

September 2017

Alpha Court Day Centre/ 270 Windsor Street

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S Mon	Tue	Wed Wed	Thu	Fri 1 Lunch: BBQ Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending *** Gardening Group! 10:00am-10:45am (Lakehead University Hangar #Plot 11) **Weather Depending *** Mindful Movement 10:30am-11:30am (Rm.221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) *Bay	2				
3 4 LABOUR DAY DAY CENTRE CLOSED	5 Lunch: Hashbrown Casserole SEPTEMBER ACTIVITY BINGO STARTS at 10:30am (Room 221) "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Tie Dying 10:30am – 12:00pm (Room 221) *Please register Jewelry Making 10:30am – 12:00pm, (Room 221) *Please register Jewelry Making 10:30am – 12:00pm, 2:30PM *** *** *** *** *** *** ***	Shopping Mall Food Court) **** Craft sewing & Mending clothes 10:00am- 11:00am (Rm 221) **** Bingo 10:30am-12:00pm (Room 221) **** Men's Boxing Class 11:00am-12:00pm (Exercise Rm) *Please call prior to attending *** Tai Chi 1:00pm – 2:00pm(Room221) *** Art Program 2:00pm-4:00pm (Rm 221) BISNO ****	Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register **** Mindfulness Colouring 10:00am – 12pm(Room 221) *** Documentary & Popcorn 10:30am-12:30pm (Resolute Rm) *Into the Inferno *** Yoga (Rm.221) 1:00pm -2:30pm **** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Social Gaming Club 1:00pm-2:30pm (Main Floor) *** Walking Group (Day Centre/ Centennial Park) 2:30pm – 4:00pm	B Lunch: BBQ Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending **** Gardening Group! 10:00am-10:45am (Lakehead University Hangar #Plot 11) **Weather Depending **** Mindful Movement 10:30am-11:30am (NorWest Clinic, 525 Simpson Street) **** Movie of the Week 12:00pm-2:30pm (Rm.221) "Going in Style" **** Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) **** Frisbee Golf 1:30 pm = 3:30pm (Boulevard Lake) **Weather Permitting** **** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse					

10	11 Lunch: Pizza Casserole with Salad	12 Lunch: Ham Sandwiches with Veggies	13 Lunch: Perogies with Coleslaw	14 Lunch: Chicken Wraps with Salad	15 Lunch: BBQ 1
	Gardening Group! 9:00am - 9:45am (Lakehead	"Fit4Less" gym session 10:30am-12:00pm (McIntyre	Mall Walking 9:00am-10:00am (Intercity	Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre)	Boxing Class 9:00am-10:00am (Exercise Rm) 6
	University Hangar #Plot 11) **Weather Depending	Centre) *Register	Shopping Mall Food Court)	*Register	*Please call prior to attending
	***	***	***	***	***
	Personal Training (Weights & Cardio) 9:00am-	Baking (Rice Krispies) 10:30am- 12:00pm (Room 221/	Healthy Choice Cooking Program (Kitchen)	Mindfulness Colouring 10:00am – 12pm (Room 221)	Gardening Group! 10:00am-10:45am (Lakehead
		Kitchen) *Please Register	10:30am-12:30 pm *REGISTER! (St.Joes)	***	
	10:15am (Fit4less) *Please Register	Nitchen) Please Register	10:30am-12:30 pm REGISTER! (St.Joes)	D 4 0 D 40 00 40 00 (D 14 D)	University Hangar #Plot 11) **Weather Depending
				Documentary & Popcorn 10:30am-12:30pm (Resolute Rm)	
	Coping with Anxiety 11:00am-12:30pm (Resolute rm.)	Coping with Anxiety 12:30pm-2:00pm (Resolute rm.)	Bingo 10:30am-12:00pm (Room 221)	*Barbecue	Mindful Movement 10:30am-11:30am (Rm.221)
	*Closed Group/ Must register prior to attending 1st	*Closed Group/ Must register prior to attending 1st	***	***	***
	group *1/4	group *2/4	Men's Boxing Class 11:00am-12:00pm	Coping with Anxiety 11:00am-12:30pm (Resolute rm.)	Coping with Anxiety 10:30am-11:30am (Resolute
	***	***	(Exercise Rm) *Please call prior to attending	*Closed Group/ Must register prior to attending 1st	rm.) *Closed Group/ Must register prior to
	ZUMBA! 10:00pm-11:00pm (Rm.221)	Jewelry Making (RM 221) 1:00PM-2:30PM	***	group* 4/4	attending 1st group *Extra
	***	***	Coping with Anxiety 12:30pm-2:00pm	***	***
	Coffee Talk 11:00am-1:00pm (Rm.221)	Women's Boxing Program 2:00pm-3:00pm (Exercise Rm)	(Resolute rm.) *Closed Group/ Must register	Yoga (Rm.221) 1:00 pm -2:30pm	Movie of the Week 12:00pm-2:30pm (Rm.221) "All
	***	*Please call prior to attending	prior to attending 1st group *3/4	***	evez on meb "
	Creative Stenciling & Graffiti Art 12:30pm-1:30pm	***	***	Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call	***
	(Rm.221)	Get Crafty 2:30pm-4:00pm (Rm.221)	Sleep Strategies 12:00pm – 1:00pm (Room	prior to attending	Women's Empowerment Group 12:30pm to 2:30pm
	***	***	221)	prior to attending	(Green Rm)
	Women's Aquatics 1:00pm -2:30pm (Volunteer Pool,	Community Spokes Bike Repair 3:15pm-4:00pm (LU Bike	***	Social Gaming Club – BILLIARDS TOURNAMENT	(Oregin (VIII)
			Convey Pointing 1:00pm 0:00pm /Ds		Mini Dutt 1:20nm 2:20nm (Dayleyard Lake)
	180 Martha St.) *Please Register	Shack)	Canvas Painting 1:00pm – 2:00pm (Room	1:00pm-2:30pm (Main Floor)	Mini Putt 1:30pm – 3:30pm (Boulevard Lake)
	***	*Please call to inquire/ Register	221)	***	**Weather Permitting**- Please Register
	Music discussion Group 1:00pm-2:00pm (Rm.221)		***	Walking Group (Day Centre/ Hillcrest Park) 2:30pm -	***
	"The 27 Club"		Art Program 2:00pm-4:00pm (Rm 221) BISNO	4:00pm	Volunteer Income Tax Program 2:15pm-4:00pm
	***				(Rm.221) *By appointment only/ Please call Jesse
	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)				
	Will Gailling 2.00pill = 4.00pill (R00ill 221)				
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17		19	20	21 Lunch: Lasagna with Veggies	22 Lunch: BBQ 2
	Gardening Group! 9:00am - 9:45am (Lakehead			Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre)	Boxing Class 9:00am-10:00am (Exercise Rm) 3
	University Hangar #Plot 11) **Weather Depending			*Register	*Please call prior to attending
	***			***	***
	Personal Training (Weights & Cardio) 9:00am-			Mindfulness Colouring 10:00am - 12pm (Room 221)	Mindful Movement 10:30am-11:30am (NorWest
	10:15am (Fit4less) *Please Register			***	Clinic, 525 Simpson Street)
	***	DAY CENTRE	DAY CENTRE	Documentary & Popcorn 10:30am-12:30pm (Resolute Rm)	***
	ZUMBA! 10:00pm-11:00pm (Rm.221)			*Happy	Movie of the Week 12:00pm-2:30pm (Rm.221) "The
	***	CLOSED	CLOSED	***	Fighter"
	Creative Stenciling & Graffiti Art 12:30pm-1:30pm	<u> </u>	<u> </u>		r igritor

				Wallness/Lifestyle Group 11:00pm 12:20pm (M/bits Dec.)	Woman's Empowerment Group 19:20nm to 9:20nm
	(Rm.221)			Wellness/Lifestyle Group 11:00pm-12:30pm (White Rm.)	Women's Empowerment Group 12:30pm to 2:30pm
	(Rm.221)			*Closed Group/ Must register prior to attending 1st	Women's Empowerment Group 12:30pm to 2:30pm (Green Rm)
	(Rm.221) *** Women's Aquatics 1:00pm -2:30pm (Volunteer Pool,			*Closed Group/ Must register prior to attending 1st group *Extra	(Green Rm)
	(Rm.221)			*Closed Group/ Must register prior to attending 1st group *Extra ***	(Green Rm) *** Frisbee Golf 1:30 pm – 3:30pm (Boulevard Lake)
	(Rm.221) *** Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register ***			*Closed Group/ Must register prior to attending 1st group *Extra	(Green Rm)
	(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			*Closed Group/ Must register prior to attending 1st group *Extra **** Yoga (Rm.221) 1:00 pm -2:30pm ****	(Green Rm) *** Frisbee Golf 1:30 pm – 3:30pm (Boulevard Lake) **Weather Permitting** ****
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	(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 ***			*Closed Group/ Must register prior to attending 1st group *Extra *** Yoga (Rm.221) 1:00 pm -2:30pm *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Social Gaming Club 1:00pm-2:30pm (Main Floor) *** Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.) *** Walking Group (Day Centre/ Chapples Park) 2:30pm –	(Green Rm) *** Frisbee Golf 1:30 pm – 3:30pm (Boulevard Lake) **Weather Permitting** *** Volunteer Income Tax Program 2:15pm-4:00pm

25 Lunch, Dorogiae with Calculave	26 Lunch: Chicken Noodle Soup	27 Lunch, Stir Em	20 Lunch, Ham Candwiches	20 Lunchi PPO
		27 Lunch: Stir Fry		29 <u>Lunch: BBQ</u>
Personal Training (Weights & Cardio) 9:00am-	"Fit4Less" gym session 10:30am-12:00pm (McIntyre	Mall Walking 9:00am-10:00am (Intercity	Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre)	
10:15am (Fit4less) *Please Register	Centre) *Register	Shopping Mall Food Court)	*Register	*Please call prior to attending
***	***	***	***	***
	Baking (Raspberry Jello Cheesecake Bars) 10:30am-		Mindfulness Colouring 10:00am - 12pm(Room 221)	Mindful Movement 10:30am-11:30am (Rm.221)
(Resolute rm.) *Closed Group/ Must register prior to	12:00pm (Room 221/ Kitchen) *Please Register	(Exercise Rm) *Please call prior to attending	***	***
attending 1st group 1/4	***	***	Documentary & Popcorn 10:30am-12:30pm (Resolute Rm)	Coping with Guilt & Shame 10:30am-11:30am
***	Coping with Guilt & Shame 12:30pm-2:00pm (Resolute	Healthy Choice Cooking Program (Kitchen)	*What's with Wheat?	(Resolute rm.) *Closed Group/ Must register prior
Coffee Talk 11:00am-1:00pm (Rm.221)	rm.) *Closed Group/ Must register prior to attending 1st	10:30am-12:30 pm *REGISTER! (Alpha Court)	***	to attending 1st group *Extra
***	group 2/4	***	Coping with Guilt & Shame 11:00am-12:30pm (Resolute	***
Creative Stenciling & Graffiti Art 12:30pm-1:30pm	***	Coping with Guilt & Shame 12:30pm-2:00pm		Movie of the Week 12:00pm-2:30pm (Rm.221)
	Jewelry Making (RM 221) 1:00PM-2:30PM		group 4/4	"Transformers: The Last Knight"
***	***	prior to attending 1st group 3/4	***	***
Women's Aquatics 1:00pm -2:30pm (Volunteer Pool,	Women's Boxing Program 2:00pm-3:00pm (Exercise Rm)		Yoga (Rm.221) 1:00 pm -2:30pm	Women's Empowerment Group 12:30pm to 2:30pm
180 Martha St.) *Please Register	*Please call prior to attending	Canvas Painting 1:00pm – 2:00pm (Room	***	(Green Rm)
100 Martina St.) Flease Register	***		Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call	(Green Kill)
711MD A1 (1:00mm, 0:00mm, (Dun 001)	Cat Cuaffy 2:20mm 4:00mm (Dm 224)	***		
ZUMBA! 1:00pm-2:00pm (Rm.221)	Get Crafty 2:30pm-4:00pm (Rm.221)	T-: Ob: 1:00 0:00(D001)	prior to attending	
D : 01 000 000 /5 : D \+DI	0 1 0 1 BH B 1 0 45 4 00 (111 BH	<u>Tai Chi</u> 1:00pm – 2:00pm(Room221)	0 : 10 : 01 1 4 00 000 (M : 51)	
Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please	Community Spokes Bike Repair 3:15pm-4:00pm (LU Bike		Social Gaming Club 1:00pm-2:30pm (Main Floor)	
call prior to attending	Shack)	Art Program 2:00pm-4:00pm (Rm 221) BISNO	L	
	*Please call to inquire/Register	***	Walking Group (Day Centre/ Mission Island) 2:30pm –	
Ooshke Programing 2:00pm-4:00pm (Rm.221)		Thunder Bay Conservatory 2:30pm-4:00pm	4:00pm	

Wii Gaming 2:00pm – 4:00pm (Room 221)		*Please Register		

- * To attend the Cooking Program, you must pre-register for each class by calling Jesse @ 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.