## September 2019 Alpha Court Day Centre



270 Windsor Street/ Room 221

S	Mon	Tue	Wed	- Thu	Fri S
1	2	3 LUNCH: STIR FRY	4 LUNCH: PASTA BAKE	5 LUNCH: VEGETABLE SOUP	6 LUNCH: MAC N' CHEESE 7
		Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court)	Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road)	Mindfulness Colouring 9:00am – 11:00am (Room 221)	Gardening 8:45am – 9:30am (Lakehead University Hangar Plot #125, 955 Oliver Road)
	LABOUR DAY	<u>Mindfulness Colouring</u> 10:00am – 12:00pm (Room 221) ***	<u>Mall Walking</u> 9:00am-9:45am (Intercity Shopping Mall Food Court)	<u>Mall Walking</u> 9:00am-9:45am (Intercity Shopping Mall Food Court) ***	Morning Meditation 9:30am-10:00am (Rm.221)
	DAY CENTRE CLOSED	<u>"Fit4Less" gym session</u> 10:00am-11:30am (McIntyre Centre) * <b>Register</b> ***	Social Gaming - Board/ Card Games 9:00am - 10:30am (Room 221)	Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) * <b>Register</b> ***	Mindfulness Colouring 10:00am – 11:30am (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221)
		Tie Dyeing 10:00am – 11:30am (Room 221) *Please register	<u>"Fit4Less" gym session</u> 10:00am-11:30am (McIntyre Centre) * <b>Register</b>	Documentary & Popcorn 10:30am-12:30pm (Rm221) "GROWING UP WILD"	Fit4less Gym Session 10:30am-12:00pm (Fit4less) *Please Register
		Lets Sew!! (Sewing Class) 12:00pm-1:00pm (Rm.221) ***	<u>Bingo</u> 10:30am – 11:30am (Room 221) *** <u>Mindfulness Colouring</u> 10:30am – 12:00pm	Boxing Class 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending	Friendly Individual Trivia Competition 11:00am - 12:00pm (Room 221)
		Canvas Painting 12:00pm – 1:30pm (Room 221)	(Room 221)	Yoga 1:00pm -2:00pm (Room 221)	Movie of the Week 12:00pm-2:30pm (Rm.221)
		Jewelry Making 1:00pm – 2:30pm (Room 221)	Advanced Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending	Social Gaming 1:00pm-2:30pm (Back Field) ***	*FORREST GUMP"
		Beginner's Boxing Program 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending	**** Day Centre Weight Training 1:00pm-2:00pm (Exercise Rm.) *Please Register	Walking Group (Day Centre/ Friendship Gardens) 2:00pm – 3:30pm	Boxing Class 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending ***
		Controlled Breath Guided Meditation 2:30pm- 3:00pm (Rm221)	Tai Chi 1:00pm 2:00pm(Room221)	GOOD FOOD BOX PAYMENT DUE \$15/ SINGLE, \$25/ FAMILY	Mini Putt_1:00pm-2:30pm (Boulevard Lake) **Weather Depending, please register ***
			Art Program 2:00pm-4:00pm (Rm 221)		Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse
			ROCKIN' RECOVERY at MARINA PARK FESTIVAL AREA		*** Frisbee Golf 2:45pm – 4:00pm (Room 221)
			<u>5:30pm - 8:00pm</u>		

8	9 LUNCH: CHICKEN NOODLE SOUP	10 LUNCH: GRILLED CHEESE	11 LUNCH: STIR FRY	12 LUNCH: CHILI	13 LUNCH: BURGERS	14		
	Gardening 8:45am – 9:15am (Lakehead University Hangar, Plot	Mindfulness Colouring 9:00am – 11:00am (Room	Gardening 8:45am – 9:15am (Lakehead	Life Skills Program 9:00am-10:00am (Resolute	Gardening 8:45am – 9:15am (Lakehead University			
	#125, 955 Oliver Road)	221)	University Hangar Plot #125, 955 Oliver Road)	Rm.) *Register 1/6	Hangar Plot #125, 955 Oliver Road)			
	***	***	***	***				
	Fit4Less Gym Session 9:00am – 10:30am (1186 Memorial Ave)	Mall Walking 9:00am-9:45am (Intercity Shopping	Mall Walking 9:00am-9:45am (Intercity	Bingo 9:30am – 10:30am (Room 221)	Morning Meditation 9:30am-10:00am (Rm.221)			
	*Please Register	Mall Food Court)	Shopping Mall Food Court)	***`	***			
	***	***		Documentary & Popcorn 10:00am-12:00pm	Mindfulness Colouring 10:00am – 11:30am (Room 221)			
	Coffee Talk 10:00am – 12:00pm (Rm.221)	Baking (Peanut Butter Squares) 10:30am- 12:00pm	Mindfulness Calcuring 0.20am 11.00am	(Rm221) "THE CREATIVE BRAIN"				
	***	(Room 221) *Limited spaces/ Please register prior	<u>Mindfulness Colouring</u> 9:30am – 11:00am (Room 221)	***	FitAlana Cum Sanaian 10:20am 10:00am (FitAlana)			
	Mindfulness Colouring 10:30am – 12:30pm (Room 221)	to attending	(ROOM 221)	Fit4Less" gym session 10:30am-12:00pm	Fit4less Gym Session 10:30am-12:00pm (Fit4less)			
	***	***	"E"(4) 10 00 44 00	(McIntyre Centre) *Register	*Please Register			
	Coping with Difficult People11:00am-12:00pm (221 Rm.)	"Fit4Less" gym session 10:00am-11:30am	"Fit4Less" gym session 10:00am-11:30am					
	*Closed Group/ Must register prior to attending 1st group 1/4	(McIntyre Centre) *Register	(McIntyre Centre) *Register		Canvas Painting 10:30am - 12:00pm (Room 221)			
			***	Mindfulness Colouring 11:00am – 12:45(Room	***			
	Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180	Lets Sew!! (Sewing Class) 12:00pm-1:00pm	Healthy Choice Cooking Program (Kitchen)	221)	Movie of the Week 12:00pm-2:30pm (Rm.221)			
		(Rm.221)	10:30am-12:30pm *Please Register! (St Joes)	***	"WILLY WONKA AND THE CHOCOLATE FACTORY"			
	Martha Street) **Please register	(RIII.221)	***	Yoga 1:00pm -2:00pm (Room 221)	***			
	Baying Class 1:00pm - 0:00pm (Eversion Dm) *Blasse cell prior	Beginner's Beving Breathan 1,00mm 2,00mm	Canvas Painting 12:00pm – 1:30pm (Room	***	Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please			
	Boxing Class 1:00pm – 2:00pm (Exercise Rm) *Please call prior		221)	Boxing Class 1:00pm – 2:00pm (Exercise Rm)	call prior to attending			
	to attending	(Exercise Rm) *Please call prior to attending	***	*Please call prior to attending	***			
			Advanced Boxing Class 12:00pm – 1:00pm	***				
	Afternoon Meditation 2:00pm-3:00pm (Rm.221)	Controlled Breath Guided Meditation 2:30pm-	(Exercise Rm) *Please call prior to attending	Social Gaming 1:00pm-2:30pm (Main Floor)	Mini Dutt 1:00nm 2:20nm (Poulovard Laka) ****			
	***	3:00pm (Rm221)	***	***	Mini Putt 1:00pm-2:30pm (Boulevard Lake) **Weather			
	Wii Gaming 3:00pm-4:00pm (Rm.221)	***	Day Centre Weight Training 1:00pm-2:00pm	Walking Group (Day Centre/ Conservatory)	Depending, please register - \$7.00			
	***	WORKMAN ARTS – OPEN STUDIO 2:00PM –	(Exercise Rm.) *Please Register	2:00pm – 3:30pm				
	New & Interested participants tour of the Day Centre 3:00pm-	4:00PM (Room 221)	***		Volunteer Income Tax Program 2:15pm-4:00pm			
	4:00pm (Rm.221) *Call to Register		Art Program 2:00pm-4:00pm (Rm 221)		(Rm.221) *By appointment only/ Please call Jesse			
			***		***			
					Bannock & Tea 2:00pm – 4:00pm (1241 Jasper Drive)			
			Frisbee Golf 2:30pm – 4:00pm (Birch Point Disc		<u></u>			
			Golf Course, Cuyler Street) **Please register		00.0			
					Get Crafty 2:30pm – 4:00pm (Room 221			
15	16 LUNCH: HAM SANDWICHES	17 LUNCH: CHICKEN BROCCOLI ALFREDO	18 NO LUNCH	19 LUNCH: SLOPPY JOE'S	20 LUNCH: PIZZA CASSEROLE	21		
15	16 LUNCH: HAM SANDWICHES Morning Meditation 8:30am-9:00am (Rm.221)	17 LUNCH: CHICKEN BROCCOLI ALFREDO Mall Walking 9:00am-9:45am (Intercity Shopping	18 <u>NO LUNCH</u>	19 LUNCH: SLOPPY JOE'S Mindfulness Colouring 8:45am – 10:30am		21		
15		Mall Walking 9:00am-9:45am (Intercity Shopping		Mindfulness Colouring 8:45am – 10:30am	20 LUNCH: PIZZA CASSEROLE Gardening 8:45am – 9:15am (Lakehead University	21		
15	Morning Meditation 8:30am-9:00am (Rm.221) ***		18 <u>NO LUNCH</u> DAY CENTRE CLOSED		20 LUNCH: PIZZA CASSEROLE	21		
15		Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) ***	DAY CENTRE CLOSED	Mindfulness Colouring 8:45am – 10:30am (Room 221) ***	20 LUNCH: PIZZA CASSEROLE Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road) ***	21		
15	Morning Meditation 8:30am-9:00am (Rm.221) *** Knitting & Crochetting – RED SCARF PROJECT 10:00am –	Mall Walking         9:00am-9:45am         (Intercity Shopping           Mall Food Court)         ***         ***           Mindfulness Colouring         9:00am – 11:00am (Room		Mindfulness Colouring 8:45am – 10:30am (Room 221) *** Life Skills Program 9:00am-10:00am (Resolute	20 LUNCH: PIZZA CASSEROLE Gardening 8:45am – 9:15am (Lakehead University	21		
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15	Morning Meditation         8:30am-9:00am (Rm.221)           ***           Knitting & Crochetting – RED SCARF PROJECT           11:30am (Room 221)         10:00am –           ***           Fit4Less Gym Session           9:30am – 11:00am (1186 Memorial Ave)           ***           Mindfulness Colouring           10:30am – 12:30pm (Room 221)           ***           Coffee Talk           10:00am – 12:00pm (Rm.221)	Mall Walking       9:00am-9:45am (Intercity Shopping         Mindfulness       Colouring       9:00am - 11:00am (Room         221)       ***         "Fit4Less" gym session       10:00am-11:30am (McIntyre Centre) *Register         Tie Dyeing       10:00am - 11:30am (Room 221) *Please         register       ***	Mindfulness Colouring 12:15pm – 1:00pm *** Advanced Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending ***	Mindfulness Colouring 8:45am – 10:30am (Room 221) *** Life Skills Program 9:00am-10:00am (Resolute Rm.) *Register 2/6 *** Bingo 9:30am – 10:30am (Room 221) *** Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Documentary & Popcorn 10:30am-12:30pm	20         LUNCH: PIZZA CASSEROLE           Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road)           ***           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)           ***	21		
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15	Morning Meditation         8:30am-9:00am (Rm.221)           ***           Knitting & Crochetting – RED SCARF PROJECT           11:30am (Room 221)         10:00am –           ***           Fit4Less Gym Session           9:30am – 11:00am (1186 Memorial Ave)           ***           Mindfulness Colouring           10:30am – 12:30pm (Room 221)           ***           Coffee Talk           10:00am – 12:00pm (Rm.221)	Mall Walking       9:00am-9:45am (Intercity Shopping         Mindfulness       Colouring       9:00am - 11:00am (Room         221)       ***         "Fit4Less" gym session       10:00am-11:30am (McIntyre Centre) *Register         Tie Dyeing       10:00am - 11:30am (Room 221) *Please         register       ***	DAY CENTRE CLOSED UNTIL 12:00PM <u>Mindfulness Colouring</u> 12:15pm – 1:00pm *** <u>Advanced Boxing Class</u> 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending *** <u>Day Centre Weight Training</u> 1:00pm-2:00pm (Exercise Rm.) *Please Register *** <u>Gardening</u> 1:15pm – 1:45pm (Lakehead	Mindfulness Colouring 8:45am – 10:30am (Room 221) *** Life Skills Program 9:00am-10:00am (Resolute Rm.) *Register 2/6 *** Bingo 9:30am – 10:30am (Room 221) *** Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Documentary & Popcorn 10:30am-12:30pm (Rm221) "NOVA: BLACK HOLE APACOLYPSE" ***	20         LUNCH: PIZZA CASSEROLE           Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road)           ***           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)           ***	21		
15	Morning Meditation 8:30am-9:00am (Rm.221)           ****           Knitting & Crochetting – RED SCARF PROJECT           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	Mail Walking         9:00am-9:45am         (Intercity Shopping Mail Food Court)           ***         ***           Mindfulness Colouring         9:00am – 11:00am (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)	DAY CENTRE CLOSED UNTIL 12:00PM <u>Mindfulness Colouring</u> 12:15pm – 1:00pm <u>***</u> <u>Advanced Boxing Class</u> 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending <u>***</u> <u>Day Centre Weight Training</u> 1:00pm-2:00pm (Exercise Rm.) *Please Register <u>***</u>	Mindfulness Colouring 8:45am – 10:30am (Room 221) *** Life Skills Program 9:00am-10:00am (Resolute Rm.) *Register 2/6 *** Bingo 9:30am – 10:30am (Room 221) *** Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Documentary & Popcorn 10:30am-12:30pm	20 LUNCH: PIZZA CASSEROLE Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road) *** 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) ***	21		
15	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           ***           Boxing Class         1:00pm – 2:00pm (Exercise Rm) *Please call prior	Mail Walking         9:00am-9:45am         (Intercity Shopping           Mindfulness         Colouring         9:00am         11:00am         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)           ***         Knitting & Crochetting – RED SCARF PROJECT         ***	DAY CENTRE CLOSED UNTIL 12:00PM <u>Mindfulness Colouring</u> 12:15pm – 1:00pm <u>***</u> <u>Advanced Boxing Class</u> 12:00pm – 1:00pm (Exercise Rm) "Please call prior to attending <u>***</u> <u>Day Centre Weight Training</u> 1:00pm-2:00pm (Exercise Rm.) "Please Register <u>***</u> <u>Gardening</u> 1:15pm – 1:45pm (Lakehead University Hangar, Plot #125, 955 Oliver Road) <u>***</u>	Mindfulness Colouring 8:45am – 10:30am (Room 221) *** Life Skills Program 9:00am-10:00am (Resolute Rm.) *Register 2/6 *** Bingo 9:30am – 10:30am (Room 221) Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Documentary & Popcorn 10:30am-12:30pm (Rm221) *NOVA: BLACK HOLE APACOLYPSE" *** Yoga 1:00pm -2:00pm (Room 221) ***	20 LUNCH: PIZZA CASSEROLE Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road) *** 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 *Please Register *** Friendly Individual Trivia Competition 12:00pm (Room 221) *** Movie of the Week 12:00pm-2:30pm (Rm.221)	21		
15	Morning Meditation 8:30am-9:00am (Rm.221)           ****           Knitting & Crochetting – RED SCARF PROJECT           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	Mall Walking         9:00am-9:45am         (Intercity Shopping Mall Food Court)           ***         ***           Mindfulness Colouring         9:00am – 11:00am (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)	DAY CENTRE CLOSED UNTIL 12:00PM <u>Mindfulness Colouring</u> 12:15pm – 1:00pm <u>***</u> <u>Advanced Boxing Class</u> 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending <u>***</u> <u>Day Centre Weight Training</u> 1:00pm-2:00pm (Exercise Rm.) *Please Register <u>***</u> <u>Gardening</u> 1:15pm – 1:45pm (Lakehead University Hangar, Plot #125, 955 Oliver Road) ***	Mindfulness Colouring 8:45am – 10:30am (Room 221) *** Life Skills Program 9:00am-10:00am (Resolute Rm.) *Register 2/6 *** Bingo 9:30am – 10:30am (Room 221) *** Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Documentary & Popcorn 10:30am-12:30pm (Rm221) "NOVA: BLACK HOLE APACOLYPSE" ***	20 LUNCH: PIZZA CASSEROLE Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road) *** 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) ***	21		
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15	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           ***           Boxing Class         1:00pm – 2:00pm (Exercise Rm) *Please call prior	Mail Walking         9:00am-9:45am         (Intercity Shopping           Mindfulness         Colouring         9:00am         11:00am         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)           ***         Knitting & Crochetting – RED SCARF PROJECT         ***	DAY CENTRE CLOSED UNTIL 12:00PM <u>Mindfulness Colouring</u> 12:15pm – 1:00pm <u>***</u> <u>Advanced Boxing Class</u> 12:00pm – 1:00pm (Exercise Rm) "Please call prior to attending <u>***</u> <u>Day Centre Weight Training</u> 1:00pm-2:00pm (Exercise Rm.) "Please Register <u>***</u> <u>Gardening</u> 1:15pm – 1:45pm (Lakehead University Hangar, Plot #125, 955 Oliver Road) <u>***</u>	Mindfulness Colouring         8:45am         10:30am           (Room 221)         ***           Life Skills Program         9:00am-10:00am (Resolute           Rm.) *Register 2/6         ***           Bingo         9:30am         10:30am (Room 221)           ***         ***           Pingo         9:30am         10:30am (Room 221)           ***         ***         ***           Documentary & Popcorn         10:30am-12:30pm           (Rm221) *NOVA: BLACK HOLE APACOLYPSE"         ***           Yoga         1:00pm -2:00pm (Room 221)           ***         ***           Social Gaming         1:00pm-2:30pm (Main Floor)           ***         ***           Boxing Class         1:00pm - 2:00pm (Exercise Rm)	20 LUNCH: PIZZA CASSEROLE Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road) **** Morning Meditation 9:30am-10:00am (Rm.221) **** Mindfulness Colouring 10:00am – 11:30am (Room 221) **** Coffee Talk 10:00am – 12:00pm (Rm.221) **** FitAless Gym Session 10:30am-12:00pm (FitAless) *Please Register **** Friendly Individual Trivia Competition 11:00am - 12:00pm (Room 221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) ****	21		
15	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) *** Momen'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) ***	Mall Walking         9:00am-9:45am         (Intercity Shopping           Mindfulness         Colouring         ***           Mindfulness         Colouring         9:00am - 11:00am         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)         ***           Knitting & Crochetting         - RED SCARF PROJECT           12:30pm - 2:00pm         ?***           Jewelry Making         1:00pm - 2:30pm	DAY CENTRE CLOSED UNTIL 12:00PM <u>Mindfulness Colouring</u> 12:15pm – 1:00pm <u>***</u> <u>Advanced Boxing Class</u> 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending <u>***</u> <u>Day Centre Weight Training</u> 1:00pm-2:00pm (Exercise Rm.) *Please Register <u>***</u> <u>Gardening</u> 1:15pm – 1:45pm (Lakehead University Hangar, Plot #125, 955 Oliver Road) <u>***</u> <u>Tai Chi</u> 1:00pm 2:00pm(Room221) ***	Mindfulness Colouring 8:45am – 10:30am (Room 221) *** Life Skills Program 9:00am-10:00am (Resolute Rm.) *Register 2/6 *** Bingo 9:30am – 10:30am (Room 221) *** Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register Documentary & Popcorn 10:30am-12:30pm (Rm221) *NOVA: BLACK HOLE APACOLYPSE" *** Yoga 1:00pm -2:00pm (Room 221) ***	20 LUNCH: PIZZA CASSEROLE Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road) *** 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) *** Movie of the Week 12:00pm-2:30pm (Rm.221) *** Boxing Class 1:00pm – 2:00pm (Exercise Rm) *Please	21		
15	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)           ***           Mindfulness Colouring 10:30am – 12:30pm (Room 221)           ***           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           ****           Ooshke Programming         2:00pm – 4:00pm (Rm.221)           ****           Bowling 2:00pm-4:00pm (Meet at Mario's Bowl) *REGISTER -	Mall Walking         9:00am-9:45am         (Intercity Shopping           Mindfulness         Colouring         9:00am - 11:00am         Reom           221)         ***         ***           "Fit4Less" gym session         10:00am-11:30am         Room           (McIntyre Centre)         "Register         ***           Tie Dyeing         10:00am - 11:30am         (Room 221) *Please register           register         ***         ***           Lets         Sew!! (Sewing Class)         12:00pm-1:00pm           (Rm.221)         ***           Knitting & Crochetting         - RED SCARF PROJECT           12:30pm - 2:00pm (Room 221)         ***           Jewelry Making         1:00pm - 2:30pm (Room 221)           ***         Eginner's Boxing Program	DAY CENTRE CLOSED UNTIL 12:00PM <u>Mindfulness Colouring</u> 12:15pm – 1:00pm <u>***</u> <u>Advanced Boxing Class</u> 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending <u>***</u> <u>Day Centre Weight Training</u> 1:00pm-2:00pm (Exercise Rm.) *Please Register <u>***</u> <u>Gardening</u> 1:15pm – 1:45pm (Lakehead University Hangar, Plot #125, 955 Oliver Road) <u>***</u> <u>Tai Chi</u> 1:00pm 2:00pm(Room221) ***	Mindfulness Colouring 8:45am – 10:30am (Room 221) *** Life Skills Program 9:00am-10:00am (Resolute Rm.) *Register 2/6 *** Bingo 9:30am – 10:30am (Room 221) *** Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Documentary & Popcorn 10:30am-12:30pm (Rm221) *NOVA: BLACK HOLE APACOLYPSE" *** Yoga 1:00pm -2:00pm (Room 221) *** Social Gaming 1:00pm -2:30pm (Main Floor) *** Boxing Class 1:00pm -2:30pm (Exercise Rm) **Please call prior to attending ***	20 LUNCH: PIZZA CASSEROLE Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road) **** Morning Meditation 9:30am-10:00am (Rm.221) **** Mindfulness Colouring 10:00am – 11:30am (Room 221) **** Coffee Talk 10:00am – 12:00pm (Rm.221) **** FitAless Gym Session 10:30am-12:00pm (FitAless) *Please Register **** Friendly Individual Trivia Competition 11:00am - 12:00pm (Room 221) *** Movie of the Week 12:00pm-2:30pm (Rm.221) "CHARLIE AND THE CHOCOLATE FACTORY" ****	21		
15	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) *** Momen'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) ***	Mall Walking         9:00am-9:45am         (Intercity Shopping           Mindfulness         Colouring         ***           Mindfulness         Colouring         9:00am - 11:00am         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)         ***           Knitting & Crochetting         - RED SCARF PROJECT           12:30pm - 2:00pm         ?***           Jewelry Making         1:00pm - 2:30pm	DAY CENTRE CLOSED UNTIL 12:00PM <u>Mindfulness Colouring</u> 12:15pm – 1:00pm <u>***</u> <u>Advanced Boxing Class</u> 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending <u>***</u> <u>Day Centre Weight Training</u> 1:00pm-2:00pm (Exercise Rm.) *Please Register <u>***</u> <u>Gardening</u> 1:15pm – 1:45pm (Lakehead University Hangar, Plot #125, 955 Oliver Road) <u>***</u> <u>Tai Chi</u> 1:00pm 2:00pm(Room221) ***	Mindfulness Colouring 8:45am – 10:30am (Room 221) *** Life Skills Program 9:00am-10:00am (Resolute Rm.) *Register 2/6 *** Bingo 9:30am – 10:30am (Room 221) *** Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register Documentary & Popcorn 10:30am-12:30pm (Rm221) *NOVA: BLACK HOLE APACOLYPSE" Yoga 1:00pm -2:00pm (Room 221) *** Social Gaming 1:00pm -2:30pm (Main Floor) *** Boxing Class 1:00pm - 2:30pm (Main Floor) *** Boxing Class 1:00pm - 2:00pm (Exercise Rm) *Please call prior to attending ***	20 LUNCH: PIZZA CASSEROLE Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road) *** 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) *** Movie of the Week 12:00pm-2:30pm (Rm.221) *** Boxing Class 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending ***	21		
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(Sewing Class)           Sewill (Sewing Class)           12:00pm-1:00pm           (Rm.221)           ***           Knitting & Crochetting – RED SCARF PROJECT           1:30pm (Room 221)           ***           Jewelry Making 1:00pm - 2:00pm (Room 221)           ***           Beginner's Boxing Program           #**           Beginner's Boxing Program           #** <td <<="" colspan="2" td=""><td>DAY CENTRE CLOSED UNTIL 12:00PM <u>Mindfulness Colouring</u> 12:15pm – 1:00pm <u>***</u> <u>Advanced Boxing Class</u> 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending <u>***</u> <u>Day Centre Weight Training</u> 1:00pm-2:00pm (Exercise Rm.) *Please Register <u>***</u> <u>Gardening</u> 1:15pm – 1:45pm (Lakehead University Hangar, Plot #125, 955 Oliver Road) <u>***</u> <u>Tai Chi</u> 1:00pm 2:00pm(Room221) ***</td><td>Mindfulness Colouring 8:45am – 10:30am (Room 221) *** Life Skills Program 9:00am-10:00am (Resolute Rm.) *Register 2/6 *** Bingo 9:30am – 10:30am (Room 221) Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Documentary &amp; 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22	23 LUNCH: CHEESY TACO PASTA	24 LUNCH: CHILI	25 LUNCH: VEGETABLE SOUP			28	
22	Gardening 8:45am – 9:15am (Lakehead University Hangar, Plot	Mindfulness Colouring 9:00am – 11:00am (Room	Beading Program 8:45am – 10:00am (Room	26 LUNCH: PEROGIES Mindfulness Colouring 9:00am – 11:00am	27 <u>LUNCH: BURGERS</u> Gardening 8:45am – 9:30am (Lakehead University	20	
	#125. 955 Oliver Road)	221)	221)	(Room 221)	Hangar Plot #125, 955 Oliver Road)		
	***	***	***	***	***		
	Fit4Less Gym Session 9:00am – 10:30am (1186 Memorial Ave)	Mall Walking 9:00am-9:45am (Intercity Shopping	Mall Walking 9:00am-9:45am (Intercity	Life Skills Program 9:00am-10:00am (Resolute	Morning Meditation 9:30am-10:00am (Rm.221)		
	*Please Register	Mall Food Court)	Shopping Mall Food Court)	Rm.) *Register 3/6	***		
	***	***	***	***	Mindfulness Colouring 10:00am – 11:30am (Room 221)		
	Mindfulness Colouring 10:00am – 11:30am (Room 221)	Baking (Rice Krispie Squares) 10:30am- 12:00pm	Mindfulness Colouring 9:30am – 11:00am	Bingo 9:30am – 10:30am (Room 221)	***		
	***	(Room 221) *Limited spaces/ Please register prior	(Room 221)	***	Canvas Painting 10:30am - 12:00pm (Room 221)		
	Coffee Talk 10:00am – 12:00pm (Rm.221)	to attending	***	Fit4Less" gym session 10:30am-12:00pm	***		
	***	***	"Fit4Less" gym session 10:00am-11:30am	(McIntyre Centre) *Register	Fit4less Gym Session 10:30am-12:00pm (Fit4less)		
	Coping with Difficult People 11:00am-12:00pm (221 Rm.)	"Fit4Less" gym session 10:00am-11:30am	(McIntyre Centre) *Register	***	*Please Register		
	*Closed Group/ Must register prior to attending 1st group 1/4	(McIntyre Centre) *Register	***	Documentary & Popcorn 10:30am-12:30pm	***		
	Waman'a Asuatian 1:00mm 2:20mm (Valuateer Deal 190	Lata Sawili (Sawing Class) 19:00nm 1:00nm	Healthy Choice Cooking Program (Kitchen)	(Rm221) "WHAT HAPPENED: MISS SIMONE"	Movie of the Week 12:00pm-2:30pm (Rm.221)		
	Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180 Martha Street) **Please register	Lets Sew!! (Sewing Class) 12:00pm-1:00pm (Rm.221)	10:30am-12:30pm *Please Register! (Alpha	Mindfulness Colouring 11:00pm 12:45/Deem	"OCEAN'S ELEVEN"		
		(RIII.221)	Court)	Mindfulness Colouring 11:00am – 12:45(Room 221)	***		
	Boxing Class 1:00pm – 2:00pm (Exercise Rm) *Please call prior	Beginner's Boxing Program 1:00pm - 2:00pm		***	Boxing Class 1:00pm – 2:00pm (Exercise Rm) *Please		
	to attending	(Exercise Rm) *Please call prior to attending	Canvas Painting 12:00pm – 1:30pm (Room	Yoga 1:00pm -2:00pm (Room 221)	call prior to attending		
	***		221)	***	***		
	Afternoon Meditation 2:00pm-3:00pm (Rm.221)	WORKMAN ARTS - OPEN STUDIO 2:00PM -	Advanced Boxing Class 12:00pm – 1:00pm	Social Gaming 1:00pm-2:30pm (Main Floor)	Volunteer Income Tax Program 2:15pm-4:00pm		
	***	4:00PM (Room 221)	(Exercise Rm) *Please call prior to attending	***	(Rm.221) *By appointment only/ Please call Jesse		
	Wii Gaming 3:00pm-4:00pm (Rm.221)	***		Boxing Class 1:00pm – 2:00pm (Exercise Rm)	***		
	***	Controlled Breath Guided Meditation 2:30pm-	Day Centre Weight Training 1:00pm-2:00pm	*Please call prior to attending	Get Crafty 2:30pm – 4:00pm (Room 221)		
	New & Interested participants tour of the Day Centre 3:00pm-	3:00pm (Rm221)	(Exercise Rm.) *Please Register	***			
	4:00pm (Rm.221) *Call to Register	***	***	Walking Group (Day Centre/ Chapples Park)			
	***	Experience Thunder Bay (Conservatory)	Art Program 2:00pm-4:00pm (Rm 221)	2:00pm – 3:30pm			
		3:15pm-3:45pm 1601 Dease Street	***				
	Knitting & Crochetting – RED SCARF PROJECT 3:00pm –						
	4:00pm (Room 221)		Frisbee Golf 2:30pm – 4:00pm (Birch Point Disc				
			Golf Course, Cuyler Street) **Please register				
29	30 LUNCH: HAMBURGER SOUP	* To attend the Cooking Program,	you must pre-register for each	class by calling Jesse at 683-772	9		
	Morning Meditation 8:30am-9:00am (Rm.221)	<ul> <li>* To attend the Cooking Program, you must pre-register for each class by calling Jesse at 683-7729</li> <li>* The Fit4Less sessions can only take 4 participants at a time. Registering with Jesse (683-7729) IS REQUIRED every week. This will remain a</li> </ul>					
					•	ina	
	Fit4Less Gym Session 9:30am – 11:00am (1186 Memorial Ave)	free program, but you are require	d to bring an indoor pair of sho	es, and loose fitting clothing. The	ere can be no drop-ins.		
	*Please Register		0 1	, 6 6	•		
	Mindfulness Colouring 10:00am – 11:30am (Room 221)						
	***	*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	
	Coffee Talk 10:00am – 12:00pm (Rm.221)	*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. Yo may also meet us at the walking location indicated on the calendar. We can also provide one bus ticket to participants.					
	***	may also meet us at the walking lo	ocation indicated on the calenda	ar. we can also provide one bus	ticket to participants.		
	Coping with Difficult People11:30am-12:30pm (221 Rm.)						
	*Closed Group/ Must register prior to attending 1st group 2/4						
	***	* 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.					
	Women's Aquatics 1:00pm – 2:30pm (Volunteer Pool, 180						
	Martha Street) **Please register	participate in the many programs	we provide.				
	***						
	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						
	***						
	Knitting & Crochetting 3:00pm – 4:00pm (Room 221)						