



# October 2017

Alpha Court Day Centre/ 270 Windsor Street

S	Mon	Tue	Wed	Thu	Fri	S
1	<p><b>2 Lunch: Lasagna with Salad</b></p> <p><b>Personal Training (Weights &amp; Cardio)</b> 9:00am-10:15am (Fit4less) *Please Register</p> <p>***</p> <p><b>ZUMBA!</b> 10:00pm-11:00pm (Rm.221)</p> <p>***</p> <p><b>Coping with Chaos</b> 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *1/4</p> <p>***</p> <p><b>Coffee Talk</b> 11:00am-1:00pm (Rm.221)</p> <p>***</p> <p><b>Creative Stenciling &amp; Graffiti Art</b> 12:30pm-1:30pm (Rm.221)</p> <p>***</p> <p><b>Women's Aquatics</b> 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register</p> <p>***</p> <p><b>Boxing Class</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending</p> <p>***</p> <p><b>Ooshke Programing</b> 2:00pm-4:00pm (Rm.221)</p>	<p><b>3 Lunch: Ham Sandwiches</b></p> <p><b>Tie Dying</b> 10:00am – 11:30am (Room 221) *Please register</p> <p>***</p> <p><b>Jewelry Making</b> (RM 221) 1:00PM-2:30PM</p> <p>***</p> <p><b>Women's Boxing Program</b> 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending</p> <p>***</p> <p><b>Bowling</b> 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost</p> <p>***</p> <p><b>Community Spokes Bike Repair</b> 3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/Register</p> <p>***</p>	<p><b>4 Lunch: Chicken Noodle Soup</b></p> <p><b>Mall Walking</b> 9:00am-10:00am (Intercity Shopping Mall Food Court)</p> <p>***</p> <p><b>Craft sewing &amp; Mending clothes</b> 10:00am-11:00am (Rm 221)</p> <p>***</p> <p><b>Bingo</b> 10:30am-12:00pm (Room 221)</p> <p>***</p> <p><b>Men's Boxing Class</b> 11:00am-12:00pm (Exercise Rm) *Please call prior to attending</p> <p>***</p> <p><b>Canvas Painting</b> 12:00pm – 1:00pm (Room 221)</p> <p>***</p> <p><b>Coping with Chaos</b> 12:30pm-2:00pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *2/4</p> <p>***</p> <p><b>Art Program</b> 2:00pm-4:00pm (Rm 221) BISNO</p>	<p><b>5 Lunch: Perogies with Coleslaw</b></p> <p><b>Good Food Box Payment Due</b> \$15/ Single, \$25/ Family</p> <p><b>Fit4Less" gym session</b> 9:30am-10:45pm (McIntyre Centre) *Register</p> <p>***</p> <p><b>Mindfulness Colouring</b> 10:00am – 12pm(Room 221)</p> <p>***</p> <p><b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) *Grizzly Man</p> <p>***</p> <p><b>Coping with Chaos</b> 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *3/4</p> <p>***</p> <p><b>Yoga</b> (Rm.221) 1:00 pm -2:30pm</p> <p>***</p> <p><b>Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending</p> <p>***</p> <p><b>Social Gaming Club</b> 1:00pm-2:30pm (Main Floor)</p> <p>***</p> <p><b>Walking Group</b> (Around the Day Centre) 2:30pm – 4:00pm</p>	<p><b>6</b></p> <p><b>THANKSGIVING DAY LUNCH</b></p> <p><b>PLEASE REGISTER BY OCTOBER 4</b></p> <p><b>Boxing Class</b> 9:00am-10:00am (Exercise Rm) *Please call prior to attending</p> <p>***</p> <p><b>Mindful Movement</b> 10:30am-11:30am (NorWest Clinic, 525 Simpson Street)</p> <p>***</p> <p><b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "Young Guns"</p>	7
8	<p>9</p> <p><b>THANKSGIVING DAY DAY CENTRE CLOSED</b></p>	<p><b>10 Lunch: Mac n' Cheese</b></p> <p><b>Baking (Chex Mix)</b> 10:00am-11:30am (Room 221/ Kitchen) *Please Register</p> <p>***</p> <p><b>Jewelry Making</b> (RM 221) 1:00PM-2:30PM</p> <p>***</p> <p><b>Get Crafty</b> 2:30pm-4:00pm (Rm.221)</p>	<p><b>11 Lunch: Chicken Wraps</b></p> <p><b>Mall Walking</b> 9:00am-10:00am (Intercity Shopping Mall Food Court)</p> <p>***</p> <p><b>Knitting Group</b> 10:30am-12:00pm (Room 221)</p> <p>***</p> <p><b>Healthy Choice Cooking Program</b> (Kitchen) 10:30am-12:30 pm *REGISTER! (St. Joes )</p> <p>***</p> <p><b>Canvas Painting</b> 12:00pm – 1:00pm (Room 221)</p> <p>***</p> <p><b>Tai Chi</b> 1:00pm – 2:00pm(Room221)</p> <p>***</p> <p><b>Art Program</b> 2:00pm-4:00pm (Rm 221) BISNO</p>	<p><b>12 Lunch: Stir Fry</b></p> <p><b>Fit4Less" gym session</b> 9:30am-10:45pm (McIntyre Centre) *Register</p> <p>***</p> <p><b>Mindfulness Colouring</b> 10:00am – 12pm(Room 221)</p> <p>***</p> <p><b>Documentary &amp; Popcorn</b> 10:30am-12:30pm (Rm221) *Inside Job</p> <p>***</p> <p><b>Coping with Chaos</b> 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *4/4</p> <p>***</p> <p><b>Yoga</b> (Rm.221) 1:00 pm -2:30pm</p> <p>***</p> <p><b>Boxing Class</b> 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending</p> <p>***</p> <p><b>Social Gaming Club</b> 1:00pm-2:30pm (Main Floor)</p> <p>***</p> <p><b>Walking Group</b> (Day Centre/ Boulevard Lake) 2:30pm – 4:00pm</p>	<p><b>13 Lunch: Perogies with Salad</b></p> <p><b>Boxing Class</b> 9:00am-10:00am (Exercise Rm) *Please call prior to attending</p> <p>***</p> <p><b>Weight &amp; Circuit training @ the Day Centre</b> 10:00pm-11:00pm (Exercise Rm) *Must Register (HIIT)</p> <p>***</p> <p><b>Mindful Movement</b> 10:30am-11:30am (Rm.221)</p> <p>***</p> <p><b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "Young Guns 2"</p> <p>***</p> <p><b>Women's Empowerment Group</b> 12:30pm to 2:30pm (Green Rm)</p> <p>***</p> <p><b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	14

15	<p><b>16 Lunch: Chili with Salad</b>  <b>Personal Training (Weights &amp; Cardio)</b> 9:00am-10:15am (Fit4less) *Please Register  ***  <b>ZUMBA!</b> 10:00pm-11:00pm (Rm.221)  ***  <b>Building Resiliency</b> 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *1/5  ***  <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>National Novel Writing Month (Pre-registration)</b> 2:00pm-4:00pm (.) *Please call to enquire on this</p>	<p><b>17 Lunch: Cheeseburgers with Salad</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) 1/12  ***  <b>Jewelry Making</b> (Rm 221) 1:00PM-2:30PM  ***  <b>Music discussion Group</b> 1:30pm-3:00pm (Rm.221) "The 27 Club"  ***  <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>18 Lunch: Grilled Cheese</b>  <b>DAY CENTRE CLOSED UNTIL 12PM</b>  <b>Canvas Painting</b> 12:00pm – 1:00pm (Room 221)  ***  <b>Controlling Negative Thoughts</b> 12:30pm-2:00pm (Resolute Rm) 2/12  ***  <b>Art Program</b> 2:00pm-4:00pm (Rm 221) BISNO</p>	<p><b>19 Lunch: Pasta Bake with Salad</b>  <b>Good Food Box Pickup between 3pm – 4pm</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) *An Inconvenient Truth  ***  <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>Aboriginal Drumming</b> 2:00pm-4:00pm (1241 Jasper Dr.)  ***  <b>Walking Group (Day Centre/ Marina Park)</b> 2:30pm – 4:00pm</p>	<p><b>20 Lunch: Pancake Brunch</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>Mindful Movement</b> 10:30am-11:30am (NorWest Clinic, 525 Simpson Street)  ***  <b>Movie of the Week</b> 12:00pm-2:30pm (Rm.221) "The House"  ***  <b>Fall Feast</b> 12:00pm-3:00pm (1241 Jasper Dr.)  ***  <b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	21
22	<p><b>23 Lunch: Chicken Wraps</b>  <b>Personal Training (Weights &amp; Cardio)</b> 9:00am-10:15am (Fit4less) *Please Register  ***  <b>Coffee Talk</b> 11:00am-1:00pm (Rm.221)  ***  <b>Building Resiliency</b> 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *2/5  ***  <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>ZUMBA!</b> 1:00pm-2:00pm (Rm.221)  ***  <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 (Pre-registration)</b> 2:00pm-4:00pm (.) *Please call to enquire on this</p>	<p><b>24 Lunch: Chicken Broccoli Alfredo</b>  <b>"Fit4Less" gym session</b> 10:30am-12:00pm (McIntyre Centre) *Register  ***  <b>Baking (Pumpkin Pies)</b> 10:00am-11:30am (Room 221/ Kitchen) *Please Register  ***  <b>Spending Plan</b> (Thunder Bay Counselling Centre) 10:00am-12:00pm(Rm221) *Register/ Chance to win a \$25 Gift Card  ***  <b>Controlling Negative Thoughts</b> 12:30pm-2:00pm (Resolute Rm) 3/12  ***  <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>25 Lunch: Chicken Noodle Soup</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! (Alpha Court)  ***  <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>Controlling Negative Thoughts</b> 12:30pm-2:00pm (Resolute Rm) 4/12  ***  <b>Tai Chi</b> 1:00pm – 2:00pm(Room221)  ***  <b>Art Program</b> 2:00pm-4:00pm (Rm 221) BISNO</p>	<p><b>26 Lunch: Pizza Casserole</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) *An Inconvenient Truth Sequel:Truth to Power  ***  <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/ County Park Trail)</b> 2:30pm – 4:00pm</p>	<p><b>27 Lunch: Ham Sandwiches</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) "Scream"  ***  <b>Women's Empowerment Group</b> 12:30pm to 2:30pm (Green Rm)  ***  <b>Volunteer Income Tax Program</b> 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	28

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**30 Lunch: Pizza**

**Personal Training (Weights & Cardio)** 9:00am-10:15am (Fit4less) \*Please Register  
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**ZUMBA!** 10:00pm-11:00pm (Rm.221)  
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**Building Resiliency** 11:00am-12:30pm (Resolute rm.) \*Closed Group/ Must register prior to attending 1st group \*3/5  
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**ScrapBooking** 12:00pm-1:30pm (Rm.221)  
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**Women's Aquatics** 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) \*Please Register  
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**Boxing Class** 2:00pm-3:00pm (Exercise Rm) \*Please call prior to attending  
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**Ooshke Programing** 2:00pm-4:00pm (Rm.221)  
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**National Novel Writing Month (Pre-registration)** 2:00pm-4:00pm () \*Please call to enquire on this

**31 Lunch: Sloppy Joe's with Salad**

**"Fit4Less" gym session** 10:30am-12:00pm (McIntyre Centre) \*Register  
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**Tie Dying** 10:00am - 11:30am (Room 221) \*Please register  
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**Controlling Negative Thoughts** 12:30pm-2:00pm (Resolute Rm) 5/12  
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**Jewelry Making** (RM 221) 1:00PM-2:30PM  
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**Women's Boxing Program** 2:00pm-3:00pm (Exercise Rm) \*Please call prior to attending  
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**Bowling** 2:00pm-4:00pm (Meet at Mario's Bowl) \*REGISTER - \$5.00 cost  
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**Yoga** (Rm.221) 2:30 pm -4:00pm  
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**Community Spokes Bike Repair** 3:15pm-4:00pm (LU Bike Shack) \*Please call to inquire/Register

\* To attend the Cooking Program, you must pre-register for each class by calling Jesse @ 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.