



**TATTLE TALES**  
Senior Citizens Drop-In Centre  
619 Bay Street  
Sault Ste. Marie, ON  
Phone: 705-254-6474  
**February 2018**



# Hi Folks:



Don't let the cold weather keep you inside! Get out and enjoy some activities with fellow seniors. We offer some great programs and special events to keep you busy during the winter months. Please register for

all programs in advance!

**Get Up, Get Out and Get Active!**

**Brooke Dezell**  
Recreation Programmer

## ACTIVE LIVING

- \* **Snooker** is played each day Monday to Friday between the hours of 10:00 a.m. to 4:45 p.m. The cost to play is \$7.00 per week.
- \* **Shuffleboard** is played indoors every Friday afternoon starting at 1:30 p.m. Cost is \$2.00 per visit.
- \* **Wii Bowling** is played every Friday morning at 10:30 a.m. Cost is \$2 per visit.
- \* **Darts** are played on Tuesday evening from 7:00 to 9:00 p.m. Newcomers are welcome. The cost is \$2.00 per visit. Bring your own darts!
- \* **Pickle Ball** is played every Tuesday and Thursday evening from 5:00 p.m. to 7:30 p.m. Wear comfortable clothing and running shoes. Equipment provided. Cost is \$2.00 per visit.
- \* **A Form of Tai Chi** is every Monday and Wednesday morning at 10:15 a.m. Cost is \$2.00 per visit.

### Qigong Tai Chi

Date: Mondays, February 5<sup>th</sup> to March 5<sup>th</sup>

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

Cost: \$21.00 per person

Duration: 4 weeks

Instructor: Carla Pierman

Sitting qigong promotes proper breathing, motion, healing and relaxation. Learn how to relax your body.

### Stretching and Strengthening with Michelle

Date: February 6<sup>th</sup> to March 1<sup>st</sup>

Tuesdays: 11:00 to 11:30 a.m.

Thursdays: 1:30 to 2:00 p.m.

Cost: \$8.00 per person

Instructor: Michelle Moroz

### Zumba Dance

Date: Fridays,

February 16<sup>th</sup> to March 23<sup>rd</sup>

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

Cost: \$57.00 per person

Duration: 6 weeks

Instructor: Ildiko Horvath

### \*NEW\* Laughter Yoga Information Session

Date: Monday, February 5<sup>th</sup>

Time: 1:30 p.m.

Cost: Free

Instructor: Allyne Leonard

What is Laughter Yoga? Join us at our information session to find out! Learn about the health benefits, history and have a chance to try it out! Get fit through laughter!

### \*NEW\* Laughter Yoga

Date: Mondays, February 26<sup>th</sup> to March 19<sup>th</sup>

Time: 1:45 to 2:15 p.m.

Cost: \$8.00

Duration: 4 weeks

Instructor: Allyne Leonard

Get fit through laughter! Join the instructor in laughter and breathing exercises that are suitable for everyone!



## CLUB 119 EVENTS

### Club 119 Pancake Breakfast

Date: Tuesday, February 13<sup>th</sup>

Time: 11:45 a.m.

Cost: \$8.00 per ticket & Club 119 Membership

Menu: Sausage, Pancakes, Juice, Coffee/Tea.

This takes place prior to cards and is the snack today!

**View crafts on  
display in our lobby!**

## HEALTHY LIFESTYLES

### Blood Pressure Clinics

Date: Monday, February 5<sup>th</sup>

Time: 1:00 to 2:15 p.m.

Retired nurses Val Barill and Rose Boucher will be available to take your blood pressure. Everyone welcome!

### Home Health Services

#### Diabetic Foot Care Clinics

Date: Wednesday, February 13<sup>th</sup>

We Care offers advanced and diabetic foot care clinics once per month at the Senior Citizens' Drop-In Centre. Please call 705-254-6474 to book your appointment. Cost is \$45.00.

## CRAFTY CORNER

### Regular Craft Classes

Regular Craft Classes such as Open Painting, Knitting, Crochet Club and Swedish Weaving will continue each week. The cost is \$1.00 weekly fee. Check the Calendar for scheduled times.

### Walking Foot Machine Quilting

Date: Thursday, February 1<sup>st</sup>

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

Cost: \$7.00 plus supplies

Instructor: Nancy Sachro

Learn beginning tips and techniques for machine quilting with a Walking Foot. This will open new possibilities for quilting your very own project.

### Painting Acrylics Using a Mallet

Date: Monday, February 5<sup>th</sup>

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

Cost: \$17.00 plus supplies

Instructor: Nancy Caldwell

This is experimentation at its best. Using a mallet you will design your very own painting. Please wear old clothes to this class.

### Painting Acrylic Scenery

Date: Tuesday, February 6<sup>th</sup>

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

Cost: \$13.00 includes supplies

Instructor: Tiana Pollari

Learn to paint this scenery on canvas.

### Beaded Victorian Heart

Date: Wednesday, February 7<sup>th</sup>

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

Cost: \$5.00 includes kit

Instructor: Jean Grant-Rose

This quick and easy craft will make a great ornament to hang or display on your window!



### Tunisian Crochet Mittens

Date: Monday, February 12<sup>th</sup>

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

Cost: \$7.00 plus supplies

Instructor: Elaine Oliana

Learn this Tunisian crochet stitch to make a pair of mittens.

### Floating Tea Cup

Date: Monday, February 12<sup>th</sup>

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

Cost: \$18.00 includes kit

Instructor: Shirley Johnson

Using a glue gun and artificial flowers you will fill your cup and saucer, creating a spring centerpiece for your table. This is a fun way to recycle china tea cups and saucers.

### Painting Watercolours

Date: Tuesday, February 13<sup>th</sup> & 20<sup>th</sup>

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

Cost: \$8.00 plus supplies

Duration: 2 weeks

Instructor: Heddys Stevenson

### Jewelry Repair

Date: Thursday, February 15<sup>th</sup>

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

Cost: \$5.00

Instructor: Tiana Pollari

Bring in your jewelry that may have a missing clasp or closure and requires a new one. Tiana will have tools and necessary items available to repair your jewelry.

### Creative Memories Photo Scrap Booking

Date: Tuesday, February 20<sup>th</sup>

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

Cost: \$15.00 per session

Consultant: Lanny Clark

Bring your pictures and a lunch!

### Learn to Knit

Date: Tuesday, February 20<sup>th</sup> & 27<sup>th</sup>

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

Cost: \$8.00 plus supplies

Duration: 2 weeks

Instructor: Elaine Oliana

This beginner knit class will be the basics for anyone who has never knitted before. In the week using basic knit stitches with some increasing, we will create a simple project.

### Seminole Quilting Using a Serger

Date: Friday, February 23<sup>rd</sup> & March 2<sup>nd</sup>

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

Cost: \$10.00 plus supplies

Duration: 2 weeks

Instructor: Sue Partridge

Turn a plain set of towels into a set of WOW towels using your serger and fabric.

### Knitted Comfort Dolls

Date: Monday, February 26<sup>th</sup>

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

Cost: Free

We are looking for folks who like to knit or crochet to help make comfort dolls.

### Painting Elegant Writer

Date: Wednesday, February 28<sup>th</sup>

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

Cost: \$10.00 includes supplies

Instructor: Anna Lefave

Using an Elegant Writer Calligraphy pen, Anna will show you how to create your own ink painting.

# SPECIAL EVENTS

## Sault Rising Stars

Date: Wednesday, February 21<sup>st</sup>  
Time: 1:15 p.m.  
Cost: Free

The Sault Rising Stars will perform a show full of skits and songs. Dessert and refreshments will be available.

## Early Risers Bingo

Date: Thursday, February 22<sup>nd</sup>  
Time: 10:30 a.m.  
Cost: \$6.00

Ten games of Bingo will be played for a chance to win some great prizes. Breakfast snacks, juice, coffee and tea will be available

## Line Dance Social

Date: Monday, February 26<sup>th</sup>  
Time: 6:30 p.m.  
Cost: \$2.00 at the door

Instructor: Joan and Larry Walls  
All line dancers are invited to come and dance to many genres of music. Refreshments and snacks will be provided.

**AS A COURTESY to members with allergies, we ask that you do not wear perfume or after-shave during any activity classes at our Centres'. Many folks have an unpleasant reaction to perfumes and scents. Thank you for your consideration.**

# EDUCATIONAL

## Tech Session

Date: Wednesdays, February 7<sup>th</sup> & 21<sup>st</sup>  
Time: 1:00 to 4:00 p.m.  
Cost: Free  
Bring your tablet and have your questions answered by our instructor. Book a 30 minute session by calling 705-254-6474.

## Guaranteed Income Supplement Talk

Date: Wednesday, February 7<sup>th</sup>  
Time: 1:30 p.m.  
Cost: Free  
Join fellow seniors for this educational afternoon about OAS, CPP, and Service Canada overview. Have all of your questions answered about these programs.



## Windows 10 Fundamentals

Date: Wednesday, February 14<sup>th</sup>  
Time: 1:00 to 4:00 p.m.  
Cost: Free  
Bring your laptop and learn the basics of Windows 10. Book a 1 hour session by calling 705-254-6474.

## Meditation & Drumming

Date: Wednesdays,  
February 21<sup>st</sup> to March 28<sup>th</sup>  
Time: 10:30 to 11:30 a.m.  
Cost: \$25.00 per person  
Duration: 6 weeks  
Instructor: Bonnie Baranski  
This class will introduce you to meditation using the breath as a calming tool, and the repetitive sounds and vibrations of chanting and drumming.

## Savvy Seniors Book Chat & More

Date: Tuesday, February 27<sup>th</sup>  
Time: 2:30 to 3:30 p.m.  
Cost: Free  
A representative from the Sault Ste. Marie Public Library will be hosting a book chat for all seniors. Seniors are invited to share a favorite poem, story or movie they enjoy. Refreshments are available.





**Seeking Noon Lunch  
Volunteers for serving  
and sandwich making!! If  
you are interested please  
stop by the front desk or  
call 705-254-6474**

*Both Seniors Centre's  
are Closed on  
Monday, February 19<sup>th</sup>  
for Family Day.*



# FEBRUARY SPECIALS

Senior Citizens Drop-In Centre 254-6474

Wednesday, February 21 <sup>st</sup>	1:15 p.m.	Sault Rising Stars. Join fellow seniors for an afternoon of entertainment and laughs! Desserts and refreshments available. This is a free program.
Thursday, February 22 <sup>nd</sup>	10:30 a.m.	Early Risers Bingo. Ten games of bingo will be played for a chance to win some great prizes. Breakfast snacks and refreshments available. Cost is \$6.
Monday, February 26 <sup>th</sup>	9:30 p.m.	Line Dance Social. We invite all line dancers to join us for an evening of dancing and social time. Refreshments and snacks provided. Cost is \$2 at the door.
<div>  <b>Happy Valentine's Day!</b>  </div>		

## Daily Activities – February 2018

### MONDAY

10:30 a.m. A Form of Tai Chi  
 10:30 a.m. Qigong Tai Chi  
 1:00 p.m. Knifty Knitters  
 1:00 p.m. Swedish Weaving  
 1:00 p.m. French Club Cards  
 7:00 p.m. Wood Bee Carvers  
 7:00 p.m. Duplicate Bridge



### TUESDAY

10:15 a.m. Wanna Bee Quilters  
 10:15 a.m. Senior Singers  
 10:30 a.m. Energy Healing 101  
 10:30 a.m. Rug Hooking  
 11:00 a.m. Stretching and Strengthening  
 12:30 p.m. Border Squares  
 1:00 p.m. Club 119 Cards  
 5:00 p.m. Pickle Ball  
 7:00 p.m. Darts  
 7:00 p.m. Duplicate Bridge



### WEDNESDAY

10:15 a.m. Meditation and Drumming  
 10:15 a.m. Open Painting  
 10:30 a.m. Christmas Cheer  
 10:30 a.m. A Form of Tai Chi  
 12:00 p.m. Noon Hour Lunch  
 1:00 p.m. Duplicate Bridge  
 1:00 p.m. Contract Bridge  
  
 February's Bingo will be held on  
 Wednesday, February 14<sup>th</sup> & 28<sup>th</sup> at  
 1:30 P.M.



### THURSDAY

10:15 p.m. Bridge Lessons  
 10:30 a.m. Energy Healing 101  
 12:00 p.m. Noon Hour Lunch  
 12:30 p.m. Open Line Dancing  
 1:00 p.m. H.A.M. Radio  
 1:30 p.m. Stretching and Strengthening  
 2:00 p.m. Fun Cards  
 2:45 p.m. Beginners Line Dance  
 5:00 p.m. Pickle Ball  
 7:00 p.m. Duplicate Bridge



### FRIDAYS

10:30 a.m. Crochet Club  
 10:30 a.m. Zumba Dance  
 10:30 a.m. Wii Bowling  
 12:00 p.m. Noon Hour Lunch  
 12:45 p.m. Duplicate Bridge  
 1:00 p.m. Contract Bridge  
 1:30 p.m. Shuffleboard  
 1:45 p.m. Hand and Foot Cards

