



March 2017

Alpha Court Day Centre/ 270 Windsor St

S	Mon	Tue	Wed	Thu	Fri	S	
			<p>1 Lunch: Spaghetti with Veggies Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Craft sewing & Mending clothes 10:00am-11:00am (Rm221) ***</p> <p>Bingo 10:30am-12:00pm (Rm.221) ***</p> <p>Healthy Choice Cooking Program (Kitchen)1030am-1230pm *REGISTER! (St.Joes) ***</p> <p>Beginners 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>Coping with Loneliness 1:00pm-2:15pm (White Rm) *Closed Group/ Must register prior to attending 1st group 2/4 ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>2 Lunch: Perogies with Coleslaw Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12pm(Room 221) ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Walking Group (Day Centre/ Boulevard Lk) 2:30pm – 4:00pm ***</p> <p>Thunder Bay Art Gallery 3:00pm-4:00pm *Register</p>	<p>3 Lunch: Chicken Noodle Soup Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending ***</p> <p>Snow Shoeing(Strathcona) 10:00am-11:30am *Must Register ***</p> <p>Mindful Movement 10:30am-11:30am (Rm.221) ***</p> <p>Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) 'Hacksaw Ridge' ***</p> <p>Coping with Loneliness 12:30pm-2:00pm (White Rm) *Closed Group/ Must register prior to attending 1st group 3/4</p>		
5	<p>6 Lunch: Stir Fry Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***</p> <p>Coping with Negativity 11:00am-12:30pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (1/4) ***</p> <p>Knitting Group 10:30am-12:00pm (Room 221) ***</p> <p>Express Yourself Writing Group 12:00pm-1:30pm (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.) *Register ***</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>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>7 Lunch: Grilled Cheese with Salad "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Tie Dying 10:30am- 12:00pm (Room 221) ***</p> <p>Window Sill Gardening (Spices&Herbs) 12:00pm-1:00pm (Rm.221) ***</p> <p>Jewelry Making (RM 221) 1:00PM-2:30PM ***</p> <p>Coping with Negativity 12:30pm-2:00pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (2/4) ***</p> <p>Tai Ji Qigong with Bev 1:30pm-2:30pm (Rm.221) ***</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>8 Lunch: Pizza Pitas with Salad Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Craft sewing & Mending clothes 10:00am-11:00am (Rm221) ***</p> <p>Beginners 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>Coping with Negativity 1:00pm-2:30pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (3/4) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>9 Lunch: Chicken Noodle Soup Good Food Box Payment Due \$15/ Single, \$25/ Family</p> <p>Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Coping with Negativity 11:00am-12:30pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (4/4) ***</p> <p>Mindfulness Colouring 10:00am – 12pm(Room 221) ***</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 (Crib Tournament) 1:00pm-2:30pm (Main Floor) ***</p> <p>Rock Climbing 1:30pm-2:45pm (Gym) *Must Register ***</p> <p>Walking Group (Day Centre/ LPH Greenspace) 2:30pm – 4:00pm ***</p> <p>Canvas Painting 2:35pm – 3:45pm (Room 221)</p>	<p>10 Lunch: Vegetable Soup Community Volunteering 9:00am – 12:00pm Regional Food Distribution Association (570 Syndicate Ave) *Please Register ***</p> <p>Badminton 10:00am-12:00pm (West Thunder Community Centre) *Register/ Participants must learn Badminton rules prior ***</p> <p>Mindful Movement 10:30am-11:30am (Rm.221) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Inferno" ***</p> <p>Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) ***</p> <p>Coping with Loneliness 12:30pm-2:00pm (White Rm) *Closed Group/ Must register prior to attending 1st group 4/4 ***</p> <p>Boxing Class 2:15pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Ooshke Programing 2:00pm-4:00pm (1241 Jasper Dr.) *Bannock & Tea ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	1 1	

<p>13 Lunch: Chicken Wraps</p> <p>Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***</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.) *Register ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221) ***</p> <p>Inside/Outside March Break Bootcamp 2:00pm-3:00pm *Register/ Please call for details</p>	<p>14 Lunch: Vegetable Soup</p> <p>"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Window Sill Gardening (Spices&Herbs) 12:00pm-1:00pm (Rm.221) ***</p> <p>Jewelry Making (RM 221) 1:00PM-2:30PM ***</p> <p>Inside/Outside March Break Bootcamp 1:30pm-2:30pm *Register/ Please call for details ***</p> <p>Get Crafty 2:30pm-4:00pm (Rm.221) ***</p> <p>Thunder Bay Museum 3:00pm-4:00pm *Register</p>	<p>15 Lunch: Grilled Cheese with Salad</p> <p>Inside/Outside March Break Bootcamp 1:00pm-2:00pm *Register/ Please call for details ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>16 Lunch: Lasagna with Salad</p> <p>"Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Inside/Outside March Break Bootcamp 1:00pm-2:00pm *Register/ Please call for details ***</p> <p>Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.) ***</p> <p>Walking Group (Day Centre/ Centennial) 2:30pm – 4:00pm</p>	<p>17 Lunch: Perogies with Coleslaw</p> <p>Snow Shoeing(Strathcona) 10:00am-11:30am *Must Register ***</p> <p>Mindful Movement 10:30am-11:30am (Rm.221) ***</p> <p>Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Jack Reacher: Never Go Back" ***</p> <p>Inside/Outside March Break Bootcamp 1:00pm-2:00pm *Register/ Please call for details</p>	<p>1 8</p>
<p>20 Lunch: Sloppy Joe's with Veggies</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.) *Register ***</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>21 Lunch: Stir Fry</p> <p>"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Tie Dying 10:30am- 12:00pm (Room 221) ***</p> <p>Jewelry Making (RM 221) 1:00PM-2:30PM ***</p> <p>Tai Ji Qigong with Bev 1:30pm-2:30pm (Rm.221) ***</p> <p>Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost</p>	<p>22 Lunch: Chicken Wraps</p> <p>Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Knitting Group 10:30am-12:00pm (Room 221) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>23 Lunch: Spaghetti with Veggies</p> <p>"Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>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) ***</p> <p>Rock Climbing 1:30pm-2:45pm (Gym) *Must Register ***</p> <p>Walking Group (Day Centre/ Tree Farm) 2:30pm – 4:00pm ***</p> <p>Canvas Painting 2:35pm – 3:45pm (Room 221)</p>	<p>24 Lunch:</p> <p>Mindful Movement 10:30am-11:30am (Rm.221) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Arrival" ***</p> <p>Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) ***</p> <p>Ooshke Programing 2:00pm-4:00pm (1241 Jasper Dr.) *Bannock & Tea ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	<p>2 5</p>
<p>27 Lunch: Perogies with Coleslaw</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.) *Register ***</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>28 Lunch: Pizza Pitas with Veggies</p> <p>"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Baking Group 10:30am – 12:00pm (Room 221/Kitchen) *Please Register ***</p> <p>Jewelry Making (RM 221) 1:00PM-2:30PM ***</p> <p>Get Crafty 2:30pm-4:00pm (Rm.221)</p>	<p>29 Lunch: Ham Sandwiches with Veggies</p> <p>Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Healthy Choice Cooking Program (Kitchen)1030am-1230pm *REGISTER! (Alpha Court) ***</p> <p>Knitting Group 10:30am-12:00pm (Room 221) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>30 Lunch: Sloppy Joe's with Salad</p> <p>"Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>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) ***</p> <p>Walking Group (Day Centre/ Tree Farm) 2:30pm – 4:00pm</p>	<p>31 Lunch: Spaghetti with Salad</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Allied" ***</p> <p>Women's Empowerment Group 12:30pm to 2:30pm (Green Rm)</p>	<p>6 :</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.