

October 2018

Alpha Court Day Centre

270 Windsor Street/ Room 221



S	Mon	Tue	Wed	Thu	Fri	S
	<p>1 Lunch: Chicken Wraps Personal Training (Weights & Cardio) 9:00am-10:30am (Fit4less) *Please Register ***</p> <p>Brain Games! 9:30am – 10:15am (Rm.221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Coping with Difficult People 11:00pm-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 2/4 ***</p> <p>Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) *Please register ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221) ***</p> <p>Wii Gaming 2:00pm – 4:00pm (Room 221) ***</p> <p>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>2 Lunch: Perogies Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Tie Dyeing 10:00am – 11:30am (Room 221) *Please register ***</p> <p>Jewelry Making 1:00pm – 2:30pm (Room 221) ***</p> <p>McDonald's Adventures 12:00pm-1:00pm *Please call for information ***</p> <p>Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost ***</p> <p>Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Gameshelf (Games) 920 Memorial Ave. 2:00pm-3:30pm ***</p> <p>Get Crafty 2:30pm-4:00pm (Rm.221) ***</p> <p>Walking Group (DayCentre) 1:30pm – 2:30pm</p>	<p>3 Lunch: Sloppy Joe's Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Social Gaming: Board & Card Games 9:00am – 10:30am (Room 221) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Bingo 10:30am-11:45am (Room 221) ***</p> <p>Knitting & Crocheting 10:30am-12:00pm (Room 221) ***</p> <p>Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Canvas Painting 12:00pm– 2:00pm (Room 221) ***</p> <p>Circuit & Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register ***</p> <p>Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) ***</p> <p>Thunder Bay Country Market Adventure 3:00pm – 4:00pm (850 May Street) **Please register</p>	<p>4 Lunch: Chicken Noodle Soup Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p>Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) *Before the Flood" ***</p> <p>Yoga (Rm.221) 1:00pm – 2:30pm ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Social Gaming 1:00pm-2:30pm (Main Floor) ***</p> <p>Walking Group (Day Centre/ County Fair Trail) 2:30pm – 4:00pm</p> <p>GOOD FOOD BOX PAYMENT DUE \$15/ Single, \$25/ Family</p>	<p>5 11:30am – 1:00pm THANKSGIVING LUNCH **PLEASE REGISTER BY TUESDAY OCTOBER 2 Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p>Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Brain Games! 10:00am – 11:00am (Rm.221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Pride and Prejudice and Zombies" ***</p> <p>Social Gaming 1:00pm – 2:30pm (Main Floor) ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	6
7	<p>8</p> <p style="text-align: center;">THANKSGIVING DAY DAY CENTRE CLOSED</p>	<p>9 Lunch: Grilled Cheese Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:30am – 11:00am (Room 221) ***</p> <p>Baking (Chocolate) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Jewelry Making 1:00pm – 2:30pm (Room 221) ***</p> <p>Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Healthy Lifestyle & Wellness Group 2:00pm-3:00pm (Resolute Rm.) * Please Register(1/8) ***</p> <p>Walking Group (DayCentre) 1:30pm – 2:30pm ***</p> <p>Mindful Movement 3:00pm-4:00pm (Room 221)</p>	<p>10 Lunch: Pizza Casserole Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Knitting & Crocheting 10:30am-12:00pm (Room 221) ***</p> <p>Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please Register! (St.Joes) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Bingo 10:30am-11:45am (Room 221) ***</p> <p>Canvas Painting 11:00am– 1:00pm (Room 221) ***</p> <p>Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Tai Chi 1:00pm 2:00pm(Room221) ***</p> <p>Circuit & Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register ***</p> <p>Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221)</p>	<p>11 Lunch: Ham Sandwiches Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p>Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) "Jane" ***</p> <p>Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) ***</p> <p>Yoga (Rm.221) 1:00pm -2:30pm ***</p> <p>Social Gaming 1:00pm-2:30pm (Main Floor) ***</p> <p>Rock Climbing 1:00pm-2:30pm *Register ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Walking Group (Day Centre/Central Ave Trail) 2:30pm – 4:00pm</p>	<p>12 Lunch: Spaghetti Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p>Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register ***</p> <p>Brain Games! 10:00am – 11:00am (Rm 221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Brothers Grimm" ***</p> <p>Social Gaming 1:00pm – 2:30pm (Main Floor) ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	13

14	<p>15 Lunch: Lasagna Personal Training (Weights & Cardio) 9:00am-10:30am (Fit4less) *Please Register ***</p> <p>Brain Games! 9:30am – 10:15am (Rm.221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Coping with Difficult People 11:00pm-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 3/4 ***</p> <p>Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221) ***</p> <p>Wii Gaming 2:00pm – 4:00pm (Room 221) ***</p> <p>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>16 Lunch: Veggie Pasta Bake Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Tie Dyeing 10:00am – 11:30am (Room 221) *Please register ***</p> <p>Jewelry Making 1:00pm – 2:30pm (Room 221) ***</p> <p>McDonald's Adventures 12:00pm-1:00pm*Please call for information ***</p> <p>Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost ***</p> <p>Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Healthy Lifestyle & Wellness Group 2:00pm-3:00pm (Resolute Rm.) * Please Register(2/8) ***</p> <p>Walking Group (DayCentre) 1:30pm – 2:30pm ***</p> <p>Get Crafty 2:30pm-4:00pm (Rm.221)</p>	<p>17 Lunch: Stir Fry Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Social Gaming: Board & Card Games 9:00am – 10:30am (Room 221) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Bingo10:30am-11:45am (Room 221) ***</p> <p>Knitting & Crocheting 10:30am-12:00pm (Room 221) ***</p> <p>Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Canvas Painting12:00pm– 2:00pm (Room 221) ***</p> <p>Circuit & Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register ***</p> <p>Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) ***</p> <p>Thunder Bay Country Market Adventure 3:00pm – 4:00pm (850 May Street) **Please register</p>	18	<p style="text-align: center;"><u>DAY CENTRE</u> <u>CLOSED</u></p>	<p>19 Lunch: Grilled Cheese Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p>Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register ***</p> <p>Brain Games! 10:00am – 11:00am (Rm.221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Addiction Support Group 10:00am-12:00pm (Resolute Rm.) *Please Register 1/8 ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Vampire's Assistant" ***</p> <p>Social Gaming 1:00pm – 2:30pm (Main Floor) ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	20
21	<p>22 Lunch: Chili Personal Training (Weights & Cardio) 9:00am-10:30am (Fit4less) *Please Register ***</p> <p>Brain Games! 9:30am – 10:15am (Room 221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Coping with Difficult People 11:00am-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group4/4 ***</p> <p>Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please Register ***</p> <p>Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221) ***</p> <p>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>23 Lunch: Veggie Pasta Bake Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Baking (Morning Glory Muffins) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>McDonald's Adventures 12:00pm-1:00pm*Please call for information ***</p> <p>Jewelry Making 1:00pm – 2:30pm (Room 221) ***</p> <p>Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Healthy Lifestyle & Wellness Group 2:00pm-3:00pm (Resolute Rm.) * Please Register(3/8) ***</p> <p>Walking Group (DayCentre) 1:30pm – 2:30pm ***</p> <p>Mindful Movement 3:00pm-4:00pm (Room 221)</p>	<p>24 Lunch: Ham Sandwiches Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Knitting & Crocheting 10:30am-12:00pm (Room 221) ***</p> <p>Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please Register! (Alpha Court) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Bingo10:30am-11:45am (Room 221) ***</p> <p>Canvas Painting11:00am– 1:00pm (Room 221) ***</p> <p>Focus Group 12:00pm-1:30pm *Please Register/ Snacks provided/ Chance to win \$50 gift card/ Rm.221 ***</p> <p>Men's Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Tai Chi 1:30pm 2:00pm(Room221) ***</p> <p>Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) ***</p> <p>Circuit & Weight Training 2:30pm-3:15pm (Exercise Rm.) *Please Register ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221)</p>	<p>25 Lunch: Cheeseburgers Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p>Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Rm221) "Mountain" ***</p> <p>Anxiety Support Group 11:00am-12:00pm (Resolute Rm.) ***</p> <p>Yoga (Rm.221) 1:00pm -2:30pm ***</p> <p>Social Gaming 1:00pm-2:30pm (Main Floor) ***</p> <p>Rock Climbing 1:00pm-2:30pm *Register ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Walking Group (Day Centre/ George Burke Park) 2:30pm – 4:00pm</p>	<p>26 Lunch: Chicken Wraps Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending ***</p> <p>Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register ***</p> <p>Brain Games! 10:00am – 11:00am (Rm 221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Addiction Support Group 10:00am-12:00pm *Please Register 2/8 ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Young Frankenstein" ***</p> <p>Ooshke Fall Feast 12:00pm-3:00pm (1241 Jasper Drive) ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	27	

28	<p>29 Lunch: Mac n' Cheese Personal Training (Weights & Cardio) 8:30am-9:30am (Fit4less) *Please Register ***</p> <p>Brain Games! 9:30am – 10:15am (Rm.221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Coping with Anxiety 11:00pm-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 1/4 ***</p> <p>Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221) ***</p> <p>Wii Gaming 2:00pm – 4:00pm (Room 221) ***</p> <p>New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>30 Lunch: Chicken Noodle Soup Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Tie Dyeing 10:00am – 11:30am (Room 221) *Please register ***</p> <p>Jewelry Making 1:00pm – 2:30pm (Room 221) ***</p> <p>Tim Horton's Adventures 12:00pm-1:00pm*Please call for information ***</p> <p>Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost ***</p> <p>Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Healthy Lifestyle & Wellness Group 2:00pm-3:00pm (Resolute Rm.) * Please Register(4/8) ***</p> <p>Get Crafty (Pumpkin Carving) 2:30pm-4:00pm (Rm.221) **Please Register! ***</p> <p>Walking Group (DayCentre) 1:30pm – 2:30pm</p>	<p>31 Lunch: Pasta Bake Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) ***</p> <p>Social Gaming: Board & Card Games 9:00am – 10:30am (Room 221) ***</p> <p>"Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Bingo 10:30am-11:45am (Room 221) ***</p> <p>Knitting & Crocheting 10:30am-12:00pm (Room 221) ***</p> <p>Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>CanvasPainting 12:00pm– 2:00pm (Room 221) ***</p> <p>Circuit & Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register ***</p> <p>Chair Yoga with Frances 1:30pm – 2:15pm (NorWest Clinic, 525 Simpson Street) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) ***</p> <p>Thunder Bay Country Market Adventure 3:00pm – 4:00pm (850 May Street) **Please register</p>	
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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 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.