

Alpha Court Day Centre

September 2018

270 Windsor Street/ Room 221



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	<p>4 Lunch: Spaghetti 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>Tim Horton's Adventures 12:00pm-1:00pm*Please call for information ***</p> <p>Women's Boxing Program 2:00pm-3:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER - \$5.00 cost ***</p> <p>Gameshelf (Games) 920 Memorial Ave 2:00pm-3:30pm ***</p> <p>Walking Group (DayCentre) 2:30pm-3:30pm</p>	<p>5 Lunch: Cream of Mushroom Soup Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Social Gaming: Board & Card Games 9:00am – 10:30am (Room 221) ***</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>6 Lunch: Ham Sandwiches GOOD FOOD BOX PAYMENT DUE \$15/ Single, \$25/ Family</p> <p>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) "Top Spin" ***</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/ Tree Farm) 2:30pm – 4:00pm</p>	<p>7 Lunch: BBQ 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>Gardening 9:00pm – 9:45am (Lakehead University beside the Hangar, PLOT #125) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Brain Games! 10:00am – 11:00am (Rm.221) ***</p> <p>Cribbage/Chess Club 10:00am-12:00pm (Rm.221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Ferris Beuller's Day Off" ***</p> <p>Frisbee Golf 2:00pm – 3:30pm (Birch Point Disc Golf Course off Current Ave) **Please Register ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	8

CIVIC HOLIDAY
DAY CENTRE CLOSED

9	<p>10 Brunch: Pancakes Personal Training (Weights & Cardio) 9:00am-10:30am (Fit4less) *Please Register ***</p> <p>Brain Games! 9:30am – 10:15am (Rm.221) ***</p> <p>Coffee Talk 10:00am – 12:00pm (Rm.221) ***</p> <p>Women's Aquatics 10:15am – 12:00pm (Churchill Pool, 130 Churchill Drive) *Please Register ***</p> <p>Coping with Anxiety 11:00pm-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 4/4 ***</p> <p>Gardening 12:30pm – 1:15pm (Lakehead University beside the Hangar, PLOT #125) **Weather Permitting ***</p> <p>Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Mindfulness Colouring 1:30pm – 3:30pm (Room 221) ***</p> <p>Cribbage/Chess Club 2:00pm-3:00pm (Rm.221) ***</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>11 Lunch: Stir Fry Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) ***</p> <p>Mindfulness Colouring 9:00am – 11:00am (Room 221) ***</p> <p>Baking (Oreo Crunch Parfait) 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>Tim Horton'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>Gameshelf (Games) 920 Memorial Ave. 2:00pm-3:30pm ***</p> <p>Walking Group (DayCentre) 2:30pm-3:30pm ***</p> <p>Mindful Movement 3:00pm-4:00pm (Room 221) ***</p>	<p>12 Lunch: Pasta Bake 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. Joe's) ***</p> <p>"Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register ***</p> <p>Canvas Painting 11:00am – 1:00pm (Room 221) ***</p> <p>Workman Arts Presentation 12:00pm – 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 (Room 221) ***</p> <p>Circuit & Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register ***</p> <p>Art Program 2:00pm-4:00pm (Rm 221) ***</p>	<p>13 Lunch: Perogies 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) "The Secret: Attraction" ***</p> <p>Yoga (Rm.221) 1:00 pm -2:30pm ***</p> <p>Social Gaming 1:00pm-2:30pm (Main Floor) ***</p> <p>Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending ***</p> <p>Walking Group (Around Day Centre) 2:30pm – 4:00pm</p>	<p>14 Lunch: BBQ 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>Cribbage/Chess Club 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) "The Great Gatsby" ***</p> <p>Gardening 1:30pm – 2:15pm (Lakehead University beside the Hangar, PLOT #125) **Weather Permitting ***</p> <p>Mini Putt at Boulevard Lake 2:30pm – 4:00pm **Please register (Weather Permitting) ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	15
16	<p>17 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>Women's Aquatics 10:15am – 12:00pm (Churchill Pool, 130 Churchill Drive) *Please Register ***</p> <p>Coping with Difficult People 11:00pm-12:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group 1/4 ***</p> <p>Gardening 12:30pm – 1:15pm (Lakehead University beside the Hangar, PLOT #125) *Weatehr Permitting ***</p> <p>Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending ***</p> <p>Mindfulness Colouring 1:30pm – 3:30pm (Room 221) ***</p> <p>Ooshke Programing 2:00pm-4:00pm (Rm.221) ***</p> <p>Wii Gaming 2:00pm – 4:00pm (Room 221) ***</p> <p>Cribbage/Chess Club 2:00pm-3:00pm (Rm.221) ***</p>	<p>18 Lunch: Mac n' Cheese 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>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>Gameshelf (Games) 920 Memorial Ave. 2:00pm-3:30pm ***</p> <p>Get Crafty 2:30pm-4:00pm (Rm.221) ***</p> <p>Walking Group (DayCentre) 2:30pm-3:30pm</p>	<p>19 Lunch: Grilled Cheese Day Centre Closed until 12:00pm</p> <p>Canvas Painting 12:30pm – 2:00pm (Room 221) ***</p> <p>Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending ***</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>20 Lunch: Ham Sandwiches GOOD FOOD BOX PICKUP BETWEEN 3:00PM & 4:00PM</p> <p>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) "Dream Big: Explore the World" ***</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/Marina) 2:30pm – 4:00pm</p>	<p>21 Lunch: BBQ 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>Cribbage/Chess Club 10:00am-12:00pm (Rm.221) ***</p> <p>Mindfulness Colouring 10:00am – 12:00pm (Room 221) ***</p> <p>Movie of the Week 12:00pm-2:30pm (Rm.221) "Ferris Beuller's Day Off" ***</p> <p>Gardening 1:30pm – 2:15pm (Lakehead University beside the Hangar, PLOT #125) **Weather Permitting ***</p> <p>Frisbee Golf 2:00pm – 3:30pm (Birch Point Disc Golf Course off Current Ave) **Please Register ***</p> <p>Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	22

23	<p>24 Lunch: Chicken Wraps Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register *** Brain Games! 9:30am – 10:15am (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Women's Aquatics 10:15am – 12:00pm (Churchill Pool, 130 Churchill Drive) *Please Register *** Coping with Difficult People 12:00pm-1:30pm (Resolute Rm.) *Closed Group/ Must register prior to attending 1st group2/4 *** Gardening 12:30pm – 1:15pm (Lakehead University beside the Hangar, PLOT #125) **Weather Permitting *** Boxing Class 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** Mindfulness Colouring 1:30pm – 3:30pm (Room 221) *** Cribbage/Chess Club 2:00pm-3:00pm (Rm.221) *** Ooshke Programing 2:00pm-4:00pm (Rm.221) *** New & Interested participants tour of the Day Centre 3:00pm-4:00pm (Rm.221) *Call to Register</p>	<p>25 Lunch: Stir Fry Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Baking (Peach Cheesecake) 10:00am- 11:30am (Room 221/ Kitchen) *Limited spaces/ Please register prior to attending *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Tim Horton's Adventures 12:00pm-1:00pm *Please call for information *** Jewelry Making 1:00pm – 2:30pm (Room 221) *** Women's Boxing Program 1:00pm-2:00pm (Exercise Rm) *Please call prior to attending *** Thunder Bay Museum (Dinosaur Exhibit) 1:30pm-4:00pm *Please Register *** Gameshelf (Games) 920 Memorial Ave. 2:00pm-3:30pm *** Walking Group (DayCentre) 2:30pm-3:30pm *** Mindful Movement 3:00pm-4:00pm (Room 221)</p>	<p>26 Lunch: Chili Mall Walking 9:00am-10:00am (Intercity Shopping Mall Food Court) *** Knitting & Crocheting 10:30am-12:00pm (Room 221) *** Healthy Choice Cooking Program (Kitchen) 10:30am-12:30pm *Please Register! (Alpha Court) *** "Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Bingo 10:30am-11:45am (Room 221) *** Canvas Painting 11:00am – 1:00pm (Room 221) *** Men's Boxing Class 12:00pm-1:00pm (Exercise Rm) *Please call prior to attending *** Tai Chi 1:00pm – 2:00pm (Room 221) *** Circuit & Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register *** Art Program 2:00pm-4:00pm (Rm 221)</p>	<p>27 Lunch: Cheesy Taco Pasta Mall Walking 8:30am-9:30am (Intercity Shopping Mall Food Court) *** Fit4Less" gym session 9:30am-10:45pm (McIntyre Centre) *Register *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Documentary & Popcorn 10:30am-12:30pm (Rm 221) *** "Expedition Happiness" *** Yoga (Rm.221) 1:00pm -2:30pm *** Social Gaming 1:00pm-2:30pm (Main Floor) *** Boxing Class 1:30pm-2:30pm (Exercise Rm) *Please call prior to attending *** Walking Group (Lakehead University Trail) 2:30pm – 4:00pm</p>	<p>28 Lunch: BBQ Boxing Class 8:30am-9:30am (Exercise Rm) *Please call prior to attending *** Personal Training (Weights & Cardio) 10:00am-11:30am (Fit4less) *Please Register *** Cribbage/Chess Club 10:00am-12:00pm (Rm.221) *** Brain Games! 10:00am – 11:00am (Rm 221) *** Mindfulness Colouring 10:00am – 12:00pm (Room 221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "The Great Gatsby" *** Gardening 1:30pm – 2:15pm (Lakehead University beside the Hangar, PLOT #125) **Weather Permitting *** Mini Putt at Boulevard Lake 2:30pm – 4:00pm **Please register (Weather Permitting) *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse</p>	29
30	<p>* To attend the Cooking Program, you must pre-register for each class by calling Jesse at 683-7729</p> <p>* 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.</p> <p>*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.</p> <p>* 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.</p>					