



# November 2017

Alpha Court Day Centre/ 270 Windsor Street

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<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>*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. 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>		<p><b>1 Lunch: Chicken Noodle Soup</b></p> <p><b>November Activity Bingo begins at 9:30am</b></p> <p><b>Mall Walking</b> 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p><b>Craft sewing &amp; Mending clothes</b> 10:00am-11:00am (Rm 221) ***</p> <p><b>Men's Boxing Class</b> 11:00am-12:00pm (Exercise Rm) *Please call prior to attending ***</p> <p><b>Canvas Painting</b> 12:00pm – 1:00pm (Room 221) ***</p> <p><b>Controlling Negative Thoughts</b> 12:30pm-2:00pm (Resolute Rm) 6/12 ***</p> <p><b>Art Program</b> 2:00pm-4:00pm (Rm 221) BISNO ***</p> <p><b>National Novel Writing Month (Writer In – Coffee/tea/cookies )</b> 6:30pm-8:30pm (Rm.221) *Must be registered</p>	<p><b>2 Lunch: Mac n' Cheese with Salad</b></p> <p><b>Fit4Less" gym session</b> 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p><b>Mindfulness Colouring</b> 10:00am – 12pm (Room 221) ***</p> <p><b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) *Grizzly Man ***</p> <p><b>Yoga</b> (Rm.221) 1:00 pm -2:30pm ***</p> <p><b>Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p><b>Social Gaming Club</b> 1:00pm-2:30pm (Main Floor) ***</p> <p><b>Walking Group (Day Centre/ Boulevard Lake)</b> 2:30pm – 4:00pm</p>	<p><b>3 Lunch: Perogies with Coleslaw</b></p> <p><b>Boxing Class</b> 9:00am-10:00am (Exercise Rm) *Please call prior to attending ***</p> <p><b>Weight &amp; Circuit training @ the Day Centre</b> 10:00pm-11:00pm (Exercise Rm) *Must Register (HIIT) ***</p> <p><b>Mindful Movement</b> 10:30am-11:30am (NorWest Clinic, 525 Simpson Street) ***</p> <p><b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "War of the Planet of the Apes" ***</p> <p><b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	4

5	<p><b>6 Lunch: Pasta Bake with Salad</b>  <b>Personal Training (Weights &amp; Cardio)</b> 9:00am-10:15am (Fit4less) *Please Register  ***  <b>Brain Games!</b> 10:00am – 11:00am (Rm.221)  ***  <b>Building Resiliency</b> 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *4/5  ***  <b>ScrapBooking</b> 12:00pm-1:30pm (Rm.221)  ***  <b>Women's Aquatics</b> 1:00pm - 2:30pm (Volunteer Pool, 180 Martha St.) *Please Register  ***  <b>Boxing Class</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Ooshke Programing</b> 2:00pm-4:00pm (Rm.221)  ***  <b>Wii Gaming</b> 2:00pm – 4:00pm (Room 221)  ***  <b>National Novel Writing Month (Writer In – Coffee/tea/cookies )</b> 2:00pm-4:00pm (Rm.221) *Must be registered</p>	<p><b>7 Lunch: Stir Fry</b>  <b>"Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) *Register  ***  <b>Baking (Blueberry Squares)</b> 10:00am- 11:30am (Room 221/ Kitchen) *Please Register  ***  <b>Controlling Negative Thoughts</b> 12:30pm-2:00pm (Resolute Rm) 7/12  ***  <b>Jewelry Making</b> (Rm 221) 1:00PM-2:30PM  ***  <b>Women's Boxing Program</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Get Crafty</b> 2:30pm-4:00pm (Rm.221)  ***  <b>Community Spokes Bike Repair</b> 3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/Register</p>	<p><b>8 Lunch: Chicken Wraps</b>  <b>Mall Walking</b> 9:00am-10:00am (Intercity Shopping Mall Food Court)  ***  <b>Craft sewing &amp; Mending clothes</b> 10:00am-11:00am (Rm 221)  ***  <b>Healthy Choice Cooking Program</b> (Kitchen) 10:30am-12:30 pm *REGISTER! (St.Joes)  ***  <b>Bingo</b> 10:30am-12:00pm (Room 221)  ***  <b>Men's Boxing Class</b> 11:00am-12:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Canvas Painting</b> 12:00pm – 1:00pm (Room 221)  ***  <b>Sleep Strategies</b> 12:30pm – 1:30pm (Room 221)  ***  <b>Controlling Negative Thoughts</b> 12:30pm-2:00pm (Resolute Rm) 8/12  ***  <b>Tai Chi</b> 1:00pm – 2:00pm(Room221)  ***  <b>Art Program</b> 2:00pm-4:00pm (Rm 221) BISNO</p>	<p><b>9 Lunch: Grilled Cheese</b>  <b>Good Food Box Payment due \$15/ Single, \$25/ Family</b>    <b>DAY CENTRE CLOSED UNTIL 12PM</b>    <b>Yoga</b> (Rm.221) 1:00 pm -2:30pm  ***  <b>Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending  ***  <b>Social Gaming Club</b> 1:00pm-2:30pm (Main Floor)  ***  <b>Walking Group (Day Centre/ Cascades)</b> 2:30pm – 4:00pm</p>	<p><b>10 Lunch: Vegetable Soup</b>  <b>Boxing Class</b> 9:00am-10:00am (Exercise Rm) *Please call prior to attending  ***  <b>Weight &amp; Circuit training @ the Day Centre</b> 10:00pm-11:00pm (Exercise Rm) *Must Register (HIIT)  ***  <b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "Annabelle: Creation"  ***  <b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	11
12	<p><b>13 Lunch: Lasagna with Salad</b>  <b>Personal Training (Weights &amp; Cardio)</b> 9:00am-10:15am (Fit4less) *Please Register  ***  <b>ZUMBA!</b> 10:00am-11:00am (Rm.221)  ***  <b>Building Resiliency</b> 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *5/5  ***  <b>Coffee Talk</b> 11:00am-1:00pm (Rm.221)  ***  <b>ScrapBooking</b> 12:00pm-1:30pm (Rm.221)  ***  <b>Women's Aquatics</b> 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register  ***  <b>Boxing Class</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Ooshke Programing</b> 2:00pm-4:00pm (Rm.221)  ***  <b>National Novel Writing Month (Writer In – Coffee/tea/cookies )</b> 6:30pm-8:30pm (Rm.221) *Must be registered</p>	<p><b>14 Lunch: Ham Sandwiches</b>  <b>"Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) *Register  ***  <b>Tie Dying</b> 10:00am – 11:30am (Room 221) *Please register  ***  <b>Controlling Negative Thoughts</b> 12:30pm-2:00pm (Resolute Rm) 9/12  ***  <b>Jewelry Making</b> (Rm 221) 1:00PM-2:30PM  ***  <b>Women's Boxing Program</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Bowling</b> 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost  ***  <b>Yoga</b> (Rm.221) 2:30 pm -4:00pm  ***  <b>Community Spokes Bike Repair</b> 3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/Register</p>	<p><b>15 Lunch: Cheeseburgers with Salad</b>    <b>DAY CENTRE CLOSED UNTIL 12PM</b>    <b>Men's Boxing Class</b> 12:00pm-2:00pm (Exercise Rm) *Please call prior to attending  ***  <b>Canvas Painting</b> 12:00pm – 1:00pm (Room 221)  ***  <b>Controlling Negative Thoughts</b> 12:30pm-2:00pm (Resolute Rm) 10/12  ***  <b>Art Program</b> 2:00pm-4:00pm (Rm 221) BISNO</p>	<p><b>16 Lunch: Chili</b>  <b>Fit4Less" gym session</b> 9:30am-10:45pm (McIntyre Centre) *Register  ***  <b>Mindfulness Colouring</b> 10:00am – 12pm (Room 221)  ***  <b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) *Enron:Smartest guy in the room  ***  <b>Yoga</b> (Rm.221) 1:00 pm -2:30pm  ***  <b>Social Gaming Club</b> 1:00pm-2:30pm (Main Floor)  ***  <b>Aboriginal Drumming</b> 2:00pm-4:00pm (1241 Jasper Dr.)  ***  <b>Walking Group (Day Centre/ Hillcrest Park)</b> 2:30pm – 4:00pm</p>	<p><b>17 Lunch: Chicken Noodle Soup</b>  <b>Boxing Class</b> 9:00am-10:00am (Exercise Rm) *Please call prior to attending  ***  <b>Weight &amp; Circuit training @ the Day Centre</b> 10:00am-11:00am (Exercise Rm) *Must Register (HIIT)  ***  <b>Brain Games!</b> 10:00am – 11:00am (Rm.221)  ***  <b>Mindful Movement</b> 10:30am-11:30am (NorWest Clinic, 525 Simpson Street)  ***  <b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "It comes at night"  ***  <b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	18

19	<p><b>20 Lunch: Grilled Cheese with Veggies</b>  <b>Personal Training (Weights &amp; Cardio)</b> 9:00am-10:15am (Fit4less) *Please Register  ***</p> <p><b>Wellness Lifestyle Group</b> 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *1/6  ***</p> <p><b>ScrapBooking</b> 12:00pm-1:30pm (Rm.221)  ***</p> <p><b>Women's Aquatics</b> 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register  ***</p> <p><b>Boxing Class</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Ooshke Programing</b> 2:00pm-4:00pm (Rm.221)  ***</p> <p><b>Wii Gaming</b> 2:00pm – 4:00pm (Room 221)  ***</p> <p><b>National Novel Writing Month (Writer In – Coffee/tea/cookies )</b> 2:00pm-4:00pm (Rm.221) *Must be registered</p>	<p><b>21 Lunch: Spaghetti with Salad</b>  <b>"Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) *Register  ***</p> <p><b>Baking (Oatmeal Energy Bites)</b>  9:00am- 12:00pm (Room 221/ Kitchen) *Please Register prior to attending  ***</p> <p><b>Controlling Negative Thoughts</b>  12:30pm-2:00pm (Resolute Rm) 11/12  ***</p> <p><b>Jewelry Making</b> (Rm 221) 1:00PM-2:30PM  ***</p> <p><b>Women's Boxing Program</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Get Crafty</b> 2:30pm-4:00pm (Rm.221)  ***</p> <p><b>Community Spokes Bike Repair</b>  3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/Register</p>	<p><b>22 Lunch: Pizza Casserole with Veggies</b>  <b>Mall Walking</b> 9:00am-10:00am (Intercity Shopping Mall Food Court)  ***</p> <p><b>Craft sewing &amp; Mending clothes</b>  10:00am-11:00am (Rm 221)  ***</p> <p><b>Bingo</b> 10:30am-12:00pm (Room 221)  ***</p> <p><b>Men's Boxing Class</b> 11:00am-12:00pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Canvas Painting</b> 12:00pm – 1:00pm (Room 221)  ***</p> <p><b>Controlling Negative Thoughts</b>  12:30pm-2:00pm (Resolute Rm) 12/12  ***</p> <p><b>Tai Chi</b> 1:00pm – 2:00pm(Room221)  ***</p> <p><b>Art Program</b> 2:00pm-4:00pm (Rm 221) BISNO</p>	<p><b>23 Lunch: Peregies with Salad</b>  <b>Good Food Box Pickup between 3pm &amp; 4pm</b></p> <p><b>Fit4Less" gym session</b> 9:30am-10:45pm (McIntyre Centre) *Register  ***</p> <p><b>Mindfulness Colouring</b> 10:00am – 12pm (Room 221)  ***</p> <p><b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) *When we were Kings  ***</p> <p><b>Yoga</b> (Rm.221) 1:00 pm -2:30pm  ***</p> <p><b>Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Social Gaming Club</b> 1:00pm-2:30pm (Main Floor)  ***</p> <p><b>Walking Group (Day Centre/ County Park Trail)</b> 2:30pm – 4:00pm</p>	<p><b>24 Lunch: Stir Fry</b>  <b>Boxing Class</b> 9:00am-10:00am (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Weight &amp; Circuit training @ the Day Centre</b> 10:00pm-11:00pm (Exercise Rm) *Must Register (HIIT)  ***</p> <p><b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "Churchhill"  ***</p> <p><b>Women's Empowerment Group</b> 12:30pm to 2:30pm (Green Rm)  ***</p> <p><b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	25
26	<p><b>27 Lunch: Peregies with Coleslaw</b>  <b>Personal Training (Weights &amp; Cardio)</b> 9:00am-10:15am (Fit4less) *Please Register  ***</p> <p><b>Brain Games!</b> 10:00am – 11:00am (Rm.221)  ***</p> <p><b>Wellness Lifestyle Group</b> 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *2/6  ***</p> <p><b>Coffee Talk</b> 11:00am-1:00pm (Rm.221)  ***</p> <p><b>ScrapBooking</b> 12:00pm-1:30pm (Rm.221)  ***</p> <p><b>Women's Aquatics</b> 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register  ***</p> <p><b>Boxing Class</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Ooshke Programing</b> 2:00pm-4:00pm (Rm.221)  ***</p> <p><b>National Novel Writing Month (Writer In – Coffee/tea/cookies )</b> 2:00pm-4:00pm (Rm.221) *Must be registered</p>	<p><b>28 Lunch: Grilled Cheese with Veggies</b>  <b>"Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) *Register  ***</p> <p><b>Tie Dying</b> 10:00am – 11:30am (Room 221) *Please register  ***</p> <p><b>Jewelry Making</b> (Rm 221) 1:00PM-2:30PM  ***</p> <p><b>Women's Boxing Program</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Bowling</b> 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost  ***</p> <p><b>Yoga</b> (Rm.221) 2:30 pm -4:00pm  ***</p> <p><b>Community Spokes Bike Repair</b>  3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/Register</p>	<p><b>29 Lunch: Ham Sandwiches</b>  <b>Mall Walking</b> 9:00am-10:00am (Intercity Shopping Mall Food Court)  ***</p> <p><b>Craft sewing &amp; Mending clothes</b>  10:00am-11:00am (Rm 221)  ***</p> <p><b>Healthy Choice Cooking Program</b>  (Kitchen) 10:30am-12:30 pm *REGISTER! (St.Joes)  ***</p> <p><b>Bingo</b> 10:30am-12:00pm (Room 221)  ***</p> <p><b>Men's Boxing Class</b> 11:00am-12:00pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Canvas Painting</b> 12:00pm – 1:00pm (Room 221)  ***</p> <p><b>Art Program</b> 2:00pm-4:00pm (Rm 221) BISNO</p>	<p><b>30 Lunch: Chicken Noodle Soup</b>  <b>Fit4Less" gym session</b> 9:30am-10:45pm (McIntyre Centre) *Register  ***</p> <p><b>Mindfulness Colouring</b> 10:00am – 12:00pm (Room 221)  ***</p> <p><b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) *Citizen Four  ***</p> <p><b>Yoga</b> (Rm.221) 1:00 pm -2:30pm  ***</p> <p><b>Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending  ***</p> <p><b>Social Gaming Club</b> 1:00pm-2:30pm (Main Floor)  ***</p> <p><b>Walking Group (Day Centre/ George Burke Park)</b> 2:30pm – 4:00pm  ***</p> <p><b>National Novel Writing Month (End Celebration – Coffee/tea/cookies )</b> 6:30pm-8:30pm (Rm.221) *Must be registered</p>		