

March 2020

Alpha Court Day Centre

270 Windsor Street/ Room 221



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 LUNCH: CHICKEN BROCCOLI ALFREDO Fit4Less Gym Session 9:00am – 10:30am (1186 Memorial Ave) *Please Register *** Mindfulness Colouring 10:30am – 12:30pm (Room 221) *** Depression Support Group 11:30am-12:30pm (Resolute Rm) *Please call for more info *** Canvas Painting - Crayon Art 10:00pm – 12:00pm (Rm 221) *** 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 *** Afternoon Meditation 2:00pm-3:00pm (Rm.221) *** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost *** Ooshke Programming 2:00pm – 4:00pm (Rm.221) *** New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Please call to Register	3 LUNCH: PEROGIES Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** DIY Beauty-Brown Sugar Lip Scrub 10:30a.m-11:30a.m *Please Register *** Tie Dyeing 10:00am – 11:30am (Room 221) *Please register *** Lets Sew!! (Sewing Class) 12:00pm-1:00pm (Rm.221) *** Wii Gaming 12:00pm – 1:30pm (Room 221) *** Get Crafty (Shamrock Wreath) 12:30pm – 2:00pm (Room 221) *** Beginner's Boxing Program 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending *** Macrame 1:00pm – 2:30pm (Room 221) ** Please Register *** Controlled Breath Guided Meditation 2:30pm-3:00pm (Rm221)	4 LUNCH: GRILLED CHEESE Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Knitting & Crocheting (Dishcloth) 9:00am – 11:00am (Room 221) *Please register *** Bingo 9:30am – 10:30am (Room 221) *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Healthy Choice Cooking Program 10:30am-12:30pm *Please Register! (Alpha Court) *** Cookie in a Jar Making 11:00a.m- 12:00p.m (Room 221) *Please register *** Mindfulness Colouring 11:00am – 1:00pm (Room 221) *** Advanced 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) *** GOOD FOOD BOX PAYMENTS DUE \$15/ SINGLE, \$25/ FAMILY	5	6 LUNCH: CHICKEN WRAPS Morning Meditation 9:30am-10:00am (Rm.221) *** Mindfulness Colouring 10:00am – 11:30am (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Scrabble Tournament 10:30am – 12:00pm (Room 221) **Please register *** Fit4less Gym Session 10:00am-11:30am (Fit4less) *Please Register *** Movie of the Week 12:00pm-2:30pm (Rm.221) "It Takes Two" *** 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 Sharon/ Ashley *** Beading- Lanyards 2:30 p.m- 3:30p.m (Rm 221)	7

DAY CENTRE
CLOSED

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
15	16 LUNCH: HAM SANDWICHES Fit4less Gym Session 9:00am-10:30am (Fit4less) *Please Register *** Mindfulness Colouring 10:30am – 12:30pm (Room 221) *** Canvas Painting – “love you to the moon” 10:00pm – 12:00pm (Rm 221) *** Afternoon Meditation 1:00pm-2:00pm (Rm.221) *** Ooshke Programming 2:00pm – 4:00pm (Rm.221) *** New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Please call to Register	17 LUNCH: CHICKEN FAJITA PASTA Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Shamrock Suncatchers 10:00am – 12:00pm (Room 221) *** “Fit4Less” gym session 10:00am-11:30am (McIntyre Centre) *Register *** Tie Dyeing 10:00am – 11:30am (Room 221) *Please register *** DIY Beauty- Shower Fizzers 12:00pm-1:00pm (Rm.221) *Please Register *** Wii Gaming 12:00pm – 1:30pm (Room 221) *** Get Crafty- Slime 12:30pm – 2:00pm (Room 221) *** Macrame 1:00pm – 2:30pm (Room 221) ** Please Register *** Controlled Breath Guided Meditation 2:30pm-3:00pm (Rm221)	18 NO LUNCH DAY CENTRE CLOSED UNTIL 12:00PM Soup in a Jar Making 12:15pm – 1:00pm (Room 221) *Please register *** Mindfulness Colouring 12:00pm – 1:00pm (Room 221) *** Rock Painting 12:00p.m-1:00p.m (Room 221) *** Tai Chi 1:00pm-2:00pm (Room221) *** Art Program 2:00pm-4:00pm (Rm 221)	19 LUNCH: MAC N' CHEESE Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Kool Aid Rock Candy 10:00a.m-11:30a.m (Room 221) *Please register *** Fit4less Gym Session 10:00am-11:30am (Fit4less) *Please Register *** Documentary & Popcorn 10:30am-12:30pm (Room 221) *BETTY WHITE: FIRST LADY OF TELEVISION" *** Yoga 1:00pm -2:00pm (Room 221) *** Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.) *** Snowshoeing (Day Centre/ Chapples Park) 1:30pm - 3:30pm *** Bingo 2:30p.m-3:30p.m (Room 221)	20 LUNCH: PEROGIES Morning Meditation 9:00am-9:30am (Rm.221) *** Mindfulness Colouring 10:00am – 11:30am (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Fit4less Gym Session 10:00am-11:30am (Fit4less) *Please Register *** Friendly Individual Trivia Competition 11:00am - 12:00pm (Room 221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) *** “P.S I Love You” *** Bannock & Tea 2:00pm – 4:00pm (1241 Jasper Drive) *** Crazy 8's Card Tournament 2:15pm – 3:45pm (Room 221) *Please register *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Sharon/ Ashley *** Beading- Lanyards 2:30p.m-3:30p.m (Room 221)	21
22	23 LUNCH: VEGETABLE SOUP Morning Meditation 8:30am-9:00am (Rm.221) *** Fit4Less Gym Session 9:30am – 11:00am (1186 Memorial Ave) *Please Register *** Knitting & Crocheting 10:00am – 11:30am (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Mindfulness Colouring 10:30am – 12:30pm (Room 221) *** Depression Support Group 11:30am-12:30pm (Resolute Rm) *Please call for more info *** Canvas Painting – Splatter Art 12:00pm – 2:00pm (Rm 221) *** Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register *** Wii Gaming 3:00pm-4:00pm (Rm.221) *** New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register	24 LUNCH: PEROGIES Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Fit4less Gym Session 10:00am-11:30am (Fit4less) *Please Register *** Baking (Oreo Cheesecake Bites) 10:30am- 12:00pm (Room 221) *Limited spaces/ Please register prior to attending *** DIY Beauty- Lip Balm 11:30a.m-1:00p.m *Please Register *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** Macrame 1:30p.m-3:00p.m (Rm 221) * Please Register *** Controlled Breath Guided Meditation 2:30pm-3:00pm (Rm 221)	25 LUNCH: CHICKEN NOODLE SOUP Knitting & Crocheting (Dishcloth) 9:00am – 11:00am (Room 221) *Please register *** Friendship Bracelets 10:00a.m-11:30a.m (Room 221) *** “Fit4Less” gym session 10:00am-11:30am (McIntyre Centre) *Register *** Mindfulness Colouring 10:30am – 12:00pm (Room 221) *** Social Gaming (Board & Card Games) 12:00pm – 1:30pm (Room 221) *** Healthy Choice Cooking Group 1:30pm – 3:30pm (Room 221) *Please register *** Art Program 2:00pm-4:00pm (Rm 221)	26 LUNCH: PIZZA CASSEROLE Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Bingo 9:30am – 10:30am (Room 221) *** Fit4less Gym Session 10:00am-11:30am (Fit4less) *Please Register *** Documentary & Popcorn 10:30am-12:30pm (Rm221) *NIGHT ON EARTH: SHOT IN DARK" *** Yoga 1:00pm -2:00pm (Room 221) *** Social Gaming 1:00pm – 2:30pm (Main Floor) *** Crafters Corner- Tissue Paper Candle Holders 2:00p.m-3:30p.m (Room 221) *** Walking Group (Around Day Centre) 2:30pm – 4:00pm	27 LUNCH: GRILLED CHEESE Morning Meditation 9:30am-10:00am (Rm.221) *** Mindfulness Colouring 10:00am – 11:30am (Room 221) *** Women's Social Group 10:30am – 12:00pm (Resolute Room) *** Fit4less Gym Session 10:00am-11:30am (Fit4less) *Please Register *** Movie of the Week 12:00pm-2:30pm (Rm.221) *Crazy Stupid Love" *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Sharon/ Ashley *** Beading- Lanyards 2:30 p.m- 3:30p.m (Rm 221)	28

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30 LUNCH: SPAGHETTI Fit4Less Gym Session 9:00am – 10:30am (1186 Memorial Ave) *Please Register *** Mindfulness Colouring 10:30am – 12:30pm (Room 221) *** Canvas Painting – Glue Gun Crayon Art 10:00pm – 12:00pm (Rm 221) *** Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register *** Afternoon Meditation 2:00pm-3:00pm (Rm.221) *** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost *** Ooshke Programming 2:00pm – 4:00pm (Rm.221) *** New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Please call to Register	31 LUNCH: CHEESEBURGERS Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Tie Dyeing 10:00am – 11:30am (Room 221) *Please register *** Get Crafty- Plastic Bag Mats 11:30a.m-1:00p.m (Room 221) *** Wii Gaming 12:00pm – 1:30pm (Room 221) *** Macrame- 1:00pm – 2:30pm (Room 221) ** Please Register *** Controlled Breath Guided Meditation 2:30pm-3:00pm (Rm221)	* To attend the Cooking Program, you must pre-register for each class by calling Jesse, Sharon or Ashley at 683-7729 * The Fit4Less sessions can only take 4 participants at a time. Registering with Jesse, Sharon or Ashley (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. * 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.			