

November 2018
Alpha Court Day Centre
 270 Windsor Street/ Room 221



S	Mon	Tue	Wed	Thu	Fri	S
				<p>1 Lunch: Perogies Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p>Fit4Less" gym session 8:30am-10:00am (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) "Virunga" ***</p> <p>Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) ***</p> <p>Yoga (Rm.221) 1:00pm -2:30pm ***</p> <p>Social Gaming 1:00pm-2:30pm (Main Floor) ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Walking Group (Day Centre/ George Burke Park) 2:30pm – 4:00pm</p>	<p>2 Lunch: Ham Sandwiches Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p>Personal Training (Weights & Cardio) 10:30am-12:00pm (Fit4less) *Please Register ***</p> <p>Brain Games! 10:00am – 11:00am (Rm.221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Addiction Support Group 10:00am-12:00pm (Resolute Rm.) *Please Register 3/8 ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Ocean's 8" ***</p> <p>Social Gaming 1:00pm – 2:30pm (Main Floor) ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p> <p>Knitting & Crocheting 2:30pm – 4:00pm (Room 221)</p>	3
4	<p>5 Lunch: Sloppy Joe's Personal Training (Weights & Cardio) 8:30am-9:30am (Fit4less) *Please Register ***</p> <p>Brain Games! 10:00am – 11:00am (Room 221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Coping with Anxiety 11:00am-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group2/4 ***</p> <p>Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please Register ***</p> <p>Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Ooshke Programming 2:00pm-4:00pm (Rm.221) ***</p> <p>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>6 Lunch: Chicken Wraps Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Baking (Cheesecake Bars) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending ***</p> <p>"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>McDonald's Adventures 12:00pm-1:00pm*Please call for information ***</p> <p>Jewelry Making 1:00pm – 2:30pm (Room 221) ***</p> <p>Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Healthy Lifestyle & Wellness Group 2:00pm-3:00pm (Resolute Rm.) * Please Register(5/8) ***</p> <p>Walking Group (DayCentre) 1:30pm – 2:30pm ***</p> <p>Mindful Movement 3:00pm-4:00pm (Room 221)</p>	<p>7 Lunch: Lasagna Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p>Social Gaming: Board & Card Games 9:00am – 10:30am (Room 221) ***</p> <p>Knitting & Crocheting 10:30am-12:00pm (Room 221) ***</p> <p>Healthy Choice Cooking Program(Kitchen) 10:30am-12:30pm *Please Register! (St.Joe's) ***</p> <p>"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Bingo10:30am-11:45am (Room 221) ***</p> <p>Canvas Painting11:00am– 1:00pm (Room 221) ***</p> <p>Men's Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Tai Chi 1:30pm 2:00pm(Room221) ***</p> <p>Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) ***</p> <p>Circuit & Weight Training 2:30pm-3:15pm (Exercise Rm.) *Please Register ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221)</p>	<p>8 Lunch: Ham Sandwiches Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p>Fit4Less" gym session 8:30am-10:00am (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) "Fishpeople" ***</p> <p>Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) ***</p> <p>Yoga (Rm.221) 1:00pm -2:30pm ***</p> <p>Social Gaming 1:00pm-2:30pm (Main Floor) ***</p> <p>Rock Climbing 1:00pm-2:30pm *Register ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Walking Group (Day Centre/ George Burke Park) 2:30pm – 4:00pm</p> <p align="center">GOOD FOOD BOX PAYMENT DUE \$15/ SINGLE, \$25/ FAMILY</p>	<p>9 Lunch: Cheeseburgers Brain Games! 10:00am – 11:00am (Rm 221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Addiction Support Group 10:00am-12:00pm *Please Register 4/8 ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Winchester" ***</p> <p>Social Gaming/ Crib Tournament 1:00pm – 2:30pm (Main Floor) ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p> <p>Knitting & Crocheting 2:30pm – 4:00pm (Room 221)</p>	10

11	<p>12 Lunch: Grilled Cheese Personal Training (Weights & Cardio) 9:00am-10:30am (Fit4less) *Please Register ***</p> <p>Brain Games! 10:00am – 11:00am (Rm.221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Coping with Anxiety 11:00am-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 3/4 ***</p> <p>Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221) ***</p> <p>Wii Gaming 2:00pm – 4:00pm (Room 221) ***</p> <p>Experience Thunder Bay (Conservatory) 2:15pm-3:30pm 1601 Dease St. West/ Please Register ***</p> <p>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>13 Lunch: Pizza Casserole 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 10:00am-11:30am (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>Tim Horton's Adventures 12:00pm-1:00pm*Please call for information ***</p> <p>Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost ***</p> <p>Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Healthy Lifestyle & Wellness Group 2:00pm-3:00pm (Resolute Rm.) * Please Register(6/8) ***</p> <p>Get Crafty 2:30pm-4:00pm (Rm.221) **Please Register! ***</p> <p>Walking Group (DayCentre) 1:30pm – 2:30pm</p>	<p>14 Lunch:Ham Sandwiches Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>"Fit4Less" gym session 10:00am-11:30pm (McIntyre Centre) *Register ***</p> <p>Knitting & Crocheting 10:30am-12:00pm (Room 221) ***</p> <p>Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Canvas Painting 12:00pm– 2:00pm (Room 221) ***</p> <p>Circuit & Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register ***</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) ***</p> <p>Thunder Bay Country Market Adventure 3:30pm – 4:30pm (850 May Street) **Please register</p>	<p>15 Lunch: Chicken Noodle Soup 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) "Jago: A Life Underwater" ***</p> <p>Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) ***</p> <p>Yoga (Rm.221) 1:00pm -2:30pm ***</p> <p>Social Gaming 1:00pm-2:30pm (Main Floor) ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Walking Group (Day Centre/ George Burke Park) 2:30pm – 4:00pm</p>	<p>16 Lunch: Spaghetti Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p>Badminton (West Thunder CC) 10:00am-11:30am *Please Register ***</p> <p>Brain Games! 10:00am – 11:00am (Rm.221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Addiction Support Group 10:00am-12:00pm *Please Register 5/8 ***</p> <p>Personal Training (Weights & Cardio) 11:30am-1:00pm (Fit4less) *Please Register ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Gone Girl" ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse ***</p> <p>Knitting & Crocheting 2:30pm – 4:00pm (Room 221)</p>	17
18	<p>19 Lunch: Veggie Pasta Bake Personal Training (Weights & Cardio) 9:00am-10:30am (Fit4less) *Please Register ***</p> <p>Brain Games! 10:00am – 11:00am (Room 221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Coping with Anxiety 11:00am-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4 ***</p> <p>Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **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>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>20 Lunch: Perogies Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Baking (Rice Krispie Squares) 10:00am - 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>McDonald's Adventures 12:00pm-1:00pm*Please call for information ***</p> <p>Jewelry Making 1:00pm – 2:30pm (Room 221) ***</p> <p>Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Healthy Lifestyle & Wellness Group 2:00pm-3:00pm (Resolute Rm.) * Please Register(7/8) ***</p> <p>Walking Group (DayCentre) 1:30pm – 2:30pm ***</p> <p>Experience Thunder Bay (Museum) 2:15pm-3:30pm 425 Donald St. E/ Please Register ***</p> <p>Mindful Movement 3:00pm-4:00pm (Room 221)</p>	<p>21 Lunch: Grilled Cheese</p> <p style="text-align: center;">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>Tai Chi 1:30pm 2:00pm(Room221) ***</p> <p>Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) ***</p> <p>Circuit & Weight Training 2:30pm-3:15pm (Exercise Rm.) *Please Register ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221)</p>	<p>22 Lunch: Stir Fry 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) "Quincy" ***</p> <p>Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) ***</p> <p>Yoga (Rm.221) 1:00pm -2:30pm ***</p> <p>Social Gaming 1:00pm-2:30pm (Main Floor) ***</p> <p>Rock Climbing 1:00pm-2:30pm *Register ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Walking Group (Day Centre/ George Burke Park) 2:30pm – 4:00pm</p> <p style="text-align: center;">GOOD FOOD BOX PICK UP BETWEEN 3:00PM & 4:00PM</p>	<p>23 Lunch: Chicken Wraps Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p>Badminton (West Thunder CC) 10:00am-11:30am *Please Register ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Addiction Support Group 10:00am-12:00pm (Resolute Room) *Please Register 6/8 ***</p> <p>Personal Training (Weights & Cardio) 11:30am-1:00pm (Fit4less) *Please Register ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Central Intelligence" ***</p> <p>Social Gaming 1:00pm – 2:30pm (Main Floor) ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	24

<p>25 26 Lunch: Mac n' Cheese Personal Training (Weights & Cardio) 9:00am-10:30am (Fit4less) *Please Register *** Brain Games! 10:00am – 11:00am (Rm.221) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Coping with Guilt & Shame 11:00pm-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 1/4 *** Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register *** Ooshke Programing 2:00pm-4:00pm (Rm.221) *** Wii Gaming 2:00pm – 4:00pm (Room 221) *** New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>27 Lunch: Chili Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Tie Dyeing 10:00am – 11:30am (Room 221) *Please register *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** Tim Horton's Adventures 12:00pm-1:00pm*Please call for information *** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost *** 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(8/8) *** Get Crafty 2:30pm-4:00pm (Rm.221) *** Walking Group (DayCentre) 1:30pm – 2:30pm</p>	<p>28 Lunch: Perogies Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Social Gaming: Board & Card Games 9:00am – 10:30am (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) *** Bingo 10:30am-11:45am (Room 221) *** Knitting & Crocheting 10:30am-12:00pm (Room 221) *** Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending *** Canvas Painting 12:00pm– 2:00pm (Room 221) *** Circuit & Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register *** Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) *** Art Program 2:00pm-4:00pm (Rm 221) *** Experience Thunder Bay (Art Gallery) 2:15pm-3:30pm 1080 Keewatin Street / Please Register *** Thunder Bay Country Market Adventure 3:30pm – 4:30pm (850 May Street) **Please register</p>	<p>29 Lunch: Pasta Bake 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) "John Mellancamp: Plain Spoken" *** Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) *** Yoga (Rm.221) 1:00pm -2:30pm *** 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/ George Burke Park) 2:30pm – 4:00pm</p>	<p>30 Lunch: Stir Fry Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Badminton (West Thunder CC) 10:00am-11:30am *Please Register *** Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register *** CLOTHING DRIVE 10:00am – 1:00pm (Room 221) *** Brain Games! 10:00am – 11:00am (Rm.221) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Addiction Support Group 10:00am-12:00pm (Resolute Rm.) *Please Register 7/8 *** Personal Training (Weights & Cardio) 11:30am-1:00pm (Fit4less) *Please Register *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Vampire's Assistant" *** Social Gaming 1:00pm – 2:30pm (Main Floor) *** 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>
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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.