

September 2019

Alpha Court Day Centre

270 Windsor Street/ Room 221



S	Mon	Tue	Wed	Thu	Fri	S
1	2	<p>3 LUNCH: STIR FRY 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 *** 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)</p>	<p>4 LUNCH: PASTA BAKE Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road) *** 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 *** 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)</p> <p style="text-align: center;"><u>ROCKIN' RECOVERY at MARINA PARK FESTIVAL AREA</u> <u>5:30pm – 8:00pm</u></p>	<p>5 LUNCH: VEGETABLE SOUP Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Fit4Less" gym session 10:00am-11:30am (McIntyre Centre) *Register *** Documentary & Popcorn 10:30am-12:30pm (Rm221) *GROWING UP WILD* *** Boxing Class 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending Yoga 1:00pm -2:00pm (Room 221) *** Social Gaming 1:00pm-2:30pm (Back Field) *** Walking Group (Day Centre/ Friendship Gardens) 2:00pm – 3:30pm</p> <p style="text-align: center;"><u>GOOD FOOD BOX PAYMENT DUE</u> <u>\$15/ SINGLE, \$25/ FAMILY</u></p>	<p>6 LUNCH: MAC N' CHEESE Gardening 8:45am – 9:30am (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) "FORREST GUMP" *** Boxing Class 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending *** Mini Putt 1:00pm-2:30pm (Boulevard Lake) **Weather Depending, please register *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse *** Frisbee Golf 2:45pm – 4:00pm (Room 221)</p>	7

LABOUR DAY
DAY CENTRE CLOSED

8	<p>9 LUNCH: CHICKEN NOODLE SOUP Gardening 8:45am – 9:15am (Lakehead University Hangar, Plot #125, 955 Oliver Road) *** 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) *** 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</p>	<p>10 LUNCH: GRILLED CHEESE Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Baking (Peanut Butter Squares) 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) *** 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)</p>	<p>11 LUNCH: STIR FRY Gardening 8:45am – 9:15am (Lakehead University Hangar Plot #125, 955 Oliver Road) *** 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! (St Joes) *** 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) *** Frisbee Golf 2:30pm – 4:00pm (Birch Point Disc Golf Course, Cuyler Street) **Please register</p>	<p>12 LUNCH: CHILI Life Skills Program 9:00am-10:00am (Resolute Rm.) *Register 1/6 *** Bingo 9:30am – 10:30am (Room 221) *** Documentary & Popcorn 10:00am-12:00pm (Rm221) "THE CREATIVE BRAIN" *** Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Mindfulness Colouring 11:00am – 12:45(Room 221) *** Yoga 1:00pm -2:00pm (Room 221) *** Boxing Class 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending *** Social Gaming 1:00pm-2:30pm (Main Floor) *** Walking Group (Day Centre/ Conservatory) 2:00pm – 3:30pm</p>	<p>13 LUNCH: BURGERS 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) *** 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) "WILLY WONKA AND THE CHOCOLATE FACTORY" *** Boxing Class 12:00pm – 1:00pm (Exercise Rm) *Please call prior to attending *** Mini Putt 1:00pm-2:30pm (Boulevard Lake) **Weather Depending, please register - \$7.00 *** 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) *** Get Crafty 2:30pm – 4:00pm (Room 221)</p>	14
15	<p>16 LUNCH: HAM SANDWICHES Morning Meditation 8:30am-9:00am (Rm.221) *** Knitting & Crocheting – 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 *** Gardening 3:00pm – 4:00pm (Lakehead University Hangar, Plot #125, 955 Oliver Road)</p>	<p>17 LUNCH: CHICKEN BROCCOLI ALFREDO 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) *** Knitting & Crocheting – RED SCARF PROJECT 12:30pm – 2:00pm (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 *** Canvas Painting 2:30pm – 3:30pm (Room 221) *** Controlled Breath Guided Meditation 3:30pm-4:00pm (Rm221)</p>	<p>18 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 *** Gardening 1:15pm – 1:45pm (Lakehead University Hangar, Plot #125, 955 Oliver Road) *** Tai Chi 1:00pm 2:00pm(Room221) *** Art Program 2:00pm-4:00pm (Rm 221)</p>	<p>19 LUNCH: SLOPPY JOE'S 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 – 2:00pm (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 GOOD FOOD BOX PICK UP BETWEEN 3:00PM – 4:00PM</p>	<p>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) "CHARLIE AND THE CHOCOLATE FACTORY" *** Boxing Class 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending *** Social Gaming 1:00pm-2:30pm (Main Floor) *** Volunteer Income Tax Program 2:15pm-4:00pm (Rm.221) *By appointment only/ Please call Jesse *** Frisbee Golf 2:45pm – 4:00pm (Birch Point Disc Golf Course, Cuyler Street) **Please register</p>	21

22	<p>23 LUNCH: CHEESY TACO PASTA Gardening 8:45am – 9:15am (Lakehead University Hangar, Plot #125, 955 Oliver Road) *** Fit4Less Gym Session 9:00am – 10:30am (1186 Memorial Ave) *Please Register *** Mindfulness Colouring 10:00am – 11:30am (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.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 *** Knitting & Crocheting – RED SCARF PROJECT 3:00pm – 4:00pm (Room 221) ***</p>	<p>24 LUNCH: CHILI Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Mall Walking 9:00am-9:45am (Intercity Shopping Mall Food Court) *** Baking (Rice Krispie Squares) 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) *** Beginner's Boxing Program 1:00pm – 2:00pm (Exercise Rm) *Please call prior to attending *** WORKMAN ARTS – OPEN STUDIO 2:00PM – 4:00PM (Room 221) *** Controlled Breath Guided Meditation 2:30pm-3:00pm (Rm221) *** Experience Thunder Bay (Conservatory) 3:15pm-3:45pm 1601 Dease Street ***</p>	<p>25 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) *** Frisbee Golf 2:30pm – 4:00pm (Birch Point Disc Golf Course, Cuyler Street) **Please register ***</p>	<p>26 LUNCH: PEROGIES Mindfulness Colouring 9:00am – 11:00am (Room 221) *** Life Skills Program 9:00am-10:00am (Resolute Rm.) *Register 3/6 *** Bingo 9:30am – 10:30am (Room 221) *** Fit4Less" gym session 10:30am-12:00pm (McIntyre Centre) *Register *** Documentary & Popcorn 10:30am-12:30pm (Rm221) "WHAT HAPPENED: MISS SIMONE" *** 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 ***</p>	<p>27 LUNCH: BURGERS Gardening 8:45am – 9:30am (Lakehead University Hangar Plot #125, 955 Oliver Road) *** 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) "OCEAN'S ELEVEN" *** 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) ***</p>	28
29	<p>30 LUNCH: HAMBURGER SOUP Morning Meditation 8:30am-9:00am (Rm.221) *** Fit4Less Gym Session 9:30am – 11:00am (1186 Memorial Ave) *Please Register *** Mindfulness Colouring 10:00am – 11:30am (Room 221) *** Coffee Talk 10:00am – 12:00pm (Rm.221) *** Coping with Difficult People 11:30am-12:30pm (221 Rm.) *Closed Group/ Must register prior to attending 1st group 2/4 *** 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 *** 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 & Crocheting 3:00pm – 4:00pm (Room 221) ***</p>	<p>* 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 <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.</p>				