



# July 2018

Alpha Court Day Centre  
270 Windsor Street/ Room 221

S	Mon	Tue	Wed	Thu	Fri	S
1	<p style="text-align: center;"><b>CANADA DAY DAY CENTRE CLOSED</b></p>	<p><b>3 Lunch: Grilled Cheese</b> <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p><b>Mall Walking</b> 9:45am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p><b>"Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p><b>Jewelry Making</b> 1:00pm – 2:30pm (Room 221) ***</p> <p><b>Mens Group</b> 1:00pm-2:30pm (Planning) *Please call for information ***</p> <p><b>Get Crafty</b> 2:30pm-4:00pm (Rm.221)</p>	<p><b>4 Lunch: Ham Sandwiches</b> <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p><b>Mall Walking</b> 9:45am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p><b>Sewing Project: Quilting Projects</b> 11:00am-12:00pm (Rm 221) ***</p> <p><b>Bingo</b> 10:30am-11:45pm (Room 221) ***</p> <p><b>Summer Outdoor Exercise/ Circuits</b> 1:00pm-2:00pm (Back Field) *Please Register ***</p> <p><b>Tai Chi</b> 1:00pm – 2:00pm(Room221) ***</p> <p><b>Art Program</b> 2:00pm-4:00pm (Rm 221) BISNO</p>	<p><b>5 Lunch: Spaghetti</b> <b>Good Food Box Payment Due</b> \$15/ Single, \$25/ Family</p> <p><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) "Elizabeth at 90: A Family Tribute" ***</p> <p><b>Yoga</b> (Rm.221) 1:00 pm -2:30pm ***</p> <p><b>Outside Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p><b>Walking Group</b> (Day Centre/ Chapples Park) 2:30pm – 4:00pm</p>	<p><b>6 Lunch: BBQ</b> <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p><b>Gardening</b> 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125) ***</p> <p><b>Cribbage/Cheess Club</b> 10:00am-12:00pm (Rm.221) ***</p> <p><b>Ooshke Summer Feast</b> 12:00pm-3:00pm (1241 Jasper Dr.) ***</p> <p><b>Coffee Talk</b> 10:00am – 12:00pm (Rm.221) ***</p> <p><b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "The Great Gatsby" ***</p> <p><b>Fishing @ Hazelwood lake</b> (Hazelwood conservation area) 12:30pm-3:30pm Please register/ Call for information ***</p> <p><b>Mini Putt at Boulevard Lake</b> 2:30pm – 4:00pm **Please register (Weather Permitting)</p>	7
8	<p><b>9 Lunch: Spaghetti</b> <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p><b>Personal Training (Weights &amp; Cardio)</b> 10:00am-11:30am (Fit4less) *Please Register ***</p> <p><b>Gardening</b> 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125)</p> <p><b>Brain Games!</b> 10:00am – 11:00am (Rm.221) ***</p> <p><b>Coping with Loneliness</b> 12:00pm-1:30pm (Rm.221) *Closed Group/ Must register prior to attending 1st group4/4 ***</p> <p><b>Coffee Talk</b> 10:00am – 12:00pm (Rm.221) ***</p> <p><b>Women's Aquatics</b> 11:30am – 1:00pm (Art Widnall Pool, 820 Minnesota Street) *Please Register ***</p> <p><b>Billiards at Mario's Bowl</b> 1:30pm – 3:00pm (Mario's Bowl, 710 Memorial Ave) ***</p> <p><b>Cribbage/Cheess Club</b> 2:00pm-3:00pm (Rm.221) ***</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>10 Lunch: Chili</b> <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p><b>Mall Walking</b> 9:45am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p><b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221) ***</p> <p><b>"Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p><b>Tie Dyeing</b> 10:00am – 11:30am (Room 221) *Please register ***</p> <p><b>Jewelry Making</b> 1:00pm – 2:30pm (Room 221) ***</p> <p><b>Mens Group</b> 1:00pm-2:30pm*Please call for information ***</p> <p><b>Bowling</b> 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost ***</p> <p><b>Mindful Movement</b> 3:00pm-4:00pm (Room 221)</p>	<p><b>11 Lunch: Cream of Mushroom Soup</b> <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p><b>Mall Walking</b> 9:45am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p><b>"Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p><b>Social Gaming: Board &amp; Card Games</b> 9:00am – 10:30am (Room 221) ***</p> <p><b>Bingo</b> 10:30am-11:45pm (Room 221) ***</p> <p><b>Knitting &amp; Crocheting</b> 10:30am-12:00pm (Room 221) ***</p> <p><b>Healthy Choice Cooking Program</b> (Kitchen) 10:30am-12:30pm *Please Register! (Alpha Court) ***</p> <p><b>Canvas Painting</b> 12:00pm – 2:00pm (Room 221) ***</p> <p><b>Summer Outdoor Exercise</b> 1:00pm-2:00pm (Back Field) *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) BISNO</p>	<p><b>12 Lunch: Lasagna</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) "Pedal the World" ***</p> <p><b>Community Spokes Bike Repair</b> 11:00am-12:00pm *Please Register ***</p> <p><b>Yoga</b> (Rm.221) 1:00 pm -2:30pm ***</p> <p><b>Outside Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p><b>Yardzee/ Bocce Ball</b> 1:00pm-2:30pm (Day Centre Back field) ***</p> <p><b>Walking Group</b> (Day Centre/ Cascades) 2:30pm – 4:00pm</p>	<p><b>13 Lunch: BBQ</b> <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p><b>Personal Training (Weights &amp; Cardio)</b> 10:00am-11:30am (Fit4less) *Please Register ***</p> <p><b>Gardening</b> 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125) ***</p> <p><b>Brain Games!</b> 10:00am – 11:00am (Rm.221) ***</p> <p><b>Cribbage/Cheess Club</b> 10:00am-12:00pm (Rm.221) ***</p> <p><b>Mindfulness Colouring</b> 10:00am – 12:00pm (Room 221) ***</p> <p><b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "Life of the Party" ***</p> <p><b>Frisbee Golf</b> 2:00pm – 3:30pm (Birch Point Disc Golf Course off Current Ave) **Please Register</p> <p><b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	14

15	<p><b>16 Lunch: Chicken Noodle Soup</b>  <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending  ***  <b>Personal Training (Weights &amp; Cardio)</b> 10:00am-11:30am (Fit4less) *Please Register  ***  <b>Brain Games!</b> 10:00am – 11:00am (Rm.221)  ***  <b>Women's Aquatics</b> 11:30am – 1:00pm (Art Widnall Pool, 820 Minnesota Street.) *Please Register  ***  <b>Coping with Negativity</b> 12:00pm-1:30pm (Rm 221) *Closed Group/ Must register prior to attending 1st group1/4  ***  <b>Billiards at Mario's Bowl</b> 1:30pm – 3:00pm (Mario's Bowl, 710 Memorial Ave)  ***  <b>Ooshke Programming</b> 2:00pm-4:00pm (Rm.221)  ***  <b>Wii Gaming</b> 2:00pm – 4:00pm (Room 221)  ***  <b>Cribbage/Chess Club</b> 2:00pm-3:00pm (Rm.221)  ***  <b>Gardening</b> 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125)</p>	<p><b>17 Lunch: Mac and Cheese</b>  <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending  ***  <b>Mall Walking</b> 9:45am-10:30am (Intercity Shopping Mall Food Court)  ***  <b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221)  ***  <b>Baking (Morning Glory Muffins)</b> 10:00am-11:30am (Room 221/ Kitchen) *Limited spaces/ Please Register prior to attending  ***  <b>"Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) *Register ***  <b>Mens Group</b> 1:00pm-2:30pm *Please call for information  ***  <b>Jewelry Making</b> 1:00pm – 2:30pm (Room 221)  ***  <b>Get Crafty</b> 2:30pm-4:00pm (Rm.221)</p>	<p><b>18 Lunch: Cheesy Taco Pasta</b>  <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending  ***  <b>Mall Walking</b> 9:45am-10:30am (Intercity Shopping Mall Food Court)  ***  <b>Social Gaming: Board &amp; Card Games</b> 9:00am – 10:30am (Room 221)  ***  <b>"Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) *Register  ***  <b>Bingo</b> 10:30am-11:45pm (Room 221)  ***  <b>Canvas Painting</b> 11:30am – 1:00pm (Room 221)  ***  <b>Tai Chi</b> 1:00pm – 2:00pm(Room221)  ***  <b>Summer Outdoor Exercise</b> 1:00pm-2:00pm (Back Field) *Please Register  ***  <b>Chair Yoga with Frances</b> 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street)  ***  <b>Art Program</b> 2:00pm-4:00pm (Rm 221) BISNO</p>	<p><b>19 Lunch: Perogies</b>  <b>Good Food Box Pick up between 3:00pm – 4:00pm at Day Centre</b>  ***  <b>Mall Walking</b> 8:30am-9:30am (Intercity Shopping Mall Food Court)  ***  <b>Meditation</b> 9:00am – 10:00am (Room 221)  ***  <b>Mindfulness Colouring</b> 10:00am – 12:00pm (Room 221)  ***  <b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) "Peru"  ***  <b>Community Spokes Bike Repair</b> 11:00am-12:00pm *Please Register  ***  <b>Yoga</b> (Rm.221) 1:00 pm -2:30pm  ***  <b>Yardzee/ Bocce Ball</b> 1:00pm-2:30pm (Day Centre Back field)  ***  <b>Outside Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending  ***  <b>Walking Group (Day Centre/ Tree Farm)</b> 2:30pm – 4:00pm</p>	<p><b>20 Lunch: BBQ</b>  <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending  ***  <b>Personal Training (Weights &amp; Cardio)</b> 10:00am-11:30am (Fit4less) *Please Register  ***  <b>Gardening</b> 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125)  ***  <b>Cribbage/Chess Club</b> 10:00am-12:00pm (Rm.221)  ***  <b>Brain Games!</b> 10:00am – 11:00am (Rm 221)  ***  <b>Coffee Talk</b> 10:00am – 12:00pm (Rm.221)  ***  <b>Mindfulness Colouring</b> 10:00am – 12:00pm (Room 221)  ***  <b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "The Great Gatsby"  ***  <b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (221 Wilson St.) *By appointment only/ Please call Jesse  ***  <b>Mini Putt at Boulevard Lake</b> 2:30pm – 4:00pm **Please register (Weather Permitting)</p>	21
22	<p><b>23 Lunch: Perogies</b>  <b>Gardening</b> 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125)  ***  <b>Coffee Talk</b> 10:00am – 12:00pm (Rm.221)  ***  <b>Women's Aquatics</b> 11:30am – 1:00pm (Art Widnall Pool, 820 Minnesota Street.) *Please Register  ***  <b>Ooshke Programming</b> 2:00pm-4:00pm (Rm.221)  ***  <b>Cribbage/Chess Club</b> 2:00pm-3:00pm (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>24 Lunch: Chicken Wraps</b>  <b>Mall Walking</b> 9:45am-10:30am (Intercity Shopping Mall Food Court)  ***  <b>Mindfulness Colouring</b> 9:00am – 11:00am (Room 221)  ***  <b>"Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) *Register  ***  <b>Tie Dyeing</b> 10:00am – 11:30am (Room 221) *Please register  ***  <b>Jewelry Making</b> 1:00pm – 2:30pm (Room 221)  ***  <b>Bowling</b> 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost  ***  <b>Mindful Movement</b> 3:00pm-4:00pm (Room 221)</p>	<p><b>25 Lunch: Ham Sandwiches</b>  <b>Mall Walking</b> 9:45am-10:30am (Intercity Shopping Mall Food Court)  ***  <b>Social Gaming: Board &amp; Card Games</b> 9:00am – 10:30am (Room 221)  ***  <b>"Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) *Register  ***  <b>Bingo</b> 10:30am-11:45pm (Room 221)  ***  <b>Healthy Choice Cooking Program</b> (Kitchen) 10:30am-12:30pm *Please Register! (Alpha Court)  ***  <b>Chair Yoga with Frances</b> 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street)</p>	<p><b>26 Lunch: Perogies</b>  <b>Mall Walking</b> 8:30am-9:30am (Intercity Shopping Mall Food Court)  ***  <b>Fit4Less" gym session</b> 9:30am-10:45pm (McIntyre Centre) *Register  ***  <b>Mindfulness Colouring</b> 10:00am – 12:00pm (Room 221)  ***  <b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) "The Ivory Game"  ***  <b>Yoga</b> (Rm.221) 1:00 pm -2:30pm  ***  <b>Walking Group (Day Centre/ Centennial Park)</b> 2:30pm – 4:00pm</p>	<p><b>27 Lunch: BBQ</b>  <b>Gardening</b> 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125)  ***  <b>Cribbage/Chess Club</b> 10:00am-12:00pm (Rm.221)  ***  <b>Mindfulness Colouring</b> 10:00am – 12:00pm (Room 221)  ***  <b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "Life of the Party"  ***  <b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	28

29

**30 Lunch: Chicken Noodle Soup**  
**Boxing Class** 8:30am-9:30am (Exercise Rm) \*Please call prior to attending  
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**Gardening** 9:00pm – 9:45am (Lakehead Univeristy beside the Hangar, PLOT #125)  
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**Brain Games!** 10:00am – 11:00am (Rm.221)  
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**Ooshke Programing** 2:00pm-4:00pm (Rm.221)  
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**Wii Gaming** 2:00pm – 4:00pm (Room 221)

**31 Lunch: Pasta Bake**  
**Boxing Class** 8:30am-9:30am (Exercise Rm)  
 \*Please call prior to attending  
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**Mall Walking** 9:45am-10:30am (Intercity Shopping Mall Food Court)  
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**Mindfulness Colouring** 9:00am – 11:00am (Room 221)  
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**“Fit4Less” gym session** 10:30am-12:00pm (McIntyre Centre) \*Register  
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**Jewelry Making** 1:00pm – 2:30pm (Room 221)  
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**Get Crafty** 2:30pm-4:00pm (Rm.221)

\* 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.