



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



## Hi Folks:



WOW! Another year has come and gone already!

Come in to pick up our new Winter/Spring 2018 edition of Seniors 55+ Programming!

Get Up, Get Out & Get Active!

**Brooke Dezell**  
Recreation Programmer

## ACTIVE LIVING

- \* Snooker is played downstairs 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.

### Energy Healing 101

Date: Tuesdays and Thursdays,  
January 2<sup>nd</sup> to January 25<sup>th</sup>

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

Cost: \$21.00 per person

Duration: 4 weeks

Instructor: Carla Pierman

Deep breathing, light stretching, Qigong Tai Chi and Yoga practices are integrated to help activate the body's natural healing capabilities. Comfortable clothes, running shoes and yoga matt are required for this class.

### Darts

Date: Tuesdays,  
January 2<sup>nd</sup> to May 29<sup>th</sup>

Time: 7:00 to 9:00 p.m.

Cost: \$2.00 per visit

Duration: 22 weeks

If you enjoy playing darts, drop in on a Tuesday evening to see what it is all about. Please bring your own darts. Newcomers are welcome!

### Open Line Dance

Date: Thursdays, January 4<sup>th</sup> to March 8<sup>th</sup>

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

Cost: \$25.00 per person

Duration: 10 weeks

Instructor: Joan Walls

At each class Joan will refresh you with previously learned dance steps and teach you new ones.

**A beginner's class is required prior to entering into Open Line Dance.**

### Beginners Line Dance

Date: Thursdays, January 4<sup>th</sup> to March 8<sup>th</sup>

Time: 2:45 to 3:45 p.m.

Cost: \$20.00 per person

Duration: 10 weeks

Instructor: Joan Walls

This is an easy and fun class to learn the basic line dance steps needed to dance to all genres of music!

### Wii Bowling

Date: Fridays, January 5<sup>th</sup> to June 1<sup>st</sup>

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

Cost: \$2.00 per visit

Duration: 21 weeks

Wii is a virtual game played on the T.V. using hand controls.

### Zumba

Date: Fridays, January 5<sup>th</sup> to February 9<sup>th</sup>

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

Cost: \$57.00 per person

Duration: 6 weeks

Instructor: Ildiko Horvath

This is a Latin inspired, easy to follow, calorie burning fitness program. The moves are simple, fun and accessible to everyone!

### Qigong Tai Chi

Date: Mondays, January 8<sup>th</sup> to January 29<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.

**Don't forget to wear comfortable clothes to fitness classes.**

### A Form of Tai Chi

Date: Mondays and Wednesdays,  
January 8<sup>th</sup> to May 30<sup>th</sup>

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

Cost: \$2.00 per visit

Duration: 21 weeks

Instructor: Donna Komhyr

Tai Chi is an ancient Chinese martial arts form that has many variations. It is food for improving balance, strength, endurance, memory and flexibility.



**Stretching and Strengthening**

Date: January 9<sup>th</sup> to February 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

Duration: 4 weeks

Many exercise movements will be taught with the aid of a chair.

**Pickle Ball**

Date: Tuesdays and Thursdays,

January 9<sup>th</sup> to May 24<sup>th</sup>

Time: 5:00 to 7:30 p.m.

Cost: \$2.00 per visit

Duration: 20 weeks

This is a hybrid sport which combines elements of badminton, tennis and table tennis. Equipment is provided. Wear comfortable clothing and running shoes! **Pease Note:** Cancelled on

Thursday, May 17<sup>th</sup>.

**HEALTHY LIFESTYLES**

**Blood Pressure Clinics**

Date: Monday, January 8<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.

**Home Health Services**

**Diabetic Foot Care Clinics**

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. Tuesday, January 9<sup>th</sup> is the first clinic and the cost is \$45.00.

**CRAFTY CORNER**

**Christmas Cheer Program**

Date: Wednesdays,

January 3<sup>rd</sup> to May 30<sup>th</sup>

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

Duration: 22 weeks

We invite you to join this group of ladies who work year round to make scarves, mitts, hats, socks, blankets, etc. for Christmas Cheer. We will provide yarn.

**Painting**

**Open Painting**

Date: Wednesdays,

January 3<sup>rd</sup> to May 30<sup>th</sup>

Time: 10:15 a.m. to 12:15 p.m.

Cost: \$1.00 per visit

Duration: 22 weeks

This group works on their own individual projects and share ideas and helpful tips with one another. All mediums of painting are welcome. There is no instructor for this class.



**Needlecrafts**

**Crochet Club**

Date: Fridays, January 5<sup>th</sup> to May 25<sup>th</sup>

Time: 10:15 a.m. to 12:00 Noon

Cost: \$1.00 per visit

Duration: 20 weeks

If you know how to crochet then join these ladies weekly where ideas and fellowship are shared.

There is no instructor for these classes. You must know how to crochet.

**Needlecraft**

**Knitting/Knifty Knitters Class**

Date: Mondays,

January 8<sup>th</sup> to May 28<sup>th</sup>

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

Cost: \$1.00 per visit plus supplies

Duration: 18 weeks

These ladies gather weekly for fellowship and to work on their own individual projects. You must know how to knit. You may use the perfect knitting tool for anyone whose fingers are sometimes stiff and painful. Let the Knifty Knitter tool hold your work while you create hats, scarves and more.

**Swedish Weaving**

Date: Mondays,

January 8<sup>th</sup> to May 28<sup>th</sup>

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

Cost: \$2.00 per visit

Duration: 18 weeks

These ladies work on individual projects as well helping one another.

**Wanna Bee Quilters**

Date: Tuesdays,

January 9<sup>th</sup> to May 29<sup>th</sup>

Time: 10:15 a.m. to 12:15 p.m.

Cost: \$2.00 per visit plus supplies

Duration: 21 weeks

This class is for the beginner quilter. Projects are shared with one another. There is no instructor for this course.

***Register early  
to avoid disappointment!***

**Drawing, Pencils and Charcoal**

Date: Fridays, January 12<sup>th</sup> to February 16<sup>th</sup>

Time: 10:15 a.m.

Cost: \$63.00

Duration: 6 weeks

Instructor: Taimi Poldmaa

Using pencils, charcoal and a step by step approach, you will create drawings learning about value, line and shape with various drawing techniques.

**Painting, Pen and Ink with Watercolours**

Date: Mondays, January 15<sup>th</sup> to February 26<sup>th</sup>

Time: 10:15 a.m.

Cost: \$63.00

Duration: 6 weeks

Instructor: Taimi Poldmaa

Learn several strokes and techniques to give extra definition to watercolour painting. Painting experience preferred in watercolours.

**Painting, Negative Watercolours**

Date: Monday, January 15<sup>th</sup>  
Time: 10:30 a.m. to 3:00 p.m.  
Cost: \$12.00  
Instructor: Nancy Caldwell  
Let's explore negative painting? Come ready to jump out of your comfort zone and go home with a new idea to improve your landscapes, flowers and much more.

**Traditional Hand Rug Hooking**

Date: Tuesdays, January 16<sup>th</sup> to May 22<sup>nd</sup>  
Time: 10:15 a.m. to 12:15 p.m.  
Cost: \$2.00 bi-weekly fee, plus beginners' kit  
Duration: Bi-weekly  
Instructor: Betty Currie  
This is the ultimate craft for recycling wool clothing and other fabrics. If you are curious about this craft and want to learn more about rug hooking, drop-in to one of the classes.

**How to Use Your Serger 101**

Date: Tuesday, January 30<sup>th</sup>  
Time: 1:00 to 4:00 p.m.  
Cost: \$5.00  
Instructor: Sue Partridge  
Learn how to thread your serger, to adjust the tension, and length. How to turn a corner, to make a rolled hem, a lettuce edge and if time permits apply a string of pearls.

**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.**

**SPECIAL EVENTS**

**Newcomers are always welcome.  
Looking forward to seeing you soon!**

**Crochet Hooded Scarf**

Date: Wednesday, January 17<sup>th</sup> to 31<sup>st</sup>  
Time: 1:00 to 3:00 p.m.  
Cost: \$5.00  
Instructor: Tary Trottier  
Both pretty and practical, this project is fairly easy to make. Knowledge of basic stitches required.

**Knitted Comfort Dolls**

Date: Monday, January 22<sup>nd</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, for children being admitted to the hospital. If you cannot knit or crochet you can help with stuffing and sewing.

**Creative Memories Photo Scrap Booking**

Date: Tuesday, January 23<sup>rd</sup>  
Time: 10:30 a.m. to 4:00 p.m.  
Cost: \$15.00 per person  
Consultant: Lanny Clark  
Come and meet in a social setting to work on your scrapbooking projects. Cutting tools provided. Please bring your own lunch.

**Painting, Acrylic Trees**

Date: Tuesday, January 23<sup>rd</sup>  
Time: 1:00 p.m.  
Cost: \$13.00  
Instructor: Tiana Pollari  
Learn to paint trees on canvas.

**Snowman Wreath**

Date: Friday, January 26<sup>th</sup> & February 2<sup>nd</sup>  
Time: 10:30 a.m. to 4:00 p.m.  
Cost: \$10.00  
Duration: 2 weeks  
Instructor: Isola Purificati  
This snowman wreath is made with felt, and cotton material. This is fun and easy to make.

**Noon Lunches**

Date: January to June  
Wednesdays, Thursdays and Fridays,  
Time: 12:00 Noon to 1:30 p.m.  
Cost: \$6.00 for a full meal  
Duration: Weekly  
Menu: Homemade soup, choice of sandwich, Homemade dessert and coffee/tea.

**Creative Colouring Social**

Date: Wednesday, January 17<sup>th</sup>  
Time: 2:00 p.m.  
Cost: \$5.00  
Join fellow seniors for some appetizers and creative colouring. This is a great way to relieve stress in a social setting. Colouring pages and pencil crayons provided.

**Kiwanis Bingo**

Date: Monday, January 29<sup>th</sup>  
Time: 1:00 to 4:00 p.m.  
Cost: Free  
Don't miss out on an afternoon of Bingo fun! Cash prizes to be won. This event is sponsored by the Kiwanis Club of Lakeshore.

**EDUCATIONAL**

**Meditation and Drumming**

Date: Wednesdays,  
January 10<sup>th</sup> to February 14<sup>th</sup>  
Time: 10:30 to 11:30 a.m.  
Cost: \$25.00 per person  
Duration: 6 weeks  
Instructor: Bonnie Baranski  
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 the repetitive sounds and vibrations of chanting and drumming.





**Tech Sessions \*Tablets Only\***

Date: Wednesdays,  
January 10<sup>th</sup> and 24<sup>th</sup>  
February 7<sup>th</sup> & 21<sup>st</sup>  
March 14<sup>th</sup> & 28<sup>th</sup>  
April 11<sup>th</sup> & 25<sup>th</sup>  
Time: 1:00 to 4:00 p.m.  
Cost: Free  
Book a 30 minute appointment by calling  
705-254-6474.

**Bridge Lessons**

Date: Thursdays, January 11<sup>th</sup> to May 24<sup>th</sup>  
Time: 10:15 a.m. to 12:00 p.m.  
Cost: \$2.00 per visit  
\$30.00 mandatory book purchase  
Duration: 20 weeks  
Instructor: Bruce Richmond  
This class is for those who have previously taken  
bridge lessons by Bruce in the Fall of 2017.

**Talk “Living Safely and Well with Dementia”**

Date: Tuesday, January 16<sup>th</sup>  
Time: 1:30 p.m.  
Cost: Free  
Presenter: Lisa Meschino  
This dementia-friendly education session will  
increase community members’ understanding of  
dementia by providing information, practical  
strategies and resources on; Knowing the signs of  
dementia, Knowing what to say, Knowing the risks  
of living with dementia, Reducing the risks by  
preparing a safety plan and knowing what to do  
when you find someone who is lost.

**Windows 10 Fundamentals \*Laptops Only\***

Date: Wednesdays,  
January 17<sup>th</sup>, February 14<sup>th</sup>  
March 21<sup>st</sup>, & April 18<sup>th</sup>  
Time: 1:00 to 4:00 p.m.  
Cost: Free  
Bring your laptop and learn the basics about  
Windows 10. Book a 1 hour appointment by calling  
705-254-6474.

**Cooking Brunch**

Date: Monday, January 29<sup>th</sup>  
Time: 11:00 a.m.  
Cost: \$7.00  
Instructor: Cathie Bishop  
Learn some different quiche recipes and how to  
prepare breakfast casseroles.

**Savvy Seniors Book Chat**

Date: Tuesday, January 30<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 poem, favourite book  
or movie that they have enjoyed.

**Talk Meal Planning for One or Two Persons**

Date: Wednesday, January 31<sup>st</sup>  
Time: 1:45 p.m.  
Cost: Free  
Instructor: Irene Gudz  
Please join us for a discussion on how menu  
planning can simplify shopping, cooking and eating  
healthy meals.

**CLUB 119 EVENTS**

**Cards**

Date: Tuesdays,  
January 2<sup>nd</sup> to May 29<sup>th</sup>  
Time: 1:00 p.m.  
Cost: \$2.00 at the door plus Club Membership  
Duration: 22 weeks  
Play card games of Bid Euchre, Bridge, 500 and  
Cribbage. Prizes will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>  
place scores.

**Senior Singers**

Date: Tuesdays,  
January 9<sup>th</sup> to April 24<sup>th</sup>  
Time: 10:15 a.m. to 12:00 p.m.  
Cost: Club Membership  
Duration: 16 weeks  
Choir Director: Sonya Masotti  
Pianist: Mary Madonna  
Lorraine Smith  
The Senior Singers Choir accepts new  
memberships in January and September.  
\$15 membership fee is payable yearly to the Senior  
Singers Choir. A vest and crest must be purchased  
for concerts.

**CARDS AND GAMES**

**Contract Bridge**

Date: Wednesdays, January 3<sup>rd</sup> to May 30<sup>th</sup>  
Time: 1:00 p.m.  
Cost: \$1.00 per visit  
Duration: 22 weeks

**Fun Cards**

Date: Thursdays,  
January 4<sup>th</sup> to May 31<sup>st</sup>  
Time: 2:00 p.m.  
Cost: \$1.00 per visit  
Duration: 22 weeks  
A variety of games are played each week including  
Lucky 13, Blind Gold and Hand and Foot.  
Newcomers welcome, we will teach you.



**Contract Bridge**

Date: Fridays,  
January 5<sup>th</sup> to June 1<sup>st</sup>  
Time: 1:00 p.m.  
Cost: \$1.00 per visit  
Duration: 20 weeks  
This is a closed group of individuals who play  
house bridge.

**Hand & Foot Cards**

Date: Fridays,  
January 5<sup>th</sup> to June 1<sup>st</sup>  
Time: 1:45 p.m.  
Cost: \$1.00 per visit  
Duration: 21 weeks  
Interested hand and foot players are welcome to  
join the group every Friday afternoon.

**Bingo**

Date: Wednesday, January 10<sup>th</sup> & 24<sup>th</sup>  
Time: 1:30 to 3:30 p.m.  
Cost: Pay per card

# JANUARY SPECIALS

Senior Citizens Drop-In Centre 254-6474

Wednesday, January 17 <sup>th</sup>	2:00 p.m.	Creative Colouring Social. Colouring pages and pencil crayons provided. Cost is \$5.00.
Monday, January 22 <sup>nd</sup>	5:30 p.m.	New Year's Dinner and Dance. Purchase your ticket in advance only. Cost is \$15.00.
Monday, January 29 <sup>th</sup>	1:00 to 4:00 p.m.	Kiwanis Bingo. Cash prizes to be won! This event is sponsored by the Kiwanis Club of Lakeshore. This is a free program and no preregistration is required. Just show up for a fun afternoon!



## Happy New Year!



## Daily Activities – January 2018

### MONDAY

10:15 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  
 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  
 10:30 a.m. A Form of Tai Chi  
 10:30 a.m. Open Painting  
 10:30 a.m. Christmas Cheer  
 12:00 p.m. Noon Hour Lunch  
 1:00 p.m. Duplicate Bridge  
 1:00 p.m. Contract Bridge

**January's Bingo will be held on  
 Wednesday, January 10<sup>th</sup> & 24<sup>th</sup>  
 at 1:30 p.m.**



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### THURSDAY

10:15 a.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/Computers  
 1:30 p.m. Stretching and Strengthening  
 2:00 p.m. Fun Cards  
 2:45 p.m. Beginners Line Dancing  
 5:00 p.m. Pickle Ball  
 7:00 p.m. Duplicate Bridge



### FRIDAY

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

