

## November 2017

Alpha Court Day Centre/ 270 Windsor Street

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	* To attend the Cooking Program, you must		1 Lunch: Chicken Noodle Soup	2 Lunch: Mac n' Cheese with Salad	3 Lunch: Perogies with Coleslaw	4
	pre-register for each class by calling Jesse @		November Activity Bingo begins at		Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending	
	, , ,		9:30am	***	Weight & Circuit training @ the Day Centre 10:00pm-11:00pm (Exercise	
	683-7729				Rm) *Must Register (HIIT)	
			Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court)	12pm (Room 221) ***	Mindful Movement 10:30am-11:30am (NorWest Clinic, 525 Simpson Street)	
	* The Fit4Less sessions can only take 4			Documentary & Popcorn 10:30am-	***	
	participants at a time. Registering with Jesse		Craft sewing & Mending clothes		Movie of the Week 12:00pm-2:30pm (Rm.221) "War of the Planet of the Apes"	
	(683-7729) IS REQUIRED every week. This		10:00am-11:00am (Rm 221)	**** Yoga (Rm.221) 1:00 pm -2:30pm	*** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment	
	will remain a free program, but you are		Men's Boxing Class 11:00am-		only/ Please call Jesse	
	required to bring an indoor pair of shoes, and			Boxing Class 1:30pm-2:30pm		
	loose fitting clothing. There can be no drop-		prior to attending	(Exercise Rm) *Please call prior to		
	ins.		Canvas Painting 12:00pm – 1:00pm	attending ***		
	110.			Social Gaming Club 1:00pm-2:30pm		
	*Deeple attending Walking Croup that need a		***	(Main Floor)		
	*People attending Walking Group that need a		Controlling Negative Thoughts 12:30pm-2:00pm (Resolute Rm) 6/12	Walking Group (Day Centre)		
	ride, we will meet at the Day Centre at			Boulevard Lake) 2:30pm – 4:00pm		
	2:30pm and leave to our destination by		Art Program 2:00pm-4:00pm (Rm	<i>'</i> ' ' ' '		
	2:45pm. You may also meet us at the walking		221) BISNO			
	location indicated on the calendar. We can		National Novel Writing Month			
	also provide one bus ticket to participants.		(Writer In - Coffee/tea/cookies )			
	·		6:30pm-8:30pm (Rm.221) *Must be			
	* A reminder to clients, only people attending		<mark>registered</mark>			
	, , , ,					
	Day Centre programs are eligible for the daily					
	lunches. We encourage all clients to					
	participate in the many programs we provide.					

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5	6 <u>Lunch: Pasta Bake with Salad</u> Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please	7 <u>Lunch: Stir Fry</u> "Fit4Less" gym session 10:30am-	8 <u>Lunch: Chicken Wraps</u> Mall Walking 9:00am-10:00am	9 <u>Lunch: Grilled Cheese</u> Good Food Box Payment due	10 <u>Lunch: Vegetable Soup</u> Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending	11
	Register	12:00pm (McIntyre Centre) *Register	(Intercity Shopping Mall Food Court)	\$15/ Single, \$25/ Family	****	
	***	***	***	<del>y to, omigio, y zo, i amily</del>	Weight & Circuit training @ the Day Centre 10:00pm-11:00pm (Exercise Rm)	
	Brain Games! 10:00am - 11:00am (Rm.221)	Baking (Blueberry Squares)	Craft sewing & Mending clothes	DAY CENTRE CLOSED	*Must Register (HIIT)	
	***	10:00am- 11:30am (Room 221/	10:00am-11:00am (Rm 221)	<u>UNTIL 12PM</u>	***	
	Building Resiliency 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must	Kitchen) *Please Register	***	V (D 004) 4 00 000	Movie of the Week 12:00pm-2:30pm (Rm.221) "Annabelle: Creation"	
	register prior to attending 1st group *4/5	Controlling Noveling Theory	Healthy Choice Cooking Program	<u>Yoga</u> (Rm.221) 1:00 pm -2:30pm	Malauta and a same Tara Baranara 0.45 and 4.00 and (Bara 0.04) *Baranara interacti	
	ScrapBooking 12:00pm-1:30pm (Rm.221)	Controlling Negative Thoughts 12:30pm-2:00pm (Resolute Rm) 7/12	(Kitchen) 10:30am-12:30 pm *REGISTER! (St.Joes)	Boxing Class 1:30pm-2:30pm	Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse	
	***	***	***	(Exercise Rm) *Please call prior to	only/ Flease call Jesse	
	Women's Aquatics 1:00pm - 2:30pm (Volunteer Pool, 180 Martha St.)	Jewelry Making (RM 221) 1:00PM-	Bingo 10:30am-12:00pm (Room 221)			
	*Please Register	2:30PM	***	***		
	***	***	Men's Boxing Class 11:00am-	Social Gaming Club 1:00pm-2:30pm		
	Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending	Women's Boxing Program 2:00pm-	12:00pm (Exercise Rm) *Please call	(Main Floor)		
	***	3:00pm (Exercise Rm) *Please call	prior to attending	****		
	Ooshke Programing 2:00pm-4:00pm (Rm.221)	prior to attending	Canusa Bainting 12:00nm 1:00nm	Walking Group (Day Centre/		
	Wii Gaming 2:00pm – 4:00pm (Room 221)	Get Crafty 2:30pm-4:00pm (Rm.221)	Canvas Painting 12:00pm – 1:00pm (Room 221)	<b>Cascades)</b> 2:30pm – 4:00pm		
	***	***	***			
	National Novel Writing Month (Writer In - Coffee/tea/cookies ) 2:00pm-	Community Spokes Bike Repair	Sleep Strategies 12:30pm - 1:30pm			
	4:00pm (Rm.221) *Must be registered	3:15pm-4:00pm (LU Bike Shack)	(Room 221)			
		*Please call to inquire/Register	***			
			Controlling Negative Thoughts			
			12:30pm-2:00pm (Resolute Rm) 8/12			
			Tai Chi 1:00pm – 2:00pm(Room221)			
			***			
			Art Program 2:00pm-4:00pm (Rm			
			221) BISNO			
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12	13 Lunch: Lasanna with Salad	14 Lunch: Ham Sandwiches	15 Lunch: Cheesehurgers with	16 Lunch: Chili	17 Lunch: Chicken Noodle Soun	18
12	13 <u>Lunch: Lasagna with Salad</u> Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please	14 <u>Lunch: Ham Sandwiches</u> "Fit4Less" gvm session 10:30am-	15 <u>Lunch: Cheeseburgers with</u> Salad	16 <u>Lunch: Chili</u> Fit4Less" gvm session 9:30am-		18
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12	Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register  ****  ZUMBA! 10:00am-11:00am (Rm.221)  ****  Building Resiliency 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *5/5  ****  Coffee Talk 11:00am-1:00pm (Rm.221)  ****  ScrapBooking 12:00pm-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 2:00pm-4:00pm (Rm.221)  ****  National Novel Writing Month (Writer In – Coffee/tea/cookies ) 6:30pm-	"Fit4Less" gym session 10:30am- 12:00pm (McIntyre Centre) *Register Tie Dying 10:00am – 11:30am (Room 221) *Please register ***  Controlling Negative Thoughts 12:30pm-2:00pm (Resolute Rm) 9/12 ***  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 ***  Yoga (Rm.221) 2:30 pm -4:00pm ***  Community Spokes Bike Repair 3:15pm-4:00pm (LU Bike Shack)	Salad  DAY CENTRE CLOSED UNTIL 12PM  Men's Boxing Class 12:00pm- 2:00pm (Exercise Rm) *Please call prior to attending ****  Canvas Painting 12:00pm – 1:00pm (Room 221)  ***  Controlling Negative Thoughts 12:30pm-2:00pm (Resolute Rm)10/12 ***  Art Program 2:00pm-4:00pm (Rm	Fit4Less" gym session 9:30am- 10:45pm (McIntyre Centre) *Register ****  Mindfulness Colouring 10:00am – 12pm (Room 221) ****  Documentary & Popcorn 10:30am- 12:30pm (Rm221) *Enron:Smartest guy in the room ***  Yoga (Rm.221) 1:00 pm -2:30pm ***  Social Gaming Club 1:00pm-2:30pm (Main Floor) ***  Aboriginal Drumming 2:00pm- 4:00pm (1241 Jasper Dr.) ***  Walking Group (Day Centre/	Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending  ***  Weight & Circuit training @ the Day Centre 10:00am-11:00am (Exercise Rm) *Must Register (HIIT)  ***  Brain Games! 10:00am – 11:00am (Rm.221)  ***  Mindful Movement 10:30am-11:30am (NorWest Clinic, 525 Simpson Street)  ***  Movie of the Week 12:00pm-2:30pm (Rm.221) "It comes at night"  ***  Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment	118

		Inches in the second second	I	
20 Lunch: Grilled Cheese with Veggies	21 Lunch: Spaghetti with Salad	22 Lunch: Pizza Casserole with	23 Lunch: Perogies with Salad	24 Lunch: Stir Fry
Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please	"Fit4Less" gym session 10:30am-	<u>Veggies</u>		Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending
Register	12:00pm (McIntyre Centre) *Register		Good Food Box Pickup between	***
***	***	(Intercity Shopping Mall Food Court)	3pm & 4pm	Weight & Circuit training @ the Day Centre 10:00pm-11:00pm (Exercise
Wellness Lifestyle Group 11:00am-12:30pm (Resolute rm.) *Closed Group/	Baking (Oatmeal Energy Bites)	***	<del></del>	Rm) *Must Register (HIIT)
Must register prior to attending 1st group *1/6	9:00am- 12:00pm (Room 221/	Craft sewing & Mending clothes	Fit4Less" gym session 9:30am-	***
***	Kitchen) *Please Register prior to	10:00am-11:00am (Rm 221)	10:45nm (McIntyre Centre) *Register	Movie of the Week 12:00pm-2:30pm (Rm.221) "Churchhill"
ScrapBooking 12:00pm-1:30pm (Rm.221)	attending	***	***	***
GCTAPBOOKING 12.00PIN-1.30PIN (IXIII.221)	attending	Bi 10:20 10:00 (D 001)	Minute la company	W
		Bingo 10:30am-12:00pm (Room 221)		Women's Empowerment Group 12:30pm to 2:30pm (Green Rm)
Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please		***	12pm (Room 221)	***
Register	12:30pm-2:00pm (Resolute Rm)	Men's Boxing Class 11:00am-	***	Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment
***	<mark>11/12</mark>	12:00pm (Exercise Rm) *Please call	Documentary & Popcorn 10:30am-	only/ Please call Jesse
Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending	***	prior to attending	12:30pm (Rm221) *When we were	
***	Jewelry Making (RM 221) 1:00PM-	***	Kings	
Ooshke Programing 2:00pm-4:00pm (Rm.221)	2:30PM	Canvas Painting 12:00pm - 1:00pm	***	
***	2.501 W ***	(Room 221)	Yoga (Rm.221) 1:00 pm -2:30pm	
MI: 0 : 0.00		(R00III 221)	10ga (Rm.221) 1:00 pm -2:30pm	
Wii Gaming 2:00pm – 4:00pm (Room 221)	Women's Boxing Program 2:00pm-			
***	3:00pm (Exercise Rm) *Please call	Controlling Negative Thoughts	Boxing Class 1:30pm-2:30pm	
National Novel Writing Month (Writer In - Coffee/tea/cookies ) 2:00pm-	prior to attending	12:30pm-2:00pm (Resolute Rm)	(Exercise Rm) *Please call prior to	
4:00pm (Rm.221) *Must be registered	***	<mark>12/12</mark>	attending	
	Get Crafty 2:30pm-4:00pm (Rm.221)	***	***	
	***	<b>Tai Chi</b> 1:00pm – 2:00pm(Room221)	Social Gaming Club 1:00pm-2:30pm	
	Community Spokes Bike Repair	***	(Main Floor)	
		Art Program 2:00nm 4:00nm /D-	(Maii 1 1001)	
	3:15pm-4:00pm (LU Bike Shack)	Art Program 2:00pm-4:00pm (Rm		
	*Please call to inquire/Register	221) BISNO	Walking Group (Day Centre/	
			County Park Trail) 2:30pm – 4:00pm	
	1			1
27 <u>Lunch: Perogies with Coleslaw</u>	28 Lunch: Grilled Cheese with	29 Lunch: Ham Sandwiches	30 Lunch: Chicken Noodle Soup	
27 <u>Lunch: Perogies with Coleslaw</u> Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please	28 <u>Lunch: Grilled Cheese with</u> <u>Veggies</u>	Mall Walking 9:00am-10:00am	Fit4Less" gym session 9:30am-	
Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please	<u>Veggies</u>	Mall Walking 9:00am-10:00am	Fit4Less" gym session 9:30am-	
	Veggies "Fit4Less" gym session 10:30am-			
Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***	<u>Veggies</u>	Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court)	Fit4Less" gym session 9:30am- 10:45pm (McIntyre Centre) *Register ***	
Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register	Veggies "Fit4Less" gym session 10:30am- 12:00pm (McIntyre Centre) *Register ***	Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Craft sewing & Mending clothes	Fit4Less" gym session 9:30am- 10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am –	
Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***  Brain Games! 10:00am – 11:00am (Rm.221) ***	Veggies "Fit4Less" gym session 10:30am- 12:00pm (McIntyre Centre) *Register *** Tie Dying 10:00am – 11:30am	Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court)	Fit4Less" gym session 9:30am- 10:45pm (McIntyre Centre) *Register ***	
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