



September 2017

Alpha Court Day Centre/ 270 Windsor Street

| S | Mon | Tue | Wed | Thu | Fri | S |
|---|---|--|---|---|---|---|
| | | | | | 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 Watch" | 2 |
| 3 | 4 | 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 (Rm 221) 1:00PM-2:30PM *** Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending *** Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost *** Yoga (Rm.221) 2:30 pm -4:00pm *** Community Spokes Bike Repair 3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/Register *** Canada vs. Australia Baseball Game? | 6 Lunch: Grilled Cheese with Veggies Mall Walking 9:00am-10:00am (Intercity 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 *** Thunder Bay Sports Hall of Fame 2:30pm-4:00pm *Please Register | 7 Lunch: Pasta Bake with Veggies 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 | 8 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 | 9 |
| | LABOUR DAY DAY CENTRE CLOSED | | | | | |

| | | | | | | |
|----|---|---|---|--|---|----|
| 10 | <p>11 Lunch: Pizza Casserole with Salad Gardening Group! 9:00am – 9:45am (Lakehead University Hangar #Plot 11) **Weather Depending ***</p> <p>Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***</p> <p>Coping with Anxiety 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *1/4 ***</p> <p>ZUMBA! 10:00pm-11:00pm (Rm.221) ***</p> <p>Coffee Talk 11:00am-1:00pm (Rm.221) ***</p> <p>Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) ***</p> <p>Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register ***</p> <p>Music discussion Group 1:00pm-2:00pm (Rm.221) "The 27 Club" ***</p> <p>Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Ooshke Programming 2:00pm-4:00pm (Rm.221) ***</p> <p>Wii Gaming 2:00pm – 4:00pm (Room 221)</p> | <p>12 Lunch: Ham Sandwiches with Veggies "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Baking (Rice Krispies) 10:30am- 12:00pm (Room 221/ Kitchen) *Please Register ***</p> <p>Coping with Anxiety 12:30pm-2:00pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *2/4 ***</p> <p>Jewelry Making (RM 221) 1:00PM-2:30PM ***</p> <p>Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Get Crafty 2:30pm-4:00pm (Rm.221) ***</p> <p>Community Spokes Bike Repair 3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/ Register</p> | <p>13 Lunch: Perogies with Coleslaw Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Healthy Choice Cooking Program (Kitchen) 10:30am-12:30 pm *REGISTER! (St.Joes) ***</p> <p>Bingo 10:30am-12:00pm (Room 221) ***</p> <p>Men's Boxing Class 11:00am-12:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Coping with Anxiety 12:30pm-2:00pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *3/4 ***</p> <p>Sleep Strategies 12:00pm – 1:00pm (Room 221) ***</p> <p>Canvas Painting 1:00pm – 2:00pm (Room 221) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO</p> | <p>14 Lunch: Chicken Wraps with Salad Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12pm (Room 221) ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Resolute Rm) *Barbecue ***</p> <p>Coping with Anxiety 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group* 4/4 ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Social Gaming Club – BILLIARDS TOURNAMENT 1:00pm-2:30pm (Main Floor) ***</p> <p>Walking Group (Day Centre/ Hillcrest Park) 2:30pm – 4:00pm</p> | <p>15 Lunch: BBQ Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending ***</p> <p>Gardening Group! 10:00am-10:45am (Lakehead University Hangar #Plot 11) **Weather Depending ***</p> <p>Mindful Movement 10:30am-11:30am (Rm.221) ***</p> <p>Coping with Anxiety 10:30am-11:30am (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *Extra ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) *All eyes on me" ***</p> <p>Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) ***</p> <p>Mini Putt 1:30pm – 3:30pm (Boulevard Lake) **Weather Permitting** - Please Register ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p> | 16 |
| 17 | <p>18 Lunch: Mac n' Cheese Gardening Group! 9:00am – 9:45am (Lakehead University Hangar #Plot 11) **Weather Depending ***</p> <p>Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***</p> <p>ZUMBA! 10:00pm-11:00pm (Rm.221) ***</p> <p>Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) ***</p> <p>Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register ***</p> <p>Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Ooshke Programming 2:00pm-4:00pm (Rm.221)</p> | <p>19</p> <p style="text-align: center;">DAY CENTRE</p> <p style="text-align: center;">CLOSED</p> | <p>20</p> <p style="text-align: center;">DAY CENTRE</p> <p style="text-align: center;">CLOSED</p> | <p>21 Lunch: Lasagna with Veggies Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12pm (Room 221) ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Resolute Rm) *Happy ***</p> <p>Wellness/Lifestyle Group 11:00pm-12:30pm (White Rm.) *Closed Group/ Must register prior to attending 1st group *Extra ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Social Gaming Club 1:00pm-2:30pm (Main Floor) ***</p> <p>Aboriginal Drumming 2:00pm-4:00pm (1241 Jasper Dr.) ***</p> <p>Walking Group (Day Centre/ Chapples Park) 2:30pm – 4:00pm</p> | <p>22 Lunch: BBQ Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending ***</p> <p>Mindful Movement 10:30am-11:30am (NorWest Clinic, 525 Simpson Street) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) *The Fighter" ***</p> <p>Women's Empowerment Group 12:30pm to 2:30pm (Green Rm) ***</p> <p>Frisbee Golf 1:30 pm – 3:30pm (Boulevard Lake) **Weather Permitting** ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p> | 23 |

| | | | | | | |
|----|--|--|--|--|--|----|
| 24 | <p>25 Lunch: Perogies with Coleslaw Personal Training (Weights & Cardio) 9:00am-10:15am (Fit4less) *Please Register ***</p> <p>Coping with Guilt & Shame 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group 1/4 ***</p> <p>Coffee Talk 11:00am-1:00pm (Rm.221) ***</p> <p>Creative Stenciling & Graffiti Art 12:30pm-1:30pm (Rm.221) ***</p> <p>Women's Aquatics 1:00pm -2:30pm (Volunteer Pool, 180 Martha St.) *Please Register ***</p> <p>ZUMBA! 1:00pm-2:00pm (Rm.221) ***</p> <p>Boxing Class 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221) ***</p> <p>Wii Gaming 2:00pm – 4:00pm (Room 221)</p> | <p>26 Lunch: Chicken Noodle Soup "Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register ***</p> <p>Baking (Raspberry Jello Cheesecake Bars) 10:30am-12:00pm (Room 221/ Kitchen) *Please Register ***</p> <p>Coping with Guilt & Shame 12:30pm-2:00pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group 2/4 ***</p> <p>Jewelry Making (Rm 221) 1:00PM-2:30PM ***</p> <p>Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Get Crafty 2:30pm-4:00pm (Rm.221) ***</p> <p>Community Spokes Bike Repair 3:15pm-4:00pm (LU Bike Shack) *Please call to inquire/Register</p> | <p>27 Lunch: Stir Fry Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Men's Boxing Class 11:00am-12:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Healthy Choice Cooking Program (Kitchen) 10:30am-12:30 pm *REGISTER! (Alpha Court) ***</p> <p>Coping with Guilt & Shame 12:30pm-2:00pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group 3/4 ***</p> <p>Canvas Painting 1:00pm – 2:00pm (Room 221) ***</p> <p>Tai Chi 1:00pm – 2:00pm(Room221) ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) BISNO ***</p> <p>Thunder Bay Conservatory 2:30pm-4:00pm *Please Register</p> | <p>28 Lunch: Ham Sandwiches Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register ***</p> <p>Mindfulness Colouring 10:00am – 12pm(Room 221) ***</p> <p>Documentary & Popcorn 10:30am-12:30pm (Resolute Rm) *What's with Wheat? ***</p> <p>Coping with Guilt & Shame 11:00am-12:30pm (Resolute rm.) *Closed Group/ Must register prior to attending 1st group 4/4 ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Social Gaming Club 1:00pm-2:30pm (Main Floor) ***</p> <p>Walking Group (Day Centre/ Mission Island) 2:30pm – 4:00pm</p> | <p>29 Lunch: BBQ Boxing Class 9:00am-10:00am (Exercise Rm) *Please call prior to attending ***</p> <p>Mindful Movement 10:30am-11:30am (Rm.221) ***</p> <p>Coping with Guilt & Shame 10:30am-11:30am (Resolute rm.) *Closed Group/ Must register prior to attending 1st group *Extra ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Transformers: The Last Knight" ***</p> <p>Women's Empowerment Group 12:30pm to 2:30pm (Green Rm)</p> | 30 |
|----|--|--|--|--|--|----|

* 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 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.