

July 2019

Alpha Court Day Centre

270 Windsor Street/ Room 221



S	Mon	Tue	Wed	Thu	Fri	S
1	CANADA DAY DAY CENTRE CLOSED	<p>2 LUNCH: Chilli Beginner's Boxing Program 8:45am-9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 10:30am – 12:00pm (Room 221) ***</p> <p>Baking (Granola Bars) 10:30am- 12:00pm (Room 221) *Limited spaces/ Please register prior to attending ***</p> <p>"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Lets Sew! (Sewing Class) 12:00pm-1:00pm (Rm.221) ***</p> <p>Jewelry Making 1:00pm – 2:30pm (Room 221) ***</p> <p>Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register ***</p> <p>Experience Thunder Bay (Conservatory) 2:15pm-3:30pm 1601 Dease Street ***</p> <p>Canvas Painting 2:45pm – 4:00pm (Room 221)</p>	<p>3 LUNCH: Spaghetti Advanced Boxing Class 8:45am – 9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Gardening 8:45am – 9:30am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***</p> <p>Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:30am-11:30am (Room 221) ***</p> <p>Social Gaming - Board/ Card Games 1:00pm-2:00pm (Room 221) ***</p> <p>Friendly Individual Trivia Competition 1:00pm-2:00pm (Room 221) ***</p> <p>Day Centre Circuit Training 1:00pm-2:00pm (Outside) *Please Register ***</p> <p>Bike Hike with Community Spokes 1:30pm – 3:30pm (Day Centre) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) ***</p> <p>Frisbee Golf 2:30pm – 4:00pm (Birch Point Disc Golf Course, Cuyler Street) **Please register</p>	<p>4 LUNCH: Pancakes Boxing Class 8:45am-9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Bingo 9:30am – 10:30am (Room 221) ***</p> <p>Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p>Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) "Forks over Knives" ***</p> <p>Yoga 1:00pm -2:00pm (Room 221) ***</p> <p>Social Gaming 1:00pm-2:30pm (Back Field) ***</p> <p>Walking Group (Day Centre/ George Burke Park) 2:30pm – 4:00pm</p> <p style="text-align: center;">GOOD FOOD BOX PAYMENT DUE \$15/ SINGLE, \$25/ FAMILY</p>	<p>5 LUNCH: BBQ Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p>Gardening 8:45am – 9:30am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***</p> <p>Morning Meditation 9:30am-10:00am (Rm.221) ***</p> <p>Mindfulness Colouring 10:00am – 11:30am (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Fit4less Gym Session 10:30am-12:00pm (Fit4less) *Please Register ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Something Borrowed" ***</p> <p>Free Fishing Week Adventure 1:00pm-3:30pm *Destination to be determined/ Must Register ***</p> <p>Mini Putt 1:00pm-2:30pm (Boulevard Lake) **Weather Depending, please register ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p> <p>Knitting & Crocheting 2:45pm – 4:00pm (Room 221)</p>	6

7	<p>8 LUNCH: CHILI Boxing Class 8:45am-9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Gardening 8:45am – 9:30am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***</p> <p>Fit4Less Gym Session 10:00am – 11:30am (1186 Memorial Ave) *Please Register ***</p> <p>Mindfulness Colouring 10:00am – 11:30am (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Coping with Anxiety 1:00pm-2:00pm (Rm221) *Closed Group/ Must register prior to attending 1st group 1/4 ***</p> <p>Swimming at Widnall Pool 11:45am – 1:00pm (Volunteer Pool, 180 Martha Street) **Please register ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221) ***</p> <p>Frisbee Golf 2:30pm – 4:00pm (Birch Point Disc Golf Course, Cuyler Street) **Please register</p>	<p>9 LUNCH: STIR FRY Beginner's Boxing Program 8:45am-9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Tie Dyeing 10:00am – 11:30am (Room 221) *Please register ***</p> <p>Lets Sew!! (Sewing Class) 12:00pm-1:00pm (Rm.221) ***</p> <p>Jewelry Making 1:00pm – 2:30pm (Room 221) ***</p> <p>Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register ***</p> <p>Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost ***</p> <p>Canvas Painting 2:45pm – 4:00pm (Room 221)</p>	<p>10 LUNCH: SLOPPY JOE'S Advanced Boxing Class 8:45am – 9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Gardening 8:45am – 9:30am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***</p> <p>Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Social Gaming - Board/ Card Games 9:30am – 10:30am (Room 221) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Bingo 10:30am – 11:30am(Room 221) ***</p> <p>Mindfulness Colouring 10:30am – 12:00pm (Room 221) ***</p> <p>Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please Register! (St. Joe's) ***</p> <p>Day Centre Circuit Training 1:00pm-2:00pm (Outside) *Please Register ***</p> <p>Tai Chi 1:00pm 2:00pm(Room221) ***</p> <p>Bike Hike with Community Spokes 1:30pm – 3:30pm (Day Centre) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221)</p>	<p>11 LUNCH: PASTA BAKE Boxing Class 8:45am-9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p>Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) "Diana: In Her Own Words" ***</p> <p>Yoga 1:00pm -2:00pm (Room 221) ***</p> <p>Social Gaming 1:00pm-2:30pm (Mario's Bowl) ***</p> <p>Walking Group (Day Centre/ Boulevard Lake) 2:30pm – 4:00pm</p>	<p>12 LUNCH: BBQ Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p>Gardening 8:45am – 9:30am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***</p> <p>Morning Meditation 9:30am-10:00am (Rm.221) ***</p> <p>Mindfulness Colouring 10:00am – 11:30am (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Mindful Movement 11:00am – 12:00pm (NorWest Health Clinic, 525 Simpson Street) ***</p> <p>Fit4less Gym Session 10:30am-12:00pm (Fit4less) *Please Register ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "The Age of Adaline" ***</p> <p>Mini Putt 1:00pm-2:30pm (Boulevard Lake) **Weather Depending, please register ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p> <p>Knitting & Crocheting 2:45pm – 4:00pm (Room 221)</p>	13
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14	<p>15 LUNCH: STIR FRY Boxing Class 8:45am-9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Gardening 8:45am – 9:30am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***</p> <p>Fit4Less Gym Session 10:00am – 11:30am (1186 Memorial Ave) *Please Register ***</p> <p>Mindfulness Colouring 10:00am – 11:30am (Room 221) ***</p> <p>Coping with Anxiety 1:00pm-2:00pm(221 Rm.) *Closed Group/ Must register prior to attending 1st group 2/4 ***</p> <p>Swimming at Widnall Pool 11:45am – 1:00pm (Volunteer Pool, 180 Martha Street) **Please register ***</p> <p>Afternoon Meditation 2:00pm-3:00pm (Rm.221) ***</p> <p>Wii Gaming 3:00pm-4:00pm (Rm.221) ***</p> <p>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register ***</p> <p>Knitting & Crocheting 3:00pm – 4:00pm (Room 221) ***</p>	<p>16 LUNCH: CHICKEN WRAPS Beginner's Boxing Program 8:45am-9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 10:15am – 12:00am (Room 221) ***</p> <p>Baking (Energy Bars) 10:30am- 12:00pm (Room 221) *Limited spaces/ Please register prior to attending ***</p> <p>"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Lets Sew!! (Sewing Class) 12:00pm-1:00pm (Rm.221) ***</p> <p>Jewelry Making 1:00pm – 2:30pm (Room 221) ***</p> <p>Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register ***</p> <p>Experience Thunder Bay (Conservatory) 2:15pm-3:30pm 1601 Dease Street ***</p> <p>Canvas Painting 2:45pm – 4:00pm (Room 221) ***</p>	<p>17 LUNCH: TACOS Advanced Boxing Class 8:45am – 9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Gardening 8:45am – 9:30am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***</p> <p>Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Social Gaming - Board/ Card Games 1:00pm-2:00pm (Room 221) ***</p> <p>Friendly Individual Trivia Competition 1:00pm-2:00pm (Main Floor) ***</p> <p>Day Centre Circuit Training 1:00pm-2:00pm (Outside) *Please Register ***</p> <p>Bike Hike with Community Spokes 1:30pm – 3:30pm (DayCentre) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) ***</p> <p>Frisbee Golf 2:30pm – 4:00pm (Birch Point Disc Golf Course, Cuyler Street) **Please register ***</p>	<p>18 LUNCH: GRILLED CHEESE Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Bingo 9:30am – 10:30am (Room 221) ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) "Maya Angelou: And Still I Rise" ***</p> <p>Yoga 1:00pm -2:00pm (Room 221) ***</p> <p>Social Gaming 1:00pm-2:30pm (Back Field) ***</p> <p>Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.) ***</p> <p>Walking Group (Day Centre/ Boulevard Lake) 2:30pm – 4:00pm ***</p> <p>GOOD FOOD BOX PAYMENT PICK UP BETWEEN 3:00PM & 4:00PM</p>	<p>19 LUNCH: BBQ Gardening 8:45am – 9:30am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***</p> <p>Mindfulness Colouring 9:45am – 11:00am (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Fit4less Gym Session 10:30am-12:00pm (Fit4less) *Please Register ***</p> <p>Ooshke's Summer Feast at Vicker's Park 12:00pm – 3:00pm ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "The Hunger Games" ***</p> <p>Mini Putt 1:00pm-2:30pm (Boulevard Lake) **Weather Depending, please register ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p> <p>Knitting & Crocheting 2:45pm – 4:00pm (Room 221) ***</p>	20
21	<p>22 LUNCH: VEGETABLE SOUP Gardening 8:45am – 9:30am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***</p> <p>Mindfulness Colouring 10:00am – 11:30am (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Social Gaming – Bocce & Yardzee 1:00pm – 2:15pm (Back Field) ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221) ***</p> <p>Frisbee Golf 2:30pm – 4:00pm (Birch Point Disc Golf Course, Cuyler Street) **Please register ***</p>	<p>23 LUNCH: PANCAKES & SAUSAGES Beginner's Boxing Program 8:45am-9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Tie Dyeing 10:00am – 11:30am (Room 221) *Please register ***</p> <p>Lets Sew!! (Sewing Class) 12:00pm-1:00pm (Rm.221) ***</p> <p>Jewelry Making 1:00pm – 2:30pm (Room 221) ***</p> <p>Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost ***</p> <p>Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register ***</p> <p>Canvas Painting 2:45pm – 4:00pm (Room 221) ***</p>	<p>24 LUNCH: LASAGNA Advanced Boxing Class 8:45am – 9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Gardening 8:45am – 9:30am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***</p> <p>Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Social Gaming - Board/ Card Games 9:00am – 10:30am (Room 221) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Bingo 10:30am – 11:30am (Room 221) ***</p> <p>Mindfulness Colouring 10:30am – 12:00pm (Room 221) ***</p> <p>Day Centre Circuit Training 1:00pm-2:00pm (Outside) *Please Register ***</p> <p>Tai Chi 1:00pm 2:00pm (Room 221) ***</p> <p>Bike Hike with Community Spokes 1:30pm – 3:30pm (Day Centre) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) ***</p>	<p>25 LUNCH: PEROGIES Boxing Class 8:45am-9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p>Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) "Bill Nye: Science Guy" ***</p> <p>Yoga 1:00pm -2:00pm (Room 221) ***</p> <p>Social Gaming 1:00pm-2:30pm (Mario's Bowl) ***</p> <p>Walking Group (Day Centre/ Boulevard Lake) 2:30pm – 4:00pm ***</p>	<p>26 LUNCH: BBQ Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p>Gardening 8:45am – 9:30am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***</p> <p>Morning Meditation 9:30am-10:00am (Rm.221) ***</p> <p>Mindfulness Colouring 10:00am – 11:30am (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Mindful Movement 11:00am – 12:00pm (NorWest Health Clinic, 525 Simpson Street) ***</p> <p>Fit4less Gym Session 10:30am-12:00pm (Fit4less) *Please Register ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "The Hunger Games: Catching Fire" ***</p> <p>Mini Putt 1:00pm-2:30pm (Boulevard Lake) **Weather Depending, please register ***</p>	27

28	<p>29 LUNCH: MAC N' CHEESE Boxing Class 8:45am-9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Gardening 8:45am – 9:30am (Lakehead University Hangar, Plot #125, 955 Oliver Road) ***</p> <p>Fit4Less Gym Session 10:00am – 11:30am (1186 Memorial Ave) *Please Register ***</p> <p>Mindfulness Colouring 10:00am – 11:30am (Room 221) ***</p> <p>Coping with Anxiety 1:00pm-2:00pm (221 Rm.) *Closed Group/ Must register prior to attending 1st group 3/4 ***</p> <p>Swimming at Widnall Pool 11:45am – 1:00pm (Volunteer Pool, 180 Martha Street) **Please register ***</p> <p>Afternoon Meditation 2:00pm-3:00pm (Rm.221) ***</p> <p>Wii Gaming 3:00pm-4:00pm (Rm.221) ***</p> <p>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register ***</p> <p>Knitting & Crocheting 3:00pm – 4:00pm (Room 221) ***</p>	<p>30 LUNCH: PIZZA CASSEROLE Beginner's Boxing Program 8:45am-9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Mall Walking 10:00am-10:30am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 10:15am – 12:00am (Room 221) ***</p> <p>Baking (Cheesecake) 10:30am- 12:00pm (Room 221) *Limited spaces/ Please register prior to attending ***</p> <p>"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Lets Sew! (Sewing Class) 12:00pm-1:00pm (Rm.221) ***</p> <p>Jewelry Making 1:00pm – 2:30pm (Room 221) ***</p> <p>Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register ***</p> <p>Experience Thunder Bay (Conservatory) 2:15pm-3:30pm 1601 Dease Street ***</p> <p>Canvas Painting 2:45pm – 4:00pm (Room 221) ***</p>	<p>31 LUNCH: HAM SANDWICHES Advanced Boxing Class 8:45am – 9:45am (Exercise Rm) *Please call prior to attending ***</p> <p>Gardening 8:45am – 9:30am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***</p> <p>Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please Register! (Alpha Court) ***</p> <p>Social Gaming - Board/ Card Games 1:00pm-2:00pm (Room 221) ***</p> <p>Friendly Individual Trivia Competition 1:00pm-2:00pm (Room221) ***</p> <p>Day Centre Circuit Training 1:00pm-2:00pm (Outside) *Please Register ***</p> <p>Bike Hike with Community Spokes 1:30pm – 3:30pm (DayCentre) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) ***</p> <p>Frisbee Golf 2:30pm – 4:00pm (Birch Point Disc Golf Course, Cuyler Street) **Please register ***</p>	<p>* To attend the Cooking Program, you must pre-register for each class by calling Jesse at 683-7729</p> <p>* 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.</p> <p>*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.</p> <p>* 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.</p>	