

Alpha Court Day Centre

May 2019

270 Windsor Street/ Room 221

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 LUNCH: CHILI 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– 12:45pm (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 *** Social Gaming 1:00pm-2:30pm (Main Floor) *** Tai Chi 1:00pm 2:00pm(Room221) *** Art Program 2:00pm-4:00pm (Rm 221)	2 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) "The Free Man" *** Controlling Negative Thoughts 11:00am-12:30pm (Tim hortons room) 4/12 *** Yoga (Rm.221) 1:00pm -2:00pm *** Social Gaming 1:00pm-2:30pm (Main Floor) *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Walking Group (Day Centre/ Boulevard Lake) 2:30pm – 4:00pm	3 CINCO DE MAYO THEME LUNCH 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 *** Knitting & Crocheting 10:00am – 12:00pm (Room 221) *** Women's Social Group 10:30am – 12:00pm *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Space Jam" *** Social Gaming 1:00pm-2:30pm (Wackys) *** 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	4
5	6 LUNCH: SLOPPY JOE'S Fit4less Gym Session 9:00am-10:30am (Fit4less) *Please Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Coping with Negativity 11:00pm-12:00pm (221 Rm.) *Closed Group/ Must register prior to attending 1st group 1/4 *** Knitting & Crocheting 11:00am – 12:30pm (Room 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 *** General Life skills (First Aid) 2:00pm-3:00pm (Resolute Rm.) *Please call prior to attending *** Wii Gaming 2:00pm-3:00pm (Rm.221) *** New & Interested participants tour of the Day Centre 2:00pm-3:00pm (Rm.221) *Call to Register	7 LUNCH: GRILLED CHEESE Mall Walking 8:30am-9:15am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Baking (Carrot Muffins) 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) *** Beginner's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** Mens Group 2:00pm-3:00pm (Resolute Rm.) Please call prior to attending *** Walking Group (DayCentre) 1:30pm – 2:30pm *** Experience Thunder Bay (Conservatory) 2:15pm-3:30pm 285 Red River Rd.	8 LUNCH: PEROGIES Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Soup in a Jar Making 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) *** Canvas Painting 12:00pm– 2:00pm (Room 221) **** Friendly Individual Trivia Competition 1:00pm-2:00pm (Rm.221) *Please Register ** Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) *** Social Gaming 1:00pm-2:30pm (Main Floor) *** Art Program 2:00pm-4:00pm (Rm 221)	9 LUNCH: CHICKEN WRAPS 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) "The Creative Brain" *** Controlling Negative Thoughts 11:00am-12:30pm (Resolute Rm.) 5/12 *** Yoga (Rm.221) 1:00pm -2:00pm *** Social Gaming 1:00pm-2:30pm (Main Floor) *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Walking Group (Day Centre/ Around the Day Centre) 2:30pm – 4:00pm	10 LUNCH: CHEESEBURGERS Morning Meditation 9:00am-9:40am (Rm.221) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Mindful Movement 11:00am – 12:00pm (NorWest Health Clinic, 525 Simpson Street) *** Fit4less Gym Session 11:30am-1:00pm (Fit4less) *Please Register *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Horrible Bosses" *** Social Gaming 1:00pm-2:30pm (Main Floor) *** 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)	11

12	<p>13 LUNCH: CHEESY TACO PASTA 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) *** Knitting & Crocheting 11:00am – 12:30pm (Room 221) *** Coping with Negativity 11:00pm-12:00pm (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 *** COMMUNITY CLEAN-UP 2:00pm-4:00pm (Location TBD) *Please Register *** Ooshke Programing 2:00pm-4:00pm (Rm.221)</p>	<p>14 LUNCH: CHICKEN NOODLE SOUP Mall Walking 8:30am-9:15am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 10:00am – 12:00pm (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 *** Beginner's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** Mens Group 2:00pm-3:00pm (Resolute Rm.) Please call prior to attending *** Get Crafty 2:30pm-4:00pm (Rm.221)</p>	<p>15 NO LUNCH DAY CENTRE CLOSED until 12:00pm Mindful Movement 12:00pm – 1:00pm (Room 221) *** Social Gaming 12:15pm– 1:30pm (Main Floor) *** 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) *** Experience Thunder Bay (Art Gallery) 2:15pm-3:30pm 1080 Keewatin Street / Please Register</p>	<p>16 LUNCH: STIR FRY 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) "Pick of the Litter" *** Controlling Negative Thoughts 11:00am-12:30pm (Tim hortons room) 6/12 *** Yoga (Rm.221) 1:00pm -2:00pm *** Social Gaming 1:00pm-2:30pm (Main Floor) *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.) *** Walking Group (Day Centre/ Marina) 2:30pm – 4:00pm</p>	<p>17 LUNCH: MAC N' CHEESE Morning Meditation 9:00am-9:40am (Rm.221) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Fit4less Gym Session 11:30am-1:00pm (Fit4less) *Please Register *** Knitting & Crocheting 10:00am – 12:00pm (Room 221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "LION" *** Social Gaming 1:00pm-2:30pm (Wacky's) *** 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 *** Scrabble Tournament 2:30pm – 4:00pm (Room 221)</p>	18
19	<p>20 Victoria Day! DAY CENTRE CLOSED</p>	<p>21 LUNCH: VEGETABLE SOUP Mall Walking 8:30am-9:15am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 10:00am – 12:00am (Room 221) *** Baking (Chocolate Zucchini Muffins) 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) *** Beginner's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** Mens Group 2:00pm-3:00pm (Resolute Rm.) Please call prior to attending *** Walking Group (DayCentre) 1:30pm – 2:30pm *** Experience Thunder Bay (Conservatory) 2:15pm-3:30pm 285 Red River Rd.</p>	<p>22 LUNCH: HAMBURGER SOUP Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Bingo10:00am – 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) *** Canvas Painting 12:00pm– 2:00pm (Room 221) **** Friendly Individual Trivia Competition 1:00pm-2:00pm (Rm.221) *Please Register ** Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) *** Social Gaming 1:00pm-2:30pm (Main Floor) *** Art Program 2:00pm-4:00pm (Rm 221) *** Experience Thunder Bay (Art Gallery) 2:15pm-3:30pm 1080 Keewatin Street / Please Register</p>	<p>23 LUNCH: CHICKEN WRAPS 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) "McQueen" *** Controlling Negative Thoughts 11:00am-12:30pm (Resolute Rm.) 7/12 *** Yoga (Rm.221) 1:00pm -2:00pm *** Social Gaming 1:00pm-2:30pm (Mario's Bowl) *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Walking Group (Day Centre/ Tree Farm) 2:30pm – 4:00pm</p>	<p>24 LUNCH: HAM SANDWICHES Morning Meditation 9:00am-9:40am (Rm.221) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Mindful Movement 11:00am – 12:00pm (NorWest Health Clinic, 525 Simpson Street) *** Fit4less Gym Session 11:30am-1:00pm (Fit4less) *Please Register *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Colette" *** Social Gaming 1:00pm-2:30pm (Main Floor) *** 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)</p>	25

26	<p>27 LUNCH: STIR FRY 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) *** Knitting & Crocheting 11:00am – 12:30pm (Room 221) *** Coping with Negativity 11:00pm-12:00pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 3/4 *** 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 *** COMMUNITY CLEAN-UP 2:00pm-4:00pm (Location TBD) *Please Register *** Ooshke Programing 2:00pm-4:00pm (Rm.221)</p>	<p>28 LUNCH: SLOPPY JOE'S Mall Walking 8:30am-9:15am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 10:00am – 12:00pm (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 *** Beginner's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** Mens Group 2:00pm-3:00pm (Resolute Rm.) Please call prior to attending *** Get Crafty 2:30pm-4:00pm (Rm.221)</p>	<p>29 LUNCH: LASAGNA Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:00am – 11:00am (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) *** 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)</p>	<p>30 LUNCH: HAM SANDWICHES 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) "Losing Sight of Shore" *** Controlling Negative Thoughts 11:00am-12:30pm (Tim hortons room) 8/12 *** Yoga (Rm.221) 1:00pm -2:00pm *** Social Gaming 1:00pm-2:30pm (Main Floor) *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Walking Group (Day Centre/ Marina) 2:30pm – 4:00pm</p>	<p>31 LUNCH: PEROGIES Morning Meditation 9:00am-9:40am (Rm.221) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Fit4less Gym Session 11:30am-1:00pm (Fit4less) *Please Register *** Knitting & Crocheting 10:00am – 12:00pm (Room 221) *** Women's Social Group 10:30am – 12:00pm *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Going in Style" *** Social Gaming (Cribbage Tournament) 1:00pm-2:30pm (Main Floor) *** 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</p>
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* 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.