



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



**Hi Folks:**



I hope everyone is enjoying the fall season. Hard to believe that the leaves have started to change colours already!

We have many new activities going on this month so remember to register early for all events!! Stop in to see the great samples on display of the projects that are coming up.

**Get Up, Get Out, Get Active!**  
**Brooke McMillan**  
**Recreation Programmer**

## DAILY ACTIVITIES

\* **Snooker** is played daily at our Centre through the hours of 10:00 a.m. to 4:45 p.m. with a cost of \$7.00 per week.

\* **Wii Bowling** will be played every Friday morning starting at 10:30 a.m. for a cost of \$2.00 per visit.

\* **Club 119 Cards** will be played every Tuesday from 1:00 to 3:00 p.m. Play games of **500, Cribbage, Euchre** and **Bridge**. The cost is \$2.00 per person and a Club 119 Membership. A light snack is available. Newcomers welcome!

\* **Noon Lunch** will be available every Wednesday, Thursday and Friday. The menu will include soup, choice of sandwich, dessert and coffee/tea. Cost is \$6.00 for a full meal.

\* **Bingo** will be held on Wednesday, October 10<sup>th</sup> and 24<sup>th</sup> at 1:30 p.m. Nominal fee for cards.

\* **Fun Cards** will be 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. Refreshments are available.

\* **Shuffleboard, Contract Bridge** and **Hand & Foot Cards** will be played weekly. Check the calendar section under regular activities for times.

\* **Pickleball** will be played every Tuesday & Thursday evening from 5:00 to 7:30 p.m. Cost is \$2 per visit. We will teach you the game. Equipment provided. Newcomers welcome!

**Senior Services is CLOSED**  
**Monday, October 8<sup>th</sup>**



## ARTS & CRAFTS

### Regular Craft Classes

Regular Craft Classes such as Open Painting, Knitting, Knifty Knitters, Crochet Club and Swedish Weaving will continue each week. The cost is \$1.00 weekly fee. Check the Calendar for scheduled times.

### Paint Nite

Date: Monday, October 1<sup>st</sup>

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

Cost: \$30.00 includes all supplies

Register now for this step by step instructional paint nite! Light snacks served.

### Lava Stone Jewelry

Date: Tuesday, October 2<sup>nd</sup>

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

Cost: \$10.00 includes kit

Instructor: Tiana Pollari

Using lava stones and beads you will make a keychain or zipper pull.



### Witch on a Broom

Date: Wednesday, October 3<sup>rd</sup>

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

Cost: \$12.00 plus supplies

Instructor: Dianne Payne

Make this Halloween witch to hang on your door!

### Alcohol Ink Tiles "Coasters"

Date: Wednesday, October 3<sup>rd</sup>

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

Cost: \$20.00 includes supplies

Instructor: Anna Lefave

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

### Acrylic Painting "Step by Beautiful Step"

Date: Thursday, October 4<sup>th</sup>

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

Cost: \$8.00 plus supplies

Duration: 4 weeks

Instructor: Ann Lalonde

Learn step by step how to paint flowers within a simple scene. Some painting experience is necessary.

### Wearable Purse

Date: Friday, October 5<sup>th</sup>

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

Cost: \$17.00 includes supplies

Instructor: Marion Rahrer

This purse is a pocket size to wear around your neck. It is great for keys, pills and loose change and if you are lucky, it may even fit your passport.

**Basket Making**

Date: Thursday, October 11<sup>th</sup>  
Time: 10:30 a.m. to 4:00 p.m.  
Cost: \$19.00 includes supplies  
Instructor: Judy McGonigal  
This oval bread basket is woven with flat reed incorporating some of the techniques used in making traditional black ash basket.



**Knitted Comfort Dolls**

Date: Monday, October 15<sup>th</sup>  
Time: 1:00 to 4:00 p.m.  
Cost: Free  
Join the group of ladies to knit these dolls which will be donated to the Sault Area Hospital, Volunteer Resources. You must know how to knit. Please bring 5.5mm knitting needles. If you do not knit come and help to stuff the dolls.

**Creative Memories Photo Scrap**

**Booking Workshop**  
Date: Tuesday, October 16<sup>th</sup>  
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. Bring a lunch.

**Acrylic Painting “Scenery”**

Date: Tuesday, October 16<sup>th</sup>  
Time: 1:00 to 4:00 p.m.  
Cost: \$13.00 includes supplies  
Instructor: Tiana Pollari  
No experience required for this class.

**Quilted “Rung” Table Runner**

Date: Wednesday, October 17<sup>th</sup>  
Time: 10:30 a.m. to 4:00 p.m.  
Cost: \$7.00 plus supplies  
Instructor: Jennifer Freiburger  
Cut blocks, strips and shuffle your deck of fabrics to make this easy to piece runner to fit any table. This class is suitable for the beginner quilter.

**Watercolour Bookmarker**

Date: Tuesday, October 23<sup>rd</sup>  
Time: 1:00 to 4:00 p.m.  
Cost: \$7.00 includes supplies  
Instructor: Marcella Whillans  
Learn to make these watercolour painted bookmarkers.

**Christmas Tree Runner**

Date: Friday, October 26<sup>th</sup>  
Time: 10:30 a.m. to 4:00 p.m.  
Cost: \$7.00 plus supplies  
Instructor: Jan Glew  
This table runner will measure 34’ x 17’ when completed.

**Acrylics/Oil “Landscape” Painting**

Date: Monday, October 29<sup>th</sup>  
Time: 10:15 a.m. to 12:15 p.m.  
Cost: \$63.00 plus supplies  
Instructor: Taimi Poldmaa  
Duration: 6 weeks  
Participants will explore various techniques and applications with acrylic or oil paints to create landscape painting using various photos. This class is not recommended for beginners.

**Sewing “Bandana Back Pack”**

Date: Monday, October 29<sup>th</sup>  
Time: 1:00 to 4:00 p.m.  
Cost: \$5.00 plus supplies  
Instructor: Carla Pierman  
Using two bandanas and rope you will sew up this back pack in no time.

**Painting Watercolours**

Date: Tuesday, October 30<sup>th</sup>  
Time: 1:30 to 4:30 p.m.  
Cost: \$43.00 plus supplies  
Duration: 4 weeks  
Instructor: Marilyn Mills  
You will be using watercolour pencils and crayons to do different techniques. Two cards and a painting will be taught throughout the 4 weeks. Some painting experience is required.

**Sewing Double Sided Apron**

Date: Wednesday, October 31<sup>st</sup>  
Time: 10:30 a.m. to 4:00 p.m.  
Cost: \$7.00 plus supplies  
Instructor: Bev Brethat  
These aprons are fun to sew up. Make one or more in your favourite patterned material, or choose patterns to fit the holiday seasons.

**Beaded Bow Brooch**

Date: Wednesday, October 31<sup>st</sup>  
Time: 1:00 to 4:00 p.m.  
Cost: \$7.00 includes kit  
Instructor: Jean Grant-Rose  
This quick and easy beaded craft is fun to make.

**View crafts on display  
in our front lobby!**

**ACTIVE LIVING**

**Qigong Tai Chi**

Date: Mondays, October 15<sup>th</sup> to November 5<sup>th</sup>  
Time: 10:30 to 11:30 a.m.  
Cost: \$23.00 per person  
Duration: 4 weeks  
Instructor: Carla Pierman

**Laughter Yoga**

Date: Mondays, October 15<sup>th</sup> to November 5<sup>th</sup>  
Time: 1:45 to 2:15 p.m.  
Cost: \$8.00  
Duration: 4 weeks  
Instructor: Allyne Leonard

**Zumba**

Date: Fridays, October 19<sup>th</sup> to November 16<sup>th</sup>  
Time: 10:30 to 11:30 a.m.  
Cost: \$59.00 per person  
Duration: 6 weeks  
Instructor: Ildiko Horvath



# HEALTHY LIFESTYLES

## Blood Pressure Clinic

Date: Monday, October 1<sup>st</sup>

Time: 1:00 to 2:15 p.m.

Our retired volunteer nurses will be available to take your blood pressure.



## Bayshore Home Health Foot Care Clinic

Date: Tuesday, October 9<sup>th</sup>

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

## Talk, Voyageur Trail and Safe Hiking Tips

Date: Monday, October 1<sup>st</sup>

Time: 1:30 to 4:00 p.m.

Cost: Free

Instructor: Carole Blaquiere

You will be introduced to the skills and benefits of hiking and walking, and build awareness of hiking opportunities in Ontario.

## Windows 10 Fundamentals \*Laptops Only\*

Date: Wednesday, October 3<sup>rd</sup> & 17<sup>th</sup>

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

Cost: Free

Learn the basic functions of Windows 10. Please call 705-254-6474 to book a 1 hour appointment.

## Talk, 55 Alive Driver Refresher Course

Date: Wednesday, October 10<sup>th</sup>

Time: 12:30 to 4:30 p.m.

Cost: Free

Host: Howson Driving School

This class will help you maintain your independence and driving privileges. It will improve your awareness of traffic hazards, update yourself on new traffic laws, identify and correct bad driving habits and more!

## Tech Session \*Tablets Only\*

Date: Wednesdays, October 10<sup>th</sup> & 24<sup>th</sup>

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

Cost: Free

Bring your tablet and have your questions answered by our instructor. You must book a 30 minute session by appointment only! Please call 705-254-6474.

## Meditation & Drumming

Date: Wednesdays,

October 17<sup>th</sup> to November 21<sup>st</sup>

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

Cost: \$25.00 per person

Duration: 6 weeks

Instructor: Bonnie Baranski

## Cooking Dips and Spreads

Date: Wednesday, October 17<sup>th</sup>

Time: 2:15 p.m.

Cost: \$7.00

Instructor: Cathie Bishop

Please bring your favourite recipe to share for this class.

## "Throat" Chakra of Communication Workshop

Date: Thursday, October 25<sup>th</sup>

Time: 11:00 a.m. to 2:00 p.m.

Cost: \$15.00

Instructor: Bonnie Baranski

Learn different ways of journaling to express inner thoughts on paper. Refreshments and snack provided.



## Savvy Seniors Book Chat & More

Date: Tuesday, October 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 favourite book, poem or movie that you have enjoyed.

# SPECIAL EVENTS

## Dauber Bingo & Lunch

Date: Thursday, October 4<sup>th</sup>

Time: 10:15 a.m. to 1:30 p.m.

Cost: \$8.00 includes bingo

Menu: Pulled Pork on a bun, Salad and Dessert

Have a chance to win some great prizes followed by a lunch prepared by our staff.

## Halloween Dinner & Darts

Date: Tuesday, October 30<sup>th</sup>

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

Cost: \$8.00 per person

Come dressed in Costume! This event is closed to Tuesday evening dart players only.

## **Christmas Tea, Bake & Craft Sale**

**Date: Saturday, November 3rd**

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

**Table Rental: \$10.00 for a six foot table**

**If you are a senior 55+ and would like to sell your own handmade crafts at our Tea, give us a call to register your name.**

**705-254-6474**

**Purchase your tickets now or at the door!**

**Tickets are \$6.00 per person**

**Sorry no food items are allowed at your tables.**





# OCTOBER SPECIALS

Senior Citizens Drop-In Centre 705-254-6474

Monday, October 1 <sup>st</sup>	5:30 to 7:30 p.m.	Paint Nite! Enjoy a fun evening of painting with Stacy! Cost is \$30.00 per person and includes canvas, paints and paint brushes.
Thursday, October 4 <sup>th</sup>	10:15 a.m. to 1:30 p.m.	Dauber Bingo & Lunch. Have a chance to win some great prizes followed by a hot lunch. Menu: Pulled Pork on a bun, Salad and Desert. Cost is \$8.00 includes bingo and lunch.
Monday, October 8 <sup>th</sup>	CLOSED	Happy Thanksgiving!
Tuesday, October 30 <sup>th</sup>	5:30 p.m.	Halloween Dinner & Darts. Come dressed in Costume! This event is closed to Tuesday evening dart players only! Cost is \$8.00.

## Daily Activities – October 2018

### MONDAY

10:30 a.m. Qigong Tai Chi  
 10:30 a.m. A Form of Tai Chi  
 1:00 p.m. Swedish Weaving  
 1:00 p.m. Knitting/Knifty Knitters  
 1:00 p.m. French Club Cards  
 1:45 p.m. Laughter Yoga  
 7:00 p.m. Duplicate Bridge  
 7:00 p.m. Wood Bee Carvers



### TUESDAY

10:15 a.m. Senior Singers  
 10:30 a.m. Wanna Bee Quilters  
 10:30 a.m. Energy Healing 101  
 10:30 a.m. Rug Hooking  
 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. Line Dance  
 7:00 p.m. Duplicate Bridge



### WEDNESDAY

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

**Bingo will be held on  
 Wednesday, October 10<sup>th</sup> & 24<sup>th</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 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. Pickleball  
 7:00 p.m. Duplicate Bridge



### FRIDAY

10:15 a.m. Crochet Club  
 10:30 a.m. Wii Bowling  
 10:30 a.m. Zumba Dance  
 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

