



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



# Hi Folks:



Come for a visit at our Senior Centre and get involved with a new program. Explore what our Senior Centre's have to offer by volunteering or to

meet new people!

Watch for our June & July Newsletters which will be distributed on May 8<sup>th</sup> with our summer events schedule.

**Get Up, Get Out and Get Active;** the nice weather is approaching!

**Brooke McMillan**  
Programmer Assistant

## 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.
- \* Darts are played every Tuesday evening from 7:00 to 9:00 p.m. The cost is \$2.00 per visit. Bring your own darts!
- \* Wii Bowling is played on Friday mornings at 10:30 a.m. The cost is \$2.00 per visit.
- \* Pickleball is played every Tuesday and Thursday evenings from 5:00 to 7:30 p.m. Cost is \$2.00 per visit.

## HEALTHY LIFESTYLES

### Blood Pressure Clinic

Date: Monday, May 7<sup>th</sup>  
Time: 1:00 to 2:15 p.m.  
Our volunteer nurses will take your blood pressure.  
Everyone welcome!



## 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.

### Painting Watercolours

Date: Tuesday, May 1<sup>st</sup> to May 22<sup>nd</sup>

Time: 1:30 p.m.

Cost: \$43.00 plus supplies

Instructor: Marilyn Mills

Painting trees, foliage, rocks, water and the sky can be tricky; however Marilyn will provide tips and techniques to help complete this project.

### Painting Acrylics Scenery on Canvas

Date: Tuesday, May 8<sup>th</sup>

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

Cost: \$13.00 includes supplies

Instructor: Tiana Pollari

Chris Pollari



### Painting Alcohol Ink

Date: Wednesday, May 9<sup>th</sup>

Time: 10:30 a.m.

Cost: \$20.00 includes supplies

Instructor: Anna Lefave

Alcohol Ink is very fluid and unconventional medium with the look of stained glass.

### Photo/Scrap Booking Workshop

Date: Tuesday, May 15<sup>th</sup>

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

Cost: \$15.00 per session

Consultant: Lanny Clark

Work on your own individual scrap booking projects in a social setting. Cutting tools are provided.

### Knitted Comfort Dolls

Date: Monday, May 28<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. If you cannot knit or crochet you can help with stuffing and sewing.

**Please register in  
advance for all  
events!**

**EDUCATIONAL**

**Talk Emergency Preparedness**

Date: Tuesday, May 1<sup>st</sup>

Time: 1:45 p.m.

Cost: Free

Presented by The Canadian Red Cross

Are you prepared for an emergency? Learn the risks, make a plan and make a kit in case of any emergency.



**Voyageur Trail Safe Hiking Course**

Date: Thursday, May 24<sup>th</sup>

Time: 10:15 a.m. to 4:00 p.m.

Cost: Free to attend

\$35.00 if you wish to be certified

Instructor: Gerry Jean

We will introduce you to the skills and benefits of hiking and walking, and build awareness of hiking opportunities in Ontario with special focus on safety, planning, sustainability and enjoyment for personal outings.

**Savvy Seniors Book Chat**

Date: Tuesday, May 29<sup>th</sup>

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

Cost: Free

A representative from 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. Refreshments are available. We look forward to seeing you soon!

**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.

**Luncheon & Choir Presentation**

Date: Wednesday, May 16<sup>th</sup>

Time: 12:30 p.m. Lunch

1:30 p.m. Senior Singers

Cost: \$7.00

Menu: Soup, Sandwiches and Dessert

**SPECIAL EVENTS**

**Line Dance Social**

Date: Monday, May 7<sup>th</sup>

Time: 6:30 to 9:00 p.m.

Cost: \$2.00 at the door

Instructors: Joan & Larry Walls

Dust off those dancing shoes and join Joan and Larry as they provide great music for you to dance to! All levels of line dancers are welcome.

Refreshments and a light snack will be available.

**Dinner & Darts**

Date: Tuesday, May 15<sup>th</sup>

Time: 5:30 p.m.

Cost: \$7.00 per person

Menu: Soup, Sandwich and Dessert

Don't miss out on this fun filled evening of food and darts. We will play darts following the meal.

**Please Note:** This event is for dart players only!

**Pickleball Dinner**

Date: Tuesday, May 15<sup>th</sup>

Time: 5:30 p.m.

Cost: \$7.00 per person

Menu: Soup, Sandwich and Dessert

This supper is for pickleball players only. Join us this evening and play pickleball from 4:00 p.m. followed by a meal prepared by our staff.

**Kiwanis Bingo**

Date: Monday, May 28<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.



**Summer Hoedown  
Dinner & Dance  
Tickets Available NOW!**



Date: Monday, June 11th

Cost: \$15.00 per person

Time: 5:30 to 10:00 p.m.

Menu: Roast Beef, Mashed  
Potatoes & Vegetables

Music

by Don Discher  
and The Sundowners

*Get your tickets in advance!*

April  
SHOWERS  
BRING  
May  
FLOWERS

# MAY SPECIALS

Senior Citizens Drop-In Centre 705-254-6474

Monday, May 7 <sup>th</sup>	6:30 to 9:00 p.m.	Line Dance Social. Dust off those dancing shoes and join us for an evening of great music and dancing! All levels of line dancers are welcome. Cost is \$2.00 at the door.
Tuesday, May 15 <sup>th</sup>	5:30 p.m.	Dinner and Darts. Don't miss out on this fun filled evening of food and darts. This event is closed to dart players only. Cost is \$7.00 per person in advance!
Monday, May 21 <sup>st</sup>	CLOSED	Victoria Day!
Monday, May 28 <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.

## *Daily Activities – May 2018*

### MONDAY

10:30 a.m. A Form of Tai Chi  
 10:30 a.m. Qigong Tai Chi  
 1:00 p.m. Knitting  
 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

10:30 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

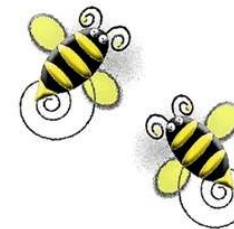
10:15 a.m. Meditation & Drumming  
 10:30 a.m. Christmas Cheer  
 10:30 a.m. Open Painting  
 10:30 a.m. A Form of Tai Chi  
 12:00 p.m. Noon Hour Lunch  
 1:00 p.m. Contract Bridge  
 1:00 p.m. Duplicate Bridge



Bingo will be held on  
 Wednesday,  
 May 9<sup>th</sup> & 23<sup>rd</sup>  
 at 1:30 p.m.

### 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

10:15 a.m. Crochet Club  
 10:15 a.m. Zumba  
 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 & Foot Cards

