-12:30pm (Resolute Rm) *Please call for more info  ***  <b>Canvas Painting</b> 12:00p.m- 2:00p.m (Rm 221)  ***  <b>Women's Aquatics</b> 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register  ***  <b>Boxing Class</b> 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Afternoon Meditation</b> 2:00pm-3:00pm (Rm.221)  ***  <b>Bowling</b> 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost  ***  <b>Wii Gaming</b> 3:00pm-4:00pm (Rm.221)  ***  <b>New &amp; Interested participants tour of the Day Centre</b> 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p><b>21 LUNCH: PULLED CHICKEN</b>  <b>Mall Walking</b> 9:00am-9:45am (Intercity Shopping Mall Food Court)  ***  <b>Mindfulness Colouring</b> 10:00am – 12:00pm (Room 221)  ***  <b>"Fit4Less" gym session</b> 10:00am-11:30am (McIntyre Centre) *Register  ***  <b>Tie Dyeing</b> 10:00am – 11:30am (Room 221) *Please register  ***  <b>Lets Sew!! (Sewing Class)- Apron</b> 12:00pm-1:00pm (Rm.221)  ***  <b>Canvas Painting</b> 12:00pm – 1:30pm (Room 221)  ***  <b>Beginner's Boxing Program</b> 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Macrame</b> 1:00pm – 2:30pm (Room 221) ** Please Register  ***  <b>Controlled Breath Guided Meditation</b> 2:30pm-3:00pm (Rm221)</p>	<p><b>22 LUNCH: QUESADILLAS</b>  <b>Mall Walking</b> 9:00am-9:45am (Intercity Shopping Mall Food Court)  ***  <b>Mindfulness Colouring</b> 9:30am – 11:00am (Room 221)  ***  <b>Bingo</b> 9:30am – 10:30am (Room 221)  ***  <b>"Fit4Less" gym session</b> 10:00am-11:30am (McIntyre Centre) *Register  ***  <b>Healthy Choice Cooking Program</b> (Kitchen) 10:30am-12:30pm *Please Register! (Alpha Court)  ***  <b>Advanced Boxing Class</b> 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Day Centre Weight Training</b> 1:00pm-2:00pm (Exercise Rm.) *Please Register  ***  <b>Tai Chi</b> 1:00pm 2:00pm (Room221)  ***  <b>Art Program</b> 2:00pm-4:00pm (Rm 221)</p>	<p><b>23 LUNCH: GRILLED CHEESE</b>  <b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221)  ***  <b>Mall Walking</b> 9:00am-9:45am (Intercity Shopping Mall Food Court)  ***  <b>Fit4Less" gym session</b> 10:00am-11:30am (McIntyre Centre) *Register  ***  <b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Room 221) "NALEDI: A BABY ELEPHANT'S TALE"  ***  <b>Yoga</b> 1:00pm -2:00pm (Room 221)  ***  <b>Social Gaming</b> 1:00pm-2:30pm (Main Floor)  ***  <b>Boxing Class</b> 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Walking Group</b> (Day Centre/ Conservatory) 2:00pm – 3:30pm</p>	<p><b>24 LUNCH: VEGETABLE SOUP</b>  <b>Morning Meditation</b> 9:30am-10:00am (Rm.221)  ***  <b>Mindfulness Colouring</b> 10:00am – 11:30am (Room 221)  ***  <b>Volunteering at Shelter House</b> 10:15am – 2:30pm (420 George Street) **Please register  ***  <b>Canvas Painting</b> 10:30am – 12:00pm (Room 221)  ***  <b>Fit4less Gym Session</b> 10:00am-11:30am (Fit4less) *Please Register  ***  <b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "HAPPY FEET 2"  ***  <b>Men's Group Meet-up</b> 1:00pm-2:30pm (Resolute Rm.) *Please call for more info  ***  <b>Bannock &amp; Tea</b> 2:00pm – 4:00pm (1241 Jasper Drive)  ***  <b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Sharon  ***  <b>Beading- Lanyards</b> 2:30 p.m- 3:30p.m (Rm 221)</p>	25

26	<p><b>27 LUNCH: PIZZA CASSEROLE</b>  <b>Morning Meditation</b> 8:30am-9:00am (Rm.221)  ***  <b>Knitting &amp; Crocheting</b> 10:00am – 11:30am (Room 221)  ***  <b>Fit4Less Gym Session</b> 9:30am – 11:00am (1186 Memorial Ave) *Please Register  ***  <b>Mindfulness Colouring</b> 10:30am – 12:30pm (Room 221)  ***  <b>Depression Support Group</b> 11:30am-12:30pm (Resolute Rm) *Please call for more info  ***  <b>Canvas Painting</b> 12:00p.m- 2:00p.m (Rm 221)  ***  <b>Women's Aquatics</b> 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register  ***  <b>Boxing Class</b> 1:00pm – 2:00pm (Exercise Rm)  *Please call prior to attending  ***  <b>Ooshke Programming</b> 2:00pm – 4:00pm (Rm.221)  ***  <b>New &amp; Interested participants tour of the Day Centre</b> 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p><b>28 LUNCH: CHICKEN NOODLE SOUP</b>  <b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221)  ***  <b>Mall Walking</b> 9:00am-9:45am (Intercity Shopping Mall Food Court)  ***  <b>Baking (Marshmallow Pops)</b> 10:30am- 12:00pm (Room 221)  *Limited spaces/ Please register prior to attending  ***  <b>"Fit4Less" gym session</b> 10:00am-11:30am (McIntyre Centre)  *Register  ***  <b>Lets Sew!! (Sewing Class)- Apron</b> 12:00pm-1:00pm (Rm.221)  ***  <b>Jewelry Making</b> 1:00pm – 2:30pm (Room 221)  ***  <b>DIY Beauty- Vanilla Bean Lotion Bars</b> 1:30p.m- 2:30 p.m (Rm 221) * Please Register  ***  <b>Beginner's Boxing Program</b> 1:00pm – 2:00pm (Exercise Rm)  *Please call prior to attending  ***  <b>Controlled Breath Guided Meditation</b> 2:30pm-3:00pm (Rm 221)</p>	<p><b>29 LUNCH: SPAGHETTI</b>  <b>Mall Walking</b> 9:00am-9:45am (Intercity Shopping Mall Food Court)  ***  <b>Social Gaming - Board/ Card Games</b> 9:00am – 10:30am (Room 221)  ***  <b>"Fit4Less" gym session</b> 10:00am-11:30am (McIntyre Centre) *Register  ***  <b>Mindfulness Colouring</b> 10:30am – 12:00pm (Room 221)  ***  <b>Advanced Boxing Class</b> 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Day Centre Weight Training</b> 1:00pm-2:00pm (Exercise Rm.) *Please Register  ***  <b>Art Program</b> 2:00pm-4:00pm (Rm 221)</p>	<p><b>30 LUNCH: PEROGIES</b>  <b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221)  ***  <b>Mall Walking</b> 9:00am-9:45am (Intercity Shopping Mall Food Court)  ***  <b>Bingo</b> 9:30am – 10:30am (Room 221)  ***  <b>Fit4Less" gym session</b> 10:00am-11:30am (McIntyre Centre) *Register  ***  <b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) "GIANTS OF AFRICA"  ***  <b>Yoga</b> 1:00pm -2:00pm (Room 221)  ***  <b>Social Gaming</b> 1:00pm-2:30pm (Main Floor)  ***  <b>Boxing Class</b> 1:00pm – 2:00pm (Exercise Rm)  *Please call prior to attending  ***  <b>Walking Group</b> (Around Day Centre) 2:00pm – 3:30pm</p>	<p><b>31 LUNCH: CHEESY TACO PASTA BAKE</b>  <b>Morning Meditation</b> 9:00am-9:30am (Rm.221)  ***  <b>Mindfulness Colouring</b> 10:00am – 11:30am (Room 221)  ***  <b>Fit4less Gym Session</b> 10:00am-11:30am (Fit4less)  *Please Register  ***  <b>Friendly Individual Trivia Competition</b> 11:00am - 12:00pm (Room 221)  ***  <b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221)  "THE 24 HOUR WAR"  ***  <b>Men's Group Meet-up</b> 1:00pm-2:30pm (Resolute Rm.) *Please call for more info  ***  <b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Sharon  ***  <b>Get Crafty- Mug Decorating</b> 2:30pm – 4:00pm (Room 221)</p>
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\* 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 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.

\* 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.