



BUZZZ!
Northern Community Centre
55+ Seniors Recreation Programs
556 Goulais Avenue
Sault Ste. Marie, ON
PHONE: 705-759-5377
September 2017



HELLO FRIENDS!

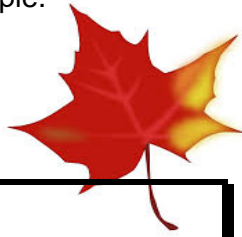
We are all settled in to our new facility and hoping you will come down for a visit.

Sign up for a painting or knitting class.

Consider joining one of our fun sports leagues. Washer toss, walking soccer & carpet bowling are all looking for new members. It's a great way to be active, have fun and meet new people.

Join the fun!

Vicky Taylor
Recreation Programmer



Office Hours
Monday to Friday
10:00 a.m. to 5:00 p.m.
Closed September 4th

Program Notes

Register in advance for programs & activities
To register online visit, www.saultstemarie.ca
Call us if you have any questions 705-759-5377

ARTS AND CRAFTS

Embroidery Class- Japanese Bunka

Dates: Fridays, September 1st to 29th
Time: 10:30 a.m. to 12:30 p.m.
Cost: \$2.00 per visit, plus kit
Instructor: Aline Mooney
Join this class and learn this beautiful form of embroidery. Finished pieces look just like paintings. Aline will start you with a beginners kit. Newcomers are welcome.

Do your Own Thing – Needlecraft Club

Date: Tuesdays, September 5th to 26th
Time: 1:30 to 4:00 p.m.
Cost: \$1.00 pay as you go
This group meets weekly to work on their own individual projects.
New people are always welcome.

Circle of Friends – Quilting & Craft Group

Date: Thursdays, September 7th to 28th
Time: 1:30 to 4:00 p.m.
Cost: \$1.00 pay as you go
Each person works on a variety of items whether quilting, knitting or needlework projects.
Come see what we are about!

Open Painting

Date: Thursdays, September 7th to 28th
Time: 10:30 a.m. to 12:30 p.m.
Cost: \$1.00 pay as you go
This is an open group of painters of all calibers and uses all mediums. Paint away the morning in our brightly lit room working on your technique while sharing ideas with friends. There is no instructor. Work on your own project at your own pace.
Please Note: Local artist Doug Hook will be visiting the open paint group on Thursday, September 21st

NEW

Italian Chat & Craft – Needlecraft

Date: Tuesdays, September 5th to 26th
Time: 10:30 a.m. to 12:30 p.m.
Cost: \$1.00 pay as you go
Welcome to Italian Chat & Craft: a place for Italian language enthusiasts. Join this diverse group and practice your spoken Italian while working on one of your knitting or crochet projects.
All are welcome!

Watercolor Painting Class

Date: Mondays, September 18th to October 30th
Time: 10:30 a.m. to 12:30 p.m.
Cost: \$13.00 plus supplies
Duration: 6 weeks
Instructor: Ilene Bodnar
Learn a variety of watercolour techniques while discovering the unique properties of this medium.
Note: No class Monday, October 9th

Oil Painting Class

Date: Tuesdays, September 12th to October 3rd
Time: 1:30 to 4:00 p.m.
Cost: \$18.00 plus supplies
Duration: 4 weeks
Instructor: Anna Lefave
The theme of this class is "The Watermill".
View painting on display at our Centre.

Needlecraft – Knitting Class

Date: Fridays, September 15th to October 6th
Time: 1:00 to 3:00 p.m.
Cost: \$13.00 plus supplies
Duration: 4 weeks
Instructor: Jeanie Laity
This is a great class for beginners or those wishing to improve their knitting skills. The project for this class is a lacey scarf.

Ink Painting Class

Date: Tuesday, September 19th
Time: 10:30 a.m. to 12:00 noon
Cost: \$10.00 includes supplies
Instructor: Anna Lefave
Learn how to use an Elegant Writer Calligraphy pen to create a lovely ink style painting.

Paper Flowers- Craft Class

Date: Wednesday, September 20th

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

Cost: \$15.00 supplies included

Instructor: Anna Lefave

Learn to make a bouquet of roses out of coffee filters. So simple, yet so beautiful!

***NEW* Fitness Class - Pilates**

Date: Tuesdays, September 5th to October 17th

Time: 10:45 to 11:30 a.m.

Cost: \$63.00 or \$12 walk ins
(pay instructor at first class)

Duration: 7 weeks

Instructor: Cristina Sosa

Location: Indoor Turf

Pilates increases strength and flexibility in both the core and the legs, which positively affect balance. Bring a yoga mat.



ACTIVE LIVING

Turf Notes

Indoor sport shoes are required on the turf
Water is the only beverage allowed on the turf
No food or snacks allowed on the turf
Thank-you for your cooperation

Walking Program

Start Date & Times: To be announced

Cost: Free – open to the general public

Location: Indoor Turf

Bring a friend; walk for your health, walk for fun!

No registration required. All welcome.

NEW

Fitness Class - Cardio Aerobics

Date: Fridays, September 1st to October 13th

Time: 10:45 to 11:30 a.m.

Cost: \$63.00 or \$12 walk ins
(pay instructor first class)

Duration: 7 weeks

Location: Indoor Turf

Instructor: Cristina Sosa

Regular exercise can help to control your blood pressure, strengthen your heart and bones, boost energy and even reduce depression. You are never too old to exercise! Bring a yoga mat.

Carpet Bowling League

Date: Wednesdays and Fridays,
September 1st to 29th

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

Cost: \$2.00 includes refreshments

Location: Indoor Turf

Carpet bowling is similar to curling and bocce. You will definitely love this fun yet challenging game.

Come out and play two full games.

Newcomers are welcome.

Fitness Class-Gentle Yoga

Dates: Tuesdays,

September 12th to October 24th

Time: 10:30 a.m. to 11:45 a.m.

Cost: \$63.00 or \$12.00 walk ins

Instructor: Shirling Kao

Location: Indoor Turf

Yoga can offer a wide variety of health benefits, working physical and psychological wonders. In this class you will explore poses at a slower rate. This class is suitable for those recovering from injury or who simply appreciate the gentle yoga approach. Bring a yoga mat.

Try for free Class: Tuesday, September 5th

Wii Bowling League

Dates: Fridays, September 8th to 29th

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

Cost: \$2.00 pay as you go

Wii is a virtual game played on the TV with hand controls. It feels just like the sport!

Your best score is recorded each week for fun.

***NEW Walking Soccer**

Date: Thursdays, September 7th to 28th

Time: 10:30 a.m. to 12:00 noon

Cost: \$2.00 pay as you go

Location: Indoor Turf

This low impact version is ideal for those with mobility issues & those who are unable to play the traditional version. We are looking for men & women 55+ to start up a league.

No experience required!

***NEW Washer Toss League**

Date: Mondays, September 11th to 25th

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

Cost: \$2.00 pay as you go

Location: Indoor Turf

Washer Toss is an easy-to-play game similar to horseshoes, yet difficult to master.

Come on out and enjoy the fun!

***NEW* Fitness Class**

Men's Yoga (Strength & Flexibility)

Date: Wednesdays,

September 13th to October 25th

Time: 2:00 to 2:45 p.m.

Cost: \$63.00 or \$12.00 walk ins
(pay instructor first class)

Duration: 7 weeks

Instructor: James O'Brien

Location: Indoor Turf

This yoga class incorporates both strength and flexibility. Beginners are welcome.

Bring a yoga mat.

Ping Pong League

Date: Fridays, September 15th to December 15th

Time: 10:30 to 11:30 a.m.

Cost: \$2.00 pay as you go

Duration: 13 weeks

Come out for a fun game of ping pong. We have paddles & balls.

DINE WITH US

Lunch

Date: Wednesdays, September 6th to 27th

Time: 12:30 p.m.

Cost: \$4.00 includes two pieces of pizza and a pop
During our transition period we will be offering pizza and a pop for lunch each week. Once our kitchen is in full operation, we will serve meals again.

**Visit us at our new location
At 556 Goulais Avenue
Northern Community Centre
Senior 55+**

EDUCATION

Technology Days

Date: Monday, September 11th

Time: 10:30 a.m. to 2:30 p.m.

Cost: Free

Sponsored by: "The Source"

Bring in your tablet, cell phone, lap top or iPad for a FREE one on one 30 minute problem solving session. Appointments are available from 11:00 a.m. to 2:00 p.m. Call 705-759-5377.



GAMES

Poker Fun Days

Date: Mondays and Wednesdays,

September 6th to 27th

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

Cost: \$1.00 pay as you go

Dealer: Gayle Carr

Come and play this popular card game with fellow enthusiasts!

Bridge Afternoon

Date: Mondays, September 11th to 25th

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

Cost: \$1.00 pay as you go

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.

Bid Euchre

Date: Wednesdays, September 13th to 27th

Time: 2:00 to 3:30 p.m.

Cost: \$1.00 pay as you go

Leader: Harold Vaughn

If you have played Euchre before you will surely love Bid Euchre. Come out weekly and learn this great game. We play in groups of four, which offers a challenge and a chance to be social.

HEALTHY LIVING

Wellness Day

Date: Wednesday September 6th

Time: 11:30 a.m. to 1:00 p.m.

Cost: Free

Retired Nurse: Lori Aubrey

Lori, our nurse from Premier Home Care Services will provide free blood pressure and blood glucose checks. Appointments are not necessary. Everyone welcome.

We Care Home Services

Foot Care Clinic

Date: Wednesday September 6th

Time: 2:00 p.m.

Cost: \$35.00

Nurse: Kim Beaton

We Care offers advanced and diabetic foot care clinics once per month. Call 705-759-5377 to book your appointment.

CLUB 235 INFORMATION

Club 235 Membership

On sale now!

Cost: \$4.00 includes United Senior Citizen of Ontario Membership

Expires August 31, 2018

Quilt Club 235

This group meets every Tuesday afternoon to work on quilts for the public to help raise money for the Club 235. Do you have a quilt that you would like hand quilted? Bring it in any Tuesday afternoon for the group to look at. Quilting fees will be determined by the size and pattern of your quilt.

Club 235 Bingo

Date: Wednesdays, September 6th and 20th

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

Cost: Pay per card

No Membership is required.

Coffee/tea available.

Club 235 Card Evenings

Date: Wednesdays, September 6th to 27th

Time: 7:00 p.m. Doors open at 6:30 p.m.

Cost: \$3.00 at the door.

Come out and play the card game '500' and have a great time with friends. Cash prizes awarded to top players along with a door prize. Snack served following cards. A Club 235 Membership is required.

UPCOMING EVENTS

Bus Tour

Lake Superior North Shore

Date: Thursday, October 5th

Time: 10:30 a.m. to 3:00 p.m.

Cost: \$20.00 includes bus fare, bottled water, and snacks

Enjoy the ride up North with friends, as you view one of the most scenic stretches of highway known. Stop at Chippewa Falls and stretch your legs. Then head to Agawa Crafts & The Canadian Carver.

There you can shop or view the many handmade and one-of-a-kind items in the store. For lunch; we plan to stop at the Voyageurs Lodge & Cookhouse where you can purchase your lunch. Be sure to take photos, as the leaves should be in full colour!

Limited seats available.
Register in advance.



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**Visit us at our new location
At 556 Goulais Avenue
Northern Community Centre
Senior 55+**

SEPTEMBER SPECIALS

Northern Community Centre 705-759-5377
55+ Seniors Recreation Programs!

Monday, September 4 th	closed	Closed for Labour Day
Tuesdays, September 5 th to 26 th	10:30 a.m. to 12:30 p.m.	New Italian Chat & Craft. A place for Italian language enthusiasts. Practice your spoken Italian while working on one of your knitting or crocheting projects. Join for free. Cost is: \$1 per visit.
Wednesday, September 6 th	11:30 a.m. to 1:00 p.m.	Wellness Day. Nurse Lori Aubrey will provide blood pressure and blood glucose checks Appointment not necessary. Free
Wednesday, September 6 th	2:00 p.m.	We Care Foot Care Clinic. Both advanced & diabetic foot care are provided Call 705-759-5377 to book your appointment. Cost is \$35.00
Thursdays, September 7 th to 25 th	10:30 a.m. to 12:00 p.m.	New Walking Soccer League. This low impact version is ideal for those with mobility issues & those who are unable to play the traditional version. We are looking for men & women to start up a league. Free to join. \$2 pay as you go.
Mondays, September 11 th to 25 th	1:00 to 3:00 p.m.	New Washer Toss League. Washer toss is an easy-to-play game similar to horseshoes, yet difficult to master. Free to join. \$2 pay as you go.
Monday, September 11 th	10:30 a.m. to 2:30 p.m.	Technology Day. Bring your electronic device for a one on one half hour problem solving session Call 705-759-5377 to book your appointment. Free

Daily Activities – September 2017

MONDAY

10:30 a.m. Poker Fun Days
1:00 p.m. Bridge Afternoon
1:00 p.m. Washer Toss League

TUESDAY

9:00 a.m. Walking Program
10:30 a.m. Italian Chat & Craft
10:45 a.m. Pilates Class
10:45 a.m. Gentle Yoga Class
1:00 p.m. Club 235 Quilt Group
1:30 p.m. Craft and Crochet Group

WEDNESDAY

9:00 a.m. Walking Program
10:30 a.m. Open Painting
10:30 a.m. Poker Fun Days
12:30 p.m. Lunch
1:00 p.m. Carpet Bowling League
2:00 p.m. Bid Euchre
2:00 p.m. Men's Yoga Class
7:00 p.m. Club 235 Evening Cards

Bingo

Bingo will be held on Wednesday,
September 6th & 20th
1:15 to 3:30 p.m.

THURSDAY

9:00 a.m. Walking Program
10:30 a.m. Walking Soccer League
10:30 a.m. Open Painting
1:30 p.m. Circle of Friends Group

FRIDAY

10:30 a.m. Ping Pong
10:30 a.m. Bunka -
Japanese Embroidery
10:45 a.m. Cardio Aerobics Class
1:00 p.m. Carpet Bowling League
1:30 p.m. Wii Bowling League

Turf Notes

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