November 2019

Alpha Court Day Centre





Sun Mon	Tue	Wed	Thu	Fri Sa
				1 NO LUNCH Mindfulness Colouring 10:00am – 11:30am (Room 221) *** Canvas Painting 10:30am - 12:00pm (Room 221) *** Fit4less Gym Session 10:30am-12:00pm (Fit4less) *Please Register *** Movie of the Week 12:00pm-2:30pm (Rm.221) *TWILIGHT" *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Sharon
4 LUNCH: CHICKEN FAJITA PASTA Knitting & Crochetting_10:00am - 11:30am (Room 221) *** Fit4Less Gym Session_9:30am - 11:00am (1186 Memorial Ave) *Please Register *** Mindfulness Colouring_10:30am - 12:30pm (Room 221) *** Coffee Talk_10:00am - 12:00pm (Rm.221) *** Women's Aquatics_1:00pm - 2:30pm (Volunteer Pool, 180 Martha Street) **Please register *** Wii Gaming_2:30pm - 4:00pm (Rm.221) *** New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) **Call to Register	5 LUNCH: HAM SANDWICHES Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Baking (No Bake Peanut Butter Oatmeal Cookies) 10:30am- 12:00pm (Room 221) *Limited spaces/ Please register prior to attending "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register **** Managing Negative Thoughts 11:30am – 1:00pm (Resolute Room) *** Jewelry Making 1:00pm – 2:30pm (Room 221) **** Controlled Breath Guided Meditation 2:30pm-3:00pm (Rm221)	Court) **** Social Gaming - Board/ Card Games 9:00am - 10:30am (Room 221) *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Mindfulness Colouring 10:30am - 12:00pm (Room 221) *** Knitting & Crochetting 12:30pm - 1:45pm (Room 221) *** Art Program 2:00pm-4:00pm (Rm 221)	7 LUNCH: HAM SANDWICHES Mall Walking 8:30am – 9:15am (Intercity Shopping Mall Food Court) *** Bingo 9:30am – 10:30am (Room 221) *** Documentary & Popcorn 10:00am-12:00pm (Rm221) "OUR PLANET: BEHIND THE SCENES" *** Mindfulness Colouring 11:00am – 12:45 (Room 221) *** Yoga 1:00pm -2:00pm (Room 221) *** Social Gaming 1:00pm-2:30pm (Main Floor) *** Walking Group (Around Day Centre) 2:30pm – 4:00pm GOOD FOOD BOX PAYMENT DUE \$15/SINGLE, \$25/FAMILY	8 LUNCH: PASTA BAKE Morning Meditation 9:30am-10:00am (Rm.221) **** Mindfulness Colouring 10:00am – 11:30am (Room 221) *** Canvas Painting 10:30am - 12:00pm (Room 221) *** Fit4less Gym Session 10:30am-12:00pm (Fit4less) *Please Register **** Movie of the Week 12:00pm-2:30pm (Rm.221) "TWILIGHT: NEW MOON" *** Bannock & Tea 2:00pm – 4:00pm (1241 Jasper Drive) *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Sharon *** Get Crafty "MASON JAR CRAFT" 2:30pm – 4:00pm (Room 221)

November 2019

Alpha Court Day Centre





Sur	Mon	Tue	Wed	Thu	Fri Sa	at
10	11 LUNCH: SLOPPY JOE'S	12 <u>LUNCH: PEROGIES</u>	13 <u>LUNCH: CHICKEN WRAPS</u>	14 LUNCH: CHICKEN NOODLE SOUP	15 <u>LUNCH: GRILLED CHEESE</u> 16	6
	Knitting & Crochetting 10:00am – 11:30am (Room 221)	Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court)	Mall Walking 8:30am – 9:15am (Intercity Shopping Mall Food Court)	Mindfulness Colouring 8:45am – 10:30am (Room 221)	Morning Meditation 9:00am-9:30am (Rm.221)	
	***	***	***	Mall Walking 9:00am-9:45am (Intercity Shopping Mall	Healthy Choice Cooking Program 10:00am –	
			Soup in a Jar Making 9:30am – 10:30am (Room 221)	Food Court)	12:00pm (Room 221)	
	Fort William Gardens 9:15am – 11:00am **Please Register/ Meet at Fort William	221)	***	***	****	
	Gardens (901 Miles Street East)	"Fit4Less" gym session 10:00am-11:30am	"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register	Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register	Coffee Talk 10:00am – 12:00pm (Rm.221)	
		(McIntyre Centre) *Register	***	***	Fit4less Gym Session 10:30am-12:00pm	
	Fit4Less Gym Session 9:30am – 11:00am (1186		<u>Bingo</u> 10:30am – 11:30am (Room 221)	Documentary & Popcorn 10:30am-12:30pm (Rm221)	(Fit4less) *Please Register	
	Memorial Ave) *Please Register	<u>Tie Dyeing</u> 10:00am – 11:30am (Room 221) *Please register	Healthy Choice Cooking Program (Kitchen) 10:30am-	"ROLL WITH ME"	Friendly Individual Trivia Competition 11:00am	
	Women's Aquatics 1:00pm - 2:30pm (Volunteer Pool,	***	12:30pm *Please Register! (St. Joe's)	Yoga 1:00pm -2:00pm (Room 221)	- 12:00pm (Room 221)	
		Managing Negative Thoughts 11:30am – 1:00pm	***	***	***	
	Ooshke Programming 2:00pm – 4:00pm (Rm.221)	(Resolute Room)	Mindfulness Colouring 10:30am – 12:00pm (Room 221)	Social Gaming 1:00pm-2:30pm (Main Floor)	Movie of the Week 12:00pm-2:30pm (Rm.221)	
		Canvas Painting 12:00pm – 1:30pm (Room 221)	Tai Chi 1:00pm 2:00pm (Room221)	Walking Group (Day Centre/ Marina Park) 2:30pm –	"TWILIGHT: ECLIPSE"	
	Bowling 2:00pm-4:00pm (Meet at Mario's Bowl)	***	***	4:00pm	Volunteer Income Tax Program 2:15pm-4:00pm	
	*REGISTER - \$5.00 cost	Controlled Breath Guided Meditation 2:30pm-	Art Program 2:00pm-4:00pm (Rm 221)		(Rm.221) *By appointment only/ Please call	
		3:00pm (Rm221)			Sharon	
	New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register					
	occopiii (copiii (canazza)) oun to regiotor					
17	18 LUNCH: SPAGHETTI	19 LUNCH: GRILLED CHEESE	20 NO LUNCH	21 LUNCH: HAMBURGER SOUP	22 LUNCH: CHILI 23	3
		Mindfulness Colouring 9:00am - 11:00am (Room		Mindfulness Colouring 9:00am - 11:00am (Room 221)	Morning Meditation 9:00am-9:30am (Rm.221)	
	221)	221)	DAY CENTRE CLOSED UNTIL	Mall Walking 9:00am-9:45am (Intercity Shopping Mall	**** Mindfulness Colouring 10:00am – 11:30am	
	Fit4Less Gym Session 9:30am – 11:00am (1186	Mall Walking 9:00am-9:45am (Intercity Shopping	12:00PM	Food Court)	(Room 221)	
	Memorial Ave) *Please Register	Mall Food Court)	12:001	***	***	
	Mindfulness Calauring 10:20am 12:20am /Daam	*** Paking (Tana Bin) 10:20am 10:00am (Bana 201)	Mindfulness Colouring 12:15pm – 1:00pm	Bingo 9:30am – 10:30am (Room 221)	Coffee Talk 10:00am – 12:00pm (Rm.221)	
	Mindfulness Colouring 10:30am – 12:30pm (Room 221)	Baking (Taco Dip) 10:30am- 12:00pm (Room 221) *Limited spaces/ Please register prior to	***	Fit4Less" gym session 10:00am-11:30am (McIntyre	Fit4less Gym Session 10:30am-12:00pm	
	***	attending	Knitting & Crochetting 12:30pm – 2:00pm (Room 221)	Centre) *Register	(Fit4less) *Please Register	
	Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool,	***	Art Program 2:00pm-4:00pm (Rm 221)	***	***	
	180 Martha Street) **Please register	<u>"Fit4Less" gym session</u> 10:00am-11:30am (McIntyre Centre) * Register	,	Documentary & Popcorn 10:30am-12:30pm (Rm221) "PEDAL THE WORLD"	Friendly Individual Trivia Competition 11:00am - 12:00pm (Room 221)	
	Wii Gaming 2:30pm – 4:00pm (Rm.221)	***		***	***	
	***	Managing Negative Thoughts 11:30am – 1:00pm		Mindfulness Colouring 11:00am – 12:45(Room 221)	Movie of the Week 12:00pm-2:30pm (Rm.221)	
	New & Interested participants tour of the Day Centre	(Resolute Room)		Vosa 1:00nm 2:00nm (Poom 221)	"TWILIGHT: BREAKING DAWN - PART ONE"	
	3:00pm-4:00pm (Rm.221) *Call to Register	Jewelry Making 1:00pm – 2:30pm (Room 221)		Yoga 1:00pm -2:00pm (Room 221) ***	***	
		***		Social Gaming 1:00pm-2:30pm (Main Floor)	Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call	
		Controlled Breath Guided Meditation 2:30pm-		*** Aborininal Drummina 2:000mm 4:00mm (4:244 Januar Dr.)	Sharon	
		3:00pm (Rm221)		Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.)	***	
				Walking Group (Around Day Centre) 2:30pm – 4:00pm	Get Crafty "SALT DOUGH ORNAMENTS"	
				0000 H000 D0W	2:30pm – 4:00pm (Room 221)	
				GOOD FOOD BOX PICK UP BETWEEN		
				3:00PM - 4:00PM		
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November 2019

Alpha Court Day Centre



270 Windsor Street/ Room 221

Mon	Tue	Wed	Thu	Fri
5 LUNCH: SHEPPARD'S PIE		27 LUNCH: HAM SANDWICHES	28 <u>LUNCH: PASTA BAKE</u>	29 LUNCH: PEROGIES
it4Less Gym Session 9:00am – 10:30am (1186		Beading Program 8:45am – 10:00am (Room 221)	Mindfulness Colouring 9:00am – 11:00am (Room 221)	Morning Meditation 9:30am-10:00am (Rm.221
femorial Ave) *Please Register	Mall Food Court)	***	Mall Walking 0:00am 0:45am (Intercity Changing Mall	Mindfulness Colouring 10:00om 11:20om
coffee Talk 10:00am – 12:00pm (Rm.221)	Mindfulness Colouring 10:00am – 12:00pm (Room	Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food	Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court)	Mindfulness Colouring 10:00am – 11:30am (Room 221)
***	221)	Court)	***	(NOOHI 221) ***
Initting & Crochetting 10:00am – 11:30am (Room	,	Mindfulness Colouring 9:30am - 11:00am (Room 221)	Beading Program 9:00am - 11:00am (Room 221)	Canvas Painting 10:30am - 12:00pm (Room
21)	"Fit4Less" gym session 10:00am-11:30am	***	***	221)
***	44.1.4	Bingo 9:30am – 10:30am (Room 221)	Fit4Less" gym session 10:00am-11:30am (McIntyre	***
lindfulness Colouring 10:30am - 12:30pm (Room	***	***	Centre) *Register	Fit4less Gym Session 10:30am-12:00pm
21)	<u>Tie Dyeing</u> 10:00am – 11:30am (Room 221) *Please	"Fit4Less" gym session 10:00am-11:30am (McIntyre	***	(Fit4less) *Please Register
***	register	Centre) *Register	Documentary & Popcorn 10:30am-12:30pm (Rm221)	****
Coping with Difficult People 11:00am-12:00pm (221	Managing Nagative Theorets 11:20am 1:00am	***	"LUCHA: PLAYING THE IMPOSSIBLE"	Movie of the Week 12:00pm-2:30pm (Rm.221)
tm.) *Closed Group/ Must register prior to attending st group 1/4	(Resolute Room)	Healthy Choice Cooking Program (Kitchen) 10:30am-	Yoga 1:00pm -2:00pm (Room 221)	"TWILIGHT: BREAKING DAWN – PART TWO"
***	(Nesolute (Noom)	12:30pm *Please Register! (Alpha Court)	***	***
Vomen's Aquatics 1:00pm - 2:30pm (Volunteer Pool,	Canvas Painting 12:00pm – 1:30pm (Room 221)	Canvas Painting 12:00pm – 1:30pm (Room 221)	Social Gaming 1:00pm-2:30pm (Main Floor)	Volunteer Income Tax Program 2:15pm-4:00
80 Martha Street) **Please register	***	***	***	(Rm.221) *By appointment only/ Please call
***		Tai Chi 1:00pm 2:00pm (Room221)	Walking Group (Day Centre/ Chapples Park) 2:30pm -	Sharon
fternoon Meditation 2:00pm-3:00pm (Rm.221)	Controlled Breath Guided Meditation 2:30pm-	***	4:00pm	
***	3:00pm (Rm221)	Art Program 2:00pm-4:00pm (Rm 221)		
*** Lauding 2:00mm 4:00mm (Most at Maria's David)				
lowling 2:00pm-4:00pm (Meet at Mario's Bowl) REGISTER - \$5.00 cost	MINDFUL MAKERS COLLECTIVE – OPEN STUDIO 2:00PM – 4:00PM			
NEGISTER - \$0.00 COSt	(Baggage Arts Building, 2200 Sleeping Giant			
Vii Gaming 3:00pm-4:00pm (Rm.221)	Parkway)			
***	"			
lew & Interested participants tour of the Day Centre				
:00pm-4:00pm (Rm.221) *Call to Register				

- * To attend the Cooking Program, you must pre-register for each class by calling Jesse/ Sharon at 683-7729
- * The Fit4Less sessions can only take 4 participants at a time. Registering with Jesse/ Sharon (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.