



May 2017
Alpha Court Day Centre/ 270 Windsor St

S	Mon	Tue	Wed	Thu	Fri	S
	<p>1 Lunch: Chili with Veggies Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***</p> <p>ZUMBA! 10:30am-11:30am (Room 221) ***</p> <p>Coping with Chaos 11:00am-12:00pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (2/4) ***</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.) *Please Register ***</p> <p>Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Ooshke Programing - Creating Gauntlet Mittens 2:00pm-4:00pm (Rm.221) **Please Register prior to 1st group! ***</p> <p>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>2 Lunch: Grilled Cheese with Veggies "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Tie Dying 10:30am- 12:00pm (Room 221) *Please Register ***</p> <p>Window Sill Gardening *Garden Prep. 12:00pm-1:00pm (Rm.221) ***</p> <p>Jewelry Making (RM 221) 1:00PM-2:30PM ***</p> <p>Coping with Chaos 1:00pm-2:00pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (3/4) ***</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>3 Lunch: Ham Sandwiches 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>Men's 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 Chaos 1:00pm-2:30pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (4/4) ***</p> <p>Tai Ji Qijong with Bev 1:00pm – 2:00pm (Room 221) ***</p> <p>Art Program 2:0 0pm-4:00pm (Rm 221) BISNO ***</p> <p>Mindful Movement 6:30pm-7:30pm (Rm.221) *Please arrive between 6pm and 630pm</p>	<p>4 Lunch: Chicken Noodle Soup Good Food Box Payment Due \$15/Single, \$25/ Family Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</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>Rock Climbing 11:30am-1:00pm (Gym) *Must Register ***</p> <p>Walking Group (Day Centre/ Trowbridge Falls) 2:30pm – 4:00pm</p>	<p>5 Lunch: Perogies with Coleslaw Boxing Class 9:00am-10:00pm (Rm.221) *Please call prior to attending/Very limited space! ***</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) "Patriot's Day" ***</p> <p>Coping with Chaos 12:30pm-2:00pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (Extra Class if needed) ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p> <p>Mindful Movement 6:30pm-7:30pm (Rm.221) *Please arrive between 6pm and 630pm</p>	6
7	<p>8 Lunch: Spaghetti with Salad Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***</p> <p>Coping with Everyday Stressors 10:30pm-12:00pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (1/4) ***</p> <p>ZUMBA! 10:30am-11:30am (Resolute Room) ***</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.) *Please 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>Wii Gaming 2:00pm – 4:00pm (Room 221)</p>	<p>9 Lunch: Pizza Pitas with Salad "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Baking 10:30am- 12:00pm (Room 221/ Kitchen) *Please Register ***</p> <p>Window Sill Gardening *Garden Prep. 12:00pm-1:00pm (Rm.221) ***</p> <p>Jewelry Making (RM 221) 1:00PM-2:30PM ***</p> <p>Coping with Everyday Stressors 1:00pm-2:00pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (2/4) ***</p> <p>Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Get Crafty 2:30pm-4:00pm (Rm.221)</p>	<p>10 Lunch: Chicken Noodle Soup Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Craft sewing & Mending clothes 10:00am-11:00am (Rm 221) ***</p> <p>Healthy Choice Cooking Program (Kitchen) 10:30am-12:30 pm *REGISTER! (St.Joes) ***</p> <p>Bingo 10:30am-12:00pm (Rm.221) ***</p> <p>Men's 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>Canvas Painting 12:00pm – 1:30pm (Room 221) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>11 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>Coping with Everyday Stressors 11:00pm-12:30pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (3/4) ***</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 (Checkers Tournament) 1:00pm-2:30pm (Main Floor) ***</p> <p>Walking Group (Day Centre/ LU Trail) 2:30pm – 4:00pm</p>	<p>12 Lunch: Cheeseburgers with Salad Mindful Movement 10:30am-11:30am (Rm.221) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Jackie" ***</p> <p>Ooshke's Spring Feast 12:00pm – 3:00pm (1241 Jasper Dr) ***</p> <p>Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) ***</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>	13

14	<p>15 Lunch: Ham Sandwiches Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***</p> <p>Coping with Everyday Stressors 10:30pm-12:00pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (4/4) ***</p> <p>ZUMBA! 10:30am-11:30am (Room 221) ***</p> <p>Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) ***</p> <p>Express Yourself Writing Group 12:30pm-2:00pm (Rm.221) ***</p> <p>Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register ***</p> <p>Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Ooshke Programing – Creating Gauntlet Mittens 2:00pm-4:00pm (Rm.221)</p>	<p>16 Lunch: Stir Fry "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Tie Dying 10:30am- 12:00pm (Room 221) *Please Register ***</p> <p>Window Sill Gardening *Garden Prep. 12:00pm-1:00pm (Rm.221) ***</p> <p>Jewelry Making (RM 221) 1:00PM-2:30PM ***</p> <p>Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost ***</p> <p>Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Thunder Bay Art Gallery 3:30pm-4:3 0pm *Please Register ***</p> <p>Evening Women's Group 6:00pm – 8:00pm (Room 221)</p>	<p>17 Lunch: Chicken Noodle Soup Day Centre Closed until 12pm</p> <p>Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Must Register ***</p> <p>Knitting Group 12:30pm-2:00pm (Resolute Room) ***</p> <p>Weight & Circuit training @ the Day Centre 1:00pm-2:00pm (Exercise Rm) *Must Register (HIIT) ***</p> <p>Tai Ji Qijong with Bev 1:00pm – 2:00pm (Room 221) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>18 Lunch: Grilled Cheese with Tomato Soup Good Food Box Pickup between 3pm & 4pm Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12pm(Room 221) ***</p> <p>Rock Climbing 11:30am-1:00pm (Gym) *Must Register ***</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>Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.) ***</p> <p>Walking Group (Day Centre/ County Park Trail 2:30pm – 4:00pm</p>	<p>19 Lunch: Perogies with Salad Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending ***</p> <p>Community Volunteering 9:00am – 12:00pm Regional Food Distribution Association (570 Syndicate Ave) *Please Register ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Trolls" ***</p> <p>Coping with Everyday Stressors 12:30pm-2:00pm (White Rm.) *Closed Group/ Must register prior to attending 1st group (Extra class if needed) ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	20
21	<p>22 Victoria Day Day Centre Closed</p>	<p>23 Lunch: Lasagna with Salad "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Baking 10:30am- 12:00pm (Room 221/ Kitchen) *Please Register ***</p> <p>Window Sill Gardening *Garden Prep. 12:00pm-1:00pm (Rm.221) ***</p> <p>Wellness/Lifestyle Group 1:00pm-2:00pm (White Rm.) *Closed Group/ Must register prior to attending 1st group 1/6 ***</p> <p>Jewelry Making (RM 221) 1:00PM-2:30PM ***</p> <p>Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Get Crafty 2:30pm-4:00pm (Rm.221)</p>	<p>24 Lunch: Chicken Wraps with Veggies Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Craft sewing & Mending clothes 10:00am-11:00am (Rm.221) ***</p> <p>Bingo 10:30am-12:00pm (Rm.221) ***</p> <p>Men's 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>Canvas Painting 12:00pm – 1:30pm (Room 221) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>25 Lunch: Vegetable Soup Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12pm(Room 221) ***</p> <p>Wellness/Lifestyle Group 10:30pm-12:00pm (White Rm.) *Closed Group/ Must register prior to attending 1st group 2/6 ***</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/ Central Ave Trail) 2:30pm – 4:00pm</p>	<p>26 Lunch: Chili with Veggies Movie of the Week 12:00pm-2:30pm (Rm.221) "Lion" ***</p> <p>Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) ***</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>	27

29 Lunch: Stir Fry
Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register

Wellness/Lifestyle Group 10:30pm-12:00pm (White Rm.) *Closed Group/ Must register prior to attending 1st group 3/6

ZUMBA! 10:30am-11:30am (Resolute Room)

Coffee Talk 11:00am-1:00pm (Rm.221)

Junot Community Clean-up 12:00pm-1:30pm (Meet in Rm.221) Please call for information/ To register

Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221)

Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register

Boxing Class 2:00pm-3:00pm (Exercise Rm)
 *Please call prior to attending

Ooshke Programing – Creating Gauntlet Mittens
 2:00pm-4:00pm (Rm.221)

30 Lunch: Pizza Pitas with Veggies
"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register

Knitting Group 10:30am – 12:00pm (Room 221)

Gardening Group! *DIG GARDEN 12:00pm-1:00pm (Lakehead University Hangar #Plot 11) **Weather Depending

Wellness/Lifestyle Group 12:30pm-2:00pm (White Rm.) *Closed Group/ Must register prior to attending 1st group 4/6

Jewelry Making (RM 221) 1:00PM-2:30PM

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

31 Lunch: Perogies with Veggies
Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court)

Craft sewing & Mending clothes 10:00am-11:00am (Rm221)

Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *REGISTER! (Alpha Court)

Knitting Group 12:30pm-2:00pm (Room 221)

Men's Boxing Class 11:00am-12:00pm (Exercise Rm)
 *Please call prior to attending

Weight & Circuit training @ the Day Centre 12:00pm-1:00pm (Exercise Rm) *Must Register (HIIT)

Art Program 2:00pm-4:00pm (Rm 221) BISNO

Notes:

- * 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.