



July 2017

Alpha Court Day Centre/270 Windsor Street

S	Mon	Tue	Wed	Thu	Fri	S	
2	3	4	5	6	7	8	
	<p>Day Centre Closed</p>	<p>4 Lunch: Perogies with Coleslaw Gardening Group! 9:00am-9:45am (Lakehead University Hangar #Plot 11) **Weather Depending *** "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Baking 10:30am- 12:00pm (Room 221/ Kitchen) *Please Register *** Jewelry Making (RM 221) 1:00PM-2:30PM *** Get Crafty 2:30pm-4:00pm (Rm.221) *** Community Spokes Bike Repair 3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/Register</p>	<p>5 Lunch: Chicken Wraps with Veggies Mail Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Craft sewing & Mending clothes 10:00am-11:00am (Rm 221) *** Outdoor Boot Camp 11:15am-12:00pm (Back Field) *Must Register/ Weather Depending *** Bingo 10:30am-12:00pm (Rm.221) *** Canvas Painting 12:00pm – 1:00pm (Room 221) *** Art Program 2:00pm-4: 00pm (Rm 221) BISNO</p>	<p>6 Lunch: Spaghetti with Salad Good Food Box Payment Due \$15/Single, \$25/Family Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am -12pm(Room 221) *** Documentary & Popcorn 10:30am-12:30pm (Resolute Rm) *13th *** Social Gaming 1:00pm – 2:30pm (Back Field) *** Yoga 1:00pm -2:30pm (Rm.221) *** Walking Group (Day Centre/ Central Ave Trail) 2:30pm – 4:00pm *** Boxing Class 5:30pm-6:30pm (Exercise Rm) *Must register prior to attending</p>	<p>7 Lunch: BBQ Mindful Movement 10:30am-11:30am (Rm.221) *** Gardening Group! 10:00am-10:45am (Lakehead University Hangar #Plot 11) **Weather Depending *** ZUMBA! 11:00am-12:00pm (Rm.221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "A Cure for Wellness" *** Mini Putt 1:30pm – 3:30pm (Boulevard Lake) **Weather Permitting** - Please Register *** Volunteer Income Tax Program 2:15pm-4:00pm (221 Wilson St.) *By appointment only/ Please call Jesse</p>		
9	10	11	12	13	14	15	
	<p>10 Lunch: Sloppy Joe's with Salad Gardening Group! 9:00am-9:45am (Lakehead University Hangar #Plot 11) **Weather Depending *** ZUMBA! 10:00am-11:00am (Rm.221) *** Running/Jogging Club 10:30am-12:00pm (Back field/Outside) *Must Register *** Coffee Talk 11:00am-1:00pm (Rm.221) *** Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) *** Women's Aquatics 12:00pm -1:15pm (Art Widnall Pool, 820 Minnesota St.) *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 *** Personal Training (Weights & Cardio) 2:00pm-3:15pm (Fit4less) *Please Register *** Boxing Class 5:30pm-6:30pm (Exercise Rm) *Must register prior to attending</p>	<p>11 Lunch: Grilled Cheese with Veggies "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Tie Dying 10:30am – 12:00pm (Room 221) *Please register *** Controlling Negative Thoughts 12:30pm-2:00pm (1241 Jasper Drive) *Please Register *** Jewelry Making (RM 221) 1:00PM-2:30PM *** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost *** Yoga (Rm.221) 2:30 pm -4:00pm *** Community Spokes Bike Repair 3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/Register</p>	<p>12 Lunch: Vegetable Soup Mail Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Healthy Choice Cooking Program (Rm.221) 10:30am-12:30 pm *REGISTER! (St.Joes) *** Craft sewing & Mending clothes 10:00am-11:00am (Rm 221) *** Knitting Group 10:30am-11:30am (Room 221) *** Outdoor Boot Camp 11:15am-12:00pm (Back Field) *Must Register/ Weather Depending *** Canvas Painting 12:00pm – 1:00pm (Room 221) *** Tai Chi 1:00pm – 2:00pm(Room221) *** Art Program 2:00pm-4:00pm (Rm 221) BISNO *** Conservatory Visit 2:00pm-3:15pm (1601 Dease St) *Please Register *** Women's Group 6:00pm – 8:00pm (Marina – Meet at Splash Pad)</p>	<p>13 Lunch: Stir Fry Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am -12pm(Room 221) *** Documentary & Popcorn 10:30am-12:30pm (Resolute Rm) *Get me Roger Stone *** Social Gaming 1:00pm – 2:30pm (Back Field) *** Running/Jogging Club 1:00pm-2:30pm (Back field/Outside) *Must Register *** Yoga (Rm.221) 1:00 pm -2:30pm *** Walking Group (Day Centre/ Cascades) 2:30pm – 4:00pm *** Boxing Class 5:30pm-6:30pm (Exercise Rm) *Must register prior to attending</p>	<p>14 Lunch: BBQ Controlling Negative Thoughts 10:00am-11:30am (1241 Jasper Drive) *Please Register *** Mindful Movement 10:30am-11:30am (Norwest Clinic Building/525 Simpson St) *** Gardening Group! 10:00am-10:45am (Lakehead University Hangar #Plot 11) **Weather Depending *** ZUMBA! 11:00am-12:00pm (Rm.221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Ghost in the Shell" *** Frisbee Golf 1:30 pm – 3:30pm (Boulevard Lake) **Weather Permitting** *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>		

16	<p>17 Lunch: Chicken Noodle Soup Gardening Group! 9:00am-9:45am (Lakehead University Hangar #Plot 11) **Weather Depending *** Running/Jogging Club 10:30am-12:00pm (Back field/Outside) *Must Register *** Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) *** Women's Aquatics 12:00pm -1:15pm (Art Widnall Pool, 820 Minnesota St.) *Please Register *** ZUMBA! 1:00pm-2:00pm (Rm.221) *** Ooshke Programming 2:00pm-4:00pm (Rm.221) *** Wii Gaming 2:00pm – 4:00pm (Room 221) *** Personal Training (Weights & Cardio) 2:00pm-3:15pm (Fit4less) *Please Register *** Boxing Class 5:30pm-6:30pm (Exercise Rm) *Must register prior to attending</p>	<p>18 Lunch: Stir Fry "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Controlling Negative Thoughts 12:30pm-2:00pm (1241 Jasper Drive) *Please Register *** Jewelry Making (Rm 221) 1:00PM-2:30PM *** Get Crafty 2:30pm-4:00pm (Rm.221) *** Community Spokes Bike Repair 3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/Register</p>	<p>19 Lunch: Spaghetti with Salad Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Craft sewing & Mending clothes 10:00am-11:00am (Rm 221) *** Outdoor Boot Camp 11:15am-12:00pm (Back Field) *Must Register/ Weather Depending *** Canvas Painting 12:00pm – 1:00pm (Room 221) *** Thunder Bay Downtown Tour 1:00pm-2:30pm *Please Register *** Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>20 Lunch: Perogies with Coleslaw Good Food Box Pickup Between 3pm & 4pm at Day Centre Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12pm(Room 221) *** Documentary & Popcorn 10:30am-12:30pm (Resolute Rm) *What in the Health *** Social Gaming 1:00pm – 2:30pm (Back Field) *** Yoga (Rm.221) 1:00 pm -2:30pm *** Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.) *** Walking Group (Day Centre/ Marina) 2:30pm – 4:00pm *** Boxing Class 5:30pm-6:30pm (Exercise Rm) *Must register prior to attending</p>	<p>21 Lunch: BBQ Controlling Negative Thoughts 10:00am-11:30am (1241 Jasper Drive) *Please Register *** Mindful Movement 10:30am-11:30am (Rm.221) *** Gardening Group! 10:00am-10:45am (Lakehead University Hangar #Plot 11) **Weather Depending *** ZUMBA! 11:00am-12:00pm (Rm.221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) *Kong: Skull Island" *** Mini Putt 1:30pm – 3:30pm (Boulevard Lake) **Weather Permitting** - Please Register *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	22
23	<p>24 Lunch: Chili with Veggies Gardening Group! 9:00am-9:45am (Lakehead University Hangar #Plot 11) **Weather Depending *** Coffee Talk 11:00am-1:00pm (Rm.221) *** Women's Aquatics 12:00pm -1:15pm (Art Widnall Pool, 820 Minnesota St.) *Please Register *** ZUMBA! 1:00pm-2:00pm (Rm.221) *** Ooshke Programming 2:00pm-4:00pm (Rm.221)</p>	<p>25 Lunch: Ham Sandwiches Tie Dying 10:30am – 12:00pm (Room 221) *Please register *** Jewelry Making (Rm 221) 1:00PM-2:30PM *** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost *** Yoga (Rm.221) 2:30pm -4:00pm</p>	<p>26 Lunch: Chicken Wraps with Veggies Healthy Choice Cooking Program (Kitchen) 10:30am-12:30 pm *REGISTER! (Alpha Court) *** Bingo 10:30am-12:00pm (Rm.221) *** Tai Chi 1:00pm – 2:00pm(Room 221) *** Art Program 2:0 0pm-4:00pm (Rm 221) BISNO *** Women's Group 6:00pm – 8:00pm (Marina – Meet at Splash Pad)</p>	<p>27 Lunch: Grilled Cheese with Veggies Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am -12pm(Room 221) *** Social Gaming 1:00pm – 2:30pm (Back Field) *** Yoga (Rm.221) 1:00 pm -2:30pm *** Bike Safety Course (Eco-superior) 1:00pm-3:00pm *Space limited/Register/No drop-ins *** Walking Group (Day Centre/ Centennial Park) 2:30pm – 4:00pm *** Boxing Class 5:30pm-6:30pm (Exercise Rm) *Must register prior to attending</p>	<p>28 Lunch: BBQ Controlling Negative Thoughts 10:00am-11:30am (1241 Jasper Drive) *Please Register *** Mindful Movement 10:30am-11:30am (Norwest Clinic Building/525 Simpson St) *** Gardening Group! 10:00am-10:45am (Lakehead University Hangar #Plot 11) **Weather Depending *** ZUMBA! 11:00am-12:00pm (Rm.221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "The Baby Boss" *** Frisbee Golf 1:30pm – 3:30pm (Boulevard Lake) **Weather Permitting** *** Summer Feast 12:00pm-3:00pm (Boulevard Lake./ Arundel Side)</p>	29

30

31 Lunch: Stir Fry

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

Gardening Group! 9:00am-9:45am (Lakehead University Hangar #Plot 11) **Weather Depending

Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221)

Women's Aquatics 12:00pm -1:15pm (Art Widnall Pool, 820 Minnesota St.) *Please Register

ZUMBA! 1:00pm-2:00pm (Rm.221)

Ooshke Programing 2:00pm-4:00pm (Rm.221)

Wii Gaming 2:00pm – 4:00pm (Room 221)

Boxing Class 5:30pm-6:30pm (Exercise Rm) *Must register prior to attending

Notes:

*** 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.**