|  | | Alpha Court Day Centre  **March 2019**  270 Windsor Street/ Room 221 | | --- | | | | | |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **S** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **S** |
|  |  |  |  |  | 1 **Lunch: Cheeseburgers**  **Boxing Class** 8:30am-9:15am (Exercise Rm) **\*Please call prior to attending**  \*\*\*  **Morning Meditation** 9:15am-9:40am (Rm.221)  \*\*\*  **Badminton (West Thunder CC)** 10:00am-11:30am  **\*Please Register**  \*\*\*  **Mindfulness Colouring** 10:00am – 12:00pm (Room 221)  \*\*\*  **Fit4less Gym Session** 11:30am-1:00pm (Fit4less) **\*Please Register**  \*\*\*  **Movie of the Week** 12:00pm-2:30pm (Rm.221) “LION  **\*\*\***  **Volunteer Income Tax Program** 2:15pm-4:00pm (Rm.221) **\*By appointment only/ Please call Jesse**  **\*\*\***  **Knitting & Crocheting** 2:30pm – 4:00pm (Room 221) | 2 |
| 3 | 4 **Lunch: Spaghetti**  **Fit4less Gym Session** 9:00am-10:30am (Fit4less) **\*Please Register**  \*\*\*  **Mindfulness Colouring** 10:00am – 12:00pm (Room 221)  \*\*\*  **Knitting & Crochetting** 11:00am – 12:30pm (Room 221)  \*\*\*  **Coping with Emotional & Physical Pain** 11:00pm-12:30pm (Resolute Rm.) **\*Closed Group/ Must register prior to attending 1st group 2/4**  **\*\*\***  **Women’s Aquatics** 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) \*\*Please Register  \*\*\*  **Boxing Class** 1:00pm-2:00pm (Exercise Rm) **\*Please call prior to attending**  \*\*\*  **Communication Skills Workshop** 2:00pm-3:00pm (Resolute Rm.) \***Please Register (3/5)**  **\*\*\***  **Ooshke Programing** 2:00pm-4:00pm (Rm.221) | 5 **Lunch: Pancakes**  **Mall Walking** 8:30am-9:15am (Intercity Shopping Mall Food Court)  \*\*\*  **Mindfulness Colouring** 9:00am – 11:00am (Room 221)  \*\*\*  **“Fit4Less” gym session** 10:40am-12:00pm (McIntyre Centre) **\*Register**  \*\*\*  **Tie Dyeing** 10:00am – 11:30am (Room 221) \*Please register  \*\*\*  **Lets Sew!! (Sewing Class)** 12:00pm-1:00pm (Rm.221)  \*\*\*  **Jewelry Making** 1:00pm – 2:30pm (Room 221)  \*\*\*  **Bowling** 2:00pm-4:00pm (Meet at Mario’s Bowl) \*REGISTER - $5.00 cost  \*\*\*  **Women’s Boxing Program** 1:00pm-2:00pm (Exercise Rm) \*Please call prior to attending  \*\*\*  **Conflict Management Skills Workshop** 2:00pm-3:00pm (Resolute Rm.) (3/6)  \*\*\*  **Get Crafty** 2:30pm-4:00pm (Rm.221) | 6 **Lunch: Hamburger Soup**  **Mall Walking** 9:00am-10:00am (Intercity Shopping Mall Food Court)  \*\*\*  **Mindfulness Colouring** 9:00am – 11:00am (Room 221)  \*\*\*  **Cribbage Tournament** 9:00am – 11:30am  \*\*\*  **Knitting & Crocheting** 10:30am-12:30pm (Room 221)  \*\*\*  **Healthy Choice Cooking Program** (Kitchen) 10:30am-12:30pm **\*Please Register!** **(St.Joes)**  \*\*\*  **“Fit4Less” gym session** 10:00am-11:30am (McIntyre Centre) **\*Register**  \*\*\*  **Canvas Painting**11:30am– 1:00pm (Room 221)  \*\*\*  **Men’s Boxing Class** 12:00pm – 1:00pm (Exercise Rm) \*Please call prior to attending  \*\*\*  **Day Centre Weight Training** 1:00pm-2:00pm (Exercise Rm.) \*Please Register  \*\*\*  **Tai Chi** 1:00pm 2:00pm(Room221)  \*\*\*  **Art Program** 2:00pm-4:00pm (Rm 221) | 7 **Lunch: Perogies**  **Mall Walking** 8:30am-9:30am (Intercity Shopping Mall Food Court)  \*\*\*  **Mindfulness Colouring** 9:00am – 11:00am (Room 221)  \*\*\*  **Fit4Less” gym session** 9:30am-10:45pm (McIntyre Centre) **\*Register**  \*\*\*  **Documentary & Popcorn** 10:30am-12:30pm (Rm221) “Heal”  \*\*\*  **Anxiety Support Group** 11:00am-12:00pm (Resolute Rm.)  \*\*\*  **Yoga** (Rm.221) 1:00pm -2:30pm  \*\*\*  **Social Gaming** 1:00pm-2:30pm (Main Floor)  \*\*\*  **Boxing Class** 1:30pm-2:30pm (Exercise Rm) **\*Please call prior to attending**  \*\*\*  **Snow Shoeing**  (**Day Centre/ Strathcona)** 2:30pm – 4:00pm  **GOOD FOOD BOX PAYMENT DUE**  **$15/ Single, $25/ Family** | 8 **Lunch: Chicken Broccoli Alfredo**  **Knitting & Crocheting** 10:00am – 12:00pm (Room 221)  \*\*\*  **Mindfulness Colouring** 10:00am – 12:00pm (Room 221)  \*\*\*  **Coffee Talk** 10:00am – 12:00pm (Rm.221)  \*\*\*  **Movie of the Week** 12:00pm-2:30pm (Rm.221) “Kong: Skull Island”  \*\*\*  **Volunteer Income Tax Program** 2:15pm-4:00pm (Rm.221) **\*By appointment only/ Please call Jesse** | 9 |
| 10 | 11 **Lunch: Grilled Cheese**  **Fit4less Gym Session** 9:00am-10:30am (Fit4less) **\*Please Register**  \*\*\*  **Mindfulness Colouring** 10:00am – 12:00pm (Room 221)  \*\*\*  **Coffee Talk** 10:00am – 12:00pm (Rm.221)  \*\*\*  **Coping with Emotional & Physical Pain** 11:00pm-12:30pm (221 Rm.) **\*Closed Group/ Must register prior to attending 1st group 3/4**  \*\*\*  **Boxing Class** 1:00pm-2:00pm (Exercise Rm) **\*Please call prior to attending**  \*\*\*  **Communication Skills Workshop** 2:00pm-3:00pm (221 Rm.) \***Please Register (4/5)**  **\*\*\***  **Ooshke Programing** 2:00pm-4:00pm (Rm.221)  \*\*\*  **New & Interested participants tour of the Day Centre** 3:00pm-4:00pm (Rm.221) **\*Call to Register** | 12 **Lunch: Cheeseburgers**  **Mall Walking** 9:00am-10:00am (Intercity Shopping Mall Food Court)  \*\*\*  **Mindfulness Colouring** 10:00am – 12:00pm (Room 221)  \*\*\*  **“Fit4Less” gym session** 10:00am-12:00pm (McIntyre Centre) **\*Register**  \*\*\*  **Lets Sew!! (Sewing Class)** 12:00pm-1:00pm (Rm.221)  \*\*\*  **Jewelry Making** 1:00pm – 2:30pm (Room 221)  \*\*\*  **Women’s Boxing Program** 1:00pm-2:00pm (Exercise Rm) \*Please call prior to attending  \*\*\*  **Conflict Management Skills Workshop** 2:00pm-3:00pm (221 Rm.) (4/6)  \*\*\*  **Mindful Movement** 3:00pm-4:00pm (Room 221) | 13 **Lunch: Sloppy Joe’s**  **Mall Walking** 9:00am-10:00am (Intercity Shopping Mall Food Court)  \*\*\*  **Mindfulness Colouring** 10:00am – 12:00pm (Room 221)  \*\*\*  **“Fit4Less” gym session** 10:00am-11:30am (McIntyre Centre) **\*Register**  \*\*\*  **Bingo**11:00am – 12:00pm (Room 221)  \*\*\*  **Men’s Boxing Class** 12:00pm-1:00pm (Exercise Rm) \*Please call prior to attending  \*\*\*  **Day Centre Weight Training** 1:00pm-2:00pm (Exercise Rm.) \*Please Register  \*\*\*  **Chair Yoga with Frances** 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street)  \*\*\*  **Art Program** 2:00pm-4:00pm (Rm 221)  \*\*\*  **Snow Shoeing**  (**Day Centre/ Strathcona)** 2:30pm – 4:00pm | 14 **Lunch: Ham Sandwiches**  **Mall Walking** 8:30am-9:30am (Intercity Shopping Mall Food Court)  \*\*\*  **Mindfulness Colouring 10**:00am – 11:30am (Room 221)  \*\*\*  **Fit4Less” gym session** 9:30am-10:45pm (McIntyre Centre) **\*Register**  \*\*\*  **Documentary & Popcorn** 10:30am-12:30pm (Rm221) “Studio 54”  \*\*\*  **Anxiety Support Group** 11:00am-12:00pm (Resolute Rm.)  \*\*\*  **Yoga** (Rm.221) 1:00pm -2:30pm  \*\*\*  **Boxing Class** 1:30pm-2:30pm (Exercise Rm) **\*Please call prior to attending**  \*\*\*  **Walking Group** (**Day Centre/ Conservatory)** 2:30pm – 4:00pm | 15 **Lunch: Chili**  **Morning Meditation** 9:00am-9:40am (Rm.221)  \*\*\*  **Badminton (West Thunder CC)** 10:00am-11:30am  **\*Please Register**  \*\*\*  **Mindfulness Colouring** 10:00am – 12:00pm (Room 221)  \*\*\*  **Fit4less Gym Session** 11:30am-1:00pm (Fit4less) **\*Please Register**  \*\*\*  **Movie of the Week** 12:00pm-2:30pm (Rm.221) “Get Smart”  **\*\*\***  **Boxing Class** 1:00pm-2:00pm (Exercise Rm) **\*Please call prior to attending**  \*\*\*  **Volunteer Income Tax Program** 2:15pm-4:00pm (Rm.221) **\*By appointment only/ Please call Jesse** | 16 |
| 17 | 18 **Lunch: Ham Sandwiches**  **Fit4less Gym Session** 9:00am-10:30am (Fit4less) **\*Please Register**  \*\*\*  **Mindfulness Colouring** 10:00am – 12:00pm (Room 221)  \*\*\*  **Knitting & Crochetting** 11:00am – 12:30pm (Room 221)  \*\*\*  **Coping with Emotional & Physical Pain** 11:00pm-12:30pm (Resolute Rm.) **\*Closed Group/ Must register prior to attending 1st group 4/4**  \*\*\*  **Boxing Class** 1:00pm-2:00pm (Exercise Rm) **\*Please call prior to attending**  \*\*\*  **Communication Skills Workshop** 2:00pm-3:00pm (Resolute Rm.) \***Please Register (5/5)**  **\*\*\***  **Ooshke Programing** 2:00pm-4:00pm (Rm.221) | 19 **Lunch: Perogies**  **Mall Walking** 9:00am-10:00am (Intercity Shopping Mall Food Court)  \*\*\*  **Mindfulness Colouring** 9:00am – 11:00am (Room 221)  \*\*\*  **“Fit4Less” gym session** 10:40am-12:00pm (McIntyre Centre) **\*Register**  \*\*\*  **Tie Dyeing** 10:00am – 11:30am (Room 221) \*Please register  \*\*\*  **Lets Sew!! (Sewing Class)** 12:00pm-1:00pm (Rm.221)  \*\*\*  **Jewelry Making** 1:00pm – 2:30pm (Room 221)  \*\*\*  **Bowling** 2:00pm-4:00pm (Meet at Mario’s Bowl) \*REGISTER - $5.00 cost  \*\*\*  **Women’s Boxing Program** 1:00pm-2:00pm (Exercise Rm) \*Please call prior to attending  \*\*\*  **Conflict Management Skills Workshop** 2:00pm-3:00pm (Resolute Rm.) (5/6)  \*\*\*  **Get Crafty** 2:30pm-4:00pm (Rm.221) | 20 **Lunch: Lasagna**  **Mall Walking** 9:00am-10:00am (Intercity Shopping Mall Food Court)  \*\*\*  **Mindfulness Colouring** 9:00am – 11:00am (Room 221)  \*\*\*  **Bingo**10:00am – 11:30am (Room 221)  \*\*\*  **Knitting & Crocheting** 10:30am-12:30pm (Room 221)  \*\*\*  **“Fit4Less” gym session** 10:00am-11:30am (McIntyre Centre) **\*Register**  \*\*\*  **Canvas Painting**11:30am– 1:00pm (Room 221)  \*\*\*  **Men’s Boxing Class** 12:00pm – 1:00pm (Exercise Rm) \*Please call prior to attending  \*\*\*  **Day Centre Weight Training** 1:00pm-2:00pm (Exercise Rm.) \*Please Register  \*\*\*  **Tai Chi** 1:00pm 2:00pm(Room221)  \*\*\*  **Art Program** 2:00pm-4:00pm (Rm 221) | 21  **DAY CENTRE**  **CLOSED**  **GOOD FOOD BOX**  **PICKUP AT MOOSE HALL BETWEEN 2:30PM – 3:30PM**  **(434 Fort William Road)** | 22 **Lunch: Grilled Cheese**  **Mindfulness Colouring** 10:00am – 12:00pm (Room 221)  \*\*\*  **Knitting & Crocheting** 10:00am – 12:00pm (Room 221)  **\*\*\***  **Coffee Talk** 10:00am – 12:00pm (Rm.221)  \*\*\*  **Women’s Social Group** 10:30am – 12:00pm  \*\*\*  **Movie of the Week** 12:00pm-2:30pm (Rm.221) “Ocean’s Eleven”  \*\*\*  **Volunteer Income Tax Program** 2:15pm-4:00pm (Rm.221) **\*By appointment only/ Please call Jesse**  **\*\*\***  **Scrabble Tournament** 2:30pm – 4:00pm (Room 221) | 23 |
| 24 | 25 **Lunch: Mac n’ Cheese**  **Mindfulness Colouring** 10:00am – 12:00pm (Room 221)  \*\*\*  **Coffee Talk** 10:00am – 12:00pm (Rm.221)  \*\*\*  **Knitting & Crochetting** 11:00am – 12:30pm (Room 221)  **\*\*\***  **Women’s Aquatics** 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) \*\*Please Register  **\*\*\***  **Ooshke Programing** 2:00pm-4:00pm (Rm.221)  \*\*\*  **New & Interested participants tour of the Day Centre** 3:00pm-4:00pm (Rm.221) **\*Call to Register** | 26 **Lunch: Pasta Bake**  **Mall Walking** 9:00am-10:00am (Intercity Shopping Mall Food Court)  \*\*\*  **Mindfulness Colouring** 9:00am – 11:00am (Room 221)  \*\*\*  **Baking (Blueberry Cheesecake)** 10:00am- 11:30am (Room 221/ Kitchen) **\*Limited spaces/ Please register prior to attending**  \*\*\*  **“Fit4Less” gym session** 10:40am-12:00pm (McIntyre Centre) **\*Register**  \*\*\*  **Lets Sew!! (Sewing Class)** 12:00pm-1:00pm (Rm.221)  \*\*\*  **Jewelry Making** 1:00pm – 2:30pm (Room 221)  \*\*\*  **Women’s Boxing Program** 1:00pm-2:00pm (Exercise Rm) \*Please call prior to attending  \*\*\*  **Conflict Management Skills Workshop** 2:00pm-3:00pm (Resolute Rm.) (6/6)  \*\*\*  **Walking Group** (DayCentre) 1:30pm – 2:30pm  \*\*\*  **Experience Thunder Bay (Waverly Library)**  2:15pm-3:30pm **285 Red River Rd.**  \*\*\*  **Mindful Movement** 3:00pm-4:00pm (Room 221) | 27 **Lunch: Spaghetti**  **Mall Walking** 9:00am-10:00am (Intercity Shopping Mall Food Court)  \*\*\*  **Mindfulness Colouring** 9:00am – 11:00am (Room 221)  \*\*\*  **Bingo**10:00am – 11:30am (Room 221)  \*\*\*  **“Fit4Less” gym session** 10:00am-11:30am (McIntyre Centre) **\*Register**  \*\*\*  **Healthy Choice Cooking Program** (Kitchen) 10:30am-12:30pm **\*Please Register!** **(Alpha Court)**  \*\*\*  **Knitting & Crocheting** 10:30am-12:30pm (Room 221)  \*\*\*  **Men’s Boxing Class** 12:00pm-1:00pm (Exercise Rm) \*Please call prior to attending  \*\*\*  **Canvas Painting** 12:00pm– 2:00pm (Room 221)  \*\*\*  **Day Centre Weight Training** 1:00pm-2:00pm (Exercise Rm.) \*Please Register  \*\*\*  **Chair Yoga with Frances** 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street)  \*\*\*  **Art Program** 2:00pm-4:00pm (Rm 221)  \*\*\*  **Snow Shoeing**  (**Day Centre/ Strathcona)** 2:30pm – 4:00pm  \*\*\*  **Experience Thunder Bay (Art Gallery)**  2:15pm-3:30pm **1080 Keewatin Street / Please Register**  \*\*\*  **Thunder Bay Country Market Adventure** 3:30pm – 4:30pm (850 May Street) \*\*Please register | 28 **Lunch: Shepard’s Pie**  **Mall Walking** 8:30am-9:30am (Intercity Shopping Mall Food Court)  \*\*\*  **Mindfulness Colouring** 9:00am – 11:00am (Room 221)  \*\*\*  **Fit4Less” gym session** 9:30am-10:45pm (McIntyre Centre) **\*Register**  \*\*\*  **Documentary & Popcorn** 10:30am-12:30pm (Rm221) “Behind the Curve”  \*\*\*  **Anxiety Support Group** 11:00am-12:00pm (Resolute Rm.)  \*\*\*  **Yoga** (Rm.221) 1:00pm -2:30pm  \*\*\*  **Social Gaming** 1:00pm-2:30pm (Main Floor)  \*\*\*  **Rock Climbing** 1:00pm-2:30pm \***Register**  \*\*\*  **Boxing Class** 1:30pm-2:30pm (Exercise Rm) **\*Please call prior to attending**  \*\*\*  **Walking Group** (**Day Centre/ Boulvard lake)** 2:30pm – 4:00pm | 29 **Lunch: Chicken Wraps**  **Morning Meditation** 9:00am-9:40am (Rm.221)  \*\*\*  **Badminton (West Thunder CC)** 10:00am-11:30am  **\*Please Register**  \*\*\*  **Mindfulness Colouring** 10:00am – 12:00pm (Room 221)  \*\*\*  **Fit4less Gym Session** 11:30am-1:00pm (Fit4less) **\*Please Register**  \*\*\*  **Movie of the Week** 12:00pm-2:30pm (Rm.221) “I Feel Pretty”  **\*\*\***  **Boxing Class** 1:00pm-2:00pm (Exercise Rm) **\*Please call prior to attending**  \*\*\*  **Volunteer Income Tax Program** 2:15pm-4:00pm (Rm.221) **\*By appointment only/ Please call Jesse**  **\*\*\***  **Knitting & Crocheting** 2:30pm – 4:00pm (Room 221) | 30 |
| 31 | \* To attend the Cooking Program, you must pre-register for each class by calling Jesse at 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. | | | | | |