October 2018

Alpha Court Day Centre 270 Windsor Street/ Room 221



S	Man	Tue	Wed Wildsor Street/ Room 221	The	Fri	s
	Mon Lunch: Chicken Wraps	2 Lunch: Perogies	3 Lunch: Sloppy Joe's	Thu 4 Lunch: Chicken Noodle Soup	le Fri	5
P	ersonal Training (Weights & Cardio) :00am-10:30am (Fit4less) *Please Register	<u>Mall Walking</u> 9:00am-10:00am (Intercity Shopping Mall Food Court)	Scial Gaming: Board & Card Games 9:00am - 10:30am (Room 221)	Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***	11:30am - 1:00pm THANKSGIVING <u>LUNCH</u>	О
	rain Games! 9:30am – 10:15am (Rm.221)	Mindfulness Colouring 9:00am – 11:00am (Room 221) *** "Fit4Less" gym session 10:00am-11:30am (McIntyre	"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register	Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register	**PLEASE REGISTER BY TUESDAY OCTOBER 2 Boxing Class 8:30am-9:30am (Exercise Rm)	
	lindfulness Colouring 10:00am – 12:00pm Room 221) ***	Centre) *Register	**** Bingo 10:30am-11:45am (Room 221) ***	Mindfulness Colouring 10:00am – 12:00pm (Room 221)	*Please call prior to attending *** Personal Training (Weights & Cardio) 10:00am-	
12	oping with Difficult People 11:00pm- 2:30pm (Resolute Rm.) *Closed Group/ Must egister prior to attending 1st group 2/4	register *** *** *** *** *** *** *** **	Knitting & Crocheting 10:30am-12:00pm (Room 221) *** Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior	Documentary & Popcorn 10:30am- 12:30pm (Rm221) "Before the Flood"	11:30am (Fit4less) *Please Register **** Coffee Talk 10:00am – 12:00pm (Rm.221)	
	oxing Class 1:00pm-2:00pm (Exercise Rm) Please call prior to attending	*** McDonald's Adventures 12:00pm-1:00pm*Please call for information	to attending **** Canvas Painting 12:00pm – 2:00pm (Room 221)	Yoga (Rm.221) 1:00pm - 2:30pm *** Boxing Class 1:30pm-2:30pm (Exercise	Brain Games! 10:00am – 11:00am (Rm.221)	
(\	/olunteer Pool, 180 Martha Street) *Please	*** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost	**** Circuit & Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register	Rm) *Please call prior to attending *** Social Gaming 1:00pm-2:30pm (Main	Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***	
	*** *** *** 2:00pm-4:00pm (Rm.221) ***	Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending	Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street)	Floor) *** <u>Walking Group</u> (Day Centre/ County Fair	Movie of the Week 12:00pm-2:30pm (Rm.221) "Pride and Prejudice and Zombies" ***	
	/ii Gaming 2:00pm – 4:00pm (Room 221) *** ew & Interested participants tour of the Day	Get Crafty 2:30pm-4:00pm (Rm.221)	<u>Art Program</u> 2:00pm-4:00pm (Rm 221) ***	Trail) 2:30pm – 4:00pm GOOD FOOD BOX PAYMENT DUE	Social Gaming 1:00pm – 2:30pm (Main Floor) *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call	
C	entre 3:00pm-4:00pm (Rm.221) *Call to	<u>Walking Group</u> (DayCentre) 1:30pm – 2:30pm	Thunder Bay Country Market Adventure 3:00pm – 4:00pm (850 May Street) **Please register	\$15/ Single, \$25/ Family	Jesse	
7 8		9 <u>Lunch: Grilled Cheese</u> Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***	10 Lunch: Pizza Casserole Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Knitting & Crocheting 10:30am-12:00pm (Room 221)	11 <u>Lunch: Ham Sandwiches</u> Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***	12 <u>Lunch: Spaghetti</u> <u>Boxing Class</u> 8:30am-9:30am (Exercise Rm) *Please call prior to attending	13
		Mindfulness Colouring 9:30am – 11:00am (Room 221) **** Baking (Chocolate) 10:00am-11:30am (Room 221/	Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please Register! (St.Joes)	***	Personal Training (Weights & Cardio) 10:00am- 11:30am (Fit4less) *Please Register	
	THANKSGIVING DAY DAY CENTRE CLOSED	Kitchen) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session 10:00am-11:30am (McIntyre	"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) "Register	Mindfulness Colouring 10:00am – 12:00pm (Room 221) **** Documentary & Popcorn 10:30am-	<u>Brain Games!</u> 10:00am – 11:00am (Rm 221) *** <u>Mindfulness Colouring</u> 10:00am – 12:00pm (Room 221)	
	CHOSED	Centre) *Register Bingo 10:30am-11:45am (Room 221 ****	Bingo 10:30am-11:45am (Room 221) *** Canvas Painting 11:00am – 1:00pm (Room 221)	12:30pm (Rm221) "Jane"	**** Coffee Talk 10:00am – 12:00pm (Rm.221) ***	
		*** Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending	**** Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending	(Resolute Rm.)	Movie of the Week 12:00pm-2:30pm (Rm.221) "Brothers Grimm" ***	
		Healthy Lifestyle & Wellness Group 2:00pm-3:00pm (Resolute Rm.) * Please Register(1/8)		Yoga (Rm.221) 1:00pm -2:30pm *** Social Gaming 1:00pm-2:30pm (Main	Social Gaming 1:00pm – 2:30pm (Main Floor) *** Volunteer Income Tax Program 2:15pm-4:00pm	
		**** Walking Group (DayCentre) 1:30pm – 2:30pm ***	Circuit & Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register ***	Floor) *** Rock Climbing 1:00pm-2:30pm *Register	(Rm.221) *By appointment only/ Please call Jesse	
		Mindful Movement 3:00pm-4:00pm (Room 221)	Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street)	Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending		
			Art Program 2:00pm-4:00pm (Rm 221)	Walking Group (Day Centre/Central Ave Trail) 2:30pm – 4:00pm		

45 Lunchi Laccana	16 Lunch: Veggie Pasta Bake	17 Lunch: Stir Fry	18	19 Lunch: Grilled Cheese
15 Lunch: Lasagna			10	
Personal Training (Weights & Cardio)	Mall Walking 9:00am-10:00am (Intercity Shopping Mall	Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court)		Boxing Class 8:30am-9:30am (Exercise Rm)
9:00am-10:30am (Fit4less) *Please Register	Food Court)			*Please call prior to attending
D : 0 1000 1015 (D 001)		Social Gaming: Board & Card Games 9:00am – 10:30am (Room 221)		D 17 :: 44:1/ 00 1: \40.00
Brain Games! 9:30am – 10:15am (Rm.221)	Mindfulness Colouring 9:00am – 11:00am (Room 221)			Personal Training (Weights & Cardio) 10:00am-
xxx	×××	"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre)	DAY CENTRE	11:30am (Fit4less) *Please Register
Mindfulness Colouring 10:00am - 12:00pm	"Fit4Less" gym session 10:00am-11:30am (McIntyre	*Register	DATCENTRE	***
(Room 221)	Centre) *Register	***	CLOSED	Brain Games! 10:00am – 11:00am (Rm.221)
***	***	Bingo 10:30am-11:45am (Room 221)	CEOSED	***
Coffee Tells 10:00em 10:00em (Dm 001)	Tie Dyeing 10:00am – 11:30am (Room 221) *Please	***		Mindfulness Colouring 10:00am - 12:00pm
Coffee Talk 10:00am – 12:00pm (Rm.221)	register	Knitting & Crocheting 10:30am-12:00pm (Room 221)		(Room 221)
	***	***		***
Coping with Difficult People 11:00pm-	Jewelry Making 1:00pm - 2:30pm (Room 221)	Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior		Addiction Support Group 10:00am-12:00pm
12:30pm (Resolute Rm.) *Closed Group/ Must	***	to attending		(Resolute Rm.) *Please Register 1/8
register prior to attending 1st group 3/4	McDonald's Adventures 12:00pm-1:00pm*Please call for	***		***
***	information	Canvas Painting 12:00pm – 2:00pm (Room 221)		Movie of the Week 12:00pm-2:30pm (Rm.221)
Boxing Class 1:00pm-2:00pm (Exercise Rm)	***	***		"Vampire's Assistant"
*Please call prior to attending	Bowling 2:00pm-4:00pm (Meet at Mario's Bowl)	Circuit & Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please		varripii e a 7 taalatarit
***	*REGISTER - \$5.00 cost	Register		
Women's Aquatics 1:00pm - 2:30pm	NLGIOTER - Φυ.υυ τους ***	***		Social Gaming 1:00pm – 2:30pm (Main Floor)
(Volunteer Pool, 180 Martha Street) **Please	Mamonla Bosina Browns 4:00 0:00 /5:	Chair Vone with Frances 1,20mm 0,45mm (Nad-Mark Olivia 505		***
register	Women's Boxing Program 1:00pm-2:00pm (Exercise	Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525		Volunteer Income Tax Program 2:15pm-4:00pm
***	Rm) *Please call prior to attending	Simpson Street)		(Rm.221) *By appointment only/ Please call
Ooohka Bragraming 2:00nm 4:00nm (D 224)	***	***		Jesse
2:00511 ke <u>F10graming</u> 2:00pm-4:00pm (Rm.221)	Healthy Lifestyle & Wellness Group 2:00pm-3:00pm	Art Program 2:00pm-4:00pm (Rm 221)		
Wii O 0.00 4.00 (D 204)	(Resolute Rm.) * Please Register(2/8)	***		
Wii Gaming 2:00pm – 4:00pm (Room 221)	***	Thunder Bay Country Market Adventure 3:00pm – 4:00pm (850 May		
AXX	Walking Group (DayCentre) 1:30pm – 2:30pm	Street) **Please register		
New & Interested participants tour of the Day	***	Succell Flease register		
Centre 3:00pm-4:00pm (Rm.221) *Call to	Get Crafty 2:30pm-4:00pm (Rm.221)			
Register Register	' ' ' ' '			
22 Lunch: Chili	23 Lunch: Veggie Pasta Bake	24 Lunch: Ham Sandwiches	25 Lunch: Cheeseburgers	26 Lunch: Chicken Wraps
Personal Training (Weights & Cardio)	Mall Walking 9:00am-10:00am (Intercity Shopping Mall	Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court)	Mall Walking 8:30am-9:30am (Intercity	Boxing Class 8:30am-9:30am (Exercise Rm)
9:00am-10:30am (Fit4less) *Please Register	Food Court)		Shopping Mall Food Court)	*Please call prior to attending
***	***	Knitting & Crocheting 10:30am-12:00pm (Room 221)		***
Brain Games! 9:30am – 10:15am (Room 221)	Mindfulness Colouring 9:00am – 11:00am (Room 221)	***	Fit4Less" gym session 9:30am-10:45pm	Personal Training (Weights & Cardio) 10:00am-
	willululless colouring 5.00am - 11.00am (Noom 221)			
***	***	Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please		11:30am (Fit4less) *Please Register
*** Mindfulness Colouring 10:00am – 12:00pm	*** Baking (Morning Glory Muffins) 10:00am-11:30am	Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please Register! (Alpha Court)		11:30am (Fit4less) *Please Register
*** Mindfulness Colouring 10:00am – 12:00pm (Room 221)	***			11:30am (Fit4less) *Please Register *** Brain Games! 10:00am – 11:00am (Rm 221)
	*** Baking (Morning Glory Muffins) 10:00am- 11:30am		(McIntyre Centre) *Register ***	***
	Baking (Morning Glory Muffins) 10:00am-11:30am (Room 221/ Kitchen) *Limited spaces/ Please register	Register! (Alpha Court)	(McIntyre Centre) *Register *** Mindfulness Colouring 10:00am –	***
(Room 221) *** Coping with Difficult People 11:00am-	Baking (Morning Glory Muffins) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending	Register! (Alpha Court) *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre)	(McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) ****	*** Brain Games! 10:00am – 11:00am (Rm 221) ***
(Room 221) *** Coping with Difficult People 11:00am- 12:30pm (Resolute Rm.) *Closed Group/ Must	Baking (Morning Glory Muffins) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session 10:00am-11:30am (McIntyre	Register! (Alpha Court) "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ****	(McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Documentary & Popcorn 10:30am-	### Brain Games! 10:00am – 11:00am (Rm 221) ### Mindfulness Colouring 10:00am – 12:00pm
(Room 221) *** Coping with Difficult People 11:00am- 12:30pm (Resolute Rm.) *Closed Group/ Must	Baking (Morning Glory Muffins) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending	Register! (Alpha Court) *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre)	(McIntyre Centre) *Register **** Mindfulness Colouring 10:00am – 12:00pm (Room 221) **** Documentary & Popcorn 10:30am- 12:30pm (Rm221)	Brain Games! 10:00am – 11:00am (Rm 221) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***
(Room 221) *** Coping with Difficult People 11:00am- 12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4 ***	Baking (Morning Glory Muffins) 10:00am-11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ****	Register! (Alpha Court) "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) "Register *** Bingo 10:30am-11:45am (Room 221) ***	(McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Documentary & Popcorn 10:30am-	### Brain Games! 10:00am – 11:00am (Rm 221) ### Mindfulness Colouring 10:00am – 12:00pm
(Room 221) *** Coping with Difficult People 11:00am- 12:30pm (Resolute Rm.) **Closed Group/ Must register prior to attending 1st group4/4 *** Women's Aquatics 1:00pm – 2:30pm	Baking (Morning Glory Muffins) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending "Fit4Less" gym session Centre) *Register *** McDonald's Adventures 12:00pm-1:00pm*Please call for	Register! (Alpha Court) "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) "Register *** Bingo 10:30am-11:45am (Room 221) ***	(McIntyre Centre) *Register **** Mindfulness Colouring 10:00am – 12:00pm (Room 221) **** Documentary & Popcorn 10:30am- 12:30pm (Rm221) *Mountain* ****	### Brain Games! 10:00am – 11:00am (Rm 221) ### Mindfulness Colouring 10:00am – 12:00pm (Room 221) ### Coffee Talk 10:00am – 12:00pm (Rm.221)
(Room 221) *** Coping with Difficult People 11:00am- 12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4 *** Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please	Baking (Morning Glory Muffins) 10:00am-11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ****	Register! (Alpha Court) "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) "Register *** Bingo 10:30am-11:45am (Room 221) *** Canvas Painting 11:00am- 1:00pm (Room 221) ***	(McIntyre Centre) *Register **** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Documentary & Popcorn 10:30am- 12:30pm (Rm221) *** Mountain" *** Anxiety Support Group 11:00am-12:00pm	### Brain Games! 10:00am - 11:00am (Rm 221) ### Mindfulness Colouring 10:00am - 12:00pm (Room 221) ### Coffee Talk 10:00am - 12:00pm (Rm.221) ### Addiction Support Group 10:00am-12:00pm
(Room 221) *** Coping with Difficult People 11:00am- 12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4 ***	Baking (Morning Glory Muffins) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending "Fit4Less" gym session Centre) *Register "McDonald's Adventures 12:00pm-1:00pm*Please call for information ****	Register! (Alpha Court) *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Bingo 10:30am-11:45am (Room 221) *** Canvas Painting 11:00am- 1:00pm (Room 221) *** Focus Group 12:00pm-1:30pm *Please Register/ Snacks	(McIntyre Centre) *Register **** Mindfulness Colouring 10:00am – 12:00pm (Room 221) **** Documentary & Popcorn 10:30am- 12:30pm (Rm221) *Mountain* ****	### Brain Games! 10:00am – 11:00am (Rm 221) ### Mindfulness Colouring 10:00am – 12:00pm (Room 221) ### Coffee Talk 10:00am – 12:00pm (Rm.221)
(Room 221) *** Coping with Difficult People 11:00am- 12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4 *** Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please Register ***	Baking (Morning Glory Muffins) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session Centre) *Register *** McDonald's Adventures 12:00pm-1:00pm*Please call for information	Register! (Alpha Court) "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) "Register *** Bingo 10:30am-11:45am (Room 221) *** Canvas Painting 11:00am- 1:00pm (Room 221) ***	(McIntyre Centre) *Register **** Mindfulness Colouring 10:00am – 12:00pm (Room 221) **** Documentary & Popcorn 10:30am- 12:30pm (Rm221) "Mountain" **** Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) ****	### Brain Games! 10:00am – 11:00am (Rm 221) ### Mindfulness Colouring 10:00am – 12:00pm (Room 221) ### Coffee Talk 10:00am – 12:00pm (Rm.221) ### Addiction Support Group 10:00am-12:00pm **Please Register 2/8 ###
(Room 221) *** Coping with Difficult People 11:00am- 12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4 *** Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please Register *** Boxing Class 1:00pm-2:00pm (Exercise Rm)	Baking (Morning Glory Muffins) 10:00am-11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** McDonald's Adventures 12:00pm-1:00pm*Please call for information *** Jewelry Making 1:00pm - 2:30pm (Room 221)	Register! (Alpha Court) "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) "Register *** Bingo10:30am-11:45am (Room 221) *** Canvas Painting11:00am- 1:00pm (Room 221) *** Focus Group 12:00pm-1:30pm *Please Register/ Snacks provided/ Chance to win \$50 gift card/ Rm.221 ****	(McIntyre Centre) *Register **** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Documentary & Popcorn 10:30am- 12:30pm (Rm221) *** Mountain" *** Anxiety Support Group 11:00am-12:00pm	### Brain Games! 10:00am – 11:00am (Rm 221) ### Mindfulness Colouring 10:00am – 12:00pm (Room 221) ### Coffee Talk 10:00am – 12:00pm (Rm.221) ### Addiction Support Group 10:00am-12:00pm *Please Register 2/8 ### Movie of the Week 12:00pm-2:30pm (Rm.221)
(Room 221) *** Coping with Difficult People 11:00am- 12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4 *** Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please	### Baking (Morning Glory Muffins) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** McDonald's Adventures 12:00pm-1:00pm*Please call for information *** Jewelry Making 1:00pm = 2:30pm (Room 221) *** Women's Boxing Program 1:00pm-2:00pm (Exercise	Register! (Alpha Court) "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) "Register *** Bingo10:30am-11:45am (Room 221) *** Canvas Painting11:00am- 1:00pm (Room 221) *** Focus Group 12:00pm-1:30pm *Please Register/ Snacks provided/ Chance to win \$50 gift card/ Rm.221 *** Men's Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to	(McIntyre Centre) *Register **** Mindfulness Colouring 10:00am – 12:00pm (Room 221) **** Documentary & Popcorn 10:30am- 12:30pm (Rm221) **Mountain" *** Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) *** Yoga (Rm.221) 1:00pm -2:30pm ****	### Brain Games! 10:00am – 11:00am (Rm 221) ### Mindfulness Colouring 10:00am – 12:00pm (Room 221) ### Coffee Talk 10:00am – 12:00pm (Rm.221) ### Addiction Support Group 10:00am-12:00pm **Please Register 2/8 ###
(Room 221) *** Coping with Difficult People_11:00am- 12:30pm (Resolute Rm.) **Closed Group/ Must register prior to attending 1st group4/4 *** Women's Aquatics 1:00pm - 2:30pm (Volunteer Pool, 180 Martha Street) **Please Register *** Boxing Class 1:00pm-2:00pm (Exercise Rm) **Please call prior to attending ***	Baking (Morning Glory Muffins) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session Centre) *Register *** McDonald's Adventures 12:00pm-1:00pm*Please call for information *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending	Register! (Alpha Court) "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) "Register *** Bingo10:30am-11:45am (Room 221) *** Canvas Painting11:00am- 1:00pm (Room 221) *** Focus Group 12:00pm-1:30pm *Please Register/ Snacks provided/ Chance to win \$50 gift card/ Rm.221 ****	(McIntyre Centre) *Register **** Mindfulness Colouring 10:00am – 12:00pm (Room 221) **** Documentary & Popcorn 10:30am- 12:30pm (Rm221) *Mountain" *** Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) *** Yoga (Rm.221) 1:00pm -2:30pm *** Social Gaming 1:00pm-2:30pm (Main	### Brain Games! 10:00am – 11:00am (Rm 221) ### Mindfulness Colouring 10:00am – 12:00pm (Room 221) ### Coffee Talk 10:00am – 12:00pm (Rm.221) ### Addiction Support Group 10:00am-12:00pm *Please Register 2/8 ### Movie of the Week 12:00pm-2:30pm (Rm.221) "Young Frankenstein"
(Room 221) *** Coping with Difficult People 11:00am- 12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4 *** Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please Register *** Boxing Class 1:00pm-2:00pm (Exercise Rm)	Baking (Morning Glory Muffins) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** McDonald's Adventures 12:00pm-1:00pm*Please call for information *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***	Register! (Alpha Court) "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) "Register *** Bingo10:30am-11:45am (Room 221) *** Canvas Painting11:00am- 1:00pm (Room 221) *** Focus Group 12:00pm-1:30pm *Please Register/ Snacks provided/ Chance to win \$50 gift card/ Rm.221 *** Men's Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to	(McIntyre Centre) *Register **** Mindfulness Colouring 10:00am – 12:00pm (Room 221) **** Documentary & Popcorn 10:30am- 12:30pm (Rm221) **Mountain" *** Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) *** Yoga (Rm.221) 1:00pm -2:30pm ****	### Brain Games! 10:00am – 11:00am (Rm 221) ### Mindfulness Colouring 10:00am – 12:00pm (Room 221) ### Coffee Talk 10:00am – 12:00pm (Rm.221) ### Addiction Support Group 10:00am-12:00pm *Please Register 2/8 ### Movie of the Week 12:00pm-2:30pm (Rm.221) "Young Frankenstein" ### Ooshke Fall Feast 12:00pm-3:00pm (1241 Jaspei
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28	29 Lunch: Mac n' Cheese	30 <u>Lunch: Chicken Noodle Soup</u>	31 Lunch: Pasta Bake	
	Personal Training (Weights & Cardio)	Mall Walking 8:30am-9:30am (Intercity Shopping Mall	Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court)	
	8:30am-9:30am (Fit4less) *Please Register	Food Court)	***	
	***	***	Social Gaming: Board & Card Games 9:00am - 10:30am (Room 221)	
	Brain Games! 9:30am - 10:15am (Rm.221)	Mindfulness Colouring 9:00am - 11:00am (Room 221)	***	
	***	****	"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre)	
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	Mindfulness Colouring 10:00am - 12:00pm	"Fit4Less" gym session 10:30am-12:00pm (McIntyre	*Register	
	(Room 221)	Centre) *Register	***	
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	***	register	Knitting & Crocheting 10:30am-12:00pm (Room 221)	
	Coping with Anxiety 11:00pm-12:30pm	***	***	
	(Resolute Rm.) *Closed Group/ Must register	Jewelry Making 1:00pm - 2:30pm (Room 221)	Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior	
		***	to attending	
	prior to attending 1st group 1/4	Tim Horton's Adventures 12:00pm-1:00pm*Please call	to attending	
	***		0	
	Boxing Class 1:00pm-2:00pm (Exercise Rm)	for information	CanvasPainting 12:00pm – 2:00pm (Room 221)	
	*Please call prior to attending		***	
	***	Bowling 2:00pm-4:00pm (Meet at Mario's Bowl)	Circuit & Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please	
	Women's Aquatics 1:00pm - 2:30pm	*REGISTER - \$5.00 cost	Register	
	(Volunteer Pool, 180 Martha Street) **Please	***	***	
	register	Women's Boxing Program 1:00pm-2:00pm (Exercise	Chair Yoga with Frances 1:30pm - 2:15pm (NorWest Clinic, 525	
	***	Rm) *Please call prior to attending	Simpson Street)	
	Ocable Draggering 2:00nm 4:00nc (Dec 004)	***	***	
	Ooshke Programing 2:00pm-4:00pm (Rm.221)	Healthy Lifestyle & Wellness Group 2:00pm-3:00pm	Art Program 2:00pm-4:00pm (Rm 221)	
	····			
	Wii Gaming 2:00pm – 4:00pm (Room 221)	(Resolute Rm.) * Please Register(4/8)	***	
	***		Thunder Bay Country Market Adventure 3:00pm - 4:00pm (850 May	
	New & Interested participants tour of the Day	Get Crafty (Pumpkin Carving) 2:30pm-4:00pm (Rm.221)	Street) **Please register	
	Centre 3:00pm-4:00pm (Rm.221) *Call to	**Please Register!	- 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
	Register	***		
		Walking Group (DayCentre) 1:30pm – 2:30pm		
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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 <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.