



**BUZZZ!**  
Active 55+  
Northern Community Centre  
556 Goulais Avenue  
PHONE: 705-759-5377  
**November 2018**



## Hello Friends!

November has arrived. Stop in, get involved and meet new people!

We have two free talks this month. "Fashion Tips & Tricks" is a fun talk focusing on; fashion that flatters your beauty at any age. The Ontario Society of Senior Citizens Organizations is presenting the second talk on "Elder Abuse". Both talks are informative, register early as they will surely fill quickly.

**Vicky Taylor**  
Recreation Programmer



**Office Hours**  
**Monday to Friday**  
**10:00 a.m. to 5:00 p.m.**  
**Closed November 12<sup>th</sup> Remembrance Day**

## HEALTHY LIFE STYLES

### Wellness Day

Date: Wednesday, November 7<sup>th</sup>  
Time: 11:30 a.m. to 1:00 p.m.  
Cost: Free  
Nurse: Lori Aubrey  
Lori will provide free blood pressure and blood glucose checks. Appointments are not necessary.

### Foot Care Clinic

Date: Wednesday, November 7<sup>th</sup>  
Time: 2:00 p.m.  
Cost: \$40.00 paid to the nurse  
Bayshore nurses are certified in basic and advanced foot care. Please call 705-251-0082 to book your appointment.

## GENERAL

### Book Club

Date: Monday, November 26<sup>th</sup>  
Time: 2:00 p.m.  
Cost: Free  
This is a great opportunity to explore new authors, old favorites and meet new people who share a passion for reading! This group meets monthly. Staff from the Korah Branch Library will facilitate this group.

## SOCIAL EVENTS

### Walking Soccer – Pot Luck

Date: Thursday, November 8<sup>th</sup>  
Time: 12:00 noon  
After a light game of walking soccer, stay and socialize with teammates.  
Bring a food choice – hot or cold to share.

## EDUCATION

### Talk – "Fashion Tips and Tricks"

Date: Friday, November 2<sup>nd</sup>  
Time: 2:00 to 3:30 p.m.  
Cost: Free  
Presented by: Irene Gudz  
At your age, your style may be more casual but your fashion can still flatter your beauty. Bring an item or story of your hits or misses and any fashion myths you may have about aging.

### Talk – "Elder Abuse"

Date: Monday, November 5<sup>th</sup>  
Time: 2:00 to 3:00 p.m.  
Cost: Free  
Presented by: Ontario Society of Senior Citizens Organizations  
Topics discussed: What is elder abuse & how to help & get help. To enroll, sign up at the service desk or call 705-759-5377.

### Gadget Corner

Date: Tuesday, November 20<sup>th</sup>  
Time: 2:00 to 3:30 p.m.  
Cost: Free  
Instruction provided by: S.S.M. Public Library staff  
Need help with your eReader, laptop, iPad or other electronic device? Please give us a call 705-759-5377 to book your appointment.

### Smart Phone Class – Tips & Tricks

Date: Monday, November 26<sup>th</sup>  
Time: 2:00 to 3:00 p.m.  
Cost: Free  
Instruction provided by: S.S.M. Public Library staff  
Learn quick and simple ways to better use your cell phone. Bring your fully charged smart phone.

**Newcomers are always welcome!**  
**Hope to see you soon!**

# DINE WITH US

## Soup & Sandwich Luncheon

Date: Tuesday, November 27<sup>th</sup>  
Time: 12:30 p.m.  
Cost: \$6.00 in advance  
Menu: vegetable beef soup, choice of turkey and cheese or egg sandwich with dessert, coffee and tea.

## Thursday Lunch

Join us each Thursday at 12:30 p.m. as we serve up a hot delicious lunch. The menu changes weekly but always includes dessert with coffee/tea. The cost is \$6.00 per person. Please call ahead if you are bringing a group.

# GAMES

## Beginners Bridge Lessons

Date: Tuesdays  
Time: 10:30 a.m. to 12:30 p.m.  
Cost: \$2.00 per visit  
Instructor: Bruce Richmond  
Learn to bid, defend and play Bridge, with concentration on the hand.

## Omaha

Date: Friday, November 9<sup>th</sup>  
Time: 1:00 p.m.  
Cost: \$1.00  
Dealer: Jim DiPasquale  
Omaha is a poker game similar to Texas Hold'em. You must know how to play.

## Contract Bridge

Date: Mondays  
Time: 1:00 to 3:00 p.m.  
Cost: \$1 pay as you go

## Texas Hold'em

Date: Mondays and Wednesdays  
Time: 10:30 a.m. to 12:30 p.m.  
Cost: \$1 pay as you go  
Dealer: Gayle Carr

## Bid Euchre

Date: Wednesdays,  
Time: 2:00 to 3:30 p.m.  
Cost: \$1 pay as you go



# ARTS AND CRAFTS

## Unfinished Project Day

Date: Wednesday, November 7<sup>th</sup>  
Time: 11:00 a.m. to 1:00 p.m.  
Cost: \$1.00  
Bring your unfinished painting project and supplies needed. Anna Lefave will be on hand to guide you to complete your work of art!

## Acrylic Painting Class: "Birch Grove"

Date: Thursdays, November 8<sup>th</sup> to 29<sup>th</sup>  
Time: 1:30 to 3:30 p.m.  
Cost: \$8 plus supplies  
Duration: 4 weeks  
Instructor: Ann Lalonde  
Use acrylic paints to create a simple landscape. Painting experience required.

## Craft- Ribbon Rosettes

Date: Tuesday, November 13<sup>th</sup>  
Time: 11:00 a.m. to 1:00 p.m.  
Cost: \$5.00 plus supplies  
Instructor: Myril Lynn Brason-Lediect  
Ribbon rosettes are great for decorating or enhancing special gifts or wreaths.

## Painting Class – Ukrainian Egg

Date: Wednesday, November 14<sup>th</sup>  
Time: 10:30 a.m. to 12:30 p.m.  
Cost: \$25 includes supplies  
Instructor: Anna Lefave  
Learn to paint a Ukrainian egg by using a real egg. Dipped in dye, create a design using bees wax.

## Painting – Modern Masterpiece

Date: Tuesday, November 6<sup>th</sup>  
Time: 10:30 to 12:30 p.m.  
Cost: \$8.00 bring a 16" X 20" black canvas  
Using acrylic paints and string, learn to create a modern piece of artwork.

## Craft – Paper Snowflakes

Date: Monday, November 26<sup>th</sup>  
Time: 11:00 a.m. to 2:30 p.m.  
Cost: \$7.00 includes supplies  
Instructor: Goldie Taylor  
Learn to make 3-dimentional paper snowflakes. These snowflakes look beautiful in a window.



## Quilting Class – November Blocks of the Month

Date: Tuesday, November 23<sup>rd</sup>  
Time: 11:00 a.m.  
Cost: \$7.00 plus supplies  
Instructor: Jennifer Freiburger  
Novembers blocks of the month are; "Margret's Choice" and "Irish Chain". Sewing knowledge is required.

## Do Your Own Thing – Needlecraft Group

Date: Tuesdays  
Time: 1:30 to 3:30 p.m.  
Cost: \$1.00 pay as you go  
This group meets weekly to work on their own individual projects.

## Circle of Friends – Quilting & Craft Group

Date: Thursdays  
Time: 1:30 to 3:30 p.m.  
Cost: \$1.00 pay as you go  
Each person works on a variety of items whether quilting, crafts or needlework projects.

## Open Painting

Date: Thursdays  
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.

## Embroidery Class - Japanese Bunka

Dates: Fridays  
Time: 10:30 a.m. to 12:30 p.m.  
Cost: \$2.00 per visit, plus kit  
Instructor: Aline Mooney  
Join this class and learn this beautiful form of embroidery. Aline will start you with a beginners kit. Beginners are welcome.

## ACTIVE LIVING

### Exercise and Sports on Indoor Turf

Cost: \$2 per visit. Join anytime.

### Ping Pong

Mondays at 11:00 a.m.

### Washer Toss

Mondays at 1:30 p.m.

### Molky

Date: Tuesdays

Time: 1:30 p.m.

Molky is a popular Nordic throwing game.

We play on the indoor soccer turf.

### Soccer 55+

Wednesdays, at 2:00 p.m.

### Walking Soccer

Thursdays at 11:00 a.m.



### Bocce

Thursdays at 1:30 p.m.

### Wii Bowling

Fridays at 1:30 p.m.

### Balance & Strength Exercise Class

Date: Tuesdays

Time: 5:00 p.m.

Cost: \$12 walk-ins (pay the instructor before class)

Instructor: Amanda Lambert

This class is in progress, walk-ins are welcome.

### Hip Fit Exercise Class

Date: Thursdays

Time: 2:00 p.m.

Cost: \$12 walk-ins (pay the instructor before class)

Instructor: Amanda Lambert

This class is in progress, walk-ins are welcome.

### Gentle Yoga Class

Date: Fridays

Time: 10:30 a.m.

Cost: \$12 walk-ins (pay the instructor before class)

Instructor: Shirling Kao

This class is in progress, walk-ins are welcome.

Bring your own mat.

### Mobile Aircraft Flyers

Date: Friday, November 30<sup>th</sup>

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

Cost: \$5.00 per visit

Fly your own electronic mobile aircraft on the indoor soccer turf. We will meet in the 55+ Activity Room at 1:00 p.m. for coffee followed by flying on the turf. Present your M.A.A.C. membership card upon registration.

### Walking Program

Date: Monday through Friday

Time: 9:00 to 11:00 a.m.

Cost: Free – open to the general public

Location: Indoor Soccer Turf

No registration required.

**Note: This schedule is subject to change.**

Visit [www.saultstemarie.ca](http://www.saultstemarie.ca) for updates

## CLUB 235 INFORMATION

### Craft & Needlework Donations

Your craft and needlework donations are needed. Please drop them off at the Northern Community Centre, Senior Services desk. Proceeds from the sale of these donations go to Club 235 and support 55+ programming.

**Thank-you for your support!**



### General Meeting

Date: Tuesday, November 20<sup>th</sup>

Time: 10:30 a.m.

Club 235 members are welcome to attend and observe. Bring a brown bag lunch to share.

### 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.

### Bingo

Date: Wednesday, November 7<sup>th</sup> & 21<sup>st</sup>

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

Cost: Pay Per Card, Coffee & Tea \$.50 per cup

### Christmas Tea

Date: Wednesday, November 28<sup>th</sup>

Time: 12:30 p.m.

Cost: \$6.00 in advance

Enjoy fancy sandwiches and a Christmas dessert with friends. Hand painted artwork, crafts and needlework will be on hand to view or purchase.

### Card Evenings "500"

Date: Wednesdays,

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

Cost: \$4 at the door.

### Membership

Memberships are on sale and can be purchased at the service desk. Cost: \$5.00 per year

## SENIORS CITIZENS DROP-IN CENTRE

### Join us for Free Fitness Classes

#### **Happy Hips**

Thursdays, November 1<sup>st</sup> to 22<sup>nd</sup>

#### **Strong Bones**

Mondays, November 5<sup>th</sup> to December 3<sup>rd</sup>

#### **Balance and Core Strength**

Thursdays, November 29<sup>th</sup> to December 20<sup>th</sup>

**Time: 6:30 to 7:30 p.m.**

**Instructor: Carla Pierman**

**Duration: 4 weeks**

**Location: Drop-In Centre 619 Bay Street**

*Program funded by,*

*New Horizons Government of Canada*

**Regular  
Club 235 Bingo**

Wednesdays,  
7<sup>th</sup> & 21<sup>st</sup>  
1:15 to 3:30 p.m.

## NOVEMBER SPECIALS

**Northern Community Centre 705-759-5377**

Monday, November 5 <sup>th</sup>	2:00 to 3:00 p.m.	This free talk is presented by the Ontario Society of Senior Citizens Organizations. To enroll call 759-5377. Get informed!
Thursday, November 8 <sup>th</sup>	12:00 noon	Walking Soccer Pot Luck. After a light game of walking soccer, stay and socialize with teammates. Bring something to share.
Monday, November 12 <sup>th</sup>	Closed	Remembrance Day.
Tuesday, November 27 <sup>th</sup>	12:30 p.m.	Soup & Sandwich Luncheon. Menu is: vegetable beef soup, choice of turkey and cheese or egg sandwich with dessert, coffee or tea. \$6 tickets can be purchased at the service desk.
Wednesday, November 28 <sup>th</sup>	12:30 p.m.	Club 235 Christmas Tea. Enjoy fancy sandwiches and Christmas dessert with friends. Crafts, needlework and artwork will be available to view or purchase. Cost is \$6 in advance.

## Daily Activities – NOVEMBER 2018

### MONDAY

9:00 a.m. Walking – Indoor Turf  
10:30 a.m. Texas Hold'em  
11:00 a.m. Ping Pong  
1:00 p.m. Contract Bridge  
1:30 p.m. Washer Toss



### TUESDAY

9:00 a.m. Walking – Indoor Turf  
1:00 p.m. Club 235 Quilters  
1:30 p.m. Craft and Crochet  
1:30 p.m. Molky  
5:00 p.m. Balance & Strength  
Exercise Class



### WEDNESDAY

9:00 a.m. Walking – Indoor Turf  
10:30 a.m. Texas Hold'em  
1:30 p.m. American Mahjong  
2:00 p.m. Bid Euchre  
2:00 p.m. Soccer 55+  
6:30 p.m. Club 235 Evening Cards



### THURSDAY

9:00 a.m. Walking – Indoor Turf  
10:30 a.m. Open Painting  
11:00 a.m. Walking Soccer  
1:30 p.m. Circle of Friends Group  
1:30 p.m. Bocce  
2:00 p.m. Hip Fit Exercise Class



### FRIDAY

9:00 a.m. Walking – Indoor Turf  
10:30 a.m. Bunka –  
Japanese Embroidery  
10:30 a.m. Gentle Yoga  
1:30 p.m. Wii Bowling

