

## **June 2018**

## Alpha Court Day Centre 270 Windsor Street/ Room 221

S Mon	Tue	Wed	Thu	Fri	S
		Wed		Fri  1 Lunch: BBQ Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending ****  Badminton 10:00am-11:30am (West Thunder Community Centre) *Must Register  ****  Brain Games! 10:00am – 11:00am (Rm 221)  ****  Mindfulness Colouring 10:00am – 12:00pm (Room 221)  ****  Gardening 12:30pm – 1:15pm (Lakehead Univeristy beside the Hangar, PLOT #11)  ****  Movie of the Week 12:00pm-2:30pm (Rm.221) "Winchester"  ****  Frisbee Golf 2:00pm – 3:30pm (Birch Point Disc Golf Course off Current Ave) **Please Register  ***  Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse	2
Register  ***  Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending  ***  Ooshke Programing 2:00pm-4:00pm (Rm.221)  ***  Wii Gaming 2:00pm – 4:00pm (Room 221)  ***  Cribbage/Chess Club 2:00pm-3:00pm (Rm.221)	Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court)  Mindfulness Colouring 9:00am – 11:00am (Room 221)  "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***  Baking (Cinnamon Buns) 10:00am-11:30am (Room 221/ Kitchen)  *Limited Spaces/ Please Register prior to attending ***  Jewelry Making 1:00pm – 2:30pm (Room 221)  ***  Weight & Circuit training @ the Day Centre 1:00pm-2:00pm (Exercise Rm) *Must Register (HIIT) ***  Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***  Get Crafty 2:30pm-4:00pm (Rm.221)	6 Lunch: Chicken Broccoli Alfredo Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court)  ***  Sewing Project: Quilting Projects 10:00am-11:00am (Rm 221)  ***  Bingo10:30am-11:45pm (Room 221)  ***  Men's Boxing Class 11:00am- 12:00pm (Exercise Rm) *Please call prior to attending  ***  Canvas Painting 11:30am – 1:00pm (Room 221)  ***  Controlling Negative Thoughts 12:30pm-2:00pm (Resolute Rm.) 7/12  ***  Summer Outdoor Exercise 1:00pm- 2:00pm (Back Field) *Please Register  ***  Tai Chi 1:00pm – 2:00pm(Room221)  ***  Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street)  ***  Art Program 2:00pm-4:00pm (Rm 221) BISNO	7 Lunch: Ham Sandwiches  Good Food Box Payment Due \$15/ Single, \$25/ Family  Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***  Fit4Less" gym session 9:30am- 10:45pm (McIntyre Centre) *Register ***  Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***  Documentary & Popcorn 10:30am- 12:30pm (Rm221) *Ghost of the Mountains" ***  Community Spokes Bike Repair 11:00am-12:00pm *Please Register ***  Controlling Negative Thoughts 11:30am-1:00pm (Resolute Rm.) 8/12 ***  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/ Centennial Park) 2:30pm – 4:00pm	Mindfulness Colouring. 10:00am – 12:00pm (Room 221)  ***  Movie of the Week. 12:00pm-2:30pm (Rn.221) "Paddington 2 "  ***  Bocce Ball. 12:30pm - 2:00pm (Back Field)  ***  Volunteer Income Tax Program 2:15pm-4:00pm (221 Wilson St.) *By appointment only/ Please call Jesse	9

Register	11 Lunch: Chicken Wraps with Veggies Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please	12 Lunch: Cheesy Taco Pasta Mall Walking 9:00am-10:00am	13 Lunch: Chicken Noodle Soup Mall Walking 9:00am-10:00am	14 <u>Lunch: Chili</u> Mall Walking 8:30am-9:30am	15 <u>Lunch: BBQ</u> <u>Boxing Class</u> 8:30am-9:30am (Exercise Rm) *Please call prior to attending
Band center (0.00m - 11.00m (Fin.221) Marting 100m - 2.00m (Fi				(Intercity Shopping Mall Food Court)	***
Ministry   Control   Column	Brain Games! 10:00am – 11:00am (Rm.221)				
Memorie Aqualities 1.00pm-2.00pm (Eurocias Port) 180 March 8(1) Please Register (John Court) (Please register (John Court) (Pl	Must register prior to attending 1st group1/4  ***				***
Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending Rm 2:10pm 1:00pm 1:00pm (Exercise Rm) *Please call prior to attending Rm 2:10pm 1:00pm (Rm 2:21) (Exercise Rm) *Please call prior to attending Rm 2:10pm 1:00pm (Rm 2:21) (Exercise Rm) *Please call prior to attending Rm 2:10pm 1:00pm (Rm 2:21) (Exercise Rm) *Please call prior to attending Rm 2:10pm 1:00pm (Rm 2:21) (Exercise Rm) *Please call prior to attending Rm 2:10pm 1:00pm (Rm 2:21) (Exercise Rm) *Please call prior to attending Rm 2:10pm 1:00pm 1:00pm (Rm 2:21) (Exercise Rm) *Please call prior to attending Rm 2:10pm 1:00pm 1:00pm (Rm 2:21) (Exercise Rm) *Please call prior to attending Rm 2:10pm 1:00pm 1:0	**** Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please		(Kitchen) 10:30am-12:30pm *Please	12:30pm (Rm221)	***
Questre 1:00pm 4:00pm (Rm 221)  Women's Boxing Program 2:00pm 4:00pm (Rm 221)  Women's Momen's Application price of attending 1:00pm -2:00pm (Rm 221)  Women's Application price price of attending 1:00pm -2:00pm (Rm 221)  Women's Application price price of attending 1:00pm -2:00pm (Rm 221)  Women's Application price price of attending 1:00pm -2:00pm (Rm 221)  Women's Application price price of attending 1:00pm -2:00pm (Rm 221)  Women's Application price price of attending 1:00pm -2:00pm (Rm 221)  Women's Application price price of attending 1:00pm -2:00pm (Volunteer Pool, 180 Marha S.) "Please Register Register Program 2:00pm -4:00pm (Rm 221)  Women's Application price price of attending 1:00pm -2:00pm (Volunteer Pool, 180 Marha S.) "Please Register Program 2:00pm -4:00pm (Rm 2:21)  Will Gaming 2:00pm -4:00pm (Rm 2:21)  Will Gaming 2:00pm -4:00pm (Rm 2:21)  Will Gaming 2:00pm -4:00pm (Rm 2:21)  Women's Application price price of attending 2:00pm -4:00pm (Rm 2:21)  Will Gaming 2:00pm -4:00pm (Rm 2:21)  Women's Application price price of attending 2:00pm -4:00pm (Rm 2:21)  Will Gaming 2:00pm -4:00pm (Rm 2:21)  Women's Application price price of attending 2:00pm -4:00pm (Rm 2:21)  Will Gaming 2:00pm -4:00pm (Rm 2:21)  Women's Application price pric	***	(Room 221)	12:00pm (Exercise Rm) *Please call		Cure"  ***  Gardening 12:30pm – 1:15pm (Lakehead Univeristy beside the Hangar,
Momen's Boxine Program 20 ppn Gribbase(Chess Club 200pm 3.00pm (Rem 221)  Momen's Boxine Program 20 ppn Gottplling Regative Thoughts 20pm (Rem 221)  Boxing (20pm 4.00pm (Rem 221) 1.00 pm (Rem	(Rm.221) *Call to Register	<u>Day Centre</u> 1:00pm-2:00pm (Exercise Rm) *Must Register (HIIT)	*** Canvas Painting 12:00pm – 2:00pm	11:30am-1:00pm(ResoluteRm.) 10/12 ***	***  Frisbee Golf 2:00pm – 3:30pm (Birch Point Disc Golf Course off Current Ave)
Bowling 200m-400pm (Meet at Mario 8 bowl) 'REGISTER - \$5.00 cost	Cribbage/Chess Club 2:00pm-3:00pm (Rm.221)	3:00pm (Exercise Rm) *Please call		*** <u>Boxing Class</u> 1:30pm-2:30pm	*** <u>Volunteer Income Tax Program</u> 2:15pm-4:00pm (Rm.221) *By appointment
221 BISNO  222 Lunch: BBQ  222 Lunch: BBQ  223 Lunch: BBQ  224 Lunch: BBQ  225 Lunch: BBQ  226 Lunch: BBQ  226 Lunch: BBQ  226 Lunch: BBQ  227 Bisno  227 Lunch: BBQ  228 Lunch: BBQ  229 Lunch: BBQ  229 Lunch: BBQ  229 Lunch: BBQ  220 Lunch: BBQ		Mario's Bowl) *REGISTER - \$5.00 cost ***  Mindful Movement 3:00pm-4:00pm	2:00pm (Back Field) *Please Register  ***  Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street)  ***	attending  Social Gaming Club 1:00pm-2:30pm (Main Floor)  ***  Walking Group (Day Centre/ Marina	
Managing Anger for Wellness 1:00pm-2:30pm (Resolute Rm)  ***  Managing Anger for Wellness 1:00pm-2:30pm (Resolute Rm)  ***  Women's Aquatics 1:00pm-2:30pm (Volunteer Pool, 180 Martha St.) *Please Register  ***  Baking (Key Lime Pie Bars) 10:00am-11:30am (Room 221) Kitchen) ***  ***  Meight S Day Class 1:00pm-2:30pm (Exercise Rm) *Please call prior to attending  ***  Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending  ***  Weight & Circuit training @ the Day Centre 1:00pm-2:00pm  (Exercise Rm) *Must Register (HiIT)  ***  Weight & Circuit training @ the Day Centre 1:00pm-2:00pm  (Exercise Rm) *Must Register (HiIT)  ***  Women's Boxing Class 1:00pm-2:00pm  (Exercise Rm) *Please call prior to attending  ***  ***  ***  ***  ***  Weight & Circuit training @ the Day Centre 1:00pm-2:00pm  (Exercise Rm) *Must Register (HiIT)  ***  ***  ***  ***  ***  ***  ***	Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register  ***	Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:00am –	221) BISNO  20 Lunch: Grilled Cheese with Veggies  DAY CENTRE CLOSED	<u>NATIONAL</u>	Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending ****  Gardening 9:00pm - 9:45am (Lakehead Univeristy beside the Hangar,
Register prior to attending  ###  Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending  ###    Description	Must register prior to attending 1st group2/4  ***  Managing Anger for Wellness 1:00pm-2:30pm (Resolute Rm)  ***  Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please	12:00pm (McIntyre Centre) *Register ***  Baking (Key Lime Pie Bars) 10:00am- 11:30am (Room 221/	12:30pm-2:00pm(ResoluteRm.) 11/12 *** Men's Boxing Class 12:00pm-1 :00pm (Exercise Rm) *Please call		### Brain Games! 10:00am – 11:00am (Rm 221) ### Mindfulness Colouring 10:00am – 12:00pm (Room 221) ###
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Cribbage/Chess Club 2:00pm-3:00pm (Rm.221)  (Exercise Rm) *Must Register (HIIT)  ***  ***  ***  ***  ***  ***  ***	***	*** Weight & Circuit training @ the	***		
g:u0pm (Exercise Rm) *Please call Prior to attending 2:00pm-4:00pm (Rm 221) BISNO	Cribbage/Chess Club 2:00pm-3:00pm (Rm.221)	(Exercise Rm) *Must Register (HIIT)  ***  Women's Boxing Program 2:00pm-	2:15pm (NorWest Clinic, 525 Simpson Street)		
### Get Crafty 2:30pm-4:00pm (Rm.221)		prior to attending			

24	25 Lunch: Pizza Casserole	26 Lunch: Veggie Pasta Bake	27 Lunch: Chicken Faiita Pasta	28 Lunch: Chicken Noodle Soup	29 Lunch: BBQ - Please register by Wednesday June 27	30
	Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please			Mall Walking 8:30am-9:30am	Euron. Bbg - Fleuse register by Wednesday valle 21	30
	Register	(Intercity Shopping Mall Food Court)	(Intercity Shopping Mall Food Court)	(Intercity Shopping Mall Food Court)	CANADA DAY TURME DAY ***MEAD M// UTE/ DED**	
	***	***	***	***	CANADA DAY THEME DAY **WEAR WHITE/ RED**	
	Brain Games! 10:00am – 11:00am (Rm.221)	Mindfulness Colouring 9:00am -	Sewing Project: Quilting Projects	Fit4Less" gym session 9:30am-	D : 01 000 000 /F : D \tag{**}	
	***	11:00am (Room 221)	10:00am-11:00am (Rm 221)	10:45pm (McIntyre Centre) *Register	Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending	
	Coping with Loneliness 10:30am-12:00pm (Resolute Rm.) *Closed Group/	***	***	***		
	Must register prior to attending 1st group3/4	"Fit4Less" gym session 10:30am-	Bingo10:30am-11:45pm (Room 221)	Mindfulness Colouring 10:00am -	Badminton 10:00am-11:30am (West Thunder Community Centre) *Must	
	***	12:00pm (McIntyre Centre) *Register	***	12:00pm (Room 221)	Register	
	Coffee Talk 11:00am-1:00pm (Rm.221)	***	Knitting & Crocheting 10:30am-	***	Cribbons/Chana Club 10:00am 10:00am (Dm 201)	
	***	Tie Dyeing 10:00am - 11:30am	12:00pm (Room 221)	Documentary & Popcorn 10:30am-	<u>Cribbage/Chess Club</u> 10:00am-12:00pm (Rm.221)	
	Managing Anger for Wellness 1:00pm-2:30pm (Resolute Rm)	(Room 221) *Please register	***	12:30pm (Rm221)	Brain Games! 10:00am – 11:00am (Rm 221)	
	***	***	Healthy Choice Cooking Program	"27: Gone too Soon"	***	
	Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please	Jewelry Making 1:00pm – 2:30pm	(Kitchen) 10:30am-12:30pm *Please	***	Mindfulness Colouring 10:00am – 12:00pm (Room 221)	
	Register	(Room 221)	Register! (Alpha Court)	Community Spokes Bike Repair	***	
	***	***	***	11:00am-12:00pm *Please Register	Movie of the Week 12:00pm-2:30pm (Rm.221) "Life of the Party"	
	Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending		Men's Boxing Class 11:00am-	***	***	
	***	Day Centre 1:00pm-2:00pm		Controlling Negative Thoughts	Gardening 12:30pm – 1:15pm (Lakehead Univeristy beside the Hangar,	
	New & Interested participants tour of the Day Centre 3:00pm-4:00pm	(Exercise Rm) *Must Register (HIIT)	prior to attending	11:30am-1:00pm (Resolute Rm.)	PLOT #11)	
	(Rm.221) *Call to Register	***	***	***	***	
	***		Canvas Painting 12:00pm – 2:00pm	Yoga (Rm.221) 1:00 pm -2:30pm	Frisbee Golf 2:00pm – 3:30pm (Birch Point Disc Golf Course off Current Ave)	
	Ooshke Programing 2:00pm-4:00pm (Rm.221)	3:00pm (Exercise Rm) *Please call	(Room 221)		**Please Register	
	***	prior to attending		Boxing Class 1:30pm-2:30pm	Flease Register	
	Cribbage/Chess Club 2:00pm-3:00pm (Rm.221)	***	Controlling Negative Thoughts	(Exercise Rm) *Please call prior to	Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment	
	***	Bowling 2:00pm-4:00pm (Meet at	12:30pm-2:00pm(ResoluteRm.) 12/12	attending	only/ Please call Jesse	
	Men's Group 2:00pm-3:30pm (Rm.221)	Mario's Bowl) *REGISTER - \$5.00	Commence Outlines Francisco 4:00mm	8i-l 0i	J	
	,	cost		Social Gaming Club 1:00pm-2:30pm		
		Mindful Mayamant 2:00mm 4:00mm	2:00pm (Back Field) *Please Register	(Main Floor)		
		Mindful Movement 3:00pm-4:00pm	Art Drawner 2:00mm 4:00mm (Dm	Walking Crawn (Day Cantral		
		(Room 221)		Walking Group (Day Centre/ Boulevard Lake) 2:30pm – 4:00pm		
			ZZ I) DISINO	2:30pm - 4:00pm		

- \* 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 <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. 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.