

November 2019

Alpha Court Day Centre
270 Windsor Street/ Room 221



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					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	2
3	4 LUNCH: CHICKEN FAJITA PASTA Knitting & Crocheting 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)	6 LUNCH: VEGETABLE SOUP Mall Walking 9:00am-9:45am (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 *** Mindfulness Colouring 10:30am – 12:00pm (Room 221) *** Knitting & Crocheting 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)	9

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

November 2019

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24	25 LUNCH: SHEPPARD'S PIE Fit4Less Gym Session 9:00am – 10:30am (1186 Memorial Ave) *Please Register *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Knitting & Crocheting 10:00am – 11:30am (Room 221) *** Mindfulness Colouring 10:30am – 12:30pm (Room 221) *** Coping with Difficult People 11:00am-12:00pm (221 Rm.) *Closed Group/ Must register prior to attending 1st group 1/4 *** Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register *** Afternoon Meditation 2:00pm-3:00pm (Rm.221) *** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost *** Wii Gaming 3:00pm-4:00pm (Rm.221) *** New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register	26 LUNCH: CHICKEN WRAPS Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Tie Dyeing 10:00am – 11:30am (Room 221) *Please register *** Managing Negative Thoughts 11:30am – 1:00pm (Resolute Room) *** Canvas Painting 12:00pm – 1:30pm (Room 221) *** Controlled Breath Guided Meditation 2:30pm-3:00pm (Rm221) *** MINDFUL MAKERS COLLECTIVE – OPEN STUDIO 2:00PM – 4:00PM (Baggage Arts Building, 2200 Sleeping Giant Parkway)	27 LUNCH: HAM SANDWICHES Beading Program 8:45am – 10:00am (Room 221) *** Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:30am – 11:00am (Room 221) *** Bingo 9:30am – 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) *** Canvas Painting 12:00pm – 1:30pm (Room 221) *** Tai Chi 1:00pm 2:00pm (Room221) *** Art Program 2:00pm-4:00pm (Rm 221)	28 LUNCH: PASTA BAKE Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Beading Program 9:00am – 11:00am (Room 221) *** Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Documentary & Popcorn 10:30am-12:30pm (Rm221) "LUCHA: PLAYING THE IMPOSSIBLE" *** Yoga 1:00pm -2:00pm (Room 221) *** Social Gaming 1:00pm-2:30pm (Main Floor) *** Walking Group (Day Centre/ Chapples Park) 2:30pm – 4:00pm	29 LUNCH: PEROGIES 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: BREAKING DAWN – PART TWO" *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Sharon	30

* 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 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.