



Alpha Court Day Centre

March 2018

270 Windsor Street/ Room 221

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				<p>1 Lunch: Chili 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) "Swole" *** Coping with Difficult People 11:30am-1:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 4/4 *** 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 (Centennial Park) 2:30pm – 4:00pm</p>	<p>2</p> <p style="text-align: center;">DAY CENTRE CLOSED</p>	3
4	<p>5 Lunch: Ham Sandwiches Brain Games! 10:00am – 11:00am (Rm.221) *** Wellness Lifestyle Group 10:30am-12:00pm (Rm.221) *Closed Group/ Must register prior to attending 1st group *5/6 *** ScrapBooking 12:00pm-1:00pm (Rm.221) *** Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register *** Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register *** Ooshke Programing 2:00pm-4:00pm (Rm.221)</p>	<p>6 Lunch: Grilled Cheese 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 *** Tie Dyeing 10:00am – 11:30am (Room 221) *Please register *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** 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 *** Yoga (Rm.221) 2:30 pm -4:00pm</p>	<p>7 Lunch: Stir Fry Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Knitting & Crocheting 10:30am-12:00pm (Room 221) *** Healthy Choice Cooking Program (Kitchen) 10:30am-12:30 pm *Please Register! (St.Joes) *** Men's Boxing Class 11:00am-12:00pm (Exercise Rm) *Please call prior to attending *** Coping with Anxiety 12:30pm-2:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group1/4 *** Chair Yoga with Frances 1:30pm-2:15pm (NorWest Clinic, 525 Simpson Street) *** Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>8 Lunch: Lasagna *** Good Food Box Payment Due \$15/ Single, \$25/Family *** 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) "Big Data: The Shell Investigation" *** Coping with Anxiety 11:30am-1:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 2/4 *** 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/ Boulevard Lake) 2:30pm – 4:00pm</p>	<p>9 Lunch: Perogies Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Brain Games! 10:00am – 11:00am (Resolute Rm.) *** Mindful Movement 10:30am-11:30am (NorWest Clinic, 525 Simpson Street) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Daddy's Home 2" *** Snow Shoeing @ Chapples GC 1:00pm-2:30pm *Must Register/ Weather Depending *** Writing Group 1:00pm-3:00pm (Resolute Rm) *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	10

11	<p>12 Lunch: Pizza Casserole Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***</p> <p>Wellness Lifestyle Group 10:30am-12:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group *6/6 ***</p> <p>Coffee Talk 11:00am-1:00pm (Rm.221) ***</p> <p>ScrapBooking 12:00pm-1:00pm (Rm.221) ***</p> <p>Fit4Less" gym session 1:30pm-3:00pm (McIntyre Centre) *Please call prior to attending ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221) ***</p> <p>Wii Gaming 2:00pm – 4:00pm (Room 221)</p>	<p>13 Lunch: Pita Pizza's 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 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Jewelry Making 1:00pm – 2:30pm (Room 221) ***</p> <p>Get Crafty 2:30pm-4:00pm (Rm.221) ***</p> <p>Coffee at the Intercity Mall 3:15pm-4:00pm (Intercity Mall) *Purchase own coffee ☺</p>	<p>14 Lunch: Ham Sandwiches Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Sewing Project: Planning 10:00am-11:00am (Rm 221) ***</p> <p>Bingo 10:30am-11:45pm (Room 221) ***</p> <p>Coping with Anxiety 12:30pm-2:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group3/4 ***</p> <p>Tai Chi 1:00pm – 2:00pm(Room221) ***</p> <p>Chair Yoga with Frances 1:30pm-2:15pm (NorWest Clinic, 525 Simpson Street) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>15 Lunch: Mac n' Cheese Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p>Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) "Thriller in Manila" ***</p> <p>Coping with Anxiety 11:30am-1:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4 ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.) ***</p> <p>Walking Group (Chapples Park) 2:30pm – 4:00pm</p>	<p>16 Lunch: Chicken Noodle Soup Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p>Badminton 10:00am-11:30am (West Thunder Community Centre) *Must Register ***</p> <p>Mindful Movement 10:30am-11:30am (Room 221) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Suburbicon" ***</p> <p>Snow Shoeing @ Strathcona GC 1:00pm-2:30pm *Must Register/ Weather Depending ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	17
18	<p>19 Lunch: Chicken Wraps Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***</p> <p>Brain Games! 10:00am – 11:00am (Rm.221) ***</p> <p>Wellness Lifestyle Group 10:30am-12:00pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *Extra ***</p> <p>ScrapBooking 12:00pm-1:00pm (Rm.221) ***</p> <p>Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register ***</p> <p>Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221)</p>	<p>20 Lunch: Sloppy Joe's 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 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Tie Dyeing 10:00am – 11:30am (Room 221) *Please register ***</p> <p>Jewelry Making 1:00pm – 2:30pm (Room 221) ***</p> <p>Weight & Circuit training @ the Day Centre 1:00pm-2:00pm (Exercise Rm) *Must Register (HIIT) ***</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>Coffee at the Intercity Mall 3:15pm-4:00pm (Intercity Mall) *Purchase own coffee ☺</p>	<p>21 Lunch: Pasta Bake Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending</p> <p style="text-align: center;">Day Centre Closed until 12:30pm</p> <p>Coping with Change 1:00pm-2:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group1/4 ***</p> <p>Chair Yoga with Frances 1:30pm-2:15pm (NorWest Clinic, 525 Simpson Street) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>22 Lunch: Spaghetti with Salad Good Food Box Pickup between 3:00pm – 4:00pm</p> <p>Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) "The Divide" ***</p> <p>Healthy Choice Cooking Program (Kitchen) 10:30am-12:30 pm *Please Register! (St.Joes) ***</p> <p>Coping with Change 11:30am-1:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 2/4 ***</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/ Hillcrest Park) 2:30pm – 4:00pm</p>	<p>23 Lunch: Perogies Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p>Badminton 10:00am-11:30am (West Thunder Community Centre) *Must Register ***</p> <p>Indoor Gardening 10:00am – 11:00am (Room 221) ***</p> <p>Brain Games! 10:00am – 11:00am (Resolute Rm.) ***</p> <p>Mindful Movement 10:30am-11:30am (NorWest Clinic, 525 Simpson Street) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Murder on the orient express" ***</p> <p>Snow Shoeing @ Chapples GC 1:00pm-2:30pm *Must Register/ Weather Depending ***</p> <p>Writing Group 1:00pm-3:00pm (Resolute Rm) ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	24

<p>25 26 Lunch: Chili Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register *** Brain Games! 10:00am – 11:00am (Rm.221) *** Basic Nutrition Program 10:30am-12:00pm (Resolute rm.) *** Coffee Talk 11:00am-1:00pm (Rm.221) *** Scrapbooking 12:00pm-1:00pm (Rm.221) *** Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please 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)</p>	<p>27 Lunch: Perogies 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 (Pretzels) 10:00am- 11:30am (Room 221/ Kitchen) *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) *** Coffee at the Intercity Mall 3:15pm-4:00pm (Intercity Mall) *Purchase own coffee ☺</p>	<p>28 Lunch: Chicken Noodle Soup Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Sewing Project: Planning 10:00am-11:00am (Rm 221) *** Bingo 10:30am-11:45pm (Room 221) *** Healthy Choice Cooking Program (Kitchen) 10:30am-12:30 pm *Please Register! (Alpha Court) *** Naloxone Presentation from Elevate Pharmacy 11:00am – 12:00pm (Room 221) *Please Register *** Men's Boxing Class 11:00am-12:00pm (Exercise Rm) *Please call prior to attending *** Easter Egg Hunt 12:15pm – 1:15pm (Back Field) *** Coping with Change 12:30pm-2:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group3/4 *** 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</p>	<p>29 Lunch: Stir Fry 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) "How Bruce Lee Changed the World" *** Coping with Change 11:30am-1:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 4/4 *** 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 (Friendship Gardens) 2:30pm – 4:00pm</p>	<p>30</p> <p style="text-align: center;"><u>GOOD FRIDAY</u> <u>DAY CENTRE CLOSED</u></p> <p>31</p>
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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.