

June 2017

Alpha Court Day Centre/270 Windsor Street

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<p>1 Lunch: Stir Fry Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12pm(Room 221) ***</p> <p>Rock Climbing 11:30am-1:00pm (Gym) *Must Register ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Social Gaming Club 1:00pm-2:30pm (Main Floor) ***</p> <p>Walking Group (Day Centre/ Tree Farm) 2:30pm – 4:00pm</p>	<p>2 Lunch: BBQ Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending ***</p> <p>Wellness/Lifestyle Group 10:30pm-12:00pm (White Rm.) *Closed Group/ Must register prior to attending 1st group 5/6 ***</p> <p>Gardening GroupL 10:00am-10:45am (Lakehead University Hangar #Plot 11) **Weather Depending ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Ring" ***</p> <p>Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) ***</p> <p>Frisbee Golf 2:15pm – 4:15pm (Boulevard Lake) **Weather Permitting**</p>	3
4	<p>5 Lunch: Chili with Veggies Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***</p> <p>Wellness/Lifestyle Group 10:30pm-12:00pm (Rm.221) *Closed Group/ Must register prior to attending 1st group 6/6 ***</p> <p>Express Yourself Writing Group 12:30pm-2:00pm (Rm221) ***</p> <p>Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) ***</p> <p>Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register ***</p> <p>ZUMBA! 1:00pm-2:00pm (Rm.221) ***</p> <p>Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Ooshke Programing– Creating Gauntlet Mittens 2:00pm-4:00pm (Rm.221) ***</p> <p>Wii Gaming 2:00pm – 4:00pm (Room 221) ***</p> <p>Gardening Group! 2:45pm-3:30pm (Lakehead University Hangar #Plot 11) **Weather Depending ***</p> <p>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>6 Lunch: Sloppy Joe's with Salad "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Baking 10:30am- 12:00pm (Room 221/ Kitchen) *Please Register ***</p> <p>Jewelry Making (RM 221) 1:00PM-2:30PM ***</p> <p>Wellness/Lifestyle Group 12:30pm-2:00pm (White Rm.) *Closed Group/ Must register prior to attending 1st group *Extra ***</p> <p>Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Get Crafty 2:30pm-4:00pm (Rm.221) ***</p> <p>Community Spokes Bike Repair 3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/Register</p>	<p>7 Lunch: Chicken Noodle Soup Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Craft sewing & Mending clothes 10:00am-11:00am (Rm 221) ***</p> <p>Bingo 10:30am-12:00pm (Rm.221) ***</p> <p>Men's Boxing Class 11:00am-12:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Weight & Circuit training @ the Day Centre 12:00pm-1:00pm (Exercise Rm) *Must Register (HIIT) ***</p> <p>Canvas Painting 12:00pm – 1:30pm (Room 221) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>8 Lunch: Perogies with Coleslaw Good Food Box Payment Due \$15/ Single, \$25/ Family Mindfulness Colouring 10:00am – 12pm(Room 221) ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Social Gaming Club 1:00pm-2:30pm (Main Floor) "Checkers Tournament" ***</p> <p>Walking Group (Day Centre/ Boulevard LK.) 2:30pm – 4:00pm</p>	<p>9 Lunch: BBQ Community Volunteering 9:00am – 12:00pm Regional Food Distribution Association (570 Syndicate Ave) *Please Register ***</p> <p>Gardening Group! 11:30am-12:15pm (Lakehead University Hangar #Plot 11) **Weather Depending ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Get Out" ***</p> <p>Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	10

11	<p>12 Lunch: Ham Sandwiches with Veggies Coffee Talk 11:00am-1:00pm (Rm.221) *** Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register *** ZUMBA! 1:00pm-2:00pm (Rm.221) *** Ooshke Programing 2:00pm-4:00pm (Rm.221) *** Gardening Group! 2:45pm-3:30pm (Lakehead University Hangar #Plot 11) **Weather Depending</p>	<p>13 Lunch: Lasagna with Veggies "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Tie Dying 10:30am – 12:00pm (Room 221) *Please register *** Wellness/Lifestyle Group 12:30pm-2:00pm (White Rm.) *Closed Group/ Must register prior to attending 1st group *Extra *** Jewelry Making (RM 221) 1:00PM-2:30PM *** Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending *** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost *** Thunder Bay Art Gallery 3:30pm-4:30pm *Please Register *** Yoga (Rm.221) 2:30 pm -4:00pm *** Evening Women's Empowerment Group 6:00pm – 8:00pm (Room 221)</p>	<p>14 Lunch: Perogies with Coleslaw Healthy Choice Cooking Program (Kitchen) 10:30am-12:30 pm *REGISTER! (St.Joes) *** Knitting Group 10:30am-11:30am (Room 221) *** Canvas Painting 12:00pm – 1:30pm (Room 221) *** Tai Chi 1:00pm – 2:00pm(Room 221) *** Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>15 Lunch: Grilled Cheese Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12pm(Room 221) *** Wellness/Lifestyle Group 11:00pm-12:30pm (White Rm.) *Closed Group/ Must register prior to attending 1st group *Extra *** Yoga (Rm.221) 1:00 pm -2:30pm *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Social Gaming Club 1:00pm-2:30pm (Main Floor) *** Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.) *** Walking Group (Day Centre/ LPH Trail) 2:30pm – 4:00pm</p>	<p>16 Lunch: BBQ Mindful Movement 10:30am-11:30am (Norwest Clinic Building/525 Simpson St.) *** Boxing Class 9:00am-10:00am (Outside/Back) *Please call prior to attending *** Coping with Negativity 10:30am-12:00pm (Rm.221) *Closed Group/ Must register prior to attending 1st group 1/4 *** Gardening Group! 10:00am-10:45am (Lakehead University Hangar #Plot 11) **Weather Depending *** Movie of the Week 12:00pm-2:30pm (Rm.221) "John Wick:Chapter 2" *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse *** Frisbee Golf 2:15pm – 4:15pm (Boulevard Lake) **Weather Permitting**</p>	17
18	<p>19 Lunch: Spaghetti with Salad Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register *** Coping with Negativity 10:30am-12:00pm (Rm.221) .) *Closed Group/ Must register prior to attending 1st group 2/4 *** Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) *** Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register *** ZUMBA! 1:00pm-2:00pm (Rm.221) *** Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending *** Ooshke Programing 2:00pm-4:00pm (Rm.221) *** Wii Gaming 2:00pm – 4:00pm (Room 221) *** Music Discussion Group 2:00pm-3:30pm (Rm.221) *Johnny Cash *** Gardening Group! 2:45pm-3:30pm (Lakehead University Hangar #Plot 11) **Weather Depending</p>	<p>20 No Lunch "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Baking 10:30am- 12:00pm (Room 221/ Kitchen) *Please Register *** DAY CENTRE CLOSED FROM 12:00PM-4:30PM</p>	<p>21 ABORIGINAL DAY DAY CENTRE CLOSED</p>	<p>22 Lunch: Chicken Wraps with Veggies Good Food Box Pickup at Day Centre between 3pm & 4pm Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am - 12pm(Room 221) *** Documentary & Popcorn 11:00am-12:30pm (Resolute Rm) *Super Size Me *** Yoga (Rm.221) 1:00 pm -2:30pm *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Social Gaming Club 1:00pm-2:30pm (Main Floor) *** Walking Group (Day Centre/ George Burke Park) 2:30pm – 4:00pm</p>	<p>23 Lunch: BBQ Mindful Movement 10:30am-11:30am (Rm.221) *** Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending *** Coping with Negativity 10:30am-12:00pm (Resolute Rm) *Closed Group/ Must register prior to attending 1st group 3/4 *** Gardening Group! 10:00am-10:45am (Lakehead University Hangar #Plot 11) **Weather Depending *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Life" *** Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	24

<p>25</p> <p>26 Lunch: Chicken Noodle Soup Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***</p> <p>Coping with Negativity 10:30am-12:00pm (Rm.221) .) *Closed Group/ Must register prior to attending 1st group 4/4 ***</p> <p>Coffee Talk 11:00am-1:00pm (Rm.221) ***</p> <p>Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) ***</p> <p>Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register ***</p> <p>ZUMBA! 1:00pm-2:00pm (Rm.221) ***</p> <p>Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221) ***</p> <p>Gardening Group! 2:45pm-3:30pm (Lakehead University Hangar #Plot 11) **Weather Depending ***</p> <p>Music Discussion Group 2:00pm-3:30pm (Rm.221) *27 ***</p> <p>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>27 Lunch: Pizza Pitas with Salad "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Tie Dying 10:30am – 12:00pm (Room 221) *Please register ***</p> <p>Controlling Negative Thoughts 12:30pm-2:00pm (Resolute Rm) ***</p> <p>Jewelry Making (Rm 221) 1:00PM-2:30PM ***</p> <p>Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost ***</p> <p>Yoga (Rm.221) 2:30 pm -4:00pm ***</p> <p>Community Spokes Bike Repair 3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/Register ***</p> <p>Evening Women's Empowerment Group 6:00pm – 8:00pm (Room 221)</p>	<p>28 Lunch: Chicken Wraps Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Craft sewing & Mending clothes 10:00am-11:00am (Rm221) ***</p> <p>Healthy Choice Cooking Program (Kitchen) 10:30am-12:30 pm *REGISTER! (Alpha Court) ***</p> <p>Knitting Group 10:30am-11:30am (Room 221) ***</p> <p>Men's Boxing Class 11:00am-12:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Sleep Strategies 12:00pm – 1:30pm (Room 221) ***</p> <p>Weight & Circuit training @ the Day Centre 12:00pm-1:00pm (Exercise Rm) *Must Register (HIIT) ***</p> <p>Controlling Negative Thoughts 1:00pm-2:30pm (Resolute Rm) ***</p> <p>Tai Chi 1:00pm – 2:00pm(Room 221) ***</p> <p>Art Program 2:0 0pm-4:00pm (Rm 221) BISNO</p>	<p>29 Lunch: Spaghetti with Salad Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12pm(Room 221) ***</p> <p>Documentary & Popcorn 11:00am-12:30pm (Resolute Rm) *Pet Fooled ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Social Gaming Club 1:00pm-2:30pm (Main Floor) ***</p> <p>Walking Group (Day Centre/ County Park Trail) 2:30pm – 4:00pm</p>	<p>30 Lunch: BBQ Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending ***</p> <p>Coping with Negativity 10:30am-12:00pm (Resolute Rm) *Closed Group/ Must register prior to attending 1st group Extra ***</p> <p>Mindful Movement 10:30am-11:30am (Norwest Clinic Building/525 Simpson St) ***</p> <p>Gardening Group! 10:00am-10:45am (Lakehead University Hangar #Plot 11) **Weather Depending ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Power Rangers" ☺ ***</p> <p>Frisbee Golf 2:15pm – 4:15pm (Boulevard Lake) **Weather Permitting**</p>
--	---	--	---	---

*** 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.**