



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



Hello Friends!

Fall has definitely arrived! What a great time to gather with friends and participate in some fun activities or be a guest at a special event. Be sure to pick up your ticket for the monthly Soup & Sandwich Luncheon and the Club 235 Halloween Luncheon & Card Party, as they will surely sell out quickly.

Drop in and pick up a copy of the **ACTIVE 55+** booklet, and see what is available. There is something for everyone!

We are closed Monday, October 8th.
Have a wonderful Thanksgiving

Vicky Taylor
Recreation Programmer



HEALTHY LIFE STYLES

Wellness Day

Date: Wednesday, October 3rd
Time: 11:00 a.m. to 1:15 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, October 3rd
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, October 15th
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.



EDUCATION

Cooking Class – Simple Syrian Food

Date: Wednesday, October 3rd
Time: 2:00 to 3:00 p.m.
Cost: \$10.00
Instructor: George Khoury
Enjoy flavors of the Middle East, as you learn to cook simple Syrian food!

Talk – Managing Your Money in Your Retirement

Date: Tuesday, October 9th
Time: 11:00 a.m. to 12:30 p.m.
Cost: Free
Presented by: Credit Counseling Services
Learn how to manage money in your retirement years.



Talk – Healthy Involvement in Public Policy

Date: Wednesday, October 10th
Time: 2:00 to 3:00 p.m.
Cost: Free
Presented by: Ontario Society of Senior Citizens Organizations
Topics to be discussed include; how to get involved & make changes in public policy. To enroll, sign up at the service desk or call 705-759-5377.

Smart Phone – Tips & Tricks

Date: Friday, October 12th
Time: 11:00 a.m. to 12:00 noon
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 cell phone.

DINE WITH US

Soup & Sandwich Luncheon

Date: Tuesday, October 23rd
Time: 12:30 to 2:30 p.m.
Cost: \$6.00 in advance
Menu: minestrone soup, choice of tuna or roast beef sandwich with dessert, coffee and tea.

Thursday Lunch

Join us each Thursday at 12:30 p.m. as we serve 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.

SPECIAL EVENTS

Washer Toss – Pot Luck

Date: Monday, October 29th

Time: 12:30 p.m.

Cost: \$2

Enjoy a pot luck lunch with friends, followed by a game of Washer Toss on the indoor turf.

CARDS AND GAMES

“NEW” American Mahjong

Date: Wednesdays

Time: 1:00 p.m.

Cost: \$1.00 per visit

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

Contract Bridge

Date: Mondays

Time: 1:00 to 3:30 p.m.

Cost: \$1 pay as you go

Bid Euchre

Date: Wednesdays

Time: 2:00 to 3:30 p.m.

Cost: \$1 pay as you go

Leader: Harold Vaughan

Omaha

Date: Friday, October 12th

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

Cost: \$1.00

Dealer: Jim DiPasquale

Omaha is a poker game similar to Texas Hold'em.

You must know how to play.

Cribbage Tournament

Date: Friday, October 19th

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

Cost: \$3.00 includes beverage and dessert

Bring a partner or join a table.

Beginners Bridge Lessons

Date: Tuesdays, October 23rd to December 11th

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.

ARTS AND CRAFTS

Oil Painting Class – “Sunset”

Date: Tuesdays, October 2nd to 23rd

Time: 1:00 to 3:30 p.m.

Cost: \$18.00 plus supplies

Instructor: Anna Lefave

Learn step by step on how to paint a sunset landscape.

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. Join anytime.

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.

Acrylic Painting Class –

“Step by Beautiful Step”

Date: Thursday, October 4th to 25th

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

Cost: \$8.00 plus supplies

Instructor: Ann Lalonde

Ann will make painting flowers easy for you.

Some painting experience is necessary.

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, knitting or needlework projects.

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

Learn this beautiful form of embroidery.

Aline will start you with a beginner's kit.

Watercolour Painting Class

Date: Friday, October 5th to 26th

Time: 1:00 to 3:30 p.m.

Cost: \$8.00 includes supplies

Instructor: Nora Ann Harrison

Learn a variety of watercolour painting techniques.

Painting Party with Stacy

Date: Monday, October 15th

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

Cost: \$30.00 includes canvas, paint & brushes

Instructor: Stacy Cooke

Don't miss out on this fun evening of painting with friends. Light snacks available.

Hand Quilting Class

Date: Tuesday, October 16th

Time: 11:00 a.m. to 12:30 p.m.

Cost: \$5.00 bring a simple sewing kit

Instruction by: Club 235 Quilters

Whether you have quilted before or need some helpful hints to improve, this is the class for you!

Beginners welcome.

Sewing Class – Christmas Placemats

Date: Thursday, October 18th

Time: 11: 00 a.m. to 3:00 p.m.

Cost: \$7.00 plus supplies

Instructor: Donna Christie

Update your kitchen table with new placemats.

Some sewing knowledge required.

ARTS AND CRAFTS

Quilting Class – October Blocks of the Month

Date: Tuesday, October 23rd

Time: 11:00 a.m. to 3:30 p.m.

Cost: \$7.00 plus supplies

Instructor: Jennifer Freiburger

Octobers blocks of the month are; “Hopkins Square” and “Crown of Thorns”.

Sewing knowledge is required.

Sewing Class – Flannel Nightgown

Date: Friday, October 26th

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

Cost: \$7.00 plus supplies

Instructor: Shirley Loubert

Learn to sew this cozy flannel nightgown.

Some sewing knowledge is required.

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.

NEW Molkky

Date: Tuesdays, October 2nd to December 4th

Time: 1:30 p.m.

Molkky is a wildly popular Nordic throwing game.

We play it 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.

Last class October 30th.

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.

Last class November 1st.

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.

Last class November 2nd

NEW Mobile Aircraft Flyers

Date: Friday, October 26th

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 Soccer Clinic

Date: Monday, October 29th

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

Cost: \$5.00

Learn skills to better enjoy & play walking soccer.

Dress to play.

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 1

No registration required.

Note: This schedule is subject to change.

Visit saultstemarie.ca for updates

CLUB 235 INFORMATION

Halloween Luncheon & Card Party

Date: Wednesday, October 31st

Time: 12:30 to 3:30 p.m.

Cost: \$8.00 includes card play

Menu: “Stack Your Own Sandwich”

and dessert. Play your favorite card game following the lunch. Dress in costume!

Prizes will be awarded for the best costume.



Card Evenings “500”

Date: Wednesdays

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

Cost: \$4 at the door.

Bingo

Date: Wednesday, October 3rd

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

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

General Meeting

Date: Tuesday, October 16th

Time: 10:30 a.m.

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

Membership

Memberships are on sale and can be purchased at the service desk.

Cost: \$5.00 per year

Club 235 is the host club @ the N.C.C. Seniors 55+ Program. U.S.C.O. membership expires August 2019.

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.

Regular Club 235 Bingo

Wednesday, October 3rd
1:15 to 3:30 p.m.



OCTOBER SPECIALS

Northern Community Centre 705-759-5377

Wednesday, October 3 rd	11:30 a.m. to 1:00 p.m.	Wellness Day - Have your blood pressure and glucose level checked. No appointment necessary. Free.
Wednesday, October 3 rd	2:00 p.m.	Foot Care Clinic - Advanced and diabetic foot care provided by Bayshore Home Health. Cost: \$40.00 paid to the nurse. To make an appointment call: 705-251-0082
Tuesday, October 9 th	11:00 a.m. to 12:30 p.m.	"Managing Your Money in Retirement" Talk. Presented by Credit Counseling Services. Free.
Wednesday, October 10 th	2:00 to 3:00 p.m.	"Healthy Involvement in Public Policy" Talk. This free talk is presented by the Ontario Society of Senior Citizens Organizations. To register stop by the service desk or call 705-759-5377.
Friday, October 12 th	11:00 a.m.	Smart Phone "Tips & Trick's". Learn to better use your smart phone. Bring your fully charged phone. Free
Monday, October 15 th	5:30 p.m.	Painting Party with Stacy. Enjoy this fun evening painting with friends. Cost: \$30 includes your canvas, paints and brushes.
Monday, October 15 th	2:00 p.m.	Book Club. Explore new authors and meet new people. Free
Friday, October 19 th	1:00 p.m.	Cribbage Tournament. Cost: \$3 includes coffee, tea and dessert.
Tuesday, October 23 rd	12:30 p.m.	Soup & Sandwich Luncheon. Enjoy lunch with friends. Menu is: minestrone soup, tuna or roast beef sandwich with dessert coffee and tea. Cost is: \$6 in advance.
Friday, October 26 th	1:00 to 4:00 p.m.	NEW Mobile Aircraft Flyers. Fly your own electronic mobile aircraft on the indoor soccer turf. Present your M.A.A.C. card upon registration. Cost: \$5.00 per visit.
Wednesday, October 31 st	12:30 p.m.	Club 235 Halloween Luncheon & Card Party. Cost: \$8 card play to follow lunch. Purchase your ticket at the service desk in advance. Menu: "Stack Your Own Sandwich" and dessert. Prizes for the best costume!

Daily October 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. Molcky
5:00 p.m. Balance & Strength
Exercise Class

WEDNESDAY

9:00 a.m. Walking - Indoor Turf
10:30 a.m. Texas Hold'em
2:00 p.m. Bid Euchre
1:30 p.m. American Mahjong
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 Group
11:00 a.m. Walking Soccer
12:30 p.m. Lunch
1:30 p.m. Circle of Friends
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. Gentle Yoga
10:30 a.m. Bunka –
Japanese Embroidery

1:30 p.m. Wii Bowling