



**BUZZZ!**  
**STEELTON SENIOR CITIZENS CENTRE**  
**235 WELLINGTON STREET WEST**  
**SAULT STE. MARIE, ONTARIO**  
**PHONE: 705-759-5377**  
**July 2016**



## Senior Friends!

**July is here.**

Explore something new this summer. Challenge your body or mind and join a new crafting group or fitness class.

Please remember to register early for events as they fill quickly.

**Get Up, Get Out and Get Active**  
**Summer Students**  
**Catherine, Madison, Samantha, Sam and Torie**



**Office Hours**  
**Monday to Friday**  
**10:00 a.m. to 5:00 p.m.**

### DINE WITH US



**Wednesdays**  
**BBQ Lunches**  
 Join us each Wednesday at 12:30 p.m. as we serve up a delicious

barbequed lunch. The menu changes weekly but always includes salad and dessert with coffee/tea. Cost: \$6.00 per person.

### ACTIVE LIVING

#### Ping-Pong 4 Fun League \*NEW \*

We are looking for ping-pong players. Beginner to advanced, everyone is welcome. We have the table, paddles and balls. Just need you!  
 Dates: Tuesdays, July 5<sup>th</sup> to August 30<sup>th</sup>  
 Cost: \$1.00 per visit  
 Time: 1:30 to 3:30 p.m.

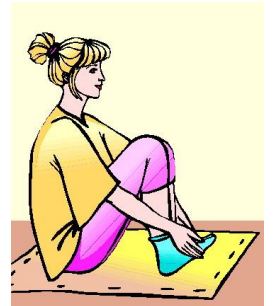
#### Carpet Bowling Fun League

Dates: Mondays, Wednesdays and Fridays, July 4<sup>th</sup> to August 29<sup>th</sup>  
 Time: 1:30 to 4:00 p.m.  
 Cost: \$2.00 refreshments are provided



#### Active Yoga

Dates: Thursdays, June 2 to July 14<sup>th</sup> and July 21<sup>st</sup> to August 25<sup>th</sup>  
 Time: 10:30 to 11:45 a.m.  
 Cost: \$56.00 or \$10.00 pay as you go  
 Duration: 7 weeks  
 Instructor: Natasha Rinaldi



This class is designed for seniors 55+ who want to improve their current basics yoga skills. This class will include activities that build strength, balance mobility and range of motion in your spine and joints. Dress for comfort & bring your matt.

\* for the basic to intermediate senior yoga.

### LUNCH AND LEARN



#### Topic of Discussion:

*Honey Bees*

Guest Speaker:

Bee Keeper, Mary Eaton

Date: Tuesday, July 5<sup>th</sup>

Time: 11:00 to 12:30 p.m.

Cost: \$5.00 includes a sandwich, raw vegetables & dip with a cookie dessert, with hot or cold beverages

\*Mary will have honey she harvested from her own bee hives to taste or purchase.



#### Topic of Discussion:

*Choosing the Right Pet*

Guest Speakers:

Mat and Natalie, Humane Society Staff

Date: Tuesday, July 26<sup>th</sup>

Time: 11:00 to 12:30 p.m.

Cost: \$5.00 includes a sandwich, raw vegetables & dip with a cookie dessert, with hot or cold beverages.

## GAMES

### Poker Fun Days – Pay As You Go

Dates: Mondays and Wednesdays,

July 4<sup>st</sup> to August 31<sup>st</sup>

Time: 10:30 a.m. to 12:30 p.m.

Cost: \$1.00 per visit

Duration: 9 weeks

Dealer: Gayle Carr

Come and play this popular card game with fellow enthusiasts! Beginners are welcome to join us on any Wednesday and we can teach you the game.

\*Limited seats at the poker table available



### Bridge Afternoon

Date: Mondays, July 4<sup>th</sup> to August 29<sup>th</sup>

Time: 1:00 to 3:30 p.m.

Cost: \$1.00 per visit

Get your Bridge foursome together to come and play, or come solo and join a table. With lots of room and an abundance of fun, this bridge afternoon is a great chance to meet some new people and try your hand at a fun game of cards. You need to know how to play bridge.

## CRAFTY CORNER

### Craft & Crochet

Date: Tuesdays, July 5<sup>th</sup> to August 30<sup>th</sup>

Time: 1:00 to 4:00 p.m.

Cost: \$1.00 per visit

Duration: 9 weeks

This is a "Do your own thing craft & crochet club".

Bring your own project and work on it with fellow crafters. New people are always welcome.

### No Sew Blanket

Date: Wednesday, July 6<sup>th</sup>

Time: 10:30 to 4:00 p.m.

Cost: \$7.00 plus supplies

Instructor: Teri Major

Teri Major will show you how to create this quick, easy project using fleece material.



### Circle of Friends

Date: Thursdays,

July 7<sup>th</sup> to August 25<sup>th</sup>

Time: 1:00 to 4:00 p.m.

Cost: \$1.00 per visit

Duration: 8 weeks

Share craft/knitting/sewing patterns, ideas and resources while enjoying the company of good friends. Newcomers welcome!

### Knitting Club

Date: Fridays,

July 8<sup>th</sup> to August 26<sup>th</sup>

Time: 10:30 a.m.

Cost: \$1.00 per visit

Duration: 8 weeks

Come out and join this group of knitters. Work on your own favorite yarn project. The knitting skills in this group range from beginner to advanced levels. Share your ideas, support each other.

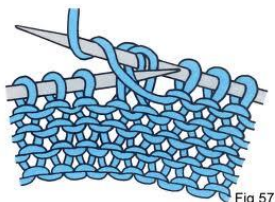


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### Quilt Club

This group meets every Tuesday to work on quilts for the public to help raise money for the Steelton Centre. Do you have a quilt that you would like hand quilted? Please give us a call anytime by calling 705-759-5377.



### Cross-Over Ladies Purse

Date: Tuesday, July 12<sup>th</sup>

Time: 10:30 to 3:30 p.m.

Cost: \$7.00 plus supplies

Learn to sew this fashionable and versatile purse.

This purse is great for walking or travelling, as it has many pockets and a cross chest strap.

Intermediate sewing skills are required.

Instructor: Cecile Bouillion

\*Please bring a paper bag lunch

### Alcohol Ink on Jewelry Painting Class

Date: Tuesday, July 19<sup>th</sup>

Time: 1:00 to 4:00 p.m.

Cost: \$20.00 including supplies

Anna Lefave will instruct you with the use of alcohol ink. This is an unconventional and fluid medium which depicts a stained glass look.

### Flower Pounding

Date: Thursday, July 28<sup>th</sup>

Time: 1:00 to 4:00 p.m.

Cost: \$7.00 supplies needed: a hammer and fresh flowers

Shirley Loubert will teach you the fun techniques to create this beautiful summer time craft.



## BINGO AND CARDS

### Bingo Days

Date: Wednesday,

July 6<sup>th</sup> and 20<sup>th</sup>

Time: 1:15 to 3:30 p.m.

Cost: Pay per card

No Membership is required.



### Summer Cards

Date: Wednesdays,

July 6<sup>th</sup> to August 31<sup>st</sup>

Time: 7:00 p.m. (doors open at 6:30 p.m.)

Cost: \$3.00 at the door

Duration: 9 weeks

Come out and play some fun '500' and have a great time with friends. Cash prizes will be won to top players. A light snack and refreshments are prepared by summer students.



## SPECIAL EVENTS

### Carpet Bowl Tournament

Date: Friday,

July 29<sup>th</sup>

Time: 11:30 to 3:30 p.m.

Cost: \$ 5:00 includes pizza,

dessert and coffee/tea

Come out for a fun afternoon of carpet bowling with friends.



**Adcock Gardens Bus Trip and Tour**

Date: Thursday, July 21<sup>st</sup>

Departure Time: Bus leaves Steelton at 12:45 p.m.  
Cost: \$20.00 includes bus fare, cold drink and snack. Entrance fees to the Gardens by donation. This beautiful property was created by Russell and Eleanor Adcock. The couple has since passed away, but their son keeps the grounds meticulous and beautiful. You will enjoy turtles and frogs in the lily pond. The gardens feel as if they came straight out of a storybook. Local musicians will be playing as you walk and tour the gardens. **Register early.**



**BLOCK BUSTER MOVIE**

**Movie: "Breakfast at Tiffany's"**

Date: Monday, July 4<sup>th</sup>

Time: 2:00 p.m.

Cost: \$4.00 includes two snacks and a cold pop.



This 1961 film stars Audrey Hepburn as a New York socialite, who struggles to find Mr. Right.

**Movie: "The Princess Bride"**

Date: Monday, July 18<sup>th</sup>

Time: 2:00 p.m.

Cost: \$4.00 includes two snacks and a cold pop

This is a story of love, humor and adventure.



**Don't miss out on either of these movie features!**

**UP COMING EVENTS**

**Tour Spruce Haven Zoo**

**Date: Thursday, August 4<sup>th</sup>**

**Departure Time: bus leaves Steelton at 10:30 a.m.**

**Cost: \$13.00 includes: bus fare, entry fee, a cold drink and snack**

This zoo has more than 100 residents for you to view. Some are being rehabilitated, while others have a permanent home at the zoo.

**Register Early**



**Blueberry Tea Party**

**Date: Thursday, August 11<sup>th</sup>**

**Time: 12:30 to 2:00 p.m.**

**Cost: \$5.00**

*Together with friends  
enjoy a cup of blue berry tea,  
dainty sandwiches and desserts.*



# JULY SPECIALS

Steelton Senior Centre 705-759-5377

Friday, July 1 <sup>st</sup>	CLOSED	Canada Day
Monday, July 4 <sup>th</sup>	2:00 p.m.	Block Buster Movie – “Breakfast at Tiffany’s” Cost :\$4.00 includes a cold pop and snacks
Tuesday, July 5 <sup>th</sup>	11:00 a.m.	Lunch and Learn – Topic “Honey Bees” cost \$5.00 includes light lunch and coffee/tea
Monday, July 18 <sup>th</sup>	2:00 p.m.	Block Buster Movie – “The Princess Bride” Cost: \$4.00 includes a cold pop and snacks
Thursday, July 21 <sup>th</sup>	12:45 p.m.	Adcock Gardens Bus Trip and Tour Cost:\$20.00 includes bus fare, donation to the gardens, cold drink and snack
Tuesday, July 26 <sup>th</sup>	11:00 a.m.	Lunch and Learn – Topic “Choosing the Right Pet” Cost:\$5.00 includes light lunch and coffee/tea
Friday, July 29 <sup>th</sup>	11:30 a.m.	Steelton Carpet Bowl Tournament. Cost:\$5.00 includes bowling, pizza, dessert and coffee/tea

## Daily Activities – July 2016

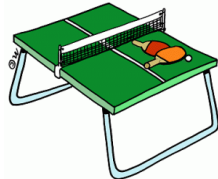
### MONDAY

10:30 a.m. Poker  
 1:00 p.m. Bridge  
 1:30 p.m. Carpet Bowling  
 2:00 p.m. Adult Colouring



### TUESDAY

1:30 p.m. Craft and Crochet  
 1:30 p.m. Quilt Group  
 2:00 p.m. Ping Pong



### WEDNESDAY

10:30 a.m. Poker  
 12:30 p.m. BBQ Lunch  
 1:30 p.m. Carpet Bowling  
 1:30 p.m. Video Games  
 7:00 p.m. Summer Cards



Bingo will be held on  
 Wednesday,  
 July 6<sup>th</sup> & 20<sup>th</sup>  
 at 1:30 p.m.

### THURSDAY

10:30 a.m. Yoga  
 10:30 a.m. Open Painting  
 1:00 p.m. Circle of Friends



### FRIDAY

10:30 a.m. Knitting Club  
 10:30 a.m. Bunka  
 1:30 p.m. Carpet Bowling

