	November 2018				
			Alpha Court Day Centre 270 Windsor Street/ Room 221		Facebook
s	Mon	Tue	Wed	Thu	Fri S
				1 Lunch: Perogies Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***	2 Lunch: Ham Sandwiches Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending
				Fit4Less" gym session 8:30am-10:00am (McIntyre Centre) *Register ***	Personal Training (Weights & Cardio) 10:30am- 12:00pm (Fit4less) *Please Register
				Mindfulness Colouring 10:00am – 12:00pm (Room 221)	Brain Games! 10:00am – 11:00am (Rm.221) ***
				Documentary & Popcorn 10:30am-12:30pm (Rm221) "Virunga" ***	Mindfulness Colouring 10:00am – 12:00pm (Room 221)
				Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) ***	Addiction Support Group 10:00am-12:00pm (Resolute Rm.) *Please Register 3/8
				Yoga (Rm.221) 1:00pm -2:30pm *** Social Gaming 1:00pm-2:30pm (Main Floor)	Movie of the Week 12:00pm-2:30pm (Rm.221) "Ocean's 8"
				Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending	Social Gaming 1:00pm – 2:30pm (Main Floor) *** Volunteer Income Tax Program 2:15pm-4:00pm
				<u>Walking Group</u> (Day Centre/ George Burke Park) 2:30pm – 4:00pm	(Rm.221) *By appointment only/ Please call Jesse ***
					<u>Knitting & Crocheting</u> 2:30pm – 4:00pm (Room 221)
4	5 <u>Lunch: Sloppy Joe's</u> Personal Training (Weights & Cardio) 8:30am- 9:30am (Fit4less) *Please Register	6 <u>Lunch: Chicken Wraps</u> Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court)	7 <u>Lunch: Lasagna</u> Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court)	8 Lunch: Ham Sandwiches Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court)	9 <u>Lunch: Cheeseburgers</u> 10 Brain Games! 10:00am – 11:00am (Rm 221) ***
	Brain Games! 10:00am – 11:00am (Room 221)	Mindfulness Colouring 9:00am – 11:00am (Room 221)	Social Gaming: Board & Card Games 9:00am – 10:30am (Room 221)	Fit4Less" gym session 8:30am-10:00am (McIntyre Centre) *Register	Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***
	221)	Baking (Cheesecake Bars) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending	Knitting & Crocheting 10:30am-12:00pm (Room 221)	Mindfulness Colouring 10:00am – 12:00pm (Room 221)	Coffee Talk 10:00am – 12:00pm (Rm.221) *** Addiction Support Group 10:00am-12:00pm
	Coping with Anxiety 11:00am-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group2/4	*** "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register	Healthy Choice Cooking Program (Kitchen) 10:30am- 12:30pm *Please Register! (St.Joe's) ***	Documentary & Popcorn 10:30am-12:30pm (Rm221) "Fishpeople" ***	*Please Register 4/8 *** Movie of the Week 12:00pm-2:30pm (Rm.221)
	*** <u>Women's Aquatics</u> 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please Register	*** <u>McDonald's Adventures</u> 12:00pm-1:00pm*Please call for information	"Fit4Less" gym session Centre) *Register ***	Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) ***	**** Social Gaming/ Crib Tournament 1:00pm –
	**** Boxing Class 1:00pm-2:00pm (Exercise Rm)	*** Jewelry Making 1:00pm – 2:30pm (Room 221)	Bingo10:30am-11:45am (Room 221)	Yoga (Rm.221) 1:00pm -2:30pm ****	2:30pm (Main Floor)
	*Please call prior to attending *** Ooshke Programing 2:00pm-4:00pm (Rm.221)	Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending	Canvas Painting11:00am- 1:00pm (Room 221) *** Men's Boxing Class 12:00pm - 1:00pm (Exercise Rm)	Social Gaming 1:00pm-2:30pm (Main Floor) *** Rock Climbing 1:00pm-2:30pm *Register	Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse
	*** <u>New & Interested participants tour of the Day</u> <u>Centre</u> 3:00pm-4:00pm (Rm.221) *Call to Register	Healthy Lifestyle & Wellness Group 2:00pm-3:00pm (Resolute Rm.) * Please Register(5/8)	*Please call prior to attending *** T <u>ai Chi</u> 1:30pm 2:00pm(Room221) ***	Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending	*** Knitting & Crocheting 2:30pm – 4:00pm (Room 221)
		Walking Group (DayCentre) 1:30pm – 2:30pm ***	Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street)	<u>Walking Group</u> (Day Centre/ George Burke Park) 2:30pm – 4:00pm	
		Mindful Movement 3:00pm-4:00pm (Room 221)	Circuit & Weight Training 2:30pm-3:15pm (Exercise Rm.) *Please Register *** Art Program 2:00pm-4:00pm (Rm 221)	GOOD FOOD BOX PAYMENT DUE \$15/ SINGLE, \$25/ FAMILY	

11	12 Lunch: Grilled Cheese Personal Training (Weights & Cardio) 9:00am-	13 Lunch: Pizza Casserole Mall Walking 9:00am-10:00am (Intercity Shopping Mall	14 Lunch:Ham Sandwiches Mall Walking 9:00am-10:00am (Intercity Shopping Mall	15 Lunch: Chicken Noodle Soup Mall Walking 8:30am-9:30am (Intercity Shopping Mall	16 Lunch: Spaghetti Boxing Class 8:30am-9:30am (Exercise Rm)
	10:30am (Fit4less) *Please Register ***	Food Court)	Food Court)	Food Court)	*Please call prior to attending ***
	<u>Brain Games!</u> 10:00am – 11:00am (Rm.221) ***	Mindfulness Colouring 9:00am – 11:00am (Room 221)	<pre>"Fit4Less" gym session 10:00am-11:30pm (McIntyre Centre) *Register ****</pre>	Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register	Badminton (West Thunder CC) 10:00am-11:30am *Please Register
	<u>Mindfulness Colouring</u> 10:00am – 12:00pm (Room 221)	"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***	**** <u>Knitting & Crocheting</u> 10:30am-12:00pm (Room 221) ****		**** Brain Games! 10:00am – 11:00am (Rm.221) ****
	<u>Coffee Talk</u> 10:00am – 12:00pm (Rm.221) ***	Tie Dyeing register ***	Men's Boxing Class *Please call prior to attending ***	Documentary & Popcorn 10:30am-12:30pm (Rm221) "Jago: A Life Underwater"	Mindfulness Colouring 10:00am – 12:00pm (Room 221)
	Coping with Anxiety 11:00am-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 3/4	Jewelry Making 1:00pm – 2:30pm (Room 221)	Canvas Painting 12:00pm-2:00pm (Room 221)	Anxiety Support Group 11:00am-12:00pm (Resolute Rm.)	Addiction Support Group 10:00am-12:00pm *Please Register 5/8
	*** Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending	Tim Horton's Adventures 12:00pm-1:00pm*Please call for information	Circuit & Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register	Yoga (Rm.221) 1:00pm -2:30pm ****	Personal Training (Weights & Cardio) 11:30am- 1:00pm (Fit4less) *Please Register
	*** <u>Women's Aquatics</u> 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register	Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost	Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street)	Social Gaming 1:00pm-2:30pm (Main Floor) *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call	Movie of the Week 12:00pm-2:30pm (Rm.221) "Gone Girl"
	Ooshke Programing 2:00pm-4:00pm (Rm.221)	Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***	Art Program 2:00pm-4:00pm (Rm 221) *** Thunder Bay Country Market Adventure 3:30pm –	prior to attending *** <u>Walking Group</u> (Day Centre/ George Burke Park)	*** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call
	Wii Gaming 2:00pm – 4:00pm (Room 221) *** Experience Thunder Bay (Conservatory) 2:15pm-	Healthy Lifestyle & Wellness Group 2:00pm-3:00pm (Resolute Rm.) * Please Register(6/8) ***	4:30pm (850 May Street) **Please register	2:30pm – 4:00pm	Jesse ***
	3:30pm 1601 Dease St. West/ Please Register	Get Crafty 2:30pm-4:00pm (Rm.221) **Please Register! *** Walking Group (DayCentre) 1:30pm - 2:30pm			<u>Knitting & Crocheting</u> 2:30pm – 4:00pm (Room 221)
	New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register	Waking Group (DayCentre) 1.50pm – 2.50pm			
	19 Lunch: Veggie Pasta Bake Personal Training (Weights & Cardio) 9:00am-	20 <u>Lunch: Perogies</u> Mall Walking 9:00am-10:00am (Intercity Shopping Mall	21 Lunch: Grilled Cheese	22 Lunch: Stir Fry	23 Lunch: Chicken Wraps 24
	10:30am (Fit4less) *Please Register	Food Court)	DAY CENTRE CLOSED	Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court)	Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending
			UNTIL 12:00PM	Food Court) *** Fit4Less" gym session 9:30am-10:45pm (McIntyre	*Please call prior to attending **** Badminton (West Thunder CC) 10:00am-11:30am
	10:30am (Fit4less) * Please Register ***	Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Baking (Rice Krispie Squares) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register	UNTIL 12:00PM Men's Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending	Food Court)	*Please call prior to attending **** <u>Badminton (West Thunder CC)</u> 10:00am-11:30am *Please Register *** <u>Mindfulness Colouring</u> 10:00am – 12:00pm
	10:30am (Fit4less) *Please Register *** Brain Games! 10:00am - 11:00am (Room 221) *** Mindfulness Colouring 10:00am - 12:00pm (Room 221) *** Coping with Anxiety 11:00am-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to	Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** 10:00am - 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session 10:00am-11:30am (McIntyre	UNTIL 12:00PM Men's Boxing Class 12:00pm – 1:00pm (Exercise Rm)	Food Court) *** Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***	*Please call prior to attending *** Badminton (West Thunder CC) 10:00am-11:30am *Please Register ***
	10:30am (Fit4less) *Please Register **** Brain Games! 10:00am – 11:00am (Room 221) **** Mindfulness Colouring 10:00am – 12:00pm (Room 221) **** Coping with Anxiety 11:00am-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4 **** Women's Aquatics 1:00pm – 2:30pm (Volunteer	Food Court) **** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Baking (Rice Krispie Squares) (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session 0:00am-11:30am (McIntyre Centre) *Register *** McDonald's Adventures	UNTIL 12:00PM Men's Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending *** Tai Chi 1:30pm 2:00pm(Room221) *** Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) ***	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) 'Quincy"	*Please call prior to attending **** <u>Badminton (West Thunder CC)</u> 10:00am-11:30am *Please Register *** <u>Mindfulness Colouring</u> 10:00am – 12:00pm (Room 221) ***
	10:30am (Fit4less) *Please Register **** Brain Games! 10:00am – 11:00am (Room 221) **** Mindfulness Colouring 10:00am – 12:00pm (Room 221) **** Coping with Anxiety 11:00am-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4 **** Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please Register **** Boxing Class 1:00pm-2:00pm (Exercise Rm)	Food Court) #*** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Baking (Rice Krispie Squares) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register	UNTIL 12:00PM Men's Boxing Class 12:00pm – 1:00pm (Exercise Rm) "Please call prior to attending "*** Tai Chi 1:30pm 2:00pm(Room221) *** Chair Yoga with Frances 1:30pm – 2:15pm (NorWest	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) "Quincy" *** Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) *** Yoga (Rm.221) 1:00pm -2:30pm ***	*Please call prior to attending **** <u>Badminton (West Thunder CC)</u> 10:00am-11:30am *Please Register *** <u>Mindfulness Colouring</u> 10:00am – 12:00pm (Room 221) *** <u>Coffee Talk</u> 10:00am – 12:00pm (Rm.221) *** <u>Addiction Support Group</u> 10:00am-12:00pm
	10:30am (Fit4less) *Please Register **** Brain Games! 10:00am (1:00am (Room 221) **** Mindfulness Colouring 10:00am – 12:00pm (Room 221) **** Coping with Anxiety 11:00am-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4 **** Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please Register ****	Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Baking (Rice Krispie Squares) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** ** ** ** ** ** ** ** ** ** ** ** *	UNTIL 12:00PM Men's Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending Tai Chi 1:30pm 2:00pm(Room221) *** Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) *** Circuit & Weight Training 2:30pm-3:15pm (Exercise Rm.) *Please Register ***	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) "Quincy" *** Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) ***	*Please call prior to attending **** Badminton (West Thunder CC) 10:00am-11:30am *Please Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Addiction Support Group 10:00am-12:00pm (Resolute Room) *Please Register 6/8 *** Personal Training (Weights & Cardio) 11:30am-
	10:30am (Fit4less) *Please Register **** Brain Games! 10:00am – 11:00am (Room 221) **** Mindfulness Colouring 10:00am – 12:00pm (Room 221) **** Coping with Anxiety 11:00am-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4 **** 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 ***	Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Baking (Rice Krispie Squares) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** *** *** McDonald's Adventures 12:00pm-1:00pm*Please call for information *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** Women's Boxing Program 1:00pm-2:00pm (Exercise	UNTIL 12:00PM Men's Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending Tai Chi 1:30pm 2:00pm(Room221) *** Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) *** Circuit & Weight Training 2:30pm-3:15pm (Exercise Rm.) *Please Register ***	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) "Quincy" *** Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) *** Yoga (Rm.221) 1:00pm -2:30pm (Main Floor) ***	*Please call prior to attending *** Badminton (West Thunder CC) 10:00am-11:30am *Please Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Addiction Support Group 10:00am-12:00pm (Resolute Room) *Please Register 6/8 *** Personal Training (Weights & Cardio) 11:30am- 1:00pm (Fit4less) *Please Register *** Movie of the Week 12:00pm-2:30pm (Rm.221) *** Social Gaming 1:00pm – 2:30pm (Main Floor) ***
	10:30am (Fit4less) *Please Register **** Brain Games! 10:00am – 11:00am (Room 221) **** Mindfulness Colouring 10:00am – 12:00pm (Room 221) **** Coping with Anxiety 11:00am-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group//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 **** Coshke Programing 2:00pm-4:00pm (Rm.221) ****	Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Baking (Rice Krispie Squares) 10:00am - 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** McDonald's Adventures 12:00pm-1:00pm*Please call for information *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** Healthy Lifestyle & Wellness Group 2:00pm-3:00pm (Resolute Rm.) * Please Register(7/8) *** Walking Group (DayCentre) 1:30pm – 2:30pm ***	UNTIL 12:00PM Men's Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending Tai Chi 1:30pm 2:00pm(Room221) *** Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) *** Circuit & Weight Training 2:30pm-3:15pm (Exercise Rm.) *Please Register ***	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) "Quincy" *** Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) *** Yoga (Rm.221) 1:00pm -2:30pm *** Social Gaming 1:00pm-2:30pm *Register *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call	*Please call prior to attending **** Badminton (West Thunder CC) 10:00am-11:30am *Please Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Addiction Support Group 10:00am-12:00pm (Resolute Room) *Please Register 6/8 *** Personal Training (Weights & Cardio) 11:30am- 1:00pm (Fit4less) *Please Register *** Movie of the Week 12:00pm-2:30pm (Rm.221) 'Central Intelligence" ***
	10:30am (Fit4less) *Please Register **** Brain Games! 10:00am – 11:00am (Room 221) **** Mindfulness Colouring 10:00am – 12:00pm (Room 221) **** Coping with Anxiety 11:00am-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group//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 **** Coshke Programing 2:00pm-4:00pm (Rm.221) ****	Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Baking (Rice Krispie Squares) 10:00am - 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** *** ** McDonald's Adventures 12:00pm-1:00pm*Please call for information *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** Healthy Lifestyle & Wellness Group 2:00pm-3:00pm (Resolute Rm.) * Please Register(7/8) ***	UNTIL 12:00PM Men's Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending Tai Chi 1:30pm 2:00pm(Room221) *** Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) *** Circuit & Weight Training 2:30pm-3:15pm (Exercise Rm.) *Please Register ***	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) "Quincy" *** Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) *** Yoga (Rm.221) 1:00pm -2:30pm *** Social Gaming 1:00pm-2:30pm (Main Floor) *** Rock Climbing 1:00pm-2:30pm Register *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Walking Group (Day Centre/ George Burke Park)	*Please call prior to attending **** Badminton (West Thunder CC) 10:00am-11:30am *Please Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Addiction Support Group 10:00am-12:00pm (Resolute Room) *Please Register 6/8 *** Personal Training (Weights & Cardio) 11:30am- 1:00pm (Fit4less) *Please Register *** Movie of the Week 12:00pm-2:30pm (Rm.221) 'Central Intelligence" *** Social Gaming 1:00pm – 2:30pm (Main Floor) *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse

25		27 Lunch: Chili	28 Lunch: Perogies	29 Lunch: Pasta Bake	30 Lunch: Stir Fry
		Mall Walking 9:00am-10:00am (Intercity Shopping Mall	Mall Walking 9:00am-10:00am (Intercity Shopping Mall	Mall Walking 8:30am-9:30am (Intercity Shopping Mall	Boxing Class 8:30am-9:30am (Exercise Rm)
	10:30am (Fit4less) *Please Register	Food Court)	Food Court)	Food Court)	*Please call prior to attending
	***	***	***	***	***
	Brain Games! 10:00am – 11:00am (Rm.221)	Mindfulness Colouring 9:00am – 11:00am (Room 221)	Social Gaming: Board & Card Games 9:00am -	Fit4Less" gym session 9:30am-10:45pm (McIntyre	Badminton (West Thunder CC) 10:00am-11:30am
	***	***	10:30am (Room 221)	Centre) *Register	*Please Register
	Mindfulness Colouring 10:00am – 12:00pm (Room	"Fit4Less" gym session 10:00am-11:30am (McIntyre	***	***	***
	221)	Centre) *Register	"Fit4Less" gym session 10:00am-11:30am (McIntyre	Mindfulness Colouring 10:00am – 12:00pm (Room 221)	Personal Training (Weights & Cardio) 10:00am-
	ZZ 1) ***	***	Centre) *Register	***	11:30am (Fit4less) *Please Register
	0-#	Tie Dyeing 10:00am – 11:30am (Room 221) *Please	***	Documentary & Popcorn 10:30am-12:30pm (Rm221)	***
	<u>Coffee Talk</u> 10:00am – 12:00pm (Rm.221)	register	Healthy Choice Cooking Program (Kitchen) 10:30am-	"John Mellancamp: Plain Spoken"	CLOTHING DRIVE 10:00am – 1:00pm (Room 221)
	Or a in a with Owith & Oherse 11,00 are 10,00 are	***	12:30pm *Please Register! (Alpha Court)	***	***
	Coping with Guilt & Shame 11:00pm-12:30pm	Jewelry Making 1:00pm – 2:30pm (Room 221)	***	Anxiety Support Group 11:00am-12:00pm (Resolute	Brain Games! 10:00am – 11:00am (Rm.221)
	(Resolute Rm.) *Closed Group/ Must register prior	***	Bingo10:30am-11:45am (Room 221)	Rm.)	***
	to attending 1st group 1/4	Tim Horton's Adventures 12:00pm-1:00pm*Please call	<u>bingo</u> 10.00alli=11.40alli (100lli 221) ***	***	Mindfulness Colouring 10:00am – 12:00pm
		for information	Knitting & Crocheting 10:30am-12:00pm (Room 221)	Yoga (Rm.221) 1:00pm -2:30pm	(Room 221)
	Doxing Class 1.00pm-2.00pm (Exercise 14m)	***	***	10ya (mi.221) 1.00piii -2.30piii ***	(NUUIII 22 I) ***
	*Please call prior to attending	Bowling 2:00pm-4:00pm (Meet at Mario's Bowl)	Man'a Paving Class 12:00nm 1:00nm (Eversian Dm)	Secial Coming 1:00pm 2:20pm (Main Elect)	Addiction Sunnart Group 10:00cm 12:00cm
			Men's Boxing Class 12:00pm-1:00pm (Exercise Rm)	Social Gaming 1:00pm-2:30pm (Main Floor)	Addiction Support Group 10:00am-12:00pm
	Tomen of Iduated	*REGISTER - \$5.00 cost	*Please call prior to attending	Beving Class 1/20pm 0/20pm (Eversion Dr.) *Places	(Resolute Rm.) *Please Register 7/8
	Pool, 180 Martha Street) **Please register			Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call	
		Women's Boxing Program 1:00pm-2:00pm (Exercise	Canvas Painting 12:00pm-2:00pm (Room 221)	prior to attending	Personal Training (Weights & Cardio) 11:30am-
	Ooshke Programing 2:00pm-4:00pm (Rm.221)	Rm) *Please call prior to attending			1:00pm (Fit4less) *Please Register
	***		Circuit & Weight Training 1:00pm-2:00pm (Exercise	Walking Group (Day Centre/ George Burke Park)	
	Wii Gaming 2:00pm – 4:00pm (Room 221)	Healthy Lifestyle & Wellness Group 2:00pm-3:00pm	Rm.) *Please Register	2:30pm – 4:00pm	Movie of the Week 12:00pm-2:30pm (Rm.221)
	***	(Resolute Rm.) * Please Register(8/8)	***		"Vampire's Assistant"
	New & Interested participants tour of the Day	***	Chair Yoga with Frances 1:30pm – 2:15pm (NorWest		***
	Centre 3:00pm-4:00pm (Rm.221) *Call to Register	Get Crafty 2:30pm-4:00pm (Rm.221)	Clinic, 525 Simpson Street)		Social Gaming 1:00pm – 2:30pm (Main Floor)
		***	***		***
		Walking Group (DayCentre) 1:30pm – 2:30pm	Art Program 2:00pm-4:00pm (Rm 221)		Volunteer Income Tax Program 2:15pm-4:00pm
			***		(Rm.221) *By appointment only/ Please call
			Experience Thunder Bay (Art Gallery)		Jesse
			2:15pm-3:30pm 1080 Keewatin Street / Please Register		***

					Knitting & Crocheting 2:30pm – 4:00pm (Room
			Thunder Bay Country Market Adventure 3:30pm –		<mark>221)</mark>
			4:30pm (850 May Street) **Please register		

* 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 <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.

* 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.