



TATTLE TALES
Senior Citizens Drop-In Centre
Active 55+
Phone: 705-254-6474
July 2018



Hi Folks:



Summer weather is upon us and with that we have some great activities for July! Let's give a big Welcome to our *Up, Out and Away* staff that will be with us for the months

of July and August!

The newsletters for August will be released on Monday, June 18th filled with great events to look forward to!

Don't forget to register early for all events to avoid disappointment or cancellation.

Get Up, Get Out and Get Active!

Up, Out & Away Summer Staff

DAILY ACTIVITIES

- * **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.
- * **Wii Bowling** will be played every Monday and Friday at 10:30 a.m. The cost is \$2.00 per visit.
- * **Contract Bridge** will be played every Wednesday and Friday at 1:00 p.m. Cost is \$1.00 per visit.
- * **Noon Lunch** will be available every Wednesday, Thursday and Friday. The menu includes salad, choice of sandwich, dessert and coffee/tea. Cost is \$6.00 for a full meal.
- * **Fun Cards** will be played every Thursday starting at 2:00 p.m. The cost is \$1.00 per visit.
- * **Carpet Bowling** will be played every Thursday and Friday at 1:30 p.m. Cost is \$2.00 per visit.
- * **Pickle-Ball** will be played every Tuesday evening from 5:00 to 7:30 p.m. and every Thursday morning from 10:30 a.m. to 12:00 p.m. Cost is \$2.00 per visit.
Cancelled Thursday, July 26th.

- * **Hand and Foot Cards** will be played every Friday at 1:45 p.m. Cost is \$1.00 per visit.
- * **Shuffleboard** will be played every Friday at 1:30 p.m. Cost is \$2.00 per visit

SPECIAL EVENTS

Tea, Tarts and Tarot Cards

Date: Wednesday, July 4th

Time: 1:15 p.m.

Cost: \$2.00 per person

\$4.00 for mini Tarot Card reading payable to Tiana.

Host: Tiana Pollari

Enjoy tea and tarts while socializing with fellow seniors. Learn the history about Tarot Cards and Chakras. If you choose to do so, have a mini tarot card reading by our host.

Learn to Play Disc Golf

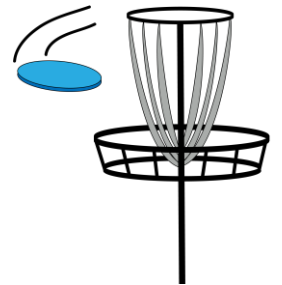
Date: Thursday, July 5th

Time: 10:30 a.m.

Cost: Free

Instructor: Curtis Vanderloo

Wanting to learn how to play Disc Golf? Register now for a demonstration of Disc Golf, learn the rules of the game and have a chance to play! Curtis from the Sault Ste. Marie Disc Golf Association will be on site this morning to answer any questions. Wear comfortable clothing and running shoes.



BBQ and Bocce

Date: Monday, July 9th

Time: 12:30 p.m. Lunch

1:30 p.m. Bocce

Cost: \$8.00

Menu: Sausages, Cold Salads and Desert

Enjoy a barbequed lunch followed by an outdoor game of Bocce. Come dressed for the weather.

Ermatinger Clergue National Historic Site Luncheon and Film

Date: Monday, July 16th

Time: 12:00 p.m. Lunch

Cost: \$20.00 per person

Menu: Fancy Sandwiches, Seasonal Salad & Dessert

Meet in the front lobby of the Seniors Drop In Centre and we will walk over together! Enjoy a meal followed by a film shown in the big theatre.

Creative Colouring Social

Date: Wednesday, July 18th

Time: 1:45 p.m.

Cost: \$2.00

Adult creative colouring relieves stress and is great social time. Join our summer students for an afternoon of colouring and appetizers. Colouring pages, pens and markers provided.

Craft Day

Date: Monday, July 23rd

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

Cost: \$5.00

Join us for an afternoon of crafts and fun! Have a chance to make 2 crafts out of our 4 stations. We will have a pool noodle card holder station, a cookie cutter bird feeder station, a stain glass sun catcher station and a tie dye t-shirt station! Register early for this fun event! *If you wish to make a tie dye t-shirt please bring your own cotton white t-shirt.

Pancake Breakfast

Date: Thursday, July 26th

Time: 10:30 a.m.

Cost: \$8.00

Menu: Pancakes, Sausage, Fruit and Coffee/tea or Juice

Enjoy a hot breakfast with our summer students and fellow seniors.



Ice Cream & Board Game Social

Date: Monday, July 30th

Time: 1:15 p.m.

Cost: \$2.00

Play games on our Wii System; enjoy some puzzles, and various board games. A sundae bar will be available served by our summer students.

ACTIVE LIVING

Stretching & Strengthening With Michelle

Date: July 3rd to July 26th

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

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

Cost: \$8.00

Duration: 4 weeks

Instructor: Michelle Moroz

This half hour session of exercise movements will be taught with the aid of a chair.

CRAFTY CORNER

Regular Craft Classes

Regular Craft Classes such as Open Painting, Christmas Cheer, Knitting/Knifty Knitters, Swedish Weaving and Crochet Club will continue each week. The cost is \$1.00 weekly fee.

Acrylic Painting “Butterfly”

Date: Tuesday, July 10th

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

Cost: \$13.00 includes supplies

Instructors: Tiana Pollari

Chris Pollari

This is a fun and easy project to paint!

Let Tiana and Chris guide you through completing this project. No experience required!



Knitted Comfort Dolls

Date: Monday, July 16th

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

Cost: Free

We are looking for folks who like to knit or crochet to help make these comfort dolls. If you cannot knit or crochet you can help with the stuffing or sewing.

CLUB 119 EVENTS

Cards

Date: Tuesdays

Time: 1:00 p.m.

Cost: \$2.00 at the door plus a Club Membership
Join your fellow seniors to play “500”, Cribbage, Bid Euchre, or Bridge. Refreshments and a light snack will be provided.

Club 119 Pot Luck Lunch

Date: Tuesday, July 3rd

Time: 12:00 p.m. Lunch

Cost: Hot or cold food item

Club 119 Membership

Join fellow card players and enjoy a traditional pot luck lunch followed by an afternoon of cards.

EDUCATIONAL

Home Instead Senior Care Talk

Date: Tuesday, July 31st

Time: 11:00 a.m.

Cost: Free

Presenter: Venessa Robert, Home Care Consultant
Learn about what resources Home Instead Senior Care has to offer to the community and what services for aging adults are available. There are some new programs available such as; Compose Your Life Song Program and Give65 Program which will be discussed during this session.



Reminder



As a courtesy to members with allergies, we ask that you do not wear perfume or aftershave/cologne while attending any activity at our Centre’s. Many folks have an unpleasant reaction to perfumes and scents.

Thank you for your consideration.

JULY SPECIALS

Senior Citizens Drop-In Centre 705-254-6474

Wednesday, July 4 th	1:15 p.m.	Tea, Tarts and Tarot Cards. Enjoy some tea and social time with fellow seniors. Cost is \$2.00 to attend and if you wish to have a mini tarot card reading a fee of \$4.00 payable to Tiana.
Thursday, July 5 th	10:30 a.m.	Learn to Play Disc Golf. Learn the rules of the game and have a chance to play. This is a free program to attend.
Monday, July 9 th	12:30 p.m.	BBQ and Bocce. Enjoy a barbecued lunch followed by outdoor Bocce. Come dressed for the weather. Cost is \$8.00
Monday, July 16 th	12:00 p.m.	Ermatinger Clergue National Historic Site Luncheon and Film. Menu: Fancy Sandwiches, Seasonal Salad and Dessert
Wednesday, July 18 th	1:45 p.m.	Creative Colouring Social. Colouring pages, pens and markers provided. Cost is \$2.00 per person.
Monday, July 23 rd	1:30 p.m.	Craft Day! Join us for an afternoon of crafts and fun! Have a chance to make 2 crafts out of 4 stations. Cost is \$5.00.
Thursday, July 26 th	10:30 a.m.	Pancake Breakfast. Enjoy a hot breakfast with our summer students. Menu: Pancakes, Sausage, Fruit, Coffee/Tea or Juice. Cost is \$8.00 per person.
Monday, July 30 th	1:15 p.m.	Ice Cream and Board Game Social. Play games on our Wii System, various board games and puzzles will be available as well. Cost is \$2.00 per person.

Daily Activities – July 2018

MONDAY

9:00 a.m. Talk & Walk Hub Trail
 10:30 a.m. Wii Bowling
 1:00 p.m. French Club Cards
 1:00 p.m. Knitting/Knifty Knitters
 1:00 p.m. Swedish Weaving
 7:00 p.m. Duplicate Bridge



TUESDAY

11:00 a.m. Stretching and Strengthening
 12:30 p.m. Border Squares
 1:00 p.m. Club 119 Cards
 5:00 p.m. Pickleball
 7:00 p.m. Duplicate Bridge



WEDNESDAY

9:00 a.m. Talk & Walk Hub Trail
 10:30 a.m. Christmas Cheer
 10:30 a.m. Open Painting
 12:00 p.m. Noon Lunch
 1:00 p.m. Contract Bridge
 1:00 p.m. Duplicate Bridge



July Bingo will be held on
 Wednesday, July 11th & 25th
 @ 1:30 p.m.

THURSDAY

10:30 a.m. Pickleball
 12:00 p.m. Noon Lunch
 1:30 a.m. Stretching & Strengthening
 1:30 p.m. Carpet Bowling
 2:00 p.m. Fun Cards
 7:15 p.m. Duplicate Bridge



FRIDAY

10:15 a.m. Crochet Club
 10:30 a.m. Wii Bowling
 12:00 p.m. Noon Lunch
 12:45 p.m. Duplicate Bridge
 1:00 p.m. Contract Bridge
 1:30 p.m. Shuffleboard
 1:30 p.m. Carpet Bowling
 1:45 p.m. Hand & Foot Cards



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