



BUZZZ!
Northern Community Centre
55+ Seniors Recreation Programs
556 Goulais Avenue
Sault Ste. Marie, ON
PHONE: 705-759-5377
January 2018



Happy New Year Friends!

Welcome back, I hope you enjoyed the holidays with your friends and family.

I want to extend a big THANK-YOU to all the volunteers who participated in our giftwrap fundraiser in the Station Mall. We definitely could not do it without your help!

If you are looking to get out and get active in the New Year, consider joining one of our new sports: Bocce, Washer Toss, Walking Soccer and Wii Bowling. These fun social events are \$2.00 each time you visit. Register on line, pop in or call the Community Center and I will sign you up.

Stop by our Senior 55+ Centre and pick up your copy of the new Winter/Spring 2018 edition of the "Active 55+" booklet.

There is something for everyone!

Join the fun!

Vicky Taylor

Recreation Programmer



Office Hours
Monday to Friday
10:00 a.m. to 5:00 p.m.
Closed January 1st
Happy New Years

Program Notes

Register in advance for programs & activities
To register online visit, www.saultstemarie.ca
Call us if you have any questions 705-759-5377
Or stop by the service desk.

EDUCATION

Pinterest "Exploration and Learning"

Date: Tuesday, January 9th

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

Cost: Free

Instructor: Zac Carmody

Explore and learn the many possibilities Pinterest has to offer. Bring your fully charged device.

Sunshine Travel Club "Talk"

Date: Monday, January 15th

Time: 3:30 to 4:30 p.m.

Cost: Free

Sunshine Club staff will be on hand to answer questions and inform you about upcoming trips.

ARTS AND CRAFTS

Craft and Crochet - Needlecraft Group

Date: Tuesdays, January 2nd to May 29th

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

Cost: \$1.00 pay as you go

This group meets weekly to work on their own individual projects.

Circle of Friends - Needlecraft Group

Date: Thursdays, January 4th to May 31st

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

Cost: \$1.00 pay as you go

This is a fun afternoon of project work and social time. Individuals work on their own projects.

Open Painting Group

Date: Thursdays, January 4th to May 31st

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

Cost: \$1.00 pay as you go

This is an open group of painters of all calibers and uses all mediums. There is no instructor.

Work on your own project at your own pace.

Japanese Bunka "Embroidery Class"

Date: Fridays, January 5th to May 25th

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

Cost: \$2.00 pay as you go, plus kit

Instructor: Aline Mooney

Bunka is a beautiful form of Japanese embroidery.

Finished projects look just like a painting.

Oil Painting Class "Mountainscape"

Date: Tuesdays, January 16th to February 6th

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

Cost: \$18.00 plus supplies

Instructor: Anna Lefave

Spend the afternoons with friends, oil painting a Mountainscape.

Quilting Class "Geese In A Cabin"

Date: Tuesday, January 23rd and 30th

Time: 10:30 a.m. to 3:30 p.m.

Cost: \$7.00 plus supplies

Instructor: Susie Kainula

This beginner paper pieced block pattern is a great way to use up your scrap fabric. Each block is 7" square. The size of your quilt will depend on the number of blocks you decide to make.

Loom Knitting "Messy Bun Hat"

Date: Monday, January 29th and February 5th

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

Cost: \$7.00 plus supplies

Instructor: Lynne Chandler

Learn to knit a cozy warm toque using a loom and yarn. Beginners welcome.

Newcomers are always welcome.
Looking forward to seeing you soon!

ACTIVE LIVING

Walking Program

Date: Monday through Friday
Time: 9:00 a.m. to 3:00 p.m.
Cost: Free – Open to the general public
Location: Indoor Turf
No registration required. All welcome.
Note: This schedule is subject to change.
Please visit saultstemarie.ca for updates

Walking Soccer

Date: Thursdays, January 4th to May 31st
Time: 10:30 a.m. to 12:00 p.m.
Cost: \$2.00 pay as you go
Location: Indoor Turf
This low impact version is ideal for those with mobility issues & those who are unable to play the traditional version. No experience required.

Gentle Yoga

Dates: Fridays, January 5th to January 26th
Time: 10:30 to 11:30 a.m.
Cost: \$36.00 or \$12.00 walk-ins
Instructor: Shirling Kao
Location: Steelton Community room
This class is suitable for those recovering from injury or who simply appreciate the gentle yoga approach. Bring a yoga mat, small pillow & a water bottle.

Wii Bowling

Date: Fridays, January 5th to May 25th
Time: 1:30 to 3:00 p.m.
Cost: \$1.00 pay as you go
Come and learn to play on our Wii sports system. Points are recorded, but just for fun!

NEW Washer Toss

Date: Mondays, January 8th to May 28th
Time: 1:00 to 3:00 p.m.
Cost: \$2.00 per visit
Location: Indoor Turf
Washer Toss is an easy-to-play game similar to Horseshoes, yet difficult to master. Join anytime.

NEW Exercise Class “Primal Patterns”

Date: Mondays, January 8th to 29th
Time: 11:00 a.m. to 12:00 noon
Cost: Free
Instructor: Jen Amadio
Learn about the seven primal movement patterns that we engage in daily. Each session has an educational component along with exercise movements.

NEW Exercise Class “Balance and Strength”

Date: Tuesdays, January 9th to March 27th
Time: 5:00 to 5:45 p.m.
Cost: Free
Instructor: Jen Amadio
Learn about exercises that help to improve balance & strength. Each class has an educational component. Exercises are executed on the floor.

Register early
to avoid disappointment!

NEW Exercise Class “Hip Hip Hooray”

Date: Thursdays, January 11 to February 1st
Time: 11:30 a.m. to 12:30 p.m.
Cost: Free
Instructor: Jen Amadio
The focus of this class is on the; hips, pelvis and related muscles. Expect 30 minutes of education and 30 minutes of movement to improve posture and alignment.

*NEW “Bocce”

Date: Thursdays, January 25th to May 31st
Time: 1:00 to 3:00 p.m.
Cost: \$2.00 per visit
Location: Indoor Turf
Bocce is played using 8 larger balls and 1 smaller ball. Come out and join the fun. Join anytime.

Turf Notes
Indoor sport shoes are required
Water is the only beverage allowed
No food or snacks
Thank-you for your cooperation

GAMES

Texas Hold'em

Date: Mondays and Wednesdays, January 3rd to May 30th
Time: 10:30 a.m. to 12:30 p.m.
Cost: \$1.00 pay as you go
Dealer: Gayle Carr
Come out and enjoy this challenging game with fellow enthusiasts.
NOTE: poker is cancelled January 10th

Bid Euchre

Date: Wednesdays, January 3rd to May 30th
Time: 2:00 to 3:30 p.m.
Cost: \$1.00 pay as you go
Leader: Harold Vaughn
Come out weekly and learn this fun game. We play in groups of four, which offers a chance to be social. Beginners welcome.

Contract Bridge

Date: Mondays, January 8th to May 28th
Time: 1:00 to 3:30 p.m.
Cost: \$1.00 pay as you go
It's time to get your foursome together or come join a table. You must know how to play Bridge. Enjoy the afternoon with friends

Bridge Lessons

Date: Tuesdays, January 9th to May 29th
Time: 10:30 a.m. to 12:30 p.m.
Cost: \$2.00 per visit
Instructor: Bruce Richmond
Learn how to bid, defend and play. You can join this class anytime.

NEW Chess, Checkers & Cribbage

Date: Tuesdays, January 30th to May 29th
Time: 2:30 to 4:30 p.m.
Cost: \$1.00 per visit
Come out and play Chess, Checkers or Cribbage with fellow enthusiasts

HEALTHY LIVING

Try A Program

Date: Wednesday, January 10th

Time: 10:00 a.m. to 3:00 p.m.

Cost: Free

Watch, try or ask questions about upcoming exercise classes, sports and health programs.

Refreshments & snacks provided.

Busing from the Drop In Centre (619 Bay Street) available; call 705-254-6474 to reserve your seat.

Wellness Day

Date: Wednesday, January 3rd

Time: 11:30 a.m. to 1:00 p.m.

Cost: Free

Retired Nurse: Lori Aubrey

Lori will provide free blood pressure and blood glucose checks. Appointments are not necessary.

We Care Home Services

Foot Care Clinic

Date: Wednesday, January 3rd

Time: 2:00 p.m.

Cost: \$45.00

Nurse: Lily Bouchard

We Care offers advanced and diabetic foot care clinics. Call 705-759-5377 to book your appointment.

DINE WITH US

Lunch

Date: Wednesdays, January 17th to 31st

Time: 12:30 p.m.

Cost: \$6.00 includes: entree, salad and dessert.

Coffee & tea provided.

Please call ahead if you are bringing a group.

Soup & Sandwich Luncheon

Date: Tuesday, January 23rd

Time: 12:30 p.m.

Cost: \$6.00 in advance

Enjoy a hearty bowl of soup choice of sandwich with dessert and friends. Coffee & tea provided.

Interested in teaching a class?

Come see us or call 759-5377.

We're always looking for new ideas!

As a courtesy to members with allergies, we ask that you do not wear perfume or after-shave during any activity classes at our Centres'. Many folks have an unpleasant reaction to perfumes and scents. Thank you for your consideration.

CLUB 235 INFORMATION

Club 235 Bingo

Date: Wednesday, January 3rd and 17th

Time: 1:15 p.m. to 3:30 p.m.

Cost: pay per card

Caller: Rob Scott

Bingo is played on the first and third Wednesday of each month. There is a nominal fee for coffee & tea.

Club 235 Card Evenings "500"

Date: Wednesdays, January 3rd to May 30th

Time: 6:30 p.m. Doors open at 6:00 p.m.

Cost: \$3.00 at the door.

Light refreshments provided.

Quilt Club 235

This group meets Tuesday afternoons to work on quilts for the public and to help raise money for Club 235. If you have a quilt you want to have finished please give us a call at 705-759-5377. Quilting fees will be determined by the size and pattern of your quilt.

Club 235 General Meeting

Date: Tuesday, January 16th, 2018

Time: 10:30 a.m.

Any Club 235 member is welcome to attend.

Bring a brown bag lunch to share.



**To view the new Active 55+ booklet
on line visit:**

www.saultstemarie.ca/active55

LOOKING FOR VOLUNTEERS

To All Seniors

We are currently seeking volunteers to assist with kitchen help and serving during our special events. Come and Join in the fun in the kitchen while having a great time with the staff. Call Vicky 705-759-5377.



JANUARY SPECIALS

Northern Community Centre 705-759-5377 55+ Seniors Recreation Programs

Wednesday, January 3 rd	11:30 a.m. to 1:00 p.m.	Wellness Day Nurse. Lori Aubrey will provide blood pressure and blood glucose checks. No appointment necessary. Free
Wednesday, January 3 rd	2:00 p.m.	We Care Home Services-Foot Care Clinic. Advanced and diabetic foot care available by appointment. Call 705-795-5377. Cost is \$45.00
Monday, January 8 th	1:00 to 3:00 p.m.	NEW "Washer Toss". Washer Toss is played on the indoor turf. Come out weekly and enjoy this great game with friends. Cost is \$2 pay as you go
Tuesday, January 9 th	10:30 to 11:30 a.m.	Pinterest "Exploration & Learning". Learn about the many possibilities Pinterest has to offer. Bring your fully charged device. Free
Wednesday, January 10 th	10:00 a.m. to 3:00 p.m.	"Try A Program" Watch, try or ask questions and sign up for upcoming exercise classes, sports and health programs.
Monday, January 15 th	3:30 to 4:30 p.m.	Sunshine Travel Club "Talk" Staff will be on hand to answer questions and advise you on upcoming trips. Free
Thursday, January 25 th	1:00 to 3:00 p.m.	NEW Bocce program. Bocce is played on the indoor turf weekly. Cost is \$2 pay as you go
Tuesday, January 30 th	2:30 to 4:30 p.m.	NEW Chess, Checkers & Cribbage. Come out weekly and play with fellow enthusiasts. Cost \$1 pay as you go
Monday through Friday	9:00 a.m. to 3:00 p.m.	Walking program. Walking is done on the indoor turf and is open to the general public. No registration required. This schedule is subject to change. Go to saultstemarie.ca for updates

Daily Activities – January 2018

MONDAY

10:30 a.m. Walking Program
10:30 a.m. Texas Hold'em
1:00 p.m. Contract Bridge
1:00 p.m. Washer Toss League



TUESDAY

9:00 a.m. Walking Program
10:30 a.m. Bridge Lessons
1:00 p.m. Club 235 Quilt Group
1:30 p.m. Craft and Crochet Group

WEDNESDAY

9:00 a.m. Walking Program
10:30 a.m. Texas Hold'em
12:30 p.m. Lunch
2:00 p.m. Bid Euchre
6:30 p.m. Club 235 Evening Cards

Bingo

Wednesday,
January 3rd & 17th
1:15 to 3:30 p.m.

THURSDAY

9:00 a.m. Walking Program
10:30 a.m. Walking Soccer League
10:30 a.m. Open Painting Group
1:30 p.m. Circle of Friends Group

FRIDAY

10:30 a.m. Walking Program
10:30 a.m. Gentle Yoga Class
10:30 a.m. Bunka -
Japanese Embroidery
1:30 p.m. Wii Bowling League

Turf Notes

Indoor sport shoes are required
Water is the only beverage allowed
No food or snacks

Thank-you for your cooperation