



# June 2018

## Alpha Court Day Centre

### 270 Windsor Street/ Room 221

S	Mon	Tue	Wed	Thu	Fri	S
					<b>1 Lunch: BBQ</b> <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** <b>Badminton</b> 10:00am-11:30am (West Thunder Community Centre) *Must Register *** <b>Brain Games!</b> 10:00am – 11:00am (Rm 221) *** <b>Mindfulness Colouring</b> 10:00am – 12:00pm (Room 221) *** <b>Gardening</b> 12:30pm – 1:15pm (Lakehead Univeristy beside the Hangar, PLOT #11) *** <b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "Winchester" *** <b>Frisbee Golf</b> 2:00pm – 3:30pm (Birch Point Disc Golf Course off Current Ave) **Please Register *** <b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse	
3	<b>4 Lunch: Grilled Cheese with Veggies</b> <b>Personal Training (Weights &amp; Cardio)</b> 9:00am-10:15am (Fit4less) *Please Register *** <b>Brain Games!</b> 10:00am – 11:00am (Rm.221) *** <b>Coping with Anxiety</b> 10:30am-12:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 4/4 *** <b>Coffee Talk</b> 11:00am-1:00pm (Rm.221) *** <b>Managing Anger for Wellness</b> 1:00pm-2:30pm (Resolute Rm) *** <b>Women's Aquatics</b> 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register *** <b>Boxing Class</b> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** <b>Ooshke Programing</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>5 Lunch: Perogies with Coleslaw</b> <b>Mall Walking</b> 9:00am-10:00am (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>Baking (Cinnamon Buns)</b> 10:00am-11:30am (Room 221/ Kitchen) *Limited Spaces/ Please Register prior to attending *** <b>Jewelry Making</b> 1:00pm – 2:30pm (Room 221) *** <b>Weight &amp; Circuit training @ the Day Centre</b> 1:00pm-2:00pm (Exercise Rm) *Must Register (HIIT) *** <b>Women's Boxing Program</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending *** <b>Get Crafty</b> 2:30pm-4:00pm (Rm.221)	<b>6 Lunch: Chicken Broccoli Alfredo</b> <b>Mall Walking</b> 9:00am-10:00am (Intercity Shopping Mall Food Court) *** <b>Sewing Project: Quilting Projects</b> 10:00am-11:00am (Rm 221) *** <b>Bingo</b> 10:30am-11:45pm (Room 221) *** <b>Men's Boxing Class</b> 11:00am-12:00pm (Exercise Rm) *Please call prior to attending *** <b>Canvas Painting</b> 11:30am – 1:00pm (Room 221) *** <b>Controlling Negative Thoughts</b> 12:30pm-2:00pm (Resolute Rm.) 7/12 *** <b>Summer Outdoor Exercise</b> 1:00pm-2:00pm (Back Field) *Please Register *** <b>Tai Chi</b> 1:00pm – 2:00pm(Room221) *** <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	<b>7 Lunch: Ham Sandwiches</b> <b>Good Food Box Payment Due \$15/ Single, \$25/ Family</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) "Ghost of the Mountains" *** <b>Community Spokes Bike Repair</b> 11:00am-12:00pm *Please Register *** <b>Controlling Negative Thoughts</b> 11:30am-1:00pm (Resolute Rm.) 8/12 *** <b>Yoga</b> (Rm.221) 1:00 pm -2:30pm *** <b>Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** <b>Social Gaming Club</b> 1:00pm-2:30pm (Main Floor) *** <b>Walking Group (Day Centre/ Centennial Park)</b> 2:30pm – 4:00pm	<b>8 Lunch: BBQ</b> <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** <b>Gardening</b> 9:00pm – 9:45am (Lakehead Univeristy beside the Hangar, PLOT #11) *** <b>Cribbage/Chess Club</b> 10:00am-12:00pm (Rm.221) *** <b>Brain Games!</b> 10:00am – 11:00am (Rm 221) *** <b>Mindfulness Colouring</b> 10:00am – 12:00pm (Room 221) *** <b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "Paddington 2 " *** <b>Bocce Ball</b> 12:30pm - 2:00pm (Back Field) *** <b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (221 Wilson St.) *By appointment only/ Please call Jesse	9

10	<p><b>11 Lunch: Chicken Wraps with Veggies</b>  <b>Personal Training (Weights &amp; Cardio)</b> 9:00am-10:15am (Fit4less) *Please Register  ***  <b>Brain Games!</b> 10:00am – 11:00am (Rm.221)  ***  <b>Coping with Loneliness</b> 10:30am-12:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group1/4  ***  <b>Managing Anger for Wellness</b> 1:00pm-2:30pm (Resolute Rm)  ***  <b>Women's Aquatics</b> 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register  ***  <b>Boxing Class</b> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending  ***  <b>New &amp; Interested participants tour of the Day Centre</b> 3:00pm-4:00pm (Rm.221) *Call to Register  ***  <b>Ooshke Programing</b> 2:00pm-4:00pm (Rm.221)  ***  <b>Cribbage/Chess Club</b> 2:00pm-3:00pm (Rm.221)</p>	<p><b>12 Lunch: Cheesy Taco Pasta</b>  <b>Mall Walking</b> 9:00am-10:00am (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>Weight &amp; Circuit training @ the Day Centre</b> 1:00pm-2:00pm (Exercise Rm) *Must Register (HIIT)  ***  <b>Women's Boxing Program</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending  ***  <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>13 Lunch: Chicken Noodle Soup</b>  <b>Mall Walking</b> 9:00am-10:00am (Intercity Shopping Mall Food Court)  ***  <b>Sewing Project: Quilting Projects</b> 10:00am-11:00am (Rm 221)  ***  <b>Knitting &amp; Crocheting</b> 10:30am-12:00pm (Room 221)  ***  <b>Healthy Choice Cooking Program</b> (Kitchen) 10:30am-12:30pm *Please Register! (Alpha Court)  ***  <b>Men's Boxing Class</b> 11:00am-12:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Canvas Painting</b> 12:00pm – 2:00pm (Room 221)  ***  <b>Controlling Negative Thoughts</b> 12:30pm-2:00pm (Resolute Rm.) 9/12  ***  <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>14 Lunch: Chili</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 Carter Effect"  ***  <b>Community Spokes Bike Repair</b> 11:00am-12:00pm *Please Register  ***  <b>Controlling Negative Thoughts</b> 11:30am-1:00pm(ResoluteRm.) 10/12  ***  <b>Yoga</b> (Rm.221) 1:00 pm -2:30pm  ***  <b>Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending  ***  <b>Social Gaming Club</b> 1:00pm-2:30pm (Main Floor)  ***  <b>Walking Group (Day Centre/ Marina Park)</b> 2:30pm – 4:00pm</p>	<p><b>15 Lunch: BBQ</b>  <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending  ***  <b>Badminton</b> 10:00am-11:30am (West Thunder Community Centre) *Must Register  ***  <b>Cribbage/Chess Club</b> 10:00am-12:00pm (Rm.221)  ***  <b>Brain Games!</b> 10:00am – 11:00am (Rm 221)  ***  <b>Mindfulness Colouring</b> 10:00am – 12:00pm (Room 221)  ***  <b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "Maze Runner: The Death Cure"  ***  <b>Gardening</b> 12:30pm – 1:15pm (Lakehead Univeristy beside the Hangar, PLOT #11)  ***  <b>Frisbee Golf</b> 2:00pm – 3:30pm (Birch Point Disc Golf Course off Current Ave)  **Please Register  ***  <b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	16
17	<p><b>18 Lunch: Pasta Bake with Veggies</b>  <b>Personal Training (Weights &amp; Cardio)</b> 9:00am-10:15am (Fit4less) *Please Register  ***  <b>Brain Games!</b> 10:00am – 11:00am (Rm.221)  ***  <b>Coping with Loneliness</b> 10:30am-12:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group2/4  ***  <b>Managing Anger for Wellness</b> 1:00pm-2:30pm (Resolute Rm)  ***  <b>Women's Aquatics</b> 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register  ***  <b>Boxing Class</b> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Ooshke Programing</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)</p>	<p><b>19 Lunch: Sloppy Joe's</b>  <b>Mall Walking</b> 9:00am-10:00am (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>Baking (Key Lime Pie Bars)</b> 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please Register prior to attending  ***  <b>Jewelry Making</b> 1:00pm – 2:30pm (Room 221)  ***  <b>Weight &amp; Circuit training @ the Day Centre</b> 1:00pm-2:00pm (Exercise Rm) *Must Register (HIIT)  ***  <b>Women's Boxing Program</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Get Crafty</b> 2:30pm-4:00pm (Rm.221)</p>	<p><b>20 Lunch: Grilled Cheese with Veggies</b>    <b>DAY CENTRE CLOSED UNTIL 12:00PM</b>    <b>Controlling Negative Thoughts</b> 12:30pm-2:00pm(ResoluteRm.) 11/12  ***  <b>Men's Boxing Class</b> 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Summer Outdoor Exercise</b> 1:00pm-2:00pm (Back Field) *Please Register  ***  <b>Tai Chi</b> 1:00pm – 2:00pm(Room221)  ***  <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>21</b>    <b>NATIONAL ABORIGINAL DAY</b>    <b>DAY CENTRE CLOSED</b></p>	<p><b>22 Lunch: BBQ</b>  <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending  ***  <b>Gardening</b> 9:00pm – 9:45am (Lakehead Univeristy beside the Hangar, PLOT #11)  ***  <b>Cribbage/Chess Club</b> 10:00am-12:00pm (Rm.221)  ***  <b>Brain Games!</b> 10:00am – 11:00am (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>Bocce Ball</b> 12:30pm-2:00pm (Back Field)  ***  <b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (221 Wilson St.) *By appointment only/ Please call Jesse</p>	23

24	<p><b>25 Lunch: Pizza Casserole</b>  <b>Personal Training (Weights &amp; Cardio)</b> 9:00am-10:15am (Fit4less) *Please Register  ***  <b>Brain Games!</b> 10:00am – 11:00am (Rm.221)  ***  <b>Coping with Loneliness</b> 10:30am-12:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group3/4  ***  <b>Coffee Talk</b> 11:00am-1:00pm (Rm.221)  ***  <b>Managing Anger for Wellness</b> 1:00pm-2:30pm (Resolute Rm)  ***  <b>Women's Aquatics</b> 1:00pm-2:30pm (Volunteer Pool, 180 Martha St.) *Please Register  ***  <b>Boxing Class</b> 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending  ***  <b>New &amp; Interested participants tour of the Day Centre</b> 3:00pm-4:00pm (Rm.221) *Call to Register  ***  <b>Ooshke Programing</b> 2:00pm-4:00pm (Rm.221)  ***  <b>Cribbage/Chess Club</b> 2:00pm-3:00pm (Rm.221)  ***  <b>Men's Group</b> 2:00pm-3:30pm (Rm.221)</p>	<p><b>26 Lunch: Veggie Pasta Bake</b>  <b>Mall Walking</b> 9:00am-10:00am (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>Weight &amp; Circuit training @ the Day Centre</b> 1:00pm-2:00pm (Exercise Rm) *Must Register (HIIT)  ***  <b>Women's Boxing Program</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending  ***  <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>27 Lunch: Chicken Fajita Pasta</b>  <b>Mall Walking</b> 9:00am-10:00am (Intercity Shopping Mall Food Court)  ***  <b>Sewing Project: Quilting Projects</b> 10:00am-11:00am (Rm 221)  ***  <b>Bingo</b> 10:30am-11:45pm (Room 221)  ***  <b>Knitting &amp; Crocheting</b> 10:30am-12:00pm (Room 221)  ***  <b>Healthy Choice Cooking Program</b> (Kitchen) 10:30am-12:30pm *Please Register! (Alpha Court)  ***  <b>Men's Boxing Class</b> 11:00am-12:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Canvas Painting</b> 12:00pm – 2:00pm (Room 221)  ***  <b>Controlling Negative Thoughts</b> 12:30pm-2:00pm(ResoluteRm.) 12/12  ***  <b>Summer Outdoor Exercise</b> 1:00pm-2:00pm (Back Field) *Please Register  ***  <b>Art Program</b> 2:00pm-4:00pm (Rm 221) BISNO</p>	<p><b>28 Lunch: Chicken Noodle Soup</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)  "27: Gone too Soon"  ***  <b>Community Spokes Bike Repair</b> 11:00am-12:00pm *Please Register  ***  <b>Controlling Negative Thoughts</b> 11:30am-1:00pm (Resolute Rm.)  ***  <b>Yoga</b> (Rm.221) 1:00 pm -2:30pm  ***  <b>Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending  ***  <b>Social Gaming Club</b> 1:00pm-2:30pm (Main Floor)  ***  <b>Walking Group (Day Centre/ Boulevard Lake)</b> 2:30pm – 4:00pm</p>	<p><b>29 Lunch: BBQ – Please register by Wednesday June 27</b>    <b>CANADA DAY THEME DAY **WEAR WHITE/ RED**</b>    <b>Boxing Class</b> 8:30am-9:30am (Exercise Rm) *Please call prior to attending  ***  <b>Badminton</b> 10:00am-11:30am (West Thunder Community Centre) *Must Register  ***  <b>Cribbage/Chess Club</b> 10:00am-12:00pm (Rm.221)  ***  <b>Brain Games!</b> 10:00am – 11:00am (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>Gardening</b> 12:30pm – 1:15pm (Lakehead Univeristy beside the Hangar, PLOT #11)  ***  <b>Frisbee Golf</b> 2:00pm – 3:30pm (Birch Point Disc Golf Course off Current Ave) **Please Register    <b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	30
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\* 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.