



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



Hi Folks:



June is finally upon us, along with the nice weather comes some great activities and special events for you to participate in!

A big welcome is extended to our summer students who will be working with us during June, July and August! Be sure to stop by and introduce yourself to them and give a hearty hello!

We also extend an invitation to drop in on **Wednesday, Thursday & Friday for lunch served between 12:00 and 1:30 p.m. in our lunch room. Cost is \$6.00 for a full meal.**

Get Up, Get Out and Get Active!

Brooke McMillan
Programmer Assistant

SPECIAL EVENTS

Summer Kick Off BBQ

Date: Tuesday, June 5th
Time: 12:45 p.m.
Cost: \$7.00
Menu: Hamburgers, Hot Dogs, Cold Salads and Dessert.
Join us in welcoming summer and to meet our summer students for this year!

Dauber Bingo

Date: Thursday, June 7th
Time: 10:15 a.m. to 12:15 p.m.
Cost: \$3.00 at the door
Have a chance to win cash prizes. Daubers and Bingo pages supplied. Refreshments available.

Summer Hoedown Dinner & Dance

Date: Monday, June 11th
Time: 5:30 p.m. to 10:00 p.m.
Cost: \$15.00 per person
Menu: Roast Beef, Mashed Potatoes, Vegetables, Bread and Dessert.
Music: Don Discher and the Sun Downers. Join us for an evening of great food, great music, fellowship and fun! Tickets available in advance only!



Traditional Hand Rug Hooking

Luncheon and Display

Date: Tuesday, June 12th
Time: 11:00 a.m. to 2:00 p.m.
Cost: \$7.00 includes lunch
Join us for lunch while viewing the Rug Hooking display. This event provides the opportunity to find out what Rug Hooking is all about.

Outdoor Games

Date: Monday, June 18th
Time: 2:45 p.m.
Cost: Free
Come dressed for the weather for an afternoon of fun and outdoor games in Clergue Park.

50's Afternoon

Date: Wednesday, June 20th
Time: 12:30 to 3:00 p.m.
Cost: \$7.00
Menu: Chili dog & Ice Cream
Come dressed for the 50's! Enjoy some games, great music from the 50's and have a chance to win the door prize.

Cards & Appetizer Social

Date: Monday, June 25th
Time: 1:15 to 4:00 p.m.
Cost: \$5.00 includes cards
Join fellow seniors for games of 500, Cribbage, Bid Euchre, Hand and Foot or Bridge.

Canada Day Celebration

Date: Thursday, June 28th
Time: 1:30 to 3:30 p.m.
Cost: \$5.00
Wear red and white and join us for games, fellowship and some snacks. Prizes to be won!



ACTIVE LIVING

- * Snooker is played Monday to Friday between the hours of 10:00 a.m. to 4:45 p.m. The cost is \$7.00 per week.
- * Wii Bowling Mondays and Fridays at 10:30 a.m. The cost is \$2.00 per visit. Cancelled Friday, June 15th
- * Pickleball will be played Tuesday evenings 5:00 to 7:30 p.m. Cost is \$2.00 per visit.
- * Fun Cards Thursdays at 2:00 p.m. Cost is \$1.00 per visit.
- * Carpet Bowling will be played Thursdays and Fridays at 1:30 p.m. Cost is \$2.00 per visit.
- * Shuffleboard Fridays at 1:30 p.m. Cost is \$2.00 per visit. Cancelled Friday, June 15th

* Hand & Foot Cards will be played Fridays at 1:45 p.m. Cost is \$1.00 per visit.

Talk & Walk the Hub Trail

Date: Mondays and Wednesdays

June 4th to August 22nd

Time: 9:00 to 10:00 a.m.

Cost: Free

Join fellow seniors and our summer students as you walk the hub trail in downtown area. Meet in the back parking lot of the Seniors Drop-In Centre. Use our Nordixx Poles if you wish.

Laughter Yoga

Date: Mondays, June 4th to June 25th

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

Cost: \$8.00 per person

Instructor: Allyne Leonard

Get fit through laughter! Join Allyne in laughter and breathing exercises that are suitable for everyone! Laughter Yoga decreases stress, gives you the same benefits as a brisk walk.

Carla’s Fitness

Date: Tuesdays & Thursdays

June 5th to June 28th

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

Cost: \$21.00 per person

Duration: 4 weeks

Instructor: Carla Pierman

Help increase energy levels; strengthen the lungs, heart and body. Use of exercise bands, weights, Yoga and Qigong Tai Chi will be integrated into this class.



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Stretching & Strengthening With Michelle

Date: Tuesdays & Thursdays, June 5th to 28th

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

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

EDUCATIONAL

Cooking Class

Date: Tuesday, June 26th

Time: 1:45 p.m.

Cost: \$7.00 per person

Join the summer students as they show you how to make some of their favourite recipes. Have a chance to sample the final products.

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.

Beach Tote

Date: Wednesdays, June 6th, 13th, and 20th

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

Cost: \$5.00 plus supplies

Instructor: Tary Trottier

This colourful beach tote is a must have for summer. Basic crochet skills are required.



Knitted Comfort Dolls

Date: Monday, June 18th

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

Cost: Free includes yarn

Join this group to knit/crochet these comfort dolls. If you cannot knit or crochet, help with stuffing and sewing these dolls. Please bring 4.5mm needles.

Acrylic Painting “Flowers”

Date: Tuesday, June 19th

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

Cost: \$13.00 includes supplies

Instructors: Tiana Pollari

Chris Pollari

This is an easy and fun painting project on canvas. Go home with a completed project.

Rug Hooking

Date: Tuesday, June 26th

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

Cost: \$2.00 plus supplies

Instructor: Betty Currie

CLUB 119 EVENTS

Cards

Date: Tuesdays

Time: 1:00 p.m.

Cost: \$2.00 at the door plus a Club Membership

Join fellow seniors to play “500”, Cribbage, Bid Euchre, or Bridge. Refreshments and a light snack will be provided.

**Register in Advance for
All Events!
Drop in to the Centre or give
us a call!**

705-254-6474

Register online at

**[https://ca.apm.activecommunities
.com/saultstemarie/Home](https://ca.apm.activecommunities.com/saultstemarie/Home)**



JUNE SPECIALS

Senior Citizens Drop-In Centre 705-254-6474

Tuesday, June 5 th	12:45 p.m.	Summer Kick Off BBQ. Menu: Hamburgers, Hotdogs, Cold Salads and Dessert. Join us in welcoming summer and meet our summer students. Cost is \$7.00 per person.
Thursday, June 7 th	10:15 a.m.	Dauber Bingo. Bingo sheets and daubers supplied. Cost is \$3.00 at the door.
Monday, June 11 th	5:30 to 10:00 p.m.	Summer Hoedown Dinner & Dance. Menu: Roast Beef, Mashed Potatoes & Vegetables, Bread & Dessert. Cost: \$15.00 per person. Tickets available in advance only.
Tuesday, June 12 th	11:00 a.m. to 2:00 p.m.	Traditional Hand Rug Hooking Luncheon and Display. Cost is \$7.00 includes lunch.
Wednesday, June 20 th	12:30 p.m.	50's Afternoon. Come dressed for the 50's and enjoy some games, music and food! Cost is \$7.00.
Monday, June 25 th	1:15 p.m.	Cards & Appetizer Social. Play games of 500, Cribbage, Hand and Foot, Bridge or Bid Euchre. Cost is \$5.00 includes cards.
Tuesday, June 26 th	1:45 p.m.	Cooking Class. The summer students will show you how to make some of their favourite recipes. Cost is \$7.00 per person. Sample the final products. This will be a tasty afternoon!
Thursday, June 28 th	1:30 to 3:30 p.m.	Canada Day Celebration. Wear your red and white and join us to celebrate Canada's Birthday! Cost is \$5.00. Prizes to be won!

Daily Activities – June 2018

MONDAY

9:00 a.m. Talk & Walk the Hub Trail
 10:30 a.m. Wii Bowling
 1:00 p.m. Knitting
 1:00 p.m. Swedish Weaving
 1:00 p.m. French Club Cards
 1:45 p.m. Laughter Yoga
 7:00 p.m. Duplicate Bridge



TUESDAY

10:30 a.m. Fitness with Carla
 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 the Hub Trail
 10:30 a.m. Christmas Cheer
 10:30 a.m. Open Painting
 12:00 p.m. Noon Hour Lunch
 1:00 p.m. Contract Bridge
 1:00 p.m. Duplicate Bridge

**Bingos will be held on
 Wednesday, June 13th & 27th
 at 1:30 p.m.
 Cost is pay per card.**



10:30 a.m. Fitness with Carla
 12:00 p.m. Noon Hour Lunch
 1:30 p.m. Stretching & Strengthening
 1:30 p.m. Carpet Bowling
 2:00 p.m. Fun Cards
 7:00 p.m. Duplicate Bridge



FRIDAY

10:15 a.m. Crochet Club
 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
 1:30 p.m. Carpet Bowling
 1:45 p.m. Hand & Foot Cards

