|  | **October 2019**  Alpha Court Day Centre  270 Windsor Street/ Room 221 | | | | |  |
| --- | --- | --- | --- | --- | --- | --- |
| **SUN** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SAT** |
|  |  | 1 **LUNCH: PEROGIES**  **Mall Walking** 8:30am – 9:15am (Intercity Shopping Mall Food Court)  \*\*\*  **Mindfulness Colouring** 9:30am – 11:30am (Room 221)  \*\*\*  **“Fit4Less” gym session** 10:00am-11:30am (McIntyre Centre) **\*Register**  \*\*\*  **Tie Dyeing** 10:00am – 11:30am (Room 221) \*Please register  \*\*\*  **Lets Sew!! (Sewing Class)** 12:00pm-1:00pm (Rm.221)  \*\*\*  **Canvas Painting** 12:00pm – 1:30pm (Room 221)  \*\*\*  **Jewelry Making** 1:00pm – 2:30pm (Room 221)  \*\*\*  **Controlled Breath Guided Meditation** 2:30pm-3:00pm (Rm221) | 2 **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)  \*\*\*  **Mindfulness Colouring** 10:30am – 12:00pm (Room 221)  \*\*\*  **Tai Chi** 1:00pm 2:00pm(Room221)  \*\*\*  **Art Program** 2:00pm-4:00pm (Rm 221) | 3 **LUNCH: BURGERS**  **Mall Walking** 8:30am – 9:15am (Intercity Shopping Mall Food Court)  \*\*\*  **Mindfulness Colouring** 9:30am – 11:30am (Room 221)  \*\*\*  **Fit4Less” gym session** 10:00am-11:30am (McIntyre Centre) **\*Register**  \*\*\*  **Documentary & Popcorn** 10:30am-12:30pm (Rm221) “THE MILK SYSTEM”  \*\*\*  **Yoga** 1:00pm - 2:00pm (Room 221)  \*\*\*  **Social Gaming** 1:00pm-2:30pm (Back Field)  \*\*\*  **Walking Group**  (**Day Centre/ Friendship Gardens)** 2:30pm – 4:00pm | 4 **LUNCH: PIZZA CASSEROLE**  **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)  “THE BLIND SIDE”  \*\*\*  **Volunteer Income Tax Program** 2:15pm-4:00pm (Rm.221) **\*By appointment only/ Please call Jesse** | 5 |
| 6 | 7 **LUNCH: SLOPPY JOE’S**  **Fit4Less Gym Session** 9:00am – 10:30am (1186 Memorial Ave) **\*Please Register**  \*\*\*  **Coffee Talk** 10:00am – 12:00pm (Rm.221)  \*\*\*  **Mindfulness Colouring** 10:30am – 12:30pm (Room 221)  **\*\*\***  **Women’s Aquatics** 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) \*\*Please register  \*\*\*  **Afternoon Meditation** 2:30pm-3:00pm (Rm.221)  **\*\*\***  **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** | 8 **LUNCH: MAC N’ CHEESE**  **Mall Walking** 8:30am – 9:15am (Intercity Shopping Mall Food Court)  \*\*\*  **Mindfulness Colouring** 9:30am – 11:30am (Room 221)  \*\*\*  **Baking (Rice Krispies)** 10:30am- 12:00pm (Room 221) **\*Limited spaces/ Please register prior to attending**  \*\*\*  **“Fit4Less” gym session** 10:00am-11:30am (McIntyre Centre) **\*Register**  \*\*\*  **Lets Sew!! (Sewing Class)** 12:00pm-1:00pm (Rm.221)  \*\*\*  **Controlled Breath Guided Meditation** 2:30pm-3:00pm (Rm221)  \*\*\*  **WORKMAN ARTS – OPEN STUDIO** 2:00PM – 4:00PM (Room 221) | 9 **LUNCH: CHILI**  **Mall Walking** 8:30am – 9:15am (Intercity Shopping Mall Food Court)  \*\*\*  **Mindfulness Colouring** 9:30am – 11:30am (Room 221)  \*\*\*  **Healthy Choice Cooking Program** (Kitchen) 10:30am-12:30pm **\*Please Register!** **(St Joes)**  **\*\*\***  **Canvas Painting** 12:00pm – 1:30pm (Room 221)  \*\*\*  **Beading program** 12:30pm – 1:45pm (Room 221)  \*\*\*  **Art Program** 2:00pm-4:00pm (Rm 221) | 10 **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) “HE NAMED ME MALALA”  \*\*\*  **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**  (**Day Centre/ Conservatory)** 2:00pm – 3:30pm  **GOOD FOOD BOX PAYMENT DUE**  **$15/ SINGLE, $25/ FAMILY** | 11 **LUNCH: PEROGIES**  **Morning Meditation** 9:00AM – 9:30AM (Rm.221)  \*\*\*  **Mindfulness Colouring** 10:00am – 11:30am (Room 221)  \*\*\*  **Fit4less Gym Session** 10:30am-12:00pm (Fit4less) **\*Please Register**  \*\*\*  **Canvas Painting** 10:30am - 12:00pm (Room 221)  \*\*\*  **Movie of the Week** 12:00pm-2:30pm (Rm.221)  “GREASE”  \*\*\*  **Volunteer Income Tax Program** 2:15pm-4:00pm (Rm.221) **\*By appointment only/ Please call Jesse**  **\*\*\***  **Bannock & Tea** 2:00pm – 4:00pm (1241 Jasper Drive)  \*\*\*  **Pumpkin Carving** 2:15pm – 4:00pm (Room 221) \*\*Please register by October 10\*\* | 12 |
| 13 | 14  **THANKSGIVING**  **DAY**  **DAY CENTRE**  **CLOSED** | 15 **LUNCH: GRILLED CHEESE**  **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)  \*\*\*  **Lets Sew!! (Sewing Class)** 12:00pm-1:00pm (Rm.221)  \*\*\*  **Canvas Painting** 12:00pm – 1:30pm (Room 221)  \*\*\*  **Jewelry Making** 1:00pm – 2:30pm (Room 221)  \*\*\*  **Beginner’s Boxing Program** 1:00pm – 2:00pm (Exercise Rm) **\*Please call prior to attending**  **Controlled Breath Guided Meditation** 2:30pm-3:00pm (Rm221) | 16 **NO LUNCH**  DAY CENTRE CLOSED UNTIL 12:00PM  **Mindfulness Colouring** 12:15pm – 1:00pm  \*\*\*  **Advanced Boxing Class** 12:00pm – 1:00pm (Exercise Rm) \*Please call prior to attending  \*\*\*  **Day Centre Weight Training** 1:00pm-2:00pm (Exercise Rm.) \*Please Register  \*\*\*  **Tai Chi** 1:00pm 2:00pm(Room221)  \*\*\*  **Art Program** 2:00pm-4:00pm (Rm 221) | 17 **LUNCH: PULLED CHICKEN**  **Mindfulness Colouring** 8:45am – 10:30am (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) “I DREAM OF DANCE”  \*\*\*  **Yoga** 1:00pm -2:00pm (Room 221)  \*\*\*  **Social Gaming** 1:00pm-2:30pm (Main Floor)  \*\*\*  **Boxing Class** 1:00pm – 2:00pm (Exercise Rm) **\*Please call prior to attending**  \*\*\*  **Aboriginal Drumming** 2:00pm-4:00pm (1241 Jasper Dr.)  \*\*\*  **Walking Group**  (**Day Centre/ Boulevard Park)** 2:00pm – 3:30pm | 18  **THANKSGIVING LUNCH**  \*\*PLEASE REGISTER BY  FRIDAY OCTOBER 11\*\*  **Morning Meditation** 9:30am-10:00am (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)  “BUMBLEBEE”  \*\*\*  **Boxing Class** 1:00pm – 2:00pm (Exercise Rm) **\*Please call prior to attending**  **\*\*\***  **Volunteer Income Tax Program** 2:15pm-4:00pm (Rm.221) **\*By appointment only/ Please call Jesse** | 19 |
| 20 | 21 **LUNCH: SPAGHETTI**  **Fit4Less Gym Session** 9:00am – 10:30am (1186 Memorial Ave) **\*Please Register**  \*\*\*  **Coffee Talk** 10:00am – 12:00pm (Rm.221)  \*\*\*  **Knitting & Crochetting – RED SCARF PROJECT** 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  \*\*\*  **Boxing Class** 1:00pm – 2:00pm (Exercise Rm) **\*Please call prior to attending**  **\*\*\***  **Afternoon Meditation** 2:00pm-3:00pm (Rm.221)  **\*\*\***  **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** | 22 **LUNCH: CHICKEN FAJITA PASTA**  **Mindfulness Colouring** 9:00am – 11:00am (Room 221)  \*\*\*  **Mall Walking** 9:00am-9:45am (Intercity Shopping Mall Food Court)  \*\*\*  **Baking (Pineapple Dream Dessert)** 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)  \*\*\*  **Lets Sew!! (Sewing Class)** 12:00pm-1:00pm (Rm.221)  \*\*\*  **Beginner’s Boxing Program** 1:00pm – 2:00pm (Exercise Rm) \*Please call prior to attending  \*\*\*  **Controlled Breath Guided Meditation** 2:30pm-3:00pm (Rm221)  \*\*\*  **WORKMAN ARTS – OPEN STUDIO** 2:00PM – 4:00PM (Room 221) | 23 **LUNCH: VEGETABLE SOUP**  **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)  \*\*\*  **“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)  \*\*\*  **Advanced Boxing Class** 12:00pm – 1:00pm (Exercise Rm) \*Please call prior to attending  \*\*\*  **Day Centre Weight Training** 1:00pm-2:00pm (Exercise Rm.) \*Please Register  \*\*\*  **Art Program** 2:00pm-4:00pm (Rm 221) | 24 **LUNCH: CHICKEN BROCCOLI ALFREDO**  **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) “SHE MAKES COMICS”  \*\*\*  **Mindfulness Colouring** 11:00am – 12:45(Room 221)  \*\*\*  **Yoga** 1:00pm -2:00pm (Room 221)  \*\*\*  **Social Gaming** 1:00pm-2:30pm (Main Floor)  \*\*\*  **Boxing Class** 1:00pm – 2:00pm (Exercise Rm) **\*Please call prior to attending**  \*\*\*  **Walking Group**  (**Day Centre/ Chapples Park)** 2:00pm – 3:30pm  **GOOD FOOD BOX PICK UP BETWEEN 3:00PM – 4:00PM** | 25 **LUNCH: CHICKEN WRAPS**  **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)  “SCOOBY DOO: MONSTERS UNLEASHED”  \*\*\*  **Boxing Class** 1:00pm – 2:00pm (Exercise Rm) **\*Please call prior to attending**  **\*\*\***  **Volunteer Income Tax Program** 2:15pm-4:00pm (Rm.221) **\*By appointment only/ Please call Jesse**  **\*\*\***  **Get Crafty** 2:30pm – 4:00pm (Room 221) | 26 |
| 27 | 28 **LUNCH: CHEESY TACO PASTA**  **Morning Meditation** 8:30am-9:00am (Rm.221)  **\*\*\***  **Knitting & Crochetting – RED SCARF PROJECT** 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  \*\*\*  **Boxing Class** 1:00pm – 2:00pm (Exercise Rm) **\*Please call prior to attending**  **\*\*\***  **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** | 29 **LUNCH: SHEPARD’S PIE**  **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)  \*\*\*  **Lets Sew!! (Sewing Class)** 12:00pm-1:00pm (Rm.221)  \*\*\*  **Canvas Painting** 12:00pm – 1:30pm (Room 221)  \*\*\*  **Jewelry Making** 1:00pm – 2:30pm (Room 221)  \*\*\*  **Beginner’s Boxing Program** 1:00pm – 2:00pm (Exercise Rm) **\*Please call prior to attending**  **Controlled Breath Guided Meditation** 2:30pm-3:00pm (Rm221) | 30 **LUNCH: STIR FRY**  **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**  \*\*\*  **Healthy Choice Cooking Program** (Kitchen) 10:30am-12:30pm **\*Please Register!** **(Alpha Court)**  \*\*\*  **Bingo**10:30am – 11:30am (Room 221)  \*\*\*  **Mindfulness Colouring** 10:30am – 12:00pm (Room 221)  \*\*\*  **Advanced Boxing Class** 12:00pm – 1:00pm (Exercise Rm) \*Please call prior to attending  \*\*\*  **Day Centre Weight Training** 1:00pm-2:00pm (Exercise Rm.) \*Please Register  \*\*\*  **Tai Chi** 1:00pm 2:00pm(Room221)  \*\*\*  **Art Program** 2:00pm-4:00pm (Rm 221) | 31 **LUNCH:HAMBURGER SOUP**  **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”  \*\*\*  **Mindfulness Colouring** 11:00am – 12:45(Room 221)  \*\*\*  **Yoga** 1:00pm -2:00pm (Room 221)  \*\*\*  **Social Gaming** 1:00pm-2:30pm (Main Floor)  \*\*\*  **Boxing Class** 1:00pm – 2:00pm (Exercise Rm) **\*Please call prior to attending**  \*\*\*  **Walking Group**  (**Day Centre/ Chapples Park)** 2:00pm – 3:30pm |  | |

\* 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.