

## July 2018 Alpha Court Day Centre

Alpha Court Day Centre 270 Windsor Street/ Room 221

, ,	Man	Tue		1	E-4
S 1	Mon 2	Tue 3 Lunch: Grilled Cheese	Wed 4 Lunch: Ham Sandwiches	Thu 5 Lunch: Spaghetti	Fri Fri 7
	2	Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending	Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending	Good Food Box Payment Due \$15/ Single, \$25/ Family	Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Gardening 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT
	<u>CANADA DAY</u>	Mall Walking 9:45am-10:30am (Intercity Shopping Mall Food Court)	Mall Walking 9:45am-10:30am (Intercity Shopping Mall Food Court)	Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court)	#125) ***
	<u>DAY CENTRE</u> CLOSED	" <b>Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) * <b>Register</b>	Sewing Project: Quilting Projects 11:00am- 12:00pm (Rm 221)	Fit4Less" gym session 9:30am- 10:45pm (McIntyre Centre) *Register	Cribbage/Chess Club 10:00am-12:00pm (Rm.221) *** Ooshke Summer Feast 12:00pm-3:00pm (1241 Jasper Dr.)
		***	<u>Bingo</u> 10:30am-11:45pm (Room 221) ***	<u>Mindfulness Colouring</u> 10:00am – 12:00pm (Room 221)	<u>Coffee Talk</u> 10:00am – 12:00pm (Rm.221) ****
		Mens Group 1:00pm-2:30pm (Planning) *Please call for information ***	Summer Outdoor Exercise/ Circuits 1:00pm- 2:00pm (Back Field) *Please Register ***	*** <u>Documentary &amp; Popcorn</u> 10:30am- 12:30pm (Rm221)	Movie of the Week 12:00pm-2:30pm (Rm.221) "The Great Gatsby" *** Fishing @ Hazelwood lake (Hazelwood conservation area) 12:30pm-3:30pm
		Get Crafty 2:30pm-4:00pm (Rm.221)	Tai Chi 1:00pm – 2:00pm(Room221) *** Art Program 2:00pm-4:00pm (Rm 221) BISNO	"Elizabeth at 90: Á Family Tribute" *** Yoga (Rm.221) 1:00 pm -2:30pm	Please register/ Call for information *** Mini Putt at Boulevard Lake 2:30pm - 4:00pm **Please register (Weather
			<u>Alt Frogram</u> 2.00pm-4.00pm (Nin 221) BISNO	Outside Boxing Class 1:30pm-	Permitting)
				2:30pm (Exercise Rm) *Please call prior to attending ***	
				Walking Group (Day Centre/ Chapples Park) 2:30pm – 4:00pm	13 Lunch: BBQ 1
5	9 <u>Lunch: Spaghetti</u> Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending	10 <u>Lunch: Chili</u> Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending	11 Lunch: Cream of Mushroom Soup Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending	12 <u>Lunch: Lasagna</u> <u>Mall Walking</u> 8:30am-9:30am (Intercity Shopping Mall Food Court)	Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending
	*** Personal Training (Weights & Cardio) 11:30am (Fit4less) *Please Register	*** <u>Mall Walking</u> 9:45am-10:30am (Intercity Shopping Mall Food Court)	*** <u>Mall Walking</u> 9:45am-10:30am (Intercity Shopping Mall Food Court)	*** <u>Fit4Less" gym session</u> 9:30am- 10:45pm (McIntyre Centre) * <b>Register</b>	Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register
	Gardening 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125)	Mindfulness Colouring 9:00am – 11:00am (Room 221)	*** <b>"Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) * <b>Register</b>	*** Mindfulness Colouring 10:00am –	Gardening 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125)
	Brain Games! 10:00am – 11:00am (Rm.221)	*** <b>"Fit4Less" gym session</b> 10:30am-12:00pm	*** Social Gaming: Board & Card Games 9:00am –	12:00pm (Room 221) *** Documentary & Popcorn 10:30am-	<u>Brain Games!</u> 10:00am – 11:00am (Rm.221) ***
	*** <u>Coping with Loneliness</u> 12:00pm-1:30pm (Rm.221) *Closed Group/ Must register prior to attending 1st	(McIntyre Centre) * <b>Register</b> **** Tie Dyeing 10:00am – 11:30am (Room 221)	10:30am (Room 221) *** Bingo10:30am-11:45pm (Room 221)	12:30pm (Rm221) "Pedal the World" ***	Cribbage/Chess Club 10:00am-12:00pm (Rm.221) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221)
	group4/4	*Please register *** Jewelry Making 1:00pm – 2:30pm (Room 221)	*** Knitting & Crocheting 10:30am-12:00pm (Room 221)	Community Spokes Bike Repair 11:00am-12:00pm *Please Register ***	Movie of the Week 12:00pm-2:30pm (Rm.221) "Life of the Party"
	*** Women's Aquatics 11:30am – 1:00pm (Art Widnall Pool, 820 Minnesota Street) *Please Register	Mens Group 1:00pm-2:30pm*Please call for information	*** <u>Healthy Choice Cooking Program (</u> Kitchen) 10:30am-12:30pm *Please Register! (Alpha Court)	Yoga (Rm.221) 1:00 pm -2:30pm *** Outside Boxing Class 1:30pm-	*** <u>Frisbee Golf</u> 2:00pm – 3:30pm (Birch Point Disc Golf Course off Current Ave) **Please Register
	*** Billiards at Mario's Bowl 1:30pm – 3:00pm (Mario's	*** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl)	Canvas Painting 12:00pm - 2:00pm (Room 221)	2:30pm (Exercise Rm) *Please call prior to attending	Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse
	Bowl, 710 Memorial Ave) **** Cribbage/Chess Club 2:00pm-3:00pm (Rm.221)	*REGISTER - \$5.00 cost **** <u>Mindful Movement</u> 3:00pm-4:00pm (Room	Summer Outdoor Exercise 1:00pm-2:00pm (Back Field) *Please Register	Yardzee/ Bocce Ball 1:00pm-2:30pm (Day Centre Back field)	-
	*** Ooshke Programing 2:00pm-4:00pm (Rm.221) ***	221)	*** Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street)	*** <u>Walking Group</u> (Day Centre/ Cascades) 2:30pm – 4:00pm	
	New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register		Art Program 2:00pm-4:00pm (Rm 221) BISNO		

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15	16 Lunch: Chicken Noodle Soup	17 Lunch: Mac and Cheese	18 Lunch: Cheesy Taco Pasta	19 Lunch: Perogies	20 <u>Lunch: BBQ</u>	21
	Boxing Class 8:30am-9:30am (Exercise Rm) *Please	Boxing Class 8:30am-9:30am (Exercise Rm)	Boxing Class 8:30am-9:30am (Exercise Rm)	Good Food Box Pick up between	Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending	
	call prior to attending	*Please call prior to attending	*Please call prior to attending	3:00pm – 4:00pm at Day Centre		
					Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please	
	Personal Training (Weights & Cardio) 10:00am-	Mall Walking 9:45am-10:30am (Intercity	Mall Walking 9:45am-10:30am (Intercity Shopping	Mall Walking 8:30am-9:30am	Register	
	11:30am (Fit4less) *Please Register	Shopping Mall Food Court)	Mall Food Court)	(Intercity Shopping Mall Food Court)		
	***	***	***	***	Gardening 9:00pm – 9:45am (Lakehead Univeristy beside the Hangar, PLOT	
	<u>Brain Games!</u> 10:00am – 11:00am (Rm.221)	Mindfulness Colouring 9:00am – 11:00am	Social Gaming: Board & Card Games 9:00am –	<u>Meditation 9:00am – 10:00am</u>	<mark>#125)</mark>	
	***	(Room 221)	10:30am (Room 221)	(Room 221)	***	
	Women's Aquatics 11:30am – 1:00pm (Art Widnall	***	***	***	Cribbage/Chess Club 10:00am-12:00pm (Rm.221)	
	Pool, 820 Minnesota Street.) *Please Register	Baking (Morning Glory Muffins) 10:00am-	"Fit4Less" gym session 10:30am-12:00pm	Mindfulness Colouring 10:00am -	***	
	***	11:30am (Room 221/ Kitchen) *Limited	(McIntyre Centre) *Register	12:00pm (Room 221)	Brain Games! 10:00am – 11:00am (Rm 221)	
	Coping with Negativity 12:00pm-1:30pm (Rm 221)	spaces/ Please Register prior to attending	***	***	***	
	*Closed Group/ Must register prior to attending 1st	***	Bingo10:30am-11:45pm (Room 221)	Documentary & Popcorn 10:30am-	Coffee Talk 10:00am – 12:00pm (Rm.221)	
	group1/4	"Fit4Less" gym session 10:30am-12:00pm	***	12:30pm (Rm221)	***	
	***	(McIntyre Centre) *Register ***	Canvas Painting 11:30am – 1:00pm (Room 221)	"Peru"	Mindfulness Colouring 10:00am – 12:00pm (Room 221)	
	Billiards at Mario's Bowl 1:30pm – 3:00pm (Mario's	Mens Group 1:00pm-2:30pm *Please call for	***	***	***	
	Bowl, 710 Memorial Ave	information	Tai Chi 1:00pm – 2:00pm(Room221)	Community Spokes Bike Repair	Movie of the Week 12:00pm-2:30pm (Rm.221) "The Great Gatsby"	
	DOWI, 7 TO MEITIONAL AVE	***	***	11:00am-12:00pm *Please Register	***	
	Cashka Dragraming 2000ng 400ng (Bm 204)	Jewelry Making 1:00pm – 2:30pm (Room 221)	Summer Outdoor Exercise 1:00pm-2:00pm (Back	***	Volunteer Income Tax Program 2:15pm-4:00pm (221 Wilson St.) *By	
	Ooshke Programing 2:00pm-4:00pm (Rm.221)	***	Field) *Please Register	Yoga (Rm.221) 1:00 pm -2:30pm	appointment only/ Please call Jesse	
		Get Crafty 2:30pm-4:00pm (Rm.221)	***	***		
	Wii Gaming 2:00pm – 4:00pm (Room 221)	det charty 2.30pm-4.00pm (Rm.221)	Chair Yoga with Frances 1:30pm – 2:15pm	Vardzoo/ Bocco Ball 1:00pm 2:30pm	***	
	***		(NorWest Clinic, 525 Simpson Street)	(Day Centre Back field)	Mini Putt at Boulevard Lake 2:30pm – 4:00pm **Please register (Weather	
	Cribbage/Chess Club 2:00pm-3:00pm (Rm.221)		(Norwest Clinic, 525 Simpson Street)	(Day Centre Back field)	Permitting)	
	***		Aut Day warm 0.00 are 4.00 are (Day 0.04) DIONO	Outside Davies Olass 4.00mm		
	Gardening 9:00pm – 9:45am (Lakehead University		Art Program 2:00pm-4:00pm (Rm 221) BISNO	Outside Boxing Class 1:30pm-		
	beside the Hangar, PLOT #125)			2:30pm (Exercise Rm) *Please call		
				prior to attending		
				Walking Group (Day Centre/ Tree		
				Farm) 2:30pm – 4:00pm		
22	23 Lunch: Perogies	24 Lunch: Chicken Wraps	25 Lunch: Ham Sandwiches	26 Lunch: Perogies	27 Lunch: BBQ	28
	Gardening 9:00pm – 9:45am (Lakehead University	Mall Walking 9:45am-10:30am (Intercity	Mall Walking 9:45am-10:30am (Intercity Shopping	Mall Walking 8:30am-9:30am	Gardening 9:00pm – 9:45am (Lakehead Univeristy beside the Hangar, PLOT	
	beside the Hangar, PLOT #125)	Shopping Mall Food Court)	Mall Food Court)		#125)	
	***	***	***	***	***	
	<b>Coffee Talk</b> 10:00am – 12:00pm (Rm.221)	Mindfulness Colouring 9:00am – 11:00am	Social Gaming: Board & Card Games 9:00am –	Fit4Less" gym session 9:30am-	Cribbage/Chess Club 10:00am-12:00pm (Rm.221)	
	***	(Room 221)	10:30am (Room 221)	10:45pm (McIntyre Centre) *Register	***	
		***	***	***	Min If the set O - Level and 40:00	
	Women's Aquatics 11:30am – 1:00pm (Art Widnall	"Fit4Less" gym session 10:30am-12:00pm	"Fit4Less" gym session 10:30am-12:00pm	Mindfulness Colouring 10:00am –	Mindfulness Colouring 10:00am – 12:00pm (Room 221)	
	Pool, 820 Minnesota Street.) *Please Register	(McIntyre Centre) *Register	(McIntyre Centre) *Register	12:00pm (Room 221)		
		(womeyre centre) register	(montyre centre) register	12.00pm (N00m 221) ***	Movie of the Week 12:00pm-2:30pm (Rm.221) "Life of the Party"	
	Ooshke Programing 2:00pm-4:00pm (Rm.221)	Tie Dusing 10:00cm 11:20cm (Bccm 201)	<b>Binge</b> 10:20cm 11:45cm (Boom 221)	Decumentary & Densorn 10:20am	***	
	***	Tie Dyeing 10:00am – 11:30am (Room 221)	Bingo10:30am-11:45pm (Room 221)	Documentary & Popcorn 10:30am-	Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment	
	Cribbage/Chess Club 2:00pm-3:00pm (Rm.221)	*Please register	Healthy Chains Cooking Dramon (Kitchan)	12:30pm (Rm221) "The luce: Come"	only/ Please call Jesse	
	***	Laura Inc. Malaina (100 and 0.20 and (D	Healthy Choice Cooking Program (Kitchen)	"The Ivory Game"		
	New & Interested participants tour of the Day Centre	Jewelry Making 1:00pm – 2:30pm (Room 221)	10:30am-12:30pm *Please Register! (Alpha Court)	V (D 004) 4 00 0.00		
	3:00pm-4:00pm (Rm.221) *Call to Register			Yoga (Rm.221) 1:00 pm -2:30pm		
			Chair Yoga with Frances 1:30pm – 2:15pm	***		
		*REGISTER - \$5.00 cost	(NorWest Clinic, 525 Simpson Street)	Walking Group (Day Centre/		
		***		Centennial Park) 2:30pm – 4:00pm		
		Mindful Movement 3:00pm-4:00pm (Room				
		221)				

29	30 Lunch: Chicken Noodle Soup	31 Lunch: Pasta Bake	* To attend the Cooking Program, you must pre-register for each class by calling Jesse @ 683-7729
	Boxing Class 8:30am-9:30am (Exercise Rm) *Please	Boxing Class 8:30am-9:30am (Exercise Rm)	
	call prior to attending	*Please call prior to attending	* 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
	Gardening 9:00pm – 9:45am (Lakehead Univeristy	Mall Walking 9:45am-10:30am (Intercity	
	beside the Hangar, PLOT #125) ***	Shopping Mall Food Court)	clothing. There can be no drop-ins.
	Brain Games! 10:00am – 11:00am (Rm.221)	Mindfulness Colouring 9:00am – 11:00am	
	***	(Room 221)	
	Ooshke Programing 2:00pm-4:00pm (Rm.221)	***	*People attending <u>Walking Group</u> that need a ride, we will meet at the Day Centre at 2:30pm and leave to our
	2.00pm=4.00pm (Rm.221) ***	"Fit4Less" gym session 10:30am-12:00pm	destination by 2:45pm. You may also meet us at the walking location indicated on the calendar. We can also
	Wii Gaming 2:00pm – 4:00pm (Room 221)	(McIntyre Centre) *Register	
			provide one bus ticket to participants.
		Jewelry Making 1:00pm – 2:30pm (Room 221)	
		***	
		Get Crafty 2:30pm-4:00pm (Rm.221)	* 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.
			chooling an electro to participate in the many programs we provide.
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