



Alpha Court Day Centre

May 2018

270 Windsor Street/ Room 221

S	Mon	Tue	Wed	Thu	Fri	S
	<p>* To attend the Cooking Program, you must pre-register for each class by calling Jesse @ 683-7729</p> <p>* 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.</p>	<p>1 Lunch: Spaghetti 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>Mindful Movement 3:00pm-4:00pm (Room 221) ***</p> <p>Coffee at the Intercity Mall 3:15pm-4:00pm (Intercity Mall) *Purchase own coffee ☺</p>	<p>2 Lunch: Perogies with Salad Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Sewing Project: Quilting Projects 10:00am-11:00am (Rm 221) ***</p> <p>Knitting & Crocheting 10:30am-12:00pm (Room 221) ***</p> <p>Men’s Boxing Class 11:00am-12:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Canvas Painting 12:00pm – 2:00pm (Room 221) ***</p> <p>Coping with Pain (Exercise in Self-exploration) 12:30pm-2:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group3/4 ***</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>3 Lunch: Mexican Casserole CINCO DE MAYO Theme Day *Wear Something Bright**</p> <p>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) “Born in China” ***</p> <p>Coping with Pain (Exercise in Self-exploration) 11:30am-1:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 4/4 ***</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/ Marina Park) 2:30pm – 4:00pm ***</p> <p>CINCO DE MAYO FIESTA! 2:30pm – 4:30pm (Room 221)</p>	<p>4 Lunch: Ham Sandwiches 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>Brain Games 10:00am – 11:00am (Rm 221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Indoor Gardening 10:15am – 10:45am (Room 221) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) “Race” ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	

<p>6</p> <p>7 Lunch: Chili Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***</p> <p>Brain Games! 10:00am – 11:00am (Rm.221) ***</p> <p>Coping with Anxiety 10:30am-12:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group1/4 ***</p> <p>Managing Anger for Wellness 1:00pm-2:30pm (Resolute Rm) ***</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>Ooshke Programing 2:00pm-4:00pm (Rm.221) ***</p> <p>Wii Gaming 2:00pm – 4:00pm (Room 221) ***</p>	<p>8 Lunch: Chicken Noodle Soup 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>Baking (Peanut Butter Squares) 10:00am- 11:30am (Room 221/ Kitchen) *Please Register prior to attending ***</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>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>9 Lunch: Chicken Wraps Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Knitting & Crocheting 10:30am-12:00pm (Room 221) ***</p> <p>Bingo 10:30am-11:45pm (Room 221) ***</p> <p>Healthy Choice Cooking Program (Kitchen) 10:30am-12:30 pm *Please Register! (Alpha Court) ***</p> <p>Canvas Painting 11:30pm – 1:00pm (Room 221) ***</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>10 Lunch: Cheesy Taco Pasta GOOD FOOD BOX PAYMENT DUE \$15/ SINGLE, \$25/ FAMILY</p> <p>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) *Food Choices" ***</p> <p>Controlling Negative Thoughts 11:30am-1:00pm (Resolute Rm.) 1/12 ***</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/ Cascades) 2:30pm – 4:00pm ***</p>	<p>11 Lunch: Grilled Cheese 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>Brain Games! 10:00am – 11:00am (Rm 221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Indoor Gardening 10:15am – 10:45am (Room 221) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "The Zookeeper's Wife" ***</p> <p>Bocce Ball 12:30pm-2:00pm (Da Vinci Bocce Court) **Please register prior to attending** ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p>
<p>13</p> <p>14 Lunch: Perogies Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***</p> <p>Brain Games! 10:00am – 11:00am (Rm.221) ***</p> <p>Coping with Anxiety 10:30am-12:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group2/4 ***</p> <p>Coffee Talk 11:00am-1:00pm (Rm.221) ***</p> <p>Managing Anger for Wellness 1:00pm-2:30pm (Resolute Rm) ***</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>15 Lunch: Stir Fry 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>Mindful Movement 3:00pm-4:00pm (Room 221) ***</p> <p>Coffee at the Intercity Mall 3:15pm-4:00pm (Intercity Mall) *Purchase own coffee ☺</p>	<p>16 Lunch: Grilled Cheese DAY CENTRE CLOSED UNTIL 12:00PM</p> <p>Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Canvas Painting 12:30pm – 2:00pm (Room 221) ***</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>17 Lunch: Chicken Broccoli Alfredo Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p>Meditation 9:00am – 10:00am (Room 221) ***</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 Final Year" ***</p> <p>Controlling Negative Thoughts 11:30am-1:00pm (Resolute Rm.) 2/12 ***</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/ George Burke Park) 2:30pm – 4:00pm ***</p>	<p>18 Lunch: Chicken Noodle Soup Brain Games! 10:00am – 11:00am (Rm 221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Indoor Gardening 10:15am – 10:45am (Room 221) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "The Hitman's Bodyguard" ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p>

<p>20 21</p> <p style="text-align: center;">VICTORIA DAY DAY CENTRE CLOSED</p>	<p>22 Lunch: Ham Sandwiches 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 (Biscuits) 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>23 Lunch: Pasta Bake Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Sewing Project: Quilting Projects 10:00am-11:00am (Rm 221) *** Bingo 10:30am-11:45pm (Room 221) *** Men’s Boxing Class 11:00am-12:00pm (Exercise Rm) *** *Please call prior to attending *** Canvas Painting 11:30am – 1:00pm (Room 221) *** Controlling Negative Thoughts 12:30pm-2:00pm (Resolute Rm.) *** 3/12 *** Tai Chi 1:00pm – 2:00pm (Room 221) *** Chair Yoga with Frances 1:30pm-2:15pm (NorWest Clinic, 525 Simpson Street) *** Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>24 Lunch: Perogies GOOD FOOD BOX PICKUP BETWEEN 3:00PM & 4:00PM Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) *** 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) *** “History of The Eagles” *** Healthy Choice Cooking Program (Kitchen) 10:30am-12:30 pm *** *Please Register! (St.Joes) *** Community Clean-up 11:00am-1:00pm (Day Centre Area) *** *Please register and keep the community clean *** Controlling Negative Thoughts 11:30am-1:00pm (Resolute Rm.) *** 4/12 *** 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/ Centennial Park) 2:30pm – 4:00pm</p>	<p>26</p> <p>25 Lunch: Mac n’ Cheese Boxing Class 8:30am-9:30am (Exercise Rm) *** *Please call prior to attending *** Badminton 10:00am-11:30am (West Thunder Community Centre) *** *Must Register *** Brain Games! 10:00am – 11:00am (Rm 221) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Indoor Gardening 10:15am – 10:45am (Room 221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) *** “The Theory of Everything” *** Bocce Ball 12:30pm-2:00pm (Da Vinci Bocce Court) *** **Please register prior to attending** *** Volunteer Income Tax Program 2:15pm-4:00pm (221 Wilson St.) *** *By appointment only/ Please call Jesse</p>
<p>27</p> <p>28 Lunch: Lasagna Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *** *Please Register *** Brain Games! 10:00am – 11:00am (Rm.221) *** Coping with Anxiety 10:30am-12:00pm (Resolute Rm.) *** *Closed Group/ Must register prior to attending 1st group3/4 *** Coffee Talk 11:00am-1:00pm (Rm.221) *** Managing Anger for Wellness 1:00pm-2:30pm (Resolute Rm) *** 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>29 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 *** Tie Dyeing 10:00am – 11:30am (Room 221) *** *Please register *** 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 *** Bowling 2:00pm-4:00pm (Meet at Mario’s Bowl) *** *REGISTER - \$5.00 cost *** Mindful Movement 3:00pm-4:00pm (Room 221) *** Coffee at the Intercity Mall 3:15pm-4:00pm (Intercity Mall) *** *Purchase own coffee ☺</p>	<p>30 Lunch: Cream of Mushroom Soup Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Sewing Project: Quilting Projects 10:00am-11:00am (Rm 221) *** Knitting & Crocheting 10:30am-12:00pm (Room 221) *** Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *** *Please Register! (Alpha Court) *** Men’s Boxing Class 11:00am-12:00pm (Exercise Rm) *** *Please call prior to attending *** Canvas Painting 12:00pm – 2:00pm (Room 221) *** Controlling Negative Thoughts 12:30pm-2:00pm (Resolute Rm.) *** 5/12 *** Chair Yoga with Frances 1:30pm-2:15pm (NorWest Clinic, 525 Simpson Street) *** Art Program 2:00pm-4:00pm (Rm 221) BISNO</p>	<p>31 Lunch: Sloppy Joe’s Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) *** 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) *** “Ice Guardians” *** Community Clean-up 11:00am-1:00pm (Wilson St. Area) *** *Please register and keep the community clean *** Controlling Negative Thoughts 11:30am-1:00pm (Resolute Rm.) *** 6/12 *** 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/ Lakehead University Trail) 2:30pm – 4:00pm</p>	<p>*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.</p> <p>* 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.</p>