

October 2017

Alpha Court Day Centre/ 270 Windsor Street

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S	Mon	Tue	Wed	Thu	Fri	S
1	2 Lunch: Lasagna with Salad	3 Lunch: Ham Sandwiches	4 Lunch: Chicken Noodle Soup	5 Lunch: Perogies with Coleslaw	6 THANKSGIVING DAY LUNCH	7
				5 Lunch. Ferogles with Colesiaw		'
	Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please	Tie Dying 10:00am – 11:30am	Mall Walking 9:00am-10:00am	Good Food Box Payment Due	PLEASE REGISTER BY OCTOBER 4	
	Register	(Room 221) *Please register	(Intercity Shopping Mall Food Court)	\$15/ Single, \$25/ Family	TELAGE REGISTER DI COTOBERT	
	***	***	***	Fit4Less" gym session 9:30am-		
	711MP A1 10:00nm 11:00nm (Dm 201)	James Making (DM 221) 1,000M	Croft coving 9 Manding slather	10:45pm (McIntyre Centre) *Register	Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending	
	ZUMBA! 10:00pm-11:00pm (Rm.221)	Jewelry Making (RM 221) 1:00PM-	Craft sewing & Mending clothes	10:45pm (widintyre Centre) "Register	***	
	***	2:30PM	10:00am-11:00am (Rm 221)	***	Min 45-1 M 04 14-20 (N)M+ Olini- FOF Oi O4+\	
	Coping with Chaos 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must	***	***	Mindfulness Colouring 10:00am -	Mindful Movement 10:30am-11:30am (NorWest Clinic, 525 Simpson Street)	
	register prior to attending 1st group *1/4	Women's Boxing Program 2:00pm-	Bingo 10:30am-12:00pm (Room 221)		***	
	register prior to attenuing 1st group 1/4		biligo 10.30aiii-12.00piii (Nooiii 221)	12pm(Noom 221)	Movie of the Week 12:00pm-2:30pm (Rm.221) "Young Guns"	
	***	3:00pm (Exercise Rm) *Please call	***	***	12.00pm (run.221) Toding Cuno	
	Coffee Talk 11:00am-1:00pm (Rm.221)	prior to attending	Men's Boxing Class 11:00am-	Documentary & Popcorn 10:30am-		
	***	***	12:00pm (Exercise Rm) *Please call	12:30pm (Rm221) *Grizzly Man		
		- "		12.30piii (Kilizz I) Giizziy ividii		
	Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221)	Bowling 2:00pm-4:00pm (Meet at	prior to attending	***		
	***	Mario's Bowl) *REGISTER - \$5.00	***	Coping with Chaos 11:00am-		
	Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please	cost	Canvas Painting 12:00pm - 1:00pm	12:30pm (Resolute rm.) *Closed		
		COST				
	Register	***	(Room 221)	Group/ Must register prior to		
	***	Community Spokes Bike Repair	***	attending 1st group *3/4		
	Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending	3:15pm-4:00pm (LU Bike Shack)	Coping with Chaos 12:30pm-	***		
	DONING GROSS 2.00pm-0.00pm (Exercise Mill) Flease call prior to attenuing			V (D 004) 4.00 0.00		
	***	*Please call to inquire/Register		Yoga (Rm.221) 1:00 pm -2:30pm		
	Ooshke Programing 2:00pm-4:00pm (Rm.221)		Group/ Must register prior to	***		
		I	attending 1st group *2/4	Boxing Class 1:30pm-2:30pm		

		I	***	(Exercise Rm) *Please call prior to		
			Art Program 2:00pm-4:00pm (Rm	attending		
			221) BISNO	***		
			221) 010140	Ci-l Oi Ol 1.00 0.20		
				Social Gaming Club 1:00pm-2:30pm		
				(Main Floor)		

				Mallian Comment American I Alas Davi		
				Walking Group (Around the Day		
				Centre) 2:30pm – 4:00pm		
				1 ' ' '		
8	9	10 Lunch: Mac n' Cheese	11 Lunch: Chicken Wraps	12 Lunch: Stir Fry	13 Lunch: Perogies with Salad	14
0	l ⁹					14
		Baking (Chex Mix) 10:00am-	Mall Walking 9:00am-10:00am	Fit4Less" gym session 9:30am-	Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending	
		11:30am (Room 221/ Kitchen)	(Intercity Shopping Mall Food Court)	10:45pm (McIntyre Centre) *Register	***	
			***	***	Weight & Circuit training @ the Day Centre 10:00pm-11:00pm (Exercise Rm)	
		*Please Register				
			Knitting Group 10:30am-12:00pm	Mindfulness Colouring 10:00am -	*Must Register (HIIT)	
		Jewelry Making (RM 221) 1:00PM-	(Room 221)	12pm(Room 221)	***	
		2:30PM	***	***	Mindful Movement 10:30am-11:30am (Rm.221)	
		2.001 WI		B 4 0 B 40 00	10.50dill (1411.221)	
		***	Healthy Choice Cooking Program	Documentary & Popcorn 10:30am-	^^^	
	THANKSGIVING DAY	Get Crafty 2:30pm-4:00pm (Rm.221)	(Kitchen) 10:30am-12:30 pm	12:30pm (Rm221) *Inside Job	Movie of the Week 12:00pm-2:30pm (Rm.221) "Young Guns 2"	
			*REGISTER! (St. Joes)	***	***	
	DAY CENTRE CLOSED	I	***	Coning with Chase 11:00om	Mamon's Empayerment Croup 12:20pm to 2:20pm (Croop Dm)	
	DAT SERVICE SECOLD	I		Coping with Chaos 11:00am-	Women's Empowerment Group 12:30pm to 2:30pm (Green Rm)	
			Canvas Painting 12:00pm – 1:00pm		xxx	
		I	(Room 221)	Group/ Must register prior to	Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment	
		I	` ***	attending 1st group *4/4	only/ Please call Jesse	
		I	T-: 01: 4:00 0.00 (D. 001)	attending 15t group 4/4	only, i louse call desse	
			<u>Tai Chi</u> 1:00pm – 2:00pm(Room221)			
		I	***	Yoga (Rm.221) 1:00 pm -2:30pm		
		I	Art Program 2:00pm-4:00pm (Rm	- ` ′ *** ' '		
		I		Baying Class 1,20 0:20		
		I	221) BISNO	Boxing Class 1:30pm-2:30pm		
				(Exercise Rm) *Please call prior to		
		I		attending		
		I		***		
		I		Social Gaming Club 1:00pm-2:30pm		
		I		(Main Floor)		

	4	I				
			·	Walking Group (Day Centre/		
				Boulevard Lake) 2:30pm - 4:00pm		

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15	16 Lunch: Chili with Salad Personal Training (Weights & Cardio) Personal Training (Weights & Cardio) Register *** ZUMBA! 10:00pm-11:00pm (Rm.221) *** Building Resiliency 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *1/5 *** ScrapBooking 12:00pm-1:30pm (Rm.221) *** Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register *** Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending	17 Lunch: Cheeseburgers with Salad "Fit4Less" gym session 10:30am- 12:00pm (McIntyre Centre) *Register *** Tie Dying 10:00am – 11:30am (Room 221) *Please register *** Controlling Negative Thoughts 12:30pm-2:00pm (Resolute Rm) 1/12 *** Jewelry Making (RM 221) 1:00PM- 2:30PM *** Music discussion Group 1:30pm-	18 Lunch: Grilled Cheese DAY CENTRE CLOSED UNTIL 12PM Canvas Painting 12:00pm – 1:00pm (Room 221) **** Controlling Negative Thoughts 12:30pm-2:00pm (Resolute Rm) 2/12 *** Art Program 2:00pm-4:00pm (Rm 221) BISNO	19 Lunch: Pasta Bake with Salad Good Food Box Pickup between 3pm – 4pm Fit4Less" gym session 9:30am- 10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12pm (Room 221) ** Documentary & Popcorn 10:30am- 12:30pm (Rm221) *An Inconvenient Truth *** Yoga (Rm.221) 1:00 pm -2:30pm ***	20 Lunch: Pancake Brunch Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending **** Weight & Circuit training @ the Day Centre 10:00pm-11:00pm (Exercise Rm) *Must Register (HIIT) *** Mindful Movement 10:30am-11:30am (NorWest Clinic, 525 Simpson Street) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "The House" *** Fall Feast 12:00pm-3:00pm (1241 Jasper Dr.) *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse	21
	Ooshke Programing 2:00pm-4:00pm (Rm.221) National Novel Writing Month (Pre-registration) 2:00pm-4:00pm (.) *Please call to enquire on this	3:00pm (Rm.221) "The 27 Club" **** Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) "Please call prior to attending **** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) "REGISTER - \$5.00 cost **** Yoga (Rm.221) 2:30 pm -4:00pm **** Community Spokes Bike Repair 3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/Register		Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Social Gaming Club 1:00pm-2:30pm (Main Floor) *** Aboriginal Drumming 4:00pm (1241 Jasper Dr.) *** Walking Group (Day Centre/ Marina Park) 2:30pm – 4:00pm		
22	23 Lunch: Chicken Wraps Personal Training (Weights & Cardio) Personal Training (Weights & Cardio) Register **** Coffee Talk 11:00am-1:00pm (Rm.221) **** Building Resiliency 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *2!5 **** ScrapBooking 12:00pm-1:30pm (Rm.221) *** Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register *** ZUMBA! 1:00pm-2:00pm (Rm.221) *** Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending *** Ooshke Programing 2:00pm -4:00pm (Rm.221) *** Wii Gaming 2:00pm - 4:00pm (Room 221) *** Wii Gaming 2:00pm - 4:00pm (Room 221) *** National Novel Writing Month (Pre-registration) 2:00pm-4:00pm () *Please cat to enquire on this	24 Lunch: Chicken Broccoli Alfredo "Fit4Less" gym session 10:30am- 12:00pm (McIntyre Centre) *Register *** Baking (Pumpkin Pies) 10:00am- 11:30am (Room 221/ Kitchen) *Please Register *** Spending Plan (Thunder Bay Counselling Centre) 10:00am- 12:00pm(Rm221) *Register/ Chance to win a \$25 Gift Card **** Controlling Negative Thoughts 12:30pm-2:00pm (Resolute Rm) 3/12 *** Jewelry Making (RM 221) 1:00PM- 2:30PM *** Women's Boxing Program 2:00pm- 3:00pm (Exercise Rm) *Please call prior to attending *** Get Crafty 2:30pm-4:00pm (Rm.221) *** Community Spokes Bike Repair 3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/Register	25 Lunch: Chicken Noodle Soup Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Craft sewing & Mending clothes 10:00am-11:00am (Rm 221) *** Healthy Choice Cooking Program (Kitchen) 10:30am-12:30 pm *REGISTER! (Alpha Court) *** Bingo 10:30am-12:00pm (Room 221) *** Men's Boxing Class 11:00am- 12:00pm (Exercise Rm) *Please call prior to attending *** Canvas Painting 12:00pm - 1:00pm (Room 221) *** Controlling Negative Thoughts 12:30pm-2:00pm (Resolute Rm) 4/12 *** Tai Chi 1:00pm - 2:00pm(Room221) *** Art Program 2:00pm-4:00pm (Rm 221) BISNO	26 Lunch: Pizza Casserole Fit4Less" gym session 9:30am- 10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12pm(Room 221) *** Documentary & Popcorn 10:30am- 12:30pm (Rm221) *An Inconvenient Truth Sequel:Truth to Power *** Yoga (Rm.221) 1:00 pm -2:30pm Exercise Rm) *Please call prior to attending *** Social Gaming Club 1:00pm-2:30pm (Main Floor) *** Walking Group (Day Centre/ County Park Trail) 2:30pm – 4:00pm	Weight & Circuit training @ the Day Centre 10:00pm-11:00pm (Exercise Rm) *Must Register (HIIT) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "Scream" *** Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only! Please call Jesse	28

29	30 Lunch: Pizza	31 Lunch: Sloppy Joe's with Salad	* To attend the Cooking Program, you must pre-register for each class by calling Jesse @ 683-
	Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please	"Fit4Less" gym session 10:30am-	To attend the booking i rogiam, you must pre register for each class by calling besse & boo
	Register	12:00pm (McIntyre Centre) *Register	7729
	ZUMBA! 10:00pm-11:00pm (Rm.221)	Tie Dying 10:00am – 11:30am	
	***	(Room 221) *Please register	* The Fit4Less sessions can only take 4 participants at a time. Registering with Jesse (683-
	Building Resiliency 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must	***	
	register prior to attending 1st group *3/5	Controlling Negative Thoughts	7729) IS REQUIRED every week. This will remain a free program, but you are required to bring
	***	12:30pm-2:00pm (Resolute Rm) 5/12	an indoor pair of shoes, and loose fitting clothing. There can be no drop-ins.
	ScrapBooking 12:00pm-1:30pm (Rm.221)	***	
	***	Jewelry Making (RM 221) 1:00PM-	*People attending Walking Group that need a ride, we will meet at the Day Centre at 2:30pm
	Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please	2:30PM	· · · · · · · · · · · · · · · · · · ·
	Register	***	and leave to our destination by 2:45pm. You may also meet us at the walking location indicated
	***	Women's Boxing Program 2:00pm-	on the calendar. We can also provide one bus ticket to participants.
	Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending	3:00pm (Exercise Rm) *Please call	
	0 h h - D 0 - 0 0 4 - 0 0 (D 0 0 4)	prior to attending	la l
	Ooshke Programing 2:00pm-4:00pm (Rm.221)	Bowling 2:00pm-4:00pm (Meet at	* A reminder to clients, only people attending Day Centre programs are eligible for the daily
	National Novel Writing Month (Pre-registration) 2:00pm-4:00pm () *Please call	Mario's Bowl) *REGISTER - \$5.00	lunches. We encourage all clients to participate in the many programs we provide.
	to enquire on this	cost	furiories. We enough as electric to participate in the many programs we provide.
	to origina ori tino	***	
		Yoga (Rm.221) 2:30 pm -4:00pm	

		Community Spokes Bike Repair	
		3:15pm-4:00pm (LU Bike Shack)	
		*Please call to inquire/Register	