



BUZZZ!
Northern Community Centre
Active 55+
PHONE: 705-759-5377
July 2018



Happy Canada Day Friends!

All summer long we will have a variety of events for you to attend. Bring a friend and enjoy the fun!

We are closed Monday, July 2nd.

Join the fun!

Vicky Taylor

Recreation Programmer

EDUCATION

Cooking Class: Smoothies- Make & Taste

Date: Thursday, July 5th

Time: 11:00 a.m.

Cost: \$7.00

Instructor: Irene Gudz

Technology Days- Free Advice

Date: Fridays, July 6th to 27th

Time: 2:00 to 3:00 p.m.

Need help with your lap top, iPad, or electronic device? Drop in and meet with one of our summer students.

Cooking Class: Mock Tails - Make & Taste

Date: Thursday, July 12th

Time: 1:00 p.m.

Cost: \$7.00

Learn how to make a tasty non- alcoholic summertime beverage

Talk: "Does Your Bra Fit"

Date: Friday, July 13th

Time: 2:00 to 3:00 p.m.

Cost: \$5.00

Bra specialist Jodi McNabb will be on hand to discuss the importance of a properly fitting bra. Bra options for those who have had a mastectomy will be discussed.

Cooking Class: Homemade Salad Dressing

Make & Taste on Fresh Salad

Date: Monday, July 23rd

Time: 11:00 a.m.

Cost: \$7.00

Instructor: Irene Gudz

Talk: "How Our Diet Needs Change as We Age"

Date: Thursday, July 12th

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

Cost: Free

Presenter: Algoma Public Health Dietitian

DINE WITH US

Lunch- Entrée, Salad & Dessert

Date: Wednesdays, July 4th to 25th

Time: 12:30 p.m.

Cost: \$6.00

Call ahead, if you are bringing a group.

ARTS AND CRAFTS

Regular Craft Classes such as Open Painting, Craft n Crochet, Circle of Friends and Japanese Bunka will continue each week. Check the calendar for scheduled times.

Dirty Pour Painting Technique

Date: Fridays, July 13th to 27th

Time: 10:30 a.m. to 12:00 noon

Cost: \$15.00

Duration: 3 weeks

Instructor: Marilyn Jones

Using acrylic paints, learn to create an abstract fluid painting. **All you need to bring is a 12 X 12 canvas to each class.**

Summer Acrylic Paint Class and Social

Date: Tuesday, July 10th

Time: 10:30 a.m.

Cost: \$30.00 bring a 12 X 12 canvas, all other supplies included

Using acrylic paints learn step by step how to paint a bright and sunny landscape.

Coffee, tea and refreshments provided.

SPECIAL EVENTS

Afternoon Matinee

Date: Monday, July 9th

Time: 2:00 p.m.

Cost: \$3.00 includes popcorn & cold beverage

Movie: "The Bucket List".

Circle of Friends Social

Date: Thursday, July 19th

Time: 1:30 p.m.

Cost: \$ 6.00

Visit and socialize with friends. Coffee, tea, fancy sandwiches & pickle tray provided.

Bring your needle work projects to work on.

Barbequed Chicken Dinner

Date: Wednesday, July 25th

Time: 5:30 p.m.

Cost: \$8.00

Menu: Barbequed Chicken, Homemade Potato Salad, Greek Salad, Dessert

Play your favorite card game following dinner.



GENERAL INFORMATION

Puzzle Exchange

Take a puzzle, leave a puzzle.

We have a large selection of puzzles.

Pop in and check them out!

Register online at

<https://ca.apm.activecommunities.com/saultstemarie/home>

ACTIVE LIVING

Exercise and Sports on Indoor Turf

Cost: \$2 per visit. Join anytime.

Outside Gentle Yoga Class

Date: Mondays, July 9th to August 20th
Time: 5:15 to 6:15 p.m.
Cost: \$63.00 for 7 weeks or \$12 walk-in
Instructor: Natasha Rinaldi
This is a healthy way to end your day!
Pay the instructor at the beginning of the class.
Meet in the field adjacent to the facility.
Bring your matt.

Disc Golf Demonstration:

Date: Thursday, July 5th
Time: 10:30 a.m.
Location: Clergue Park
Come out and learn this fun new summer sport.
All equipment is provided.

Disc Golf

Date: Tuesdays & Thursdays, July 3rd to 31th
Time: 2:00 to 4:00 p.m.
Disc Golf is a flying disc sport in which players throw a disc at a target basket. The rules are similar to golf. Played on the field adjacent to the facility.

Balance and Strength Exercise Class

Date: Tuesday, July 10th to August 21st
Time: 5:00 to 5:45 p.m.
Duration: 7 weeks
Location: Steelton Room
Instructor: Amanda Lambert
Cost: \$63.00 for 7 weeks or \$12.00 walk-in
In this class you will learn exercises that help to improve your balance and strength. Some exercises are executed from the floor. Pay the instructor at the beginning of the class.

Outdoor Pickle Ball

The outdoor Pickle Ball/ Tennis court adjacent to our facility is refurbished and ready for use. Pickle ball equipment is available for use upon request. (\$5.00 deposit)

Pickle Ball Lessons

Date: Mondays, July 9th & 23rd
Time: 11:00 a.m. to 12:00 noon
Cost: Free
Instructor: Morris Bajor
Pickle ball is a paddle sport that combines elements of badminton, tennis and table tennis. Equipment is available for use upon request. Call 705-759-5377 to register.

Pickle Ball

Mondays & Thursdays at 11:00 a.m.

Ping Pong Tournament

Date: Monday, July 9th
Time: 2:00 p.m.
Cost: \$3.00 healthy snack provided
Sign up for this fun tournament today.
Paddles available for use.

Ping Pong

Mondays and Fridays at 11 a.m.

Wii Bowling - Fridays at 1:30 p.m.

Washer Toss Tournament

Date: Monday, July 16th
Time: 12:00 p.m.
Cost: \$3.00
Pot luck lunch at noon followed by Washer Toss tournament played on the field adjacent to the facility

Washer Toss -Mondays & Wednesdays at 1 p.m.
Played on the field adjacent to the facility.

GAMES

Texas Hold'em

Date: Mondays and Wednesdays, July 4th to 30th
Time: 10:30 a.m. to 12:30 p.m.
Cost: \$1 pay as you go
Dealer: Gayle Carr
Note: Texas Hold'em cancelled Monday July 2nd.

Bid Euchre

Date: Wednesdays, July 4th to 25th
Time: 2:00 to 3:30 p.m.
Cost: \$1 pay as you go
Leader: Harold Vaughan

Contract Bridge

Date: Mondays, July 9th to 30th
Time: 1:00 to 3:30 p.m.
Cost: \$1 pay as you go
Note: Bridge is cancelled Monday July 2nd

Mahjong Anyone?

Date: Tuesday, July 10th
Time: 2:00 p.m.
Cost: \$1.00 Bring your game.

Cribbage Tournament:

Date: Thursday, July 19th
Time: 10:30 a.m.
Cost: \$3.00
Coffee, tea and dessert provided

Scrabble Anyone?

Date: Thursday, July 19th
Time: 2:00 p.m.
Cost: \$1.00 Bring your game.

CLUB 235 INFORMATION

Card Evenings "500"

Date: Wednesdays, July 4th to 25th
Time: 6:30 p.m. Doors open at 6:00 p.m.
Cost: \$3 at the door.
Light refreshments provided.

Bingo

Date: Wednesday, July 4th & 18th
Time: 1:15 to 3:30 p.m.
Cost: Pay Per Card, Coffee & Tea \$.50
Bingo is played on the first and third Wednesday of each month.

Dauber Bingo & Brunch

Date: Friday, July 6th
Time: 11:00 a.m.
Cost: \$6.00 in advance
Menu: breakfast egg muffins, fruit salad, coffee and tea. Cash prizes to be won.



JULY SPECIALS

Northern Community Centre 705-759-5377

Friday, July 6 th	11:30 a.m.	Dauber Bingo Brunch. Menu: breakfast egg muffins, fresh fruit, coffee & tea. Cash prizes to be won. Cost is\$ 6.00 in advance.
Monday, July 9 th	2:00 p.m.	Afternoon Matinee. Movie: “The Bucket List”. Cost is \$3.00 includes popcorn & cold beverage. Watch it on the BIG screen.
Monday, July 9 th	2:00 p.m.	Ping Pong Tournament. Healthy snack provided. We have paddles. Cost is \$3.00.
Monday, July 9 th & 23 rd	11:00 to 12:00 noon	Pickle Ball Lessons. Learn how to play this fun summer time sport. Cost is \$2.00. Paddles available upon request.
Tuesday, July 10 th	10:30 a.m.	Summer Acrylic Paint Class and Social. Cost is \$30.00. All you need to bring is a 12 X 12 canvas. Everything else is provided, including refreshments.
Monday, July 16 th	12:00 noon	Washer Toss Tournament. Join us for “pot luck” lunch at noon, tournament to follow. Cost is \$3.00
Thursday, July 19 th	10:30 a.m.	Cribbage Tournament. Cost is \$3.00 includes coffee/tea and dessert.
Wednesday, July 25 th	5:30 p.m.	Barbequed Chicken Dinner. Menu: barbequed chicken, homemade potato salad, Greek salad, dessert. Card play to follow. Cost is \$8.00 in advance

Daily Activities – July 2018

MONDAY

10:30 a.m. Texas Hold'em
11:00 a.m. Ping Pong
11:00 a.m. Pickle Ball
1:00 p.m. Washer Toss
1:00 p.m. Contract Bridge
1:00 p.m. Washer Toss
5:15 p.m. Outdoor Gentle Yoga

Barbequed Chicken Dinner
Wednesday, July 25th
Cost: \$8.00 in advance
Card play to follow



TUESDAY

1:00 p.m. Club 235 Quilt Group
1:30 p.m. Craft and Crochet Group
2:00 p.m. Disc Golf
5:00 p.m. Strength & Stretch Class

WEDNESDAY

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

Regular Club 235
Bingo

Wednesdays, 4th & 18th
1:15 to 3:30 p.m.

THURSDAY

10:30 a.m. Open Painting Group
11:00 a.m. Pickle Ball
1:30 p.m. Circle of Friends Group
2:00 p.m. Disc Golf

FRIDAY

10:30 a.m. Bunka –
Japanese Embroidery
11:00 a.m. Ping Pong
1:30 p.m. Wii Bowling
2:00 p.m. Technology Days

TERRY-LOU - DO NOT DELETE THE SPACES HEREAFTER: FORMATTING WILL GET ALL MESSED UP & YOU’LL LOSE COLUMNS.