



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



Senior Friends:



Winter will be upon us, stay warm by keeping active; register for something new today!

Saturday, November 3rd is the Christmas Tea, Bake and Craft Sale from 1:00 to 3:00 p.m. Purchase your Christmas gifts at our craft tables! The admission is

\$6.00 per person. Purchase your tickets in advance or at the door. Everyone is welcome!

Get Up, Get Out, and Get Active!

Brooke McMillan
Recreation Programmer

GAMES

Fun Cards is played every Thursday starting at 2:00 p.m. The cost is \$1.00 per visit. If you are a beginner and don't know how to play, we will teach you.

Bingo will be played on Wednesday, November 14th and 28th at 1:30 p.m. Cost is pay per card.

Contract Bridge and Hand & Foot Cards will be played every Friday afternoon. Cost is \$1.00 per visit. Check the calendar section for times.

ACTIVE LIVING

Snooker is played daily at our Centre starting at 10:00 a.m. to 4:45 p.m. The cost is \$7.00 per week.

A Form of Tai Chi is every Monday and Wednesday morning starting at 10:30 a.m. to 12:00 p.m. Cost is \$2.00 per visit.

Darts are played every Tuesday evening from 7:00 to 9:00 p.m. Cost is \$2.00 per visit. Don't forget your darts!

Pickleball is played every Tuesday & Thursday evening from 5:00 to 7:30 p.m. Cost is \$2.00 per person. Newcomers Welcome! We will teach you the game. Equipment provided.

Wii Bowling is played Friday mornings at 10:30 a.m. Wii is a virtual game played on the T.V. screen using hand controls. Cost is \$2.00 per visit.

Shuffleboard is played every Friday afternoon at 1:30 p.m. The cost is \$2.00 per visit.

Qigong Tai Chi

Date: Mondays, November 19th to December 10th
Time: 10:30 to 11:30 a.m.
Cost: \$23.00 per person
Instructor: Carla Pierman
Duration: 4 weeks

Laughter Yoga

Date: Mondays, November 19th to December 10th
Time: 1:45 to 2:15 p.m.
Cost: \$8.00
Instructor: Allyne Leonard
Duration: 4 weeks

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

**The
Senior's Drop-In Centre
is Closed
Monday, November 12th
for Remembrance Day!**



CRAFTY CORNER

Christmas Cheer Program meets Wednesday mornings at 10:30 a.m. Yarn is supplied. The deadline for knitted items for this year's Christmas Cheer Program is Wednesday November, 29th.



Try Your Hand at Collage

Date: Thursday, November 1st
Time: 10:30 a.m. to 4:00 p.m.
Cost: \$12.00 plus supplies
Instructor: Nancy Caldwell
Think in terms of fall themes and start collecting items. You can work on whatever size paper you desire; collage lends itself to 11x15 or larger. Imagination is your leader.

Quilted Paper Pieces Star Runner

Date: Friday, November 2nd
Time: 10:30 a.m. to 4:00 p.m.
Cost: \$7.00 plus supplies
Instructor: Joan Davis
This wonderful star runner can be pieced in late fall, winter or by using Holiday themed fabrics. The star block is simple but a bit challenging to make.

Floating Beaded Necklace

Date: Tuesday, November 6th
Time: 1:00 to 4:00 p.m.
Cost: \$10.00 includes kit
Instructor: Carla Pierman
Using coloured beads and a variety of charms you will make a necklace. This will make a nice added accessory to any wardrobe.

Acrylic Painting “Birch Grove”

Date: Thursdays, November 8th to 29th
Time: 10:30 a.m. to 12:30 p.m.
Cost: \$8.00
Instructor: Ann Lalonde
Duration: 4 weeks
Acrylic paints will be used to paint a simple landscape. Painting experience is necessary.

Flowers with Soft Pastels

Date: Fridays, November 9th to December 14th
Time: 10:15 a.m. to 12:15 p.m.
Cost: \$63.00 plus supplies
Duration: 6 weeks
Instructor: Taimi Poldmaa
Using soft pastels, students will explore various techniques and applications to create colourful paintings of flowers. This course is good for the beginner to advanced painter.

Quilted Christmas Tree Skirt

Date: Friday, November 9th
Time: 10:30 a.m. to 4:00 p.m.
Cost: \$7.00 plus supplies
Instructor: Jennifer Freiburger
Pattern makes approximately 42” square tree skirt.
Piecing and quilt knowledge is an asset.

Creative Memories Photo Scrap Booking

Date: Tuesday, November 13th
Time: 10:30 a.m. to 4:00 p.m.
Cost: \$15.00 per session
Consultant: Lanny Clark
This is a great class for the beginner or experienced photo scrap booker to learn how to protect their photos in booklet form for years to come. Pens and cutting tools are supplied.

Acrylic Painting “Water Scene with Lily Pads”

Date: Tuesday, November 13th
Time: 1:00 to 4:00 p.m.
Cost: \$13.00 includes supplies
Instructor: Tiana Pollari
No painting experience required!

Knitted Comfort Dolls

Date: Monday, November 19th
Time: 1:00 to 4:00 p.m.
Cost: Free
Join the group to knit these dolls which will be donated to the Sault Area Hospital, Volunteer Resources. You must know how to knit. Please bring 5.5 mm knitting needles. If you do not knit come and help stuff the dolls.

Painting Watercolours

Date: Wednesday, November 21st
Time: 1:00 to 4:00 p.m.
Cost: \$8.00 plus supplies
Duration: 2 weeks
Instructor: Heddys Stevenson
You will be provided with step by step instructions and helpful tips on completing your painting.

Painted Wooden Sleigh

Date: Friday, November 23rd
Time: 10:30 a.m. to 4:00 p.m.
Cost: \$27.00 includes supplies
Instructor: Bev Brethat
Tis the Season! This painted sleigh will be a great addition to your Christmas décor.

Painting Ukrainian Egg

Date: Wednesday, November 28th
Time: 10:30 a.m. to 12:30 p.m.
Cost: \$25.00 includes supplies
Instructor: Anna Lefave
Learn to paint this Ukrainian egg by using a real egg. Dipped in dye, create a design using bees wax.



Quilted Santa Wall Hanging/Runner

Date: Thursday, November 29th
Time: 10:30 a.m. to 4:00 p.m.
Cost: \$7.00 plus supplies
Instructor: Nancy Sachro
Just in time for Christmas you will fuse and applique a Santa or an Elf onto a quilted background. You can choose to create a festive wall quilt or a table runner. Basic sewing skills and knowledge of your sewing machine is required.

Sewing Room Accessories

Date: Friday, November 30th
Time: 10:30 a.m. to 4:00 p.m.
Cost: \$7.00 plus supplies
Instructor: Joan Davis
Are you constantly looking for the seam ripper, marking pen or thread snips you had only a second ago? Help corral those wayward sewing tools and steady your sewing machine with a custom sewing machine mat.

HEALTHY LIFESTYLES

Blood Pressure Clinic

Date: Monday, November 5th
Time: 1:00 to 2:15 p.m.
Our volunteer Nurses will take your blood pressure. Everyone is welcome!

Bayshore Home Health Foot Care Clinics

Date: Tuesday, November 13th
Time: 2:00 p.m.
Cost: \$40.00
Bayshore’s nurses are certified in basic and advanced foot care. Please call 705-251-0082 to book an appointment.

EDUCATIONAL PROGRAMS

Windows 10 Fundamentals

Date: Wednesday, November 7th & 21st
Time: 1:00 to 3:00 p.m.
Cost: Free
This class is for laptops only! Please call 705-254-6474 to book your 30 minute appointment with our instructor to learn the basics of Windows 10.

Tech Sessions *Tablets Only*

Date: Wednesdays, November 14th & 28th
Time: 1:00 to 3:00 p.m.
Cost: Free
Call 705-254-6474 to book your 30 minute appointment with our instructor to get your questions answered about your tablet.

Talk “Best Buys for Beauty & Health Products”

Date: Thursday, November 22nd
Time: 2:15 to 4:00 p.m.
Cost: Free
Instructor: Irene Gudz
The focus for this talk will be on face creams and make-up. A demonstration of different ways to wear a scarf will be shown; bring your own scarf and get involved.



Cooking, Desserts Made Simple

Date: Monday, November 26th
Time: 1:30 to 3:30 p.m.
Cost: \$7.00
Instructor: Cathie Bishop
Prepare for those unexpected guests at Christmas with these fast and simple dessert recipes.

Savvy Seniors Book Chat & More

Date: Tuesday, November 27th
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. You are invited to share a favourite book, poem, or movie that you have enjoyed. Mark this date on your calendar. Newcomers are always welcome!

Meditation and Drumming

Date: Wednesdays,
November 28th to December 19th
Time: 10:30 to 11:30 a.m.
Cost: \$20.00
Duration: 4 weeks
Instructor: Bonnie Baranski
Join this group for a very relaxing morning.

SPECIAL EVENTS

Christmas Tea, Craft & Bake Sale Table Rental

Date: Saturday, November 3rd
Time: 1:00 to 3:00 p.m.
Cost: \$10.00 per table
If you are a senior 55+ and would like to sell your own handmade or handicrafts at our Tea, then give us a call to register. Sorry, no food items are allowed at the rental tables.

Kiwanis Bingo

Date: Monday, November 5th
Time: 1:00 to 4:00 p.m.
Cost: Free
This bingo is sponsored by the Kiwanis Club of Lakeshore. Join us for 12 games of bingo and a chance to win some great prizes. No registration required.

Line Dance Social

Date: Monday, November 5th
Time: 6:30 to 9:00 p.m.
Cost: \$2.00 at the door
Dance to many great genres of music provided by Joan and Larry Walls. We invite all levels of line dancers to join us for this evening of fun! Fun for all!

Christmas Light Tour



***Sunday, December 16th
6:00 p.m.***

***View the lights of the city this
Christmas season!
Followed by refreshments at the
Moose Hall.
Call 705-254-6474 to register.***

***This program is sponsored by The
Elks and Royal Purple Service Club.***

**Deadline to register is
Thursday, December 13th**

**Join us for Free
Fitness Classes**

***Happy Hips*
Thursdays, November 1st to 22nd**

***Strong Bones*
Mondays, November 5th to
December 3rd**

***Balance and Core
Strength*
Thursdays, November 29th to
December 20th**

**Time: 6:30 to 7:30 p.m.
Instructor: Carla Pierman
Duration: 4 weeks**

**Please register at the front desk or
by calling 705-254-6474.**

NOVEMBER SPECIALS

Senior Citizens Drop-In Centre 705-254-6474

Saturday, November 3 rd	1:00 to 3:00 p.m.	Christmas Tea, Craft & Bake Sale. Tasty treats, fancy sandwiches and tea/coffee will be available. Purchase your Christmas gifts at our craft tables or homemade goodies from our bake table. Tickets available in advance or at the door for \$6.00
Monday November 5 th	1:00 to 4:00 p.m.	Kiwanis Bingo. 12 games of bingo and a chance to win cash prizes. This is a free program sponsored by the Kiwanis Club of Lakeshore and no registration is required! Hope to see you there.
Monday, November 5 th	6:30 to 9:00 p.m.	Line Dance Social. We invite all line dancers to join us this evening! Cost is \$2.00 at the door.
Monday, November 12 th	CLOSED	We are closed for Remembrance Day!
Tuesday, November 13 th	2:00 p.m.	Bayshore Home Health Foot Care Clinics. Bayshore's nurses are certified in basic and advanced foot care. Please call 705-257-0082 to book an appointment. Cost is \$40 per person.

Daily Activities – November 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. Knifty Knitters
 1:00 p.m. Swedish Weaving
 1:00 p.m. French Club Cards
 1:45 p.m. Laughter Yoga
 7:00 p.m. Wood Bee Carvers
 7:00 p.m. Duplicate Bridge



TUESDAY

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



WEDNESDAY

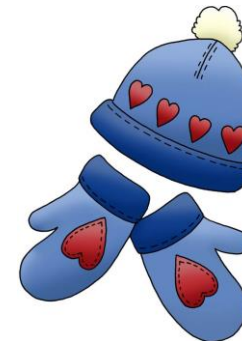
10:15 a.m. Meditation & Drumming
 10:15 a.m. Open Painting
 10:30 a.m. Christmas Cheer
 10:30 a.m. A Form of Tai Chi
 12:00 p.m. Noon Hour Lunch
 1:00 p.m. Contract Bridge
 1:00 p.m. Duplicate Bridge

**Bingo will be held on
 Wednesday, November 14th & 28th
 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 Dance
 1:00 p.m. H.A.M. Radio/Computers
 1:30 p.m. Stretching & 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



FRIDAY

10:15 a.m. Crochet Club
 10:30 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

