

ACTIVE 55+



City of
Sault Ste. Marie

Seniors Services Winter/Spring 2019

| INSIDE THIS ISSUE... | PAGE |
|------------------------------|------|
| About our Centres | 4 |
| Welcome from Senior Services | 5 |
| Information | 6 |
| Are You Ready | 7 |
| Host Clubs and Events | 8 |
| Active Living | 10 |
| Arts and Crafts | 15 |
| Educational | 28 |
| Cards and Games | 32 |
| Special Events | 34 |
| Centre Events | 36 |
| Dine With Us | 37 |
| Healthy Living | 37 |

Special Events

Cards and Games

Dine With Us

Centre Events



Active Living

Arts and Crafts

Educational

Healthy Living

Host Clubs and Events



619 Bay Street

Regular Programs

Monday to Friday 10 AM to 5 PM

Evening programming Monday, Tuesday, & Thursday.

Weekend Bookings by Request

Senior Citizens' Drop-In Centre

Phone: 705-254-6474 Fax: 705-254-4929

Email: seniors@cityssm.on.ca

Fully accessible, The Drop-In Centre (DIC) is home to a variety of activities for adults 55+ in our many activity rooms. Our main hall can accommodate up to 350 people for special events such as dinner dances, presentations, sporting events and community information fairs.

The Centre is easily accessible by car or city bus; there is an enclosed bus shelter at the front of the facility and parking is available at the rear of the building off Russ Ramsay Way.

Accessible parking is available.

Supervisor, Senior Services: Terry Lou Legros

Recreation Programmers: Brooke McMillan, Rita O'Neill

Administration Staff: Fran Wozny

Northern Community Centre

Seniors 55+

Phone: 705-759-5377 Fax: 705-254-4929

Email: seniors@cityssm.on.ca

Our Active Living Centre is located at 556 Goulais Avenue. Programs offered include active living, arts and crafts, educational, special events and health related services. Our site is fully accessible.



556 Goulais Avenue

Regular Programs

Monday to Friday 10 AM to 5 PM

Wednesday Evening 6:30 to 9:30 PM

Evening and Weekend Bookings by Request

There is a bus stop on Goulais Avenue at the roadway entrance to the Northern Community Centre that is serviced by the Second Line bus. This bus will take riders to the Centre, and back to the terminal on its return trip. There is generous onsite parking.

Accessible parking is available.

The Central Community Bus visits our facility Monday to Friday, from 8:30 a.m. to 4:20 p.m.

Supervisor, Senior Services: Terry Lou Legros

Recreation Programmer: Vicky Taylor

| | | |
|---------------------------------------------------------------------------------|-----------------------------------|-----------------|
|  | WELCOME SENIOR FRIENDS | 55+ |
| | | Join in the Fun |

There are many exciting new activities and recreation programs available in our Winter/Spring Issue of Active 55+! Please take the time to review and select all the programs available to you and why not try something new!

All programs in this booklet are listed in chronological order according to the date. Registration is required for most events and other events or programs require a ticket purchase.

Seniors' Services provides the opportunity for persons' age 55 years or over to participate in meaningful leisure pursuits and to provide services that address the needs of adults 55+ as they relate to information, communication and recreation in facilities that are friendly, clean and safe.

We would like to thank all of our instructors, volunteer instructors, and volunteers who have assisted with all of our programs over the past year in 2018. We are so lucky that we are able to provide quality based programs because of the volunteers we have working with us at our Active Living Centre's.

To all our participants thank you for your continued support over this past year!

Many of our Active Living programs fill up quickly and we understand the frustration of not being able to get into the classes that you so desire. We have added classes in the New Year to accommodate the great increase in active members and also be offering fitness classes in the early evenings. Be sure to check out all the programming that is happening at both centres.

Yours Truly in Recreation,



Supervisor, Senior Services



INFORMATION

REGISTRATION

Register in advance for all programs. A reminder that some programs have limited seating.

Payment for all programs is due one week prior to the start of the program. Method of payment is Cash, Debit, Cheque or Credit Card. Failure to pay one week in advance could result in loss of spot in the class/program. Supply lists are given upon payment.

WITHDRAWAL

You may request a refund or leave a credit on your account for future use. You may withdraw and reregister into another program without penalty if the withdrawal is within one business day of the program start date.

REFUNDS

With a valid reason a refund accompanied by the original receipt a refund will be issued as per the original payment received.

CANCELLATIONS

Programs may be cancelled due to insufficient registrations. You will be notified as soon as a decision regarding class cancellation has been made.

Medical Cancellations

Withdrawals for medical reasons are permitted with no penalty prior to program start. If you withdraw after the program starts due to medical reasons a partial refund or credit on account may be permitted.

HOW TO REGISTER

There are many ways to register for activities at the Senior Centres.

To register in person, visit either the Seniors Drop-In Centre or the Northern Community Centre and speak with any of the staff.

Registration by phone can be done by calling either the Senior's Drop-In Centre at 705-254-6474 or the Northern Community Centre 705-759-5377. Please have the name and date of the activity handy or the barcode number to expedite the process.

Registration is available online, by visiting www.saultstemarie.ca and select "Register for Activities".

If you do not have an online account simply click on the top right corner of the page. Your contact information is required.

From the Sault ActiveNet main page ensure you are logged in and select Senior 55⁺ to list all senior activities available. Add activities to your cart or wish list if there is a waiting list only.

Online Payment

1. While logged into the Sault ActiveNet webpage click "My Account" on the top right of the page.
2. Under Payment Details click "Pay on Account"
3. Click on the "Payment Amount" drop down select the dollar amount for each program you are making payment for.
4. Click "Continue" to review your list and proceed to checkout. Ensure you check the "waiver" box, which will take you to the credit card payment page.
5. Enter your credit card information and click "Pay and Finish"

Are You Ready

55+

Join in the Fun

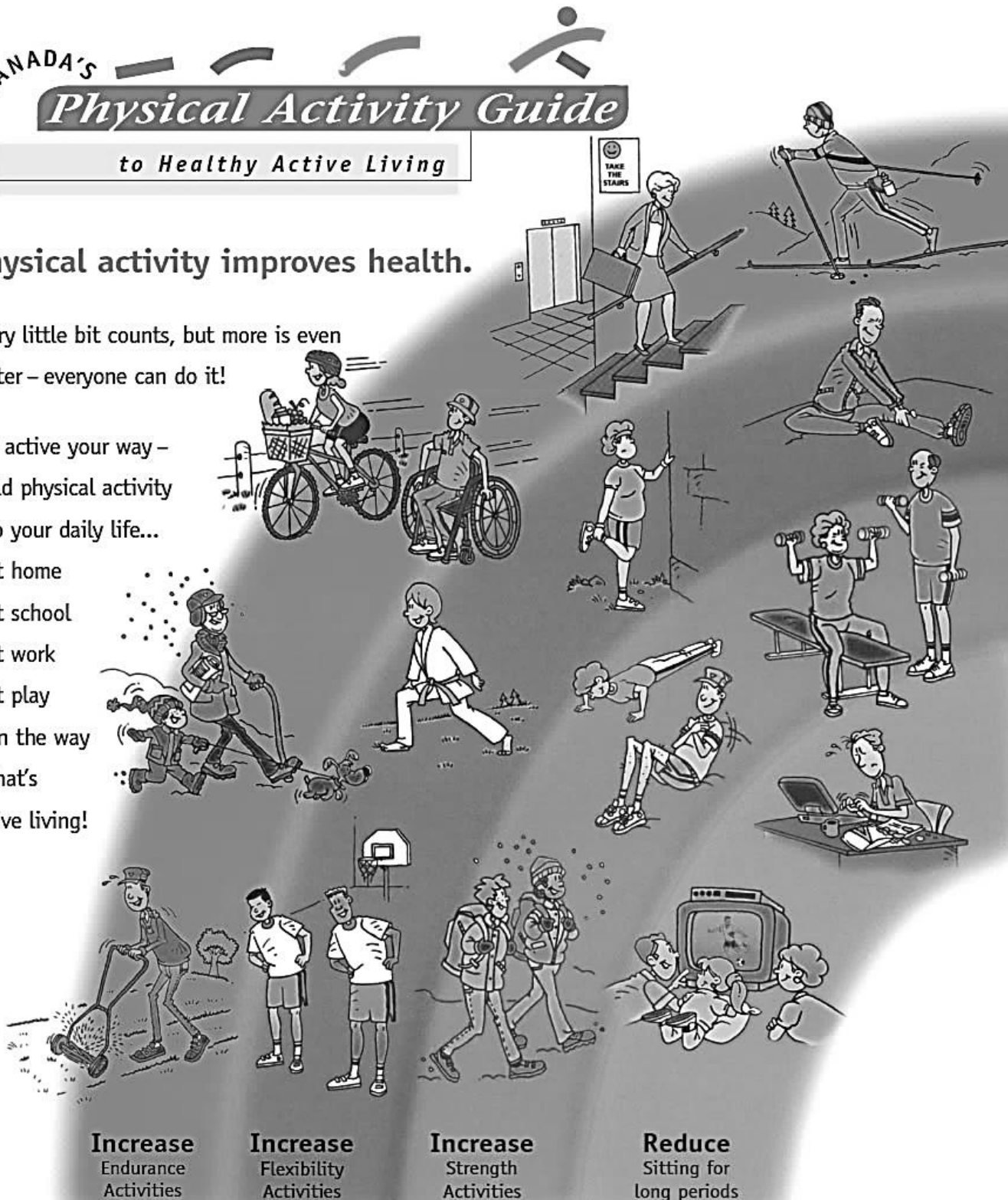
CANADA'S *Physical Activity Guide* to Healthy Active Living

Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way –
build physical activity
into your daily life...

- at home
 - at school
 - at work
 - at play
 - on the way
- ...that's
active living!



Increase
Endurance
Activities

Increase
Flexibility
Activities

Increase
Strength
Activities

Reduce
Sitting for
long periods

| | | |
|---------------------------------------------------------------------------------|------------------------------|-----------------|
|  | Host Clubs and Events | 55+ |
| | | Join in the Fun |

UNITED SENIORS CITIZENS OF ONTARIO AND LOCAL HOST CLUBS

Each Centre is home to a Host Club. Club 119 is the Host Club at the Senior Citizens' Drop-In Centre located at 619 Bay Street, and Club 235 is the Host Club at the Northern Community Centre.

Memberships are sold from September 1st 2018 to August 31st 2019 annually and are \$5.00 per individual.

The U.S.C.O. is a non-profit organization in Ontario that represents the needs of seniors through unity, education, support and co-operation with member clubs and other groups to enhance the quality of life, community participation and independence of seniors.

Club 119 & Club 235 assist financially with the purchase of equipment and the operation of programs at our Centres, as well as, hosting several special events and activities throughout the year. Club 235 Executive Meetings occur on the third Tuesday of each month at 10:30 a.m. and all members are invited to attend the meeting.

DIC Club 119 Cards

| Day/Dates | Time | Location | Cost |
|-----------------------------------------------------------------------------------------------------------------------------|-----------------|------------------------|-----------------------------|
| Tuesdays, January 8 th to May 28 th | 1:00 to 3:30 PM | Seniors Drop-In Centre | \$ 2 plus a Club Membership |
| Cash prizes awarded to 1 st , 2 nd and 3 rd place. Light snack and refreshments available. | | | |

DIC Club 119 Senior Singers

| Day/Dates | Time | Location | Cost |
|-------------------------------------------------------------|----------------------|------------------------|---------------------------------|
| Tuesdays, January 8 th to April 23 rd | 10:15 AM to 12:00 PM | Seniors Drop-In Centre | \$ 5 plus \$15 choir membership |

Choir Director: Sonya Masotti Pianist: Mary Madonna & Loraine Smith

The Senior Singers Choir accepts new memberships in January and September. A membership fee of \$15 is payable yearly to the Senior Singers Choir. A vest and crest must be purchased for concerts.

NCC Club 235 Bingo

| Day/Dates | Time | Location | Cost |
|-----------------------------------------|-----------------|---------------------------|--------------|
| First and Third Wednesdays of the month | 1:15 to 3:30 PM | Northern Community Centre | Pay Per Card |

Caller: Rob Scott. There is a nominal fee for coffee and tea. Cash prizes to be won. Check Buzz flyer for dates.

NCC Club 235 '500' Cards

| Day/Dates | Time | Location | Cost |
|-------------------------------------------------------------|---------|---------------------------|----------------------------|
| Wednesdays, January 2 nd to May 29 th | 6:30 PM | Northern Community Centre | \$3 plus a Club Membership |

Cash prizes awarded to top players. Light snack to follow. Club 235 Membership Required

NCC Club 235 Quilt Club

| Day/Dates | Time | Location | Cost |
|-----------------------------------------------------------|---------|---------------------------|-----------------|
| Tuesdays, January 8 th to May 28 th | 1:00 PM | Northern Community Centre | Club Membership |

There is a fee for specific size and patterns needed to complete a quilt, to inquire call 705-759-5377.

NCC Club 235 Evening of Entertainment & Fellowship

| Day/Dates | Time | Location | Cost |
|----------------------------------|-----------------|---------------------------|------|
| Friday, January 25 th | 7:00 to 9:00 PM | Northern Community Centre | Free |

Entertainment: Phil Braidon and Band. Cookies, coffee and tea provided.

NCC Club 235 Bon Soo Brunch & Card Party

| Day/Dates | Time | Location | Cost |
|-------------------------------------|----------|---------------------------|------|
| Wednesday, February 6 th | 11:00 AM | Northern Community Centre | \$10 |

Show your Bon Soo spirit, wear red & white! Cash prizes to be won. Purchase your ticket in advance.

Menu: scrambled eggs, ham, sausage, toast, fresh fruit salad. No membership required.

NCC Club 235 St. Patrick's Day Dinner & Card Party

| Day/Dates | Time | Location | Cost |
|-----------------------------------|---------|---------------------------|--------------|
| Wednesday, March 13 th | 5:00 PM | Northern Community Centre | \$10 Members |

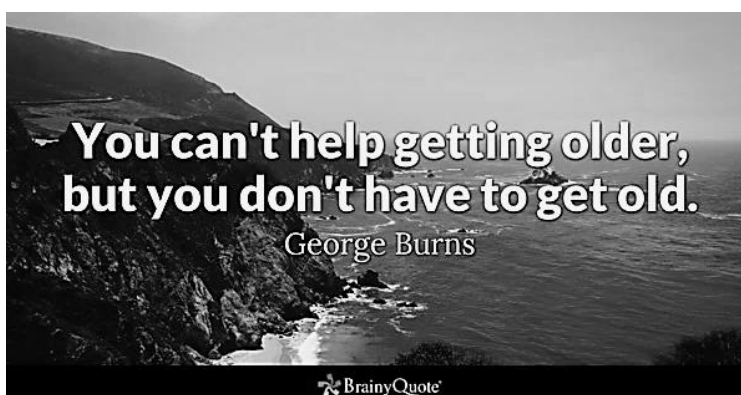
Menu: sausage on a bun, salad, dessert, coffee & tea. Cards to follow dinner

Dress in St. Patrick's Day lucky attire! Cash prizes to be won. \$13 non-members.

NCC Club 235 Breakfast Buffet

| Day/Dates | Time | Location | Cost |
|---------------------------------|----------------------|---------------------------|------|
| Thursday, April 4 th | 10:00 AM to 12:00 PM | Northern Community Centre | \$6 |

Menu: ham, sausage, pancakes, toast, scrambled eggs, coffee & tea.



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|--|------------------------|-------------------------------------------|
| | <h1>Active Living</h1> | <div>55+</div> <div>Join in the Fun</div> |
|--|------------------------|-------------------------------------------|

A Friendly Reminder:

When participating in any activity at the NCC Indoor Turf, only indoor running shoes or cleats are permitted.
No Food or Drinks other than Water are allowed.

| <u>DIC Open Line Dance</u> | | | | | Instructor: Walls, Joan | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|------------|-------------------------|---------|
| This class is for those who enjoy dancing to a selection of music provided by our instructor. Learn new steps and dances in a group setting. Cold refreshments will be available. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity Search/3722 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 1/3/2019 | 12:30 PM | 2:30 PM | \$ 25 | 10 | Seniors Drop-In Centre | 8718 |
| Th 3/14/2019 | 12:30 PM | 2:30 PM | \$ 25 | 10 | Seniors Drop-In Centre | 8720 |

| <u>DIC Beginners Line Dance</u> | | | | | Instructor: Walls, Joan | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|------------|-------------------------|---------|
| Learn the basic line dance steps. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity Search/3723 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 1/3/2019 | 2:45 PM | 3:45 PM | \$ 20 | 10 | Seniors Drop-In Centre | 8719 |
| Th 3/14/2019 | 2:45 PM | 3:45 PM | \$ 20 | 10 | Seniors Drop-In Centre | 8721 |

| DIC Wii Bowling | | | | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-----------|------------|------------------------|---------|
| Wii is a virtual game played on the T.V. using hand controls. It feels just like the real sport. For those persons who would like to try and play this game, drop in any Friday morning. We would love to show you how much fun this game is. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3711 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 1/4/2019 | 10:30 AM | 12:00 PM | \$ 2 wkly | 21 | Seniors Drop-In Centre | 8707 |

Failure is not
getting knocked down,
it's not getting **up** again.



| DIC Zumba Dance | | | | Instructor: Horvath, Ildiko | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|-----------------------------|------------------------|---------|
| Zumba is a Latin inspired, easy to follow, calorie burning fitness program. Zumba borrows movement patterns from Latin and International dance, but these moves are simple, fun and accessible to everybody. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3726 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 1/4/2019 | 10:30 AM | 11:30 AM | \$ 59 | 6 | Seniors Drop-In Centre | 8722 |
| F 2/15/2019 | 10:30 AM | 11:30 AM | \$ 59 | 6 | Seniors Drop-In Centre | 8723 |
| F 3/29/2019 | 10:30 AM | 11:30 AM | \$ 59 | 6 | Seniors Drop-In Centre | 8724 |

| <u>DIC Shuffleboard</u> | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-----------|------------|------------------------|---------|
| Shuffleboard is played on indoor courts. Newcomers are always welcome! | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3682 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 1/4/2019 | 1:30 PM | 3:00 PM | \$ 2 wkly | 19 | Seniors Drop-In Centre | 8678 |

| DIC Qigong Tai Chi | | | | Instructor: Pierman, Carla | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|----------------------------|------------------------|---------|
| Sitting qigong promotes proper breathing, motion, healing and relaxation. Learn how to relax your body, improve inner energy and help circulate your blood more freely for self-healing. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3700 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 1/7/2019 | 10:30 AM | 12:00 PM | \$ 23 | 4 | Seniors Drop-In Centre | 8696 |
| M 2/4/2019 | 10:30 AM | 12:00 PM | \$ 23 | 4 | Seniors Drop-In Centre | 8697 |
| M 3/11/2019 | 10:30 AM | 12:00 PM | \$ 23 | 4 | Seniors Drop-In Centre | 8698 |
| M 4/8/2019 | 10:30 AM | 12:00 PM | \$ 23 | 4 | Seniors Drop-In Centre | 8699 |

| NCC Ping Pong | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-----------|------------|---------------------------|---------|
| Call a friend to play fun game of Ping Pong! | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3381 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 1/7/2019 | 11:00 AM | 12:30 PM | \$ 2 wkly | 18 | Northern Community Centre | 8377 |

| <u>NCC Washer Toss</u> | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-----------|------------|---------------------------|---------|
| Washer Toss is an easy to play game similar to Horseshoes, yet difficult to master. Come out and enjoy the fun. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3396 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 1/7/2019 | 1:30 PM | 4:30 PM | \$ 2 wkly | 18 | Northern Community Centre | 8392 |

DIC Energy Healing 101

Instructor: Pierman, Carla

Increase energy levels; strengthen the lungs, heart and body. Release tension, ease pain and elevate mood. Deep breathing, light stretching, Yoga and Qigong Tai Chi practices are integrated into this session.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3717

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-----------------|------------|----------|-------|------------|------------------------|---------|
| Tu/Th 1/8/2019 | 10:30 AM | 11:30 PM | \$ 23 | 4 | Seniors Drop-In Centre | 8713 |
| Tu/Th 2/5/2019 | 10:30 AM | 11:30 PM | \$ 23 | 4 | Seniors Drop-In Centre | 8714 |
| Tu/Th 3/5/2019 | 10:30 AM | 11:30 PM | \$ 23 | 4 | Seniors Drop-In Centre | 8715 |
| Tu/Th 4/2/2019 | 10:30 AM | 11:30 PM | \$ 23 | 4 | Seniors Drop-In Centre | 8716 |
| Tu/Th 4/30/2019 | 10:30 AM | 11:30 PM | \$ 23 | 4 | Seniors Drop-In Centre | 8717 |

DIC Stretching and Strengthening

Instructor: Moroz, Michelle

Many of the exercise movements taught are with the aid of a chair. Light weights are also used.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3664

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|----------------|------------|----------|------|------------|------------------------|---------|
| Tu/Th 1/8/2019 | 11:00 AM | 1:30 PM | \$ 8 | 4 | Seniors Drop-In Centre | 8660 |
| Tu/Th 2/5/2019 | 11:00 AM | 1:30 PM | \$ 8 | 4 | Seniors Drop-In Centre | 8661 |
| Tu/Th 3/5/2019 | 11:00 AM | 1:30 PM | \$ 8 | 4 | Seniors Drop-In Centre | 8662 |
| Tu/Th 4/2/2019 | 11:00 AM | 1:30 PM | \$ 8 | 4 | Seniors Drop-In Centre | 8663 |
| Tu/Th 5/7/2019 | 11:00 AM | 1:30 PM | \$ 8 | 4 | Seniors Drop-In Centre | 8666 |

DIC Pickleball

Come and play this easy and fun hybrid sport which combines elements of badminton, tennis and table tennis. We will teach newcomers how to play the game! Equipment is provided. Wear comfortable clothes and running shoes.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3704

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|----------------|------------|----------|-----------|------------|------------------------|---------|
| Tu/Th 1/8/2019 | 5:00 PM | 7:30 PM | \$ 2 wkly | 21 | Seniors Drop-In Centre | 8700 |

DIC Darts

For those persons who like to throw darts we invite you to join us! When you arrive we will divide up into teams. Please bring your own darts.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3705

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-----------|------------|------------------------|---------|
| Tu 1/8/2019 | 7:00 PM | 9:00 PM | \$ 2 wkly | 21 | Seniors Drop-In Centre | 8701 |

NCC Soccer 55+

Play pick up soccer on the indoor turf.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3379

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-----------|------------|---------------------------|---------|
| W 1/9/2019 | 2:00 PM | 3:00 PM | \$ 2 wkly | 21 | Northern Community Centre | 8375 |

NCC Walking Soccer

This low impact version of soccer is ideal for those with mobility issues and those who are unable to play the traditional game. No experience required.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3382

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|--------------|------------|----------|-----------|------------|---------------------------|---------|
| Th 1/10/2019 | 11:00 AM | 1:00 PM | \$ 2 wkly | 21 | Northern Community Centre | 8378 |

NCC Bocce

Bocce is an easy and relaxing sport. This game is played on the indoor turf using 8 larger balls and one smaller ball called the "pallino".

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3383

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|--------------|------------|----------|-----------|------------|---------------------------|---------|
| Th 1/10/2019 | 1:30 PM | 3:30 PM | \$ 2 wkly | 21 | Northern Community Centre | 8379 |

NCC Gentle Yoga - Try For Free Class

Instructor: Kao, Shirling

Register and try this class for free. Bring a yoga mat and bottle of water.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3376

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|------|------------|---------------------------|---------|
| F 1/11/2019 | 10:30 AM | 11:30 AM | Free | 1 | Northern Community Centre | 8372 |

DIC A Form of Tai Chi

Instructor: Komhyr, Donna

Tai Chi is an ancient Chinese martial arts form with many variations. It is a set of 108 moves with some repeats of particular movements. Improve your balance, strength, endurance, memory and flexibility.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3663

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|---------------|------------|----------|------|------------|------------------------|---------|
| M/W 1/14/2019 | 10:30 AM | 12:00 PM | \$ 2 | 18 | Seniors Drop-In Centre | 8659 |

NCC Silver HIIT - Try for Free Class

Instructor: Lambert, Amanda

Try this NEW exercise class for free today.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3764

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|--------------|------------|----------|------|------------|---------------------------|---------|
| Th 1/17/2019 | 2:00 PM | 3:00 PM | Free | 1 | Northern Community Centre | 8760 |

NCC Gentle Yoga

Instructor: Kao, Shirling

This class is suitable for those recovering from injury or who simply appreciate the gentle yoga approach. Bring a yoga mat, small pillow and bottle of water.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3377

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-------|------------|---------------------------|---------|
| F 1/18/2019 | 10:30 AM | 11:30 AM | \$ 72 | 8 | Northern Community Centre | 8373 |
| F 3/29/2019 | 10:30 AM | 11:30 AM | \$ 81 | 9 | Northern Community Centre | 8374 |

| NCC Balance & Strength-Try For Free Class | | | | | Instructor: Lambert, Amanda | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|-----------------------------|---------|
| This free class will focus on exercises that help to improve your balance & strength. If you like it register for the upcoming session. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3668 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 1/15/2019 | 5:00 PM | 6:00 PM | Free | 1 | Northern Community Centre | 8664 |

| NCC Balance & Strength Exercise Class | | | | | Instructor: Lambert, Amanda | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|------------|-----------------------------|---------|
| This class consists of exercises that will help make everyday activities easier by increasing your balance, strength, flexibility and range of motion. Emphasizing body alignment and core strength. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3772 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 1/22/2019 | 5:00 PM | 6:00 PM | \$ 72 | 8 | Northern Community Centre | 8768 |
| Tu 3/19/2019 | 5:00 PM | 6:00 PM | \$ 72 | 8 | Northern Community Centre | 8771 |

| NCC Silver HIIT Exercise Class | | | | | Instructor: Lambert, Amanda | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|------------|-----------------------------|---------|
| Silver HIIT is a class where you will give it your all and experience mild to moderate bursts of exercise, followed by periods of rest. All exercises are modified and geared towards older adults. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3766 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 1/24/2019 | 2:00 PM | 3:00 PM | \$ 72 | 8 | Northern Community Centre | 8762 |
| Th 3/21/2019 | 2:00 PM | 3:00 PM | \$ 72 | 8 | Northern Community Centre | 8764 |

| NCC Mobile Aircraft Flyers | | | | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|---------------------------|---------|
| Fly your own electric mobile aircraft on the indoor turf. Your aircraft may not exceed a wing span greater then 40 inches. We meet monthly at 2:00 p.m. on the turf #1. Present your MAAC membership card upon registration. This group meets monthy. Join anytime. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3390 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 1/29/2019 | 2:00 PM | 4:00 PM | \$ 5 | 1 | Northern Community Centre | 8386 |
| Tu 2/26/2019 | 2:00 PM | 4:00 PM | \$ 5 | 1 | Northern Community Centre | 8386 |
| Tu 3/26/2019 | 2:00 PM | 4:00 PM | \$ 5 | 1 | Northern Community Centre | 8386 |
| Tu 4/30/2019 | 2:00 PM | 4:00 PM | \$ 5 | 1 | Northern Community Centre | 8386 |
| Tu 5/28/2019 | 2:00 PM | 4:00 PM | \$ 5 | 1 | Northern Community Centre | 8386 |



| DIC Laughter Yoga | | | | Instructor: Leonard, Allyne | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|-----------------------------|------------------------|---------|
| Get fit through laughter! Join Allyne in laughter and breathing exercises that are suitable for everyone! Laughter Yoga decreases stress and gives you the same benefits as a brisk walk. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3714 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 2/4/2019 | 1:45 PM | 2:15 PM | \$ 8 | 4 | Seniors Drop-In Centre | 8710 |
| M 3/11/2019 | 1:45 PM | 2:15 PM | \$ 8 | 4 | Seniors Drop-In Centre | 8711 |
| M 4/8/2019 | 1:45 PM | 2:15 PM | \$ 8 | 4 | Seniors Drop-In Centre | 8712 |

| NCC Kan Jam | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|---------------------------|---------|
| Kan Jam is a flying disc game, played with a flying disc and two cans in which you deflect the disc. Come out and try this game for free today. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3784 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 2/12/2019 | 11:00 AM | 12:30 PM | Free | 1 | Northern Community Centre | 8780 |

| DIC Carla's Fitness | | | | Instructor: Pierman, Carla | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|----------------------------|------------------------|---------|
| Increase energy levels; strengthen the lungs, heart and body. Release tension, ease pain and elevate mood. Weights, resistant bands, yoga and tai chi practices will be integrated into this class | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3812 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M/Th 3/4/2019 | 6:30 PM | 7:30 PM | \$ 23 | 4 | Seniors Drop-In Centre | 8808 |



Arts And Crafts

55+
Join in the Fun

| DIC Christmas Cheer | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|------------------------|---------|
| We invite all knitters to join our group. All items we knit are donated to our local Christmas Cheer depot in December. Yarn is supplied. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3706 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 1/2/2019 | 10:30 AM | 12:00 PM | Free | 22 | Seniors Drop-In Centre | 8702 |

| Open Painting | | | | | Instructor: | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-----------|------------|---------------------------|---------|
| Work on individual projects while sharing ideas and conversation with others. Bring you own supplies. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3386 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 1/3/2019 | 10:30 AM | 12:30 PM | \$ 1 wkly | 22 | Northern Community Centre | 8382 |
| W 1/9/2019 | 10:15 AM | 12:15 PM | \$ 1 wkly | 21 | Seniors Drop-In Centre | 8406 |

NCC Needlework, Circle of Friends

This is a way to finish incomplete projects or to begin a new one. Each participant is responsible for bringing their own project and supplies. Enjoy fellowship, share ideas and patterns.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3387

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-----------|------------|---------------------------|---------|
| Th 1/3/2019 | 1:30 PM | 3:30 PM | \$ 1 wkly | 22 | Northern Community Centre | 8383 |

DIC Crochet Class

Bring your own supplies and join others while you crochet your individual project. You must know how to crochet.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3420

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-----------|------------|------------------------|---------|
| F 1/4/2019 | 10:15 AM | 12:15 PM | \$ 1 wkly | 21 | Seniors Drop-In Centre | 8416 |

NCC Needlecraft, Japanese Bunka

Instructor: Mooney, Aline

Bunka is a beautiful form of Japanese embroidery. Using a numbered canvas along with coordinating threads and a punch needle, your completed projects will look just like a painting.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3388

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-----------|------------|---------------------------|---------|
| F 1/4/2019 | 10:30 AM | 12:30 PM | \$ 2 wkly | 21 | Northern Community Centre | 8384 |

DIC Knitting/Knifty Knitters

This group of seniors meet weekly to work on individual projects. You must know how to knit.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3419

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-----------|------------|------------------------|---------|
| M 1/7/2019 | 1:00 PM | 3:00 PM | \$ 1 wkly | 19 | Seniors Drop-In Centre | 8415 |

DIC Traditional Hand Rug Hooking

Instructor: Currie, Betty

Recycle wool cloth and other fabrics to complete this ultimate craft of rug hooking.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3421

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-----------|------------|------------------------|---------|
| Tu 1/8/2019 | 10:15 AM | 12:15 PM | \$ 2 wkly | 11 | Seniors Drop-In Centre | 8417 |

DIC Wanna Bee Quilters

Join others on Tuesdays to learn how to quilt and complete a project. A great way to learn how to quilt.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3418

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-----------|------------|------------------------|---------|
| Tu 1/8/2019 | 10:30 AM | 12:00 PM | \$ 2 wkly | 21 | Seniors Drop-In Centre | 8414 |

NCC Oil Painting, "Snowscape"

Instructor: Lefave, Anna

Learn step by step how to paint a winter snowscape.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3397

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-------|------------|---------------------------|---------|
| Tu 1/8/2019 | 1:00 PM | 4:00 PM | \$ 18 | 4 | Northern Community Centre | 8393 |

NCC Needlework, Craft & Crochet

Come for a fun social afternoon in a relaxing atmosphere to work on your own needlework, crocheted or knitted projects.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3385

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-----------|------------|---------------------------|---------|
| Tu 1/8/2019 | 1:30 PM | 3:30 PM | \$ 1 wkly | 21 | Northern Community Centre | 8381 |

DIC Watercolours, Creating Textures 1

Instructor: Poldmaa, Taimi

An exploration of watercolour techniques to create special effects and textures using various tools. The focus will be on earth textures.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3808

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-------|------------|------------------------|---------|
| M 1/14/2019 | 10:15 AM | 12:15 PM | \$ 63 | 6 | Seniors Drop-In Centre | 8804 |

DIC Creative Memories Photo Scrap Booking

Instructor: Clark, Lanny

This is a great class for the beginner or experienced photo scrapbooker to learn how to protect their photos in booklet form. Pens and cutting tools are supplied. Don't forget your pictures.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3747

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|--------------|------------|----------|-------|------------|------------------------|---------|
| Tu 1/15/2019 | 10:30 AM | 4:00 PM | \$ 15 | 1 | Seniors Drop-In Centre | 8743 |
| Tu 2/12/2019 | 10:30 AM | 4:00 PM | \$ 15 | 1 | Seniors Drop-In Centre | 8744 |
| Tu 3/12/2019 | 10:30 AM | 4:00 PM | \$ 15 | 1 | Seniors Drop-In Centre | 8745 |
| Tu 4/23/2019 | 10:30 AM | 4:00 PM | \$ 15 | 1 | Seniors Drop-In Centre | 8746 |
| Tu 5/21/2019 | 10:30 AM | 4:00 PM | \$ 15 | 1 | Seniors Drop-In Centre | 8747 |

NCC Quilting, Vintage Style Block

Instructor: Fulcher, Sandy

Learn to hand sew this simple vintage style quilt block.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3698

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|--------------|------------|----------|------|------------|---------------------------|---------|
| Tu 1/15/2019 | 11:00 AM | 12:30 PM | \$ 5 | 1 | Northern Community Centre | 8694 |

Ribbon Embroidery, Brooch

Instructor: Lefave, Anna

Learn the art of ribbon embroidery while making a brooch.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3401

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-------|------------|---------------------------|---------|
| W 1/16/2019 | 10:30 AM | 1:30 PM | \$ 23 | 1 | Northern Community Centre | 8397 |
| W 1/30/2019 | 10:30 AM | 1:30 PM | \$ 23 | 1 | Seniors Drop-In Centre | 8783 |

DIC Learn to Draw

Instructor: Johns, Melanie

Learn the basics of drawing from observation with contour drawing. Then learn how to shade the basic shapes and more complex shapes. Drawing is teachable and anyone can learn to draw. No experience needed.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3805

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|--------------|------------|----------|-------|------------|------------------------|---------|
| Th 1/17/2019 | 10:30 AM | 12:30 PM | \$ 18 | 3 | Seniors Drop-In Centre | 8801 |

| DIC Learn to Swedish Weave | | | | Instructor: Chateau, Gerry | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|----------------------------|------------------------|---------|
| First class is an information session. You will learn the basic stitches and will complete a runner by the end of the sessions. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3773 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 1/17/2019 | 1:00 PM | 3:00 PM | \$ 5 | 4 | Seniors Drop-In Centre | 8769 |

| DIC Painting on Lake Superior Pebbles | | | | Instructor: Poldmaa, Taimi | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|----------------------------|------------------------|---------|
| Paint one of a kind creations on beautiful lake Superior pebbles. Rocks are an exciting, inexpensive painting surface for beginners as well as for those seasoned artists in search of a new challenge. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3809 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 1/18/2019 | 10:15 AM | 12:15 PM | \$ 63 | 6 | Seniors Drop-In Centre | 8805 |

| DIC Painting,Tips and Techniques | | | | | Instructor: Caldwell, Nancy | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|------------|-----------------------------|---------|
| Come learn proven techniques that will make your paintings better when you employ the ideas. We'll end the day using some or all of the techniques shown. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3678 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 1/18/2019 | 10:30 AM | 4:00 PM | \$ 12 | 1 | Seniors Drop-In Centre | 8674 |

| DIC Comfort Dolls | | | | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|------------------------|---------|
| Like to knit or crochet, we are looking for folks to help make comfort dolls. Can't knit/crochet come and help stuff or sew up the dolls. These dolls are a project in partnership with the Sault Area Hospital Volunteer Resources. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3422 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 1/21/2019 | 1:00 PM | 4:00 PM | Free | 1 | Seniors Drop-In Centre | 8418 |
| M 2/25/2019 | 1:00 PM | 4:00 PM | Free | 1 | Seniors Drop-In Centre | 8650 |
| M 3/18/2019 | 1:00 PM | 4:00 PM | Free | 1 | Seniors Drop-In Centre | 8651 |
| M 4/15/2019 | 1:00 PM | 4:00 PM | Free | 1 | Seniors Drop-In Centre | 8652 |
| M 5/27/2019 | 1:00 PM | 4:00 PM | Free | 1 | Seniors Drop-In Centre | 8653 |

| DIC Jewelry Wire Wrapping | | | | Instructor: Pollari, Tiana | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|----------------------------|------------------------|---------|
| Make rings or wire wrapped stones during this class. Fun and easy to make. various colours of stones will be provided. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3681 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 1/22/2019 | 1:00 PM | 4:00 PM | \$ 13 | 1 | Seniors Drop-In Centre | 8677 |

| NCC Quilting, Block of the Month | | | | Instructor: Freiburger, Jennifer | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|----------------------------------|---------------------------|---------|
| Each month a new block will be taught. January's blocks are; the "Hen and Her Chicks" and "Five Crosses". February's blocks are; "Stiles & Pathes" and "Lig Lag". March's blocks are; "Rolling Nine Patch" and "Bear's Paw". | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3674 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 1/23/2019 | 11:00 AM | 3:00 PM | \$ 7 | 1 | Northern Community Centre | 8670 |
| W 2/27/2019 | 11:00 AM | 3:00 PM | \$ 7 | 1 | Northern Community Centre | 8671 |
| W 3/27/2019 | 11:00 AM | 3:00 PM | \$ 7 | 1 | Northern Community Centre | 8672 |

| <u>DIC Sewing, Zipper Bag</u> | | | | Instructor: Kainula, Susie | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------|--------------|-----------------------------------|-------------------------------|----------------|
| This bag stays open because of the wire frame. It is easy to make. What a useful bag to make and is a great gift for someone. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3660 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 1/25/2019 | 10:30 AM | 4:00 PM | \$ 10 | 1 | Seniors Drop-In Centre | 8656 |

| <u>DIC Acrylic Painting "Scenery"</u> | | | | | Instructor: Pollari, Tiana | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|------------|-----------------------------------|---------|
| Tiana and Chris will assist with learning how to paint this simple but elegant project. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3411 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 1/29/2019 | 1:00 PM | 4:00 PM | \$ 13 | 1 | Seniors Drop-In Centre | 8407 |

| <u>DIC Quilted Ziz Zag Runner</u> | | | | | Instructor: Sachro, Nancy | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|---------------------------|---------|
| Learn shortcuts to create this table runner in light and medium blues or colour of your choice. Investigate ways to create different designs. Machine quilting using walking foot or free motion techniques. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3804 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 1/30/2019 | 10:30 AM | 4:00 PM | \$ 7 | 1 | Seniors Drop-In Centre | 8800 |

| <u>NCC Acrylic Painting, Techniques For Beginners</u> | | | | | Instructor: Harrison, Nora | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------|-------------|-------------------|-----------------------------------|----------------|
| This is a beginners acrylic painting class. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3789 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 1/31/2019 | 10:30 AM | 12:30 PM | \$ 7 | 4 | Northern Community Centre | 8785 |

| <u>DIC Quilting, Telephone Pages Quilt</u> | | | | | Instructor: Glew, Jan | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------|-------------|-------------------|-------------------------------|----------------|
| This fun quilt adds a flare to any room. Bright colours and patterns provides a unique pattern. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3806 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 2/1/2019 | 10:30 AM | 3:30 PM | \$ 7 | 1 | Seniors Drop-In Centre | 8802 |

| DIC Knitted Lace Scarf | | | | | Instructor: Laity, Jeanie | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|------------|----------------------------------|---------|
| Learn to make this knitted lace scarf to wrap around your neck. Knitting knowledge is an asset. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3796 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 2/4/2019 | 1:00 AM | 3:00 AM | \$ 11 | 3 | Seniors Drop-In Centre | 8792 |

| NCC Quilting, Design a Table Runner/Small Quilt | | | | | Instructor: Sachro, Nancy | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|---------------------------|---------|
| Tired of following patterns? Want to try a different approach? With help from the instructor, design a table runner or small quilt. Personalize it with your colour choice or theme. Finish with free motion or walking foot techniques. This class is suitable for both beginner and advanced quilters. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3685 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 2/4/2019 | 11:00 AM | 3:30 PM | \$ 7 | 2 | Northern Community Centre | 8681 |

| DIC Knitted Newfie Mitts | | | | Instructor: Breathat, Bev | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|---------------------------|------------------------|---------|
| These knitted mitts are two toned. Quick and easy to make. You must know how to knit and purl. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3771 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 2/5/2019 | 1:00 PM | 4:00 PM | \$ 5 | 3 | Seniors Drop-In Centre | 8767 |

| <u>DIC Recycle Your Watch</u> | | | | Instructor: Pierman, Carla | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|----------------------------|------------------------|---------|
| Renew your band with a few beads and stretch cords, most supplies provided, bring your own watch, pliers and creativity. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3816 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 2/5/2019 | 1:00 PM | 3:00 PM | \$ 11 | 1 | Seniors Drop-In Centre | 8812 |

| NCC Oil Painting, "Cardinal" | | | | | Instructor: Lefave, Anna | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|------------|---------------------------|---------|
| Using oil paints, learn step by step how to paint a pair cardinal birds. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3398 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 2/5/2019 | 1:00 PM | 4:00 PM | \$ 18 | 4 | Northern Community Centre | 8394 |

| NCC Quilting, Hand Sewn Lap Quilt | | | | | Instructor: Trottier, Tary | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|-----------------------------------|---------|
| Using an embroidery hoop, learn to hand sew a 12" X 12" quilt block. Once sewn together, you have a cozy lap quilt. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3407 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 2/7/2019 | 1:00 PM | 3:00 PM | \$ 5 | 4 | Northern Community Centre | 8403 |

| DIC Sewing, Traveller Carry Bag | | | | Instructor: Davis, Joan | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|-------------------------|------------------------|---------|
| Loose your fear of pockets forever after making this great bag to carry all your sewing supplies. Sewing experience necessary, but the bag is straight forward to contstrut. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3687 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 2/8/2019 | 10:30 AM | 4:00 PM | \$ 7 | 1 | Seniors Drop-In Centre | 8683 |

| <u>NCC Painting, Snowman Glass Jar</u> | | | | | Instructor: Peltonen, Halina | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|-------------------------------------|---------|
| Learn to paint a snowman on a glass jar. This class is suitable for beginners painters. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3737 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 2/8/2019 | 10:30 AM | 12:30 PM | \$ 5 | 1 | Northern Community Centre | 8733 |

| <u>NCC Sewing, Snowman Pillow</u> | | | | | Instructor: Loubert, Shirley | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|-------------------------------------|---------|
| Learn to sew a decorative "snowman" pillow. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3694 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 2/12/2019 | 11:00 AM | 2:30 PM | \$ 5 | 1 | Northern Community Centre | 8690 |

| <u>Alcohol Ink Painting, Tiles</u> | | | | Instructor: Lefave, Anna | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|---------------------------------|---------------------------|---------|
| Using alcohol ink, a very fluid and unconventional medium which looks like stained glass, you will work on tiles. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3400 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 2/20/2019 | 10:30 AM | 1:30 PM | \$ 20 | 1 | Northern Community Centre | 8396 |
| W 2/27/2019 | 10:30 AM | 1:30 PM | \$ 20 | 1 | Seniors Drop-In Centre | 8750 |

| | | | | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------|-------------|-----------------------------------|-------------------------------|----------------|
| <u>DIC Quilted Pieced Feather Block</u> | | | | Instructor: Hrycyk, Sandie | | |
| Do you admire the feather fabric that is appearing everywhere? Learn to sew a pieced feather to create your own table runner or quilt. Precision piecing and bias edges make this a project for the more experienced sewer. Suggested layouts will be presented to you. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3770 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 2/21/2019 | 10:30 AM | 4:00 PM | \$ 7 | 1 | Seniors Drop-In Centre | 8766 |

| <u>NCC Sewing, Metis Mittens</u> | | | | | Instructor: Loubert, Shirley | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|-------------------------------------|---------|
| Using fleece, learn to hand sew beaded mittens. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3692 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 2/21/2019 | 11:00 AM | 1:00 PM | \$ 7 | 1 | Northern Community Centre | 8688 |

| <u>DIC Quilting, New York Beauty Style Block</u> | | | | | Instructor: Kainula, Susie | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|----------------------------|---------|
| This is an intermediate level paper pieced quilt block, also involves sewing curves. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3680 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 2/22/2019 | 10:30 AM | 4:00 PM | \$ 7 | 1 | Seniors Drop-In Centre | 8676 |

| <u>NCC Acrylic Painting, "Tips, Tricks & Techniques"</u> | | | | Instructor: Harrison, Nora | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|-----------------------------------|---------------------------|---------|
| Explore a variety of acrylic painting techniques. The instructor will share tips & tricks she has learned over her years of painting and instructing. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3790 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 2/26/2019 | 10:30 AM | 12:30 PM | \$ 7 | 4 | Northern Community Centre | 8786 |

Check The Date

55+

Join in the Fun

January 2019

| S | M | T | W | T | F | S |
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| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
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| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

February 2019

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| | | | | | 1 | 2 |
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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
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March 2019

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| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | | | | | | |

April 2019

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| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | | | | |

May 2019

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

**I might be retired
from work...**

**...But i sure ain't
retired from life**

REMINDER: Both Senior Centres are closed on the following dates

| Date | Holiday |
|-----------------------------------|----------------|
| Tuesday, January 1 st | New Year's Day |
| Monday, February 18 th | Family Day |
| Friday, April 19 th | Good Friday |
| Monday, April 22 nd | Easter Monday |
| Monday, May 20 th | Victoria Day |

| DIC Sewing Make Pillowcases Using the "Burrito" Method | | | | | Instructor: Galey, Wendy | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|--------------------------|---------|
| These pillowcases are actually very easy to make, especially with the "Rollup" method. This method encases some of the seams for a nice finish on the inside. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3786 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 2/28/2019 | 1:00 PM | 4:00 PM | \$ 5 | 1 | Seniors Drop-In Centre | 8782 |

| NCC Painting, Silhouette Dirty Pour | | | | Instructor: Gignac, Francine | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------------------------|---------------------------|---------|
| Using your own silhouette profile and the dirty pour painting technique, create a modern work of art. Beginners welcome. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3793 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 3/5/2019 | 10:30 AM | 12:30 PM | \$ 8 | 1 | Northern Community Centre | 8789 |

| DIC Knitted Socks in the Round | | | | | Instructor: Breathat, Bev | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|---------------------------|---------|
| Back by popular demand, working with circular needles you will complete a pair of stockings. Basic knowledge in knitting is required. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3658 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 3/5/2019 | 1:00 PM | 4:00 PM | \$ 5 | 4 | Seniors Drop-In Centre | 8654 |

| NCC Oil Painting, "An Autumn Day" | | | | | Instructor: Lefave, Anna | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|------------|---------------------------|---------|
| Learn step by step how to paint a lovely autumn landscape. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3399 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 3/5/2019 | 1:00 PM | 4:00 PM | \$ 18 | 4 | Northern Community Centre | 8395 |

| DIC Saftey Pin Key Chain | | | | | Instructor: Pierman, Carla | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|------------|----------------------------|---------|
| This safety pin key chain saves your keys from dropping to the bottom of your bag. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3817 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 3/7/2019 | 1:00 PM | 3:00 PM | \$ 13 | 1 | Seniors Drop-In Centre | 8813 |

| NCC Needlework, Knitted Doll Clothes | | | | | Instructor: Breathat, Bev | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|---------------------------|---------|
| Learn to knit an adorable outfit for a 18 inch doll. You will have the option to choose from three outfits. Knitting knowledge is an asset for this project. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3406 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 3/8/2019 | 1:00 PM | 3:30 PM | \$ 7 | 4 | Northern Community Centre | 8402 |

| DIC Acrylic Painting "Northern Lights" | | | | | Instructor: Pollari, Tiana | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|------------|----------------------------|---------|
| Let the Northern Lights shine! No painting experience required. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3412 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 3/19/2019 | 1:00 PM | 4:00 PM | \$ 13 | 1 | Seniors Drop-In Centre | 8408 |

| Painting, Ink Pen & Watercolour | | | | Instructor: Lefave, Anna | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|--------------------------|---------------------------|---------|
| Using an Elegant Writer pen and watercolour paints you will create a painting from a choice of pictures provided. Some choices are elephant, flower, landscape etc. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3402 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 3/20/2019 | 10:30 AM | 1:30 PM | \$ 13 | 1 | Northern Community Centre | 8398 |
| W 3/27/2019 | 10:30 AM | 1:30 PM | \$ 13 | 1 | Seniors Drop-In Centre | 8751 |

| <u>DIC Quilting, Summer Picnic Table Runner</u> | | | | | Instructor: Freiburger, Jennifer | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|----------------------------------|---------|
| This is a modern twist on the old Rail Fence Block, worked into an 18" x 52" runner. Suitable for a beginner quilter. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3679 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 3/21/2019 | 10:30 AM | 4:00 PM | \$ 7 | 1 | Seniors Drop-In Centre | 8675 |

| NCC Sewing, Faux Suede Slippers | | | | | Instructor: Bouillion, Cecile | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|-------------------------------|---------|
| Learn to hand sew a pair of slippers using faux suede. These slippers are beautiful and durable. Orientation day is Monday, March 18th 11:00 to 12 noon. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3689 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 3/25/2019 | 11:00 AM | 3:00 PM | \$ 5 | 1 | Northern Community Centre | 8685 |

| <u>NCC Quilting, Learn to Hand Quilt</u> | | | | | Instructor: Fulcher, Sandy | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|-----------------------------------|---------|
| Whether you have never hand quilted before or need some helpful hints to improve, this is the class for you. Tips for stretching and binding quilts will also be discussed. Beginner hand quilters are welcome. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3404 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 3/26/2019 | 11:00 AM | 12:30 PM | \$ 5 | 1 | Northern Community Centre | 8400 |

| <u>DIC Sewing, Making 18" Doll Dresses</u> | | | | | Instructor: Salerno, Lynda | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|----------------------------|---------|
| Every little girl would love these dresses for their dolls wardrobe. Sewing knowledge is an asset. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3661 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 3/29/2019 | 1:00 PM | 4:00 PM | \$ 5 | 1 | Seniors Drop-In Centre | 8657 |

| <u>DIC Painting, Watercolours Creating Textures 11</u> | | | | | Instructor: Poldmaa, Taimi | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|------------|-----------------------------------|---------|
| An exploration of watercolor techniques and applications using soft pastels to create special effects and textures using various tools and materials. The focus will be on painting weathered wood, foliage, tree bark and rusty metal. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3810 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 4/1/2019 | 10:15 AM | 12:15 PM | \$ 63 | 6 | Seniors Drop-In Centre | 8806 |

| <u>NCC Drawing, Introduction to Oil Pastels</u> | | | | | Instructor: Harrison, Nora | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------|-------------|-------------------|-----------------------------------|----------------|
| Learn oil pastel techniques such as; blending, shadowing, highlighting and colour mixing. Suitable for all levels. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3791 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 4/2/2019 | 10:30 AM | 12:30 PM | \$ 7 | 4 | Northern Community Centre | 8787 |

| <u>NCC Sewing, Simple Nightgown</u> | | | | | Instructor: Loubert, Shirley | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|-------------------------------------|---------|
| Learn to sew a simple nightgown. This class is suitable for beginner sewers. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3405 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 4/2/2019 | 12:30 PM | 4:00 PM | \$ 7 | 1 | Northern Community Centre | 8401 |

| <u>DIC Learn to Draw Still Life</u> | | | | | Instructor: Holmberg, Carol | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|------------|-----------------------------|---------|
| Learn to draw still life using line, shape and space as you create a still life drawing. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3813 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 4/2/2019 | 1:00 PM | 4:00 PM | \$ 28 | 5 | Seniors Drop-In Centre | 8809 |

| <u>DIC Beaded Sun Catcher</u> | | | | Instructor: Grant-Rose, Jean | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------|-------------|-------------------------------------|-------------------------------|----------------|
| Create a sun catcher using beads and add a copper shape embossed with your own design to catch the wind. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3788 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 4/3/2019 | 1:00 PM | 4:00 PM | \$ 6 | 1 | Seniors Drop-In Centre | 8784 |

| <u>DIC Wire Planter Holder</u> | | | | | Instructor: Pierman, Carla | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|------------|-----------------------------------|---------|
| Hang your plants in the window with an easy, wire twist. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3818 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 4/4/2019 | 1:00 PM | 4:00 PM | \$ 15 | 1 | Seniors Drop-In Centre | 8814 |

| <u>DIC Painting, Soft Pastels</u> | | | | Instructor: Poldmaa, Taimi | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|-----------------------------------|------------------------|---------|
| Using soft pastels, students will explore various techniques and applications using soft pastels to create colourful paintings in subject of choice. Great for beginners to learn about colour as well for the advanced artists that want to explore a new tradition. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3811 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 4/5/2019 | 10:15 AM | 12:15 PM | \$ 63 | 6 | Seniors Drop-In Centre | 8807 |

| <u>DIC Needle Felting</u> | | | | | Instructor: Rahrer, Marion | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|----------------------------|---------|
| Marion will demonstrate decorative needle felting on a book cover and or an owl change purse. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3659 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 4/11/2019 | 10:30 AM | 4:00 PM | \$ 7 | 1 | Seniors Drop-In Centre | 8655 |

| <u>NCC Craft, Memory Flowers</u> | | | | | Instructor: Lefave, Anna | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|------------|---------------------------------|---------|
| Using photocopies of personal photos, learn to make a paper flower keepsake. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3403 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 4/11/2019 | 10:30 AM | 3:00 PM | \$ 13 | 1 | Northern Community Centre | 8399 |

| <u>DIC Quilted Bargello Table Runner</u> | | | | | Instructor: Davis, Joan | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|-------------------------|---------|
| Looks much harder than it is. This runner uses simple and accurate piecing. The confident beginner will be able to complete it easily. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3688 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 4/12/2019 | 10:30 AM | 4:00 PM | \$ 7 | 1 | Seniors Drop-In Centre | 8684 |

| <u>NCC Sewing, Pouch Purse</u> | | | | Instructor: Bouillion, Cecile | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|--------------------------------------|---------------------------|---------|
| Update your wardrobe with a new purse. Using men's neck ties, learn to sew this purse. Sewing knowledge is required. Orientation day is on Monday, April 8th 11:00 to 12:00 noon. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3690 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 4/15/2019 | 11:00 AM | 3:00 PM | \$ 7 | 1 | Northern Community Centre | 8686 |

| <u>NCC Tole Painting, Flower Pot</u> | | | | | Instructor: Breathat, Bev | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|----------------------------------|---------|
| Learn to tole paint a spring design on a terracotta flower pot. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3686 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 4/18/2019 | 11:00 AM | 3:30 PM | \$ 7 | 1 | Northern Community Centre | 8682 |

| <u>NCC Quilting, Finish Up Class</u> | | | | Instructor: Freiburger, Jennifer | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|-----------------------------------------|---------------------------|---------|
| Bring your incomplete quilting blocks with any supplies needed and finish up with friends. An instructor will be on hand to assist with sashing, borders and binding if needed. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3677 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 4/24/2019 | 11:00 AM | 2:30 PM | \$ 2 | 1 | Northern Community Centre | 8673 |

| NCC Loom Knitting - Slippers | | | | | Instructor: Aho, Jean | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|---------------------------|---------|
| Learn how to knit a pair of slippers on a Knifty Knitters loom. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3814 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 4/25/2019 | 12:30 PM | 2:30 PM | \$ 7 | 2 | Northern Community Centre | 8810 |

| <u>DIC Various Watercolour Techniques</u> | | | | Instructor: Mills, Marilyn | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|----------------------------|------------------------|---------|
| Marilyn will guide you through various technique designs while learning backgrounds, fog, real looking glass and northern lights. During this class you will complete two pictures. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3797 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 5/7/2019 | 1:30 AM | 4:30 AM | \$ 43 | 4 | Seniors Drop-In Centre | 8793 |

| <u>NCC Craft, Vintage Wire Basket</u> | | | | | Instructor: Loubert, Shirley | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|-------------------------------------|---------|
| Using clothespins wire and an emptied kernel corn can, learn to make this vintage style basket. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3799 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 5/7/2019 | 11:00 AM | 1:00 PM | \$ 5 | 1 | Northern Community Centre | 8795 |

| <u>NCC Sewing, Mystery Class</u> | | | | | Instructor: Christie, Donna | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------|-------------|-------------------|------------------------------------|----------------|
| This mystery project will not be revealed until the day of the class! Sewing machines will be used. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3423 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 5/9/2019 | 11:00 AM | 2:30 PM | \$ 7 | 1 | Northern Community Centre | 8419 |

| Painting, Colour Theory | | | | Instructor: Lalonde, Ann | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|--------------------------|---------------------------|---------|
| Bring your acrylic paint box and learn how to mix colour the easy way. We'll take the mystery out of the theory. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3413 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 5/13/2019 | 1:30 PM | 3:30 PM | \$ 5 | 1 | Northern Community Centre | 8409 |
| W 5/22/2019 | 1:30 PM | 3:30 PM | \$ 5 | 1 | Seniors Drop-In Centre | 8704 |

| <u>DIC Acrylic Painting "Moose or Deer N Tree"</u> | | | | | Instructor: Pollari, Tiana | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|------------|-----------------------------------|---------|
| Have fun painting this project. No experience required. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3415 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 5/14/2019 | 1:00 PM | 4:00 PM | \$ 13 | 1 | Seniors Drop-In Centre | 8411 |

| <u>DIC Painted Straw Hat</u> | | | | Instructor: Payne, Dianne | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------|-------------|----------------------------------|-------------------------------|----------------|
| A quick and easy project to paint. Once completed hang your finished craft on your door to welcome visitors. No painting experience necessary. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3417 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 5/15/2019 | 10:30 AM | 3:00 PM | \$ 5 | 1 | Seniors Drop-In Centre | 8413 |

| <u>NCC Acrylic Painting, "Covered Bridge"</u> | | | | | Instructor: Lalonde, Ann | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------|-------------|-------------------|----------------------------------|----------------|
| Using acrylic paints, learn step by step how to paint a covered bridge. Painting knowledge is an asset. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3416 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 5/16/2019 | 1:00 PM | 3:00 PM | \$ 8 | 4 | Northern Community Centre | 8412 |

| <u>NCC Sewing, Hexagon Potholder</u> | | | | | Instructor: Loubert, Shirley | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|-------------------------------------|---------|
| Learn to sew this simple 6 sided potholder. This class is suitable for beginner sewers. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3693 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 5/29/2019 | 11:00 AM | 2:30 PM | \$ 5 | 1 | Northern Community Centre | 8689 |

| <u>NCC Acrylic Painting, Dirty Pour</u> | | | | Instructor: Jones, Marilyn | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|-----------------------------------|---------------------------|---------|
| Learn to pour acrylic paints, creating an modern work of art. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3696 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 5/30/2019 | 11:00 AM | 1:30 PM | \$ 5 | 1 | Northern Community Centre | 8692 |



Educational

55+
Join in the Fun

| DIC Meditation and Drumming | | | | Instructor: Baranski, Bonnie | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-------|------------------------------|------------------------|---------|
| The use of Chanting and Drumming in Meditation is an ancient form of self-care and stress release. This class will introduce you to Meditation using the breath as a calming tool, and repetitive sounds and vibrations of Chanting and Drumming. Join this group for a very relaxing morning. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3735 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 1/9/2019 | 10:30 AM | 11:30 AM | \$ 25 | 6 | Seniors Drop-In Centre | 8728 |
| W 2/20/2019 | 10:30 AM | 11:30 AM | \$ 25 | 6 | Seniors Drop-In Centre | 8729 |
| W 4/3/2019 | 10:30 AM | 11:30 AM | \$ 25 | 6 | Seniors Drop-In Centre | 8730 |

| DIC 2019 Tech Sessions *Tablets Only* | | | | |
|------------------------------------------------------|------------|----------|------|------------------------|
| Book a 30 minute appointment by calling 705-254-6474 | | | | |
| Days / Date | Start Time | End Time | Fee | Location |
| W 1/9 & 1/23 | 1:00 PM | 3:00 PM | Free | Seniors Drop-In Centre |
| W 2/6 & 2/27 | 1:00 PM | 3:00 PM | Free | Seniors Drop-In Centre |
| W 3/13 & 3/27 | 1:00 PM | 3:00 PM | Free | Seniors Drop-In Centre |
| W 4/10 & 4/24 | 1:00 PM | 3:00 PM | Free | Seniors Drop-In Centre |

| DIC Bridge Lessons | | | | Instructor: Richmond, Bruce | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-----------|-----------------------------|---------------------------|---------|
| Learn how to bid, defend and play Bridge, with concentration on playing the hand. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3735 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 1/10/2019 | 10:15 AM | 12:00 PM | \$ 2 wkly | 20 | Seniors Drop-In Centre | 8731 |
| Tu 1/15/2019 | 10:30 AM | 12:30 PM | \$ 2 wkly | 20 | Northern Community Centre | 8668 |

| NCC Bridge Conventions | | | | Instructor: Stasiuk, Marilyn | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-----------|------------------------------|---------------------------|---------|
| This class is for Bridge players who want to learn conventions, such as Blackwood or Gerber. You must know how to play Bridge. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3408 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 1/14/2019 | 11:00 AM | 12:30 PM | \$ 2 wkly | 4 | Northern Community Centre | 8404 |

| DIC Windows 10 Fundamentals *Laptops Only* | | | | |
|---------------------------------------------------------------------------------------------------------------|------------|----------|------|------------------------|
| Bring your laptop and learn the basics about Windows 10. Book a 30 minute appointment by calling 705-254-6474 | | | | |
| Days / Date | Start Time | End Time | Fee | Location |
| W 1/16/2019 | 1:00 PM | 3:00 PM | Free | Seniors Drop-In Centre |
| W 2/20/2019 | 1:00 PM | 3:00 PM | Free | Seniors Drop-In Centre |
| W 3/20/2019 | 1:00 PM | 3:00 PM | Free | Seniors Drop-In Centre |
| W 4/17/2019 | 1:00 PM | 3:00 PM | Free | Seniors Drop-In Centre |

| DIC Cooking, Soups | | | | Instructor: Bishop, Cathie | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|----------------------------|------------------------|---------|
| Simple soups that anyone can make, on any budget. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3729 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 1/28/2019 | 12:30 PM | 2:00 PM | \$ 7 | 1 | Seniors Drop-In Centre | 8725 |

| DIC Laughter Yoga Information Session | | | | Instructor: Leonard, Allyne | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|-----------------------------|------------------------|---------|
| Learn what Laughter Yoga is and all the health benefits of this class. Have a chance to try it out! Get fit through laughter! This class is suitable for everyone. There will be a draw to win a free 4 week laughter yoga session. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3736 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 1/28/2019 | 1:45 PM | 2:15 PM | Free | 1 | Seniors Drop-In Centre | 8732 |

| NCC Book Club | | | | Instructor: Public Library Staff, Sault Ste. Marie | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|----------------------------------------------------|---------------------------|---------|
| This group of avid readers meets bi- monthly to discuss and compare a variety of books over coffee & tea. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3389 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 1/28/2019 | 2:00 PM | 3:30 PM | Free | 1 | Northern Community Centre | 8385 |
| M 3/25/2019 | 2:00 PM | 3:30 PM | Free | 1 | Northern Community Centre | 8385 |
| M 5/27/2019 | 2:00 PM | 3:30 PM | Free | 1 | Northern Community Centre | 8385 |

| DIC Savvy Seniors Book Chat | | | | Instructor: Graham-Thompson, Jennifer | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|---------------------------------------|------------------------|---------|
| A representative from the Sault Ste. Marie Public Library will be hosting a book chat for all seniors. Seniors are invited to share a favourite book, poem or movie that you have enjoyed. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3742 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 1/29/2019 | 2:30 PM | 3:30 PM | Free | 1 | Seniors Drop-In Centre | 8738 |
| Tu 2/26/2019 | 2:30 PM | 3:30 PM | Free | 1 | Seniors Drop-In Centre | 8739 |
| Tu 3/26/2019 | 2:30 PM | 3:30 PM | Free | 1 | Seniors Drop-In Centre | 8740 |
| Tu 4/30/2019 | 2:30 PM | 3:30 PM | Free | 1 | Seniors Drop-In Centre | 8741 |
| Tu 5/28/2019 | 2:30 PM | 3:30 PM | Free | 1 | Seniors Drop-In Centre | 8742 |

| NCC Talk, Andriod Tablet, Tips & Tricks | | | | Instructor: Public Library Staff, Sault Ste. Marie | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|----------------------------------------------------|---------------------------|---------|
| Learn tips and tricks to use your android tablet more effectively. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3779 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 1/30/2019 | 11:00 AM | 12:00 PM | Free | 1 | Northern Community Centre | 8775 |
| M 3/18/2019 | 2:00 PM | 3:00 PM | Free | 1 | Northern Community Centre | 8777 |

| DIC Talk, Bayshore Home Health Care | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|------------------------|---------|
| Different services offered by Bayshore Home Health Care and other topics of interest will be discussed. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3815 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 1/30/2019 | 1:30 PM | 3:00 PM | Free | 1 | Seniors Drop-In Centre | 8811 |

| NCC Talk, Understanding Your PUC Bill | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|---------------------------|---------|
| The focus of this talk is; understanding your PUC bill and what you can do about it. Staff from PUC will be on hand to share information and answer questions. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3778 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 2/5/2019 | 11:00 AM | 12:30 PM | Free | 1 | Northern Community Centre | 8774 |

| DIC Wellness Workshop | | | | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|----------|-------|------------|------------------------|---------|
| Instructor: Becker, Kyla | | | | | | |
| Learn ways to improve range of motion and flexibility, decrease aches and pains, increase ability to perform daily tasks, improve posture and increase energy. The first 30 minutes of each session will be theory and there will be 30 minutes of exercise. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3763 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 2/6/2019 | 3:00 P M | 4:00 PM | \$ 20 | 6 | Seniors Drop-In Centre | 8759 |

| NCC Talk, iPad -Tips & Tricks | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|---------------------------|---------|
| Instructor: Public Library Staff, Sault Ste. Marie | | | | | | |
| Learn tips and tricks to use your iPad more effectively. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3780 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 2/22/2019 | 11:00 AM | 12:00 PM | Free | 1 | Northern Community Centre | 8776 |
| W 4/17/2019 | 2:00 PM | 3:00 PM | Free | 1 | Northern Community Centre | 8778 |

| NCC Learn to Play "500" cards | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-----------|------------|---------------------------|---------|
| Instructor: Paquette, Jerry | | | | | | |
| Beginners are encouraged to learn to play "500". | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3774 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 3/1/2019 | 11:00 AM | 12:30 PM | \$ 2 wkly | 4 | Northern Community Centre | 8770 |

| DIC Cooking, Breads | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|------------------------|---------|
| Instructor: Bishop, Cathie | | | | | | |
| Learn different bread and biscuit recipes that will please any type of crowd. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3730 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 3/4/2019 | 2:15 PM | 3:45 PM | \$ 7 | 1 | Seniors Drop-In Centre | 8726 |

| <u>NCC Learn to Deal Texas Hold Em</u> | | | | | Instructor: DiPasquale, Jim | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|------------------------------------|---------|
| Learn to deal Texas Hold Em. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3673 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 3/6/2019 | 1:00 PM | 3:00 PM | \$ 2 | 1 | Northern Community Centre | 8669 |

| <u>DIC "Throat" Chakra of Communication Workshop</u> | | | | | Instructor: Baranski, Bonnie | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------|--------------|-------------------|-------------------------------------|----------------|
| Learn different ways of journaling to express inner thoughts on paper. Refreshments and snack provided. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3738 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 3/7/2019 | 11:00 AM | 2:00 PM | \$ 15 | 1 | Seniors Drop-In Centre | 8734 |

| <u>NCC Cooking, Homemade Tomato Sauce & Meatballs</u> | | | | | Instructor: Cayen, Kathy | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------|-------------|-------------------|----------------------------------|----------------|
| Learn the secrets to cooking a delicious homemade tomato sauce with meatballs. Taste test final product. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3819 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 3/15/2019 | 11:00 AM | 1:00 PM | \$ 7 | 1 | Northern Community Centre | 8815 |

| <u>DIC Talk, Project ASAP</u> | | | | | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|------------------------|---------|
| Assisting Seniors Awareness Program is a free program provided by Sault Ste. Marie Fire Services to assist seniors 65+ who are still currently living in their own home. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3739 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 3/20/2019 | 1:45 PM | 3:00 PM | Free | 1 | Seniors Drop-In Centre | 8735 |

| <u>DIC Talk, Self Empowerment</u> | | | | | Instructor: Gudz, Irene | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|---------------------------|---------|
| A discussion on how to take care of your needs and wants. Topics include values, money, health, communication, education, consent and the me-too-movement. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3740 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 4/3/2019 | 1:30 PM | 3:00 PM | Free | 1 | Seniors Drop-In Centre | 8736 |
| F 4/5/2019 | 1:00 PM | 2:30 PM | Free | 1 | Northern Community Centre | 8695 |

| <u>NCC Cooking, Creating the Perfect Casserole</u> | | | | Instructor: Huntley, Jeanne | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------------------------------|---------------------------|---------|
| Learn the formula to put together a basic casserole; how to use what you have on hand and tips on how to get creative in your casserole making. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3820 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 4/11/2019 | 11:00 AM | 12:30 PM | \$ 7 | 1 | Northern Community Centre | 8816 |

| <u>DIC Cooking, Chicken</u> | | | | | Instructor: Bishop, Cathie | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|----------------------------|---------|
| There are endless ways to cook chicken, join us to learn a few delicious ways. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3731 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 4/29/2019 | 12:30 PM | 2:30 PM | \$ 7 | 1 | Seniors Drop-In Centre | 8727 |

| <u>DIC Molkky Social & Demonstration</u> | | | | | Instructor: Auger, Sue | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|------------------------|---------|
| Learn how to play this fun game with fellow seniors. Refreshments and snacks provided. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3741 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 5/15/2019 | 2:00 PM | 4:00 PM | Free | 1 | Seniors Drop-In Centre | 8737 |

| <u>NCC Talk, Smart Phone -Tips & Tricks</u> | | | | | Instructor: Public Library Staff, Sault Ste. Marie | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------|-------------|-------------------|-----------------------------------------------------------|----------------|
| Learn tips & tricks to use your smart phone more effectively. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3783 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| F 5/17/2019 | 2:00 PM | 3:00 PM | Free | 1 | Northern Community Centre | 8779 |

| <u>DIC Talk, Fraud Prevention</u> | | | | Instructor: Campbell, Alison | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-----------------|-------------|-------------------------------------|-------------------------------|----------------|
| Officer Alison Campbell from the Sault Ste. Marie Police Department will be on site to give a presentation on fraud prevention methods, tap and go credit cards and what to do if you suspect fraud. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3807 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 5/23/2019 | 11:00 AM | 12:30 PM | Free | 1 | Seniors Drop-In Centre | 8803 |



Cards And Games

55+
Join in the Fun

| <u>NCC Cards, Texas Hold Em</u> | | | | | Instructor: Carr, Gayle | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|--------------------------------|---------|
| Come out and play this popular card game with fellow enthusiasts. Pay as you go fee applies. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3391 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M/W 1/2/2019 | 10:30 AM | 12:30 PM | \$ 1 | 21 | Northern Community Centre | 8387 |

| <u>DIC Contract Bridge Wednesdays</u> | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-----------|------------|------------------------|---------|
| This house bridge is played weekly. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3707 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| W 1/2/2019 | 1:00 PM | 3:00 PM | \$ 1 wkly | 22 | Seniors Drop-In Centre | 8703 |

| DIC Fun Cards | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|-----------|------------|------------------------|---------|
| A variety of games are played each week including Lucky 13, Blind Golf and Hand and Foot. Enjoy a social afternoon with friends! | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3710 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 1/3/2019 | 2:00 PM | 4:00 PM | \$ 1 wkly | 22 | Seniors Drop-In Centre | 8706 |

DIC Contract Bridge Fridays

This is a closed group of individuals who play house bridge.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3712

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-----------|------------|------------------------|---------|
| F 1/4/2019 | 1:00 PM | 3:30 PM | \$ 1 wkly | 21 | Seniors Drop-In Centre | 8708 |

NCC Cards, Cribbage

This group meets weekly to play Cribbage. Bring a partner or join a table.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3395

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-----------|------------|---------------------------|---------|
| F 1/4/2019 | 1:30 PM | 4:30 PM | \$ 1 wkly | 21 | Northern Community Centre | 8391 |

DIC Hand and Foot Cards

Interested hand and foot players are welcome to join the group every Friday afternoon. If you do not know how to play we will teach you.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3713

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-----------|------------|------------------------|---------|
| F 1/4/2019 | 1:45 PM | 4:00 PM | \$ 1 wkly | 21 | Seniors Drop-In Centre | 8709 |

NCC Cards, Contract Bridge

This house bridge called "Contract" is played Monday and Friday afternoons.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3392

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|--------------|------------|----------|------|------------|---------------------------|---------|
| M/F 1/7/2019 | 1:00 PM | 3:00 PM | \$ 1 | 21 | Northern Community Centre | 8388 |

NCC Cards, Bid Euchre

Euchre enthusiasts, come out and play Bid Euchre. This is a fun yet challenging twist on the game!

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3798

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-----------|------------|---------------------------|---------|
| W 1/9/2019 | 2:00 PM | 3:30 PM | \$ 1 wkly | 21 | Northern Community Centre | 8794 |

NCC Game, American Mahjong

American Mahjong is a strategy, rummy tile game. Come out and join the fun!

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3394

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-----------|------------|---------------------------|---------|
| W 1/16/2019 | 1:30 PM | 3:30 PM | \$ 1 wkly | 18 | Northern Community Centre | 8390 |

NCC Cards, Omaha

Instructor: DiPasquale, Jim

Play Omaha with fellow enthusiasts. You must know how to play the game.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3393

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|------|------------|---------------------------|---------|
| F 1/25/2019 | 1:30 PM | 3:30 PM | \$ 1 | 1 | Northern Community Centre | 8389 |
| F 2/22/2019 | 1:30 PM | 3:30 PM | \$ 1 | 1 | Northern Community Centre | 8818 |
| F 3/29/2019 | 1:30 PM | 3:30 PM | \$ 1 | 1 | Northern Community Centre | 8820 |
| F 4/26/2019 | 1:30 PM | 3:30 PM | \$ 1 | 1 | Northern Community Centre | 8821 |
| F 5/31/2019 | 1:30 PM | 3:30 PM | \$ 1 | 1 | Northern Community Centre | 8822 |

Special Events

55+

Join in the Fun

DIC Cards and Appetizer Social

Enjoy some hot and cold appetizers while playing games of 500, Cribbage, Bid Euchre, Bridge and Hand and Foot.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3792

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|------|------------|------------------------|---------|
| M 1/14/2019 | 2:00 PM | 4:30 PM | \$ 5 | 1 | Seniors Drop-In Centre | 8788 |

NCC Music, Just Jamm'n

Grab your instrument and come down to the community center. Genres played are: Country & Western, Rock or Folk. There is no instructor or conductor with this group.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3409

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|-----------|------------|---------------------------|---------|
| F 1/25/2019 | 2:00 PM | 4:00 PM | \$ 1 wkly | 8 | Northern Community Centre | 8405 |

NCC Japanese Bunka, Pot Luck Luncheon

Examples of Japanese Bunka Embroidery will be on display to view. Enjoy a traditional pot luck lunch. Bring a hot or cold food item.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3801

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|------|------------|---------------------------|---------|
| F 2/15/2019 | 12:30 PM | 2:30 PM | Free | 1 | Northern Community Centre | 8797 |

NCC Texas Hold'em, Pot Luck Luncheon

Enjoy a traditional pot luck lunch. Bring a hot or cold food item to share.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3795

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|-------------|------------|----------|------|------------|---------------------------|---------|
| M 3/11/2019 | 12:30 PM | 2:00 PM | Free | 1 | Northern Community Centre | 8791 |

DIC St. Patrick's Dinner & Darts

This event is closed to Tuesday evening dart players only.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3752

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|--------------|------------|----------|------|------------|------------------------|---------|
| Tu 3/12/2019 | 5:30 PM | 7:00 PM | \$ 8 | 1 | Seniors Drop-In Centre | 8748 |

NCC Bocce, Pot Luck Luncheon

Bring a hot or cold food item for a traditional pot luck lunch. After lunch enjoy playing Bocce on the turf.

Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3802

| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
|--------------|------------|----------|------|------------|---------------------------|---------|
| Th 3/14/2019 | 12:00 PM | 2:00 PM | \$ 2 | 1 | Northern Community Centre | 8798 |

| DIC Pancake Breakfast | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|------------------------|---------|
| Menu: Pancakes, Sausage, Fruit, Coffee/Tea and Juice. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3753 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 4/8/2019 | 11:00 AM | 12:30 PM | \$ 8 | 1 | Seniors Drop-In Centre | 8749 |

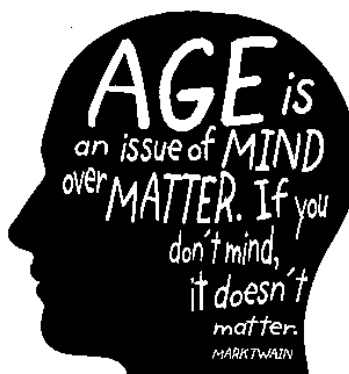
| NCC Craft & Crochet, Pot Luck Luncheon | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|---------------------------|---------|
| Bring a hot or cold food item and enjoy a traditional pot luck lunch with friends. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3803 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 4/9/2019 | 12:30 PM | 1:30 PM | Free | 1 | Northern Community Centre | 8799 |

| NCC Walking Soccer, Pot Luck Luncheon | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|---------------------------|---------|
| Enjoy a traditional pot luck lunch with friends. Bring a hot or cold food item to share. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3800 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 5/2/2019 | 12:00 PM | 2:00 PM | Free | 1 | Northern Community Centre | 8796 |

| DIC Mother's Day Tea & Sweets | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|------------------------|---------|
| Delicious desserts, hot tea along with a performance by the New Horizon Band will be our feature today! | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3765 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Th 5/2/2019 | 1:30 PM | 3:30 PM | \$ 5 | 1 | Seniors Drop-In Centre | 8761 |

| NCC Washer Toss, Pot Luck Luncheon | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|---------------------------|---------|
| Enjoy a traditional pot luck lunch with friends, followed by a game of Washer Toss on the indoor turf. Bring a hot or cold food item. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3794 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| M 5/6/2019 | 1:00 PM | 2:30 PM | Free | 1 | Northern Community Centre | 8790 |

| DIC Pickleball Pot Luck Dinner | | | | | | |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|----------|------|------------|------------------------|---------|
| Please bring a hot or cold food item for a traditional pot luck dinner. | | | | | | |
| Link: http://ca.apm.activecommunities.com/saultstemarie/Activity_Search/3769 | | | | | | |
| Days / Date | Start Time | End Time | Fee | # of Weeks | Location | Barcode |
| Tu 5/14/2019 | 4:00 PM | 6:00 PM | Free | 1 | Seniors Drop-In Centre | 8765 |



| | | |
|---------------------------------------------------------------------------------|------------------------|-----------------|
|  | <h1>Centre Events</h1> | 55+ |
| | | Join in the Fun |

| <u>DIC Dinner & Dance's</u> | | | |
|-----------------------------------------------------------------------------------------------------|------------------|------------------------|------|
| Day/Dates | Time | Location | Cost |
| Monday, January 21 st | 5:30 to 10:00 PM | Seniors Drop-In Centre | \$15 |
| New Year's; Pasta & Meatballs, Salad, Bread and Dessert. Music by Don Discher and The Sundowner's. | | | |
| Monday, March 11 th | 5:30 to 10:00 PM | Seniors Drop-In Centre | \$15 |
| St. Patrick's Day; Sloppy Joe's, Cold Salads and Dessert. Music by Don Discher and The Sundowner's. | | | |
| Monday, May 13 th | 5:30 to 10:00 PM | Seniors Drop-In Centre | \$15 |
| Spring Fling; Ham, Baked Beans, Cold Salads and Dessert. Music by Don Discher and The Sundowner's. | | | |

| <u>DIC Line Dance Social</u> | | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------|------------------------|------|
| Day/Dates | Time | Location | Cost |
| Wednesday, February 13 th | 12:45 to 4:00 PM | Seniors Drop-In Centre | \$2 |
| Wednesday, May 1 st | 12:45 to 4:00 PM | Seniors Drop-In Centre | \$2 |
| We invite all levels of line dancers to join us this afternoon with music provided by Joan and Larry Walls. Snacks and refreshments provided. | | | |

| <u>DIC Valentine's Day Bingo</u> | | | |
|-----------------------------------------------------------------------------------------------------|----------------------|------------------------|--------------------|
| Day/Dates | Time | Location | Cost |
| Thursday, February 14 th | 10:15 AM to 12:30 PM | Seniors Drop-In Centre | \$3 At the Door |
| Twelve (12) games will be played for a chance to win cash prizes. Snacks and refreshments provided. | | | |

| <u>DIC Kiwanis Club of Lakeshore Bingo</u> | | | |
|----------------------------------------------------------------------------------------------------|-----------------|------------------------|------|
| Day/Dates | Time | Location | Cost |
| Monday, March 4 th | 1:00 to 4:00 PM | Seniors Drop-In Centre | Free |
| Play 12 games of bingo and a chance to win some great cash prizes. A light snack will be provided. | | | |

| <u>NCC Voyageur Dinner & Card Play</u> | | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|---------------------------|------|
| Day/Dates | Time | Location | Cost |
| Monday, April 1 st | 5:30 to 9:30 PM | Northern Community Centre | \$15 |
| Enjoy a presentation by the Old Stone House (E.C.N.H.S.); "the legend and lore of the Blue Willow china pattern". Menu: homemade meat pie with gravy, cold salads, dessert. Door prize. Card play to follow dinner. | | | |

| <u>NCC Strawberry Tea & Vintage Dolls</u> | | | |
|---------------------------------------------------------------------------------------------------------------|------------------|---------------------------|------|
| Day/Dates | Time | Location | Cost |
| Wednesday, May 22 nd | 12:30 to 2:30 PM | Northern Community Centre | \$6 |
| Vintage dolls will be on display for your viewing pleasure. Menu: fancy sandwiches, dessert and hot beverage. | | | |

Dine With Us

55+

Join in the Fun

DIC Noon Lunch

| Day/Dates | Time | Location | Cost |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|------------------------|------------------|
| Wednesdays, Thursdays & Fridays: January 9 th to May 31 st | 12:00 to 1:30 PM | Seniors Drop-In Centre | \$6 Full Meal |
| Join us each week on Wednesday, Thursday and Friday for a hot meal served between 12 noon and 1:30 PM. Soup \$2.25, Sandwich \$2.25, Dessert \$1.50, Coffee & Tea \$.50 per cup. | | | |

NCC Soup & Sandwich Luncheons

| Day/Dates | Time | Location | Cost |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------------------------|------|
| Tuesdays: January 22 nd , February 26 th March 26 th , April 23 rd & May 28 th | 12:30 PM | Northern Community Centre | \$6 |
| Join us each month for a delicious hearty soup and choice of sandwich served with dessert, coffee or tea. Check the Buzz Flyer for menu choices each month. Purchase your ticket at the NCC service desk in advance. | | | |

Healthy Living

55+

Join in the Fun

Bayshore Home Health Foot Care Clinics

| Day/Dates | Time | Location | Cost |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|---------------------------|------|
| Wednesday's: January 2 nd , February 6 th , March 6 th , April 3 rd & May 1 st | 2:00 PM | Northern Community Centre | \$40 |
| Tuesdays: January 15 th , February 26 th , March 19 th & April 16 th | 2:00 PM | Seniors Drop-In Centre | \$40 |
| Bayshore's nurses are certified in basic and advanced foot care. To book your appointment at the Northern Community Centre call 705-759-5377 or at the Seniors Drop-In Centre 705-254-6474. | | | |

Blood Pressure Clinics

| Day/Dates | Time | Location | Cost |
|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------|---------------------------|------|
| Wednesdays: January 2 nd , February 6 th , March 6 th , April 3 rd , & May 1 st | 2:30 to 3:45 PM | Northern Community Centre | Free |
| Mondays: January 7 th , February 4 th , March 4 th , April 1 st & May 6 th | 1:00 to 2:15PM | Seniors Drop-In Centre | Free |
| Our retired volunteer nurses will be available to take your blood pressure. No appointment necessary. | | | |



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