|  | **October 2019**Alpha Court Day Centre270 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.