



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



## Hello Friends!

It's hard to believe that January is already over and we are into February. With the cold weather in full swing consider signing up for something different: Washer Toss and Bocce are in need of more players. What about signing up for "Just Jammin", get out of the cold & warm up with fellow musicians.

We also have beginner golf lessons starting this month. Register for something new today!

Join the fun!  
**Vicky Taylor**  
Recreation Programmer

**Office Hours**  
*Monday to Friday*  
*10:00 a.m. to 5:00 p.m.*  
*Closed February 19<sup>th</sup> Family Day*

*Happy Valentine's Day*

### Program Notes

Register in advance for programs & activities  
To register online visit, [www.saultstemarie.ca](http://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, February 20<sup>th</sup>  
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.

## HEALTHY LIVING

### Wellness Day

Date: Wednesday, February 14<sup>th</sup>  
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, February 14<sup>th</sup>  
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.

## ARTS AND CRAFTS

### Craft and Crochet - Needlecraft Group

Date: Tuesdays, February 6<sup>th</sup> to May 29<sup>th</sup>  
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, February 8<sup>th</sup> to May 31<sup>st</sup>  
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, February 8<sup>th</sup> to May 31<sup>st</sup>  
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, February 2<sup>nd</sup> to May 25<sup>th</sup>  
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.

### Watercolour Painting Class

Date: Friday, February 2<sup>nd</sup> to 23<sup>rd</sup>  
Time: 10:30 a.m. to 12:30 p.m.  
Cost: \$43.00 plus supplies  
Instructor: Marilyn Mills  
Duration: 4 weeks  
Painting trees, foliage, rocks, water and the sky can be tricky. Marilyn will provide tips and techniques to make this task simple.

### Alcohol Ink Painting Class

Date: Tuesday, February 13<sup>th</sup>  
Time: 10:30 a.m.  
Cost: \$20.00 includes supplies  
Instructor Anna Lefave  
Alcohol Ink is a very fluid and unconventional medium with the look of stained glass. You will have the opportunity to complete two projects.

### Oil Painting Class "Church Window"

Date: Tuesdays, February 13<sup>th</sup> to March 6<sup>th</sup>  
Time: 1:00 to 3:00 p.m.  
Cost: \$18.00 plus supplies  
Instructor: Anna Lefave  
Duration: 4 weeks  
Learn different oil painting techniques as you create your own majestic masterpiece.

## ARTS AND CRAFTS

### Knitting Class – Lacey Shawl

Date: Thursday, February 15<sup>th</sup> to March 8<sup>th</sup>  
Time: 1:00 to 3:00 p.m.  
Cost: \$13.00 plus supplies  
Instructor: Jeany Laity  
Duration: 4 weeks  
This intermediate class is for those wanting to learn how to knit lace. Knitting knowledge needed to complete this project.

## 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](http://saultstemarie.ca) for updates**

### NEW Bocce

Date: Thursdays, February 1<sup>st</sup> to May 31<sup>st</sup>  
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.

### Walking Soccer

Date: Thursdays, February 1<sup>st</sup> to May 31<sup>st</sup>  
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.

### Wii Bowling

Date: Fridays, February 2<sup>nd</sup> to May 25<sup>th</sup>  
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!

### Washer Toss

Date: Mondays, February 5<sup>th</sup> to May 28<sup>th</sup>  
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 Beginners Golf

Date: Tuesdays, February 6<sup>th</sup> to March 13<sup>th</sup>  
Time: 1:30 to 2:30 p.m.  
Cost: \$112.00 includes use of equipment  
Instruction: T.G.A. Premier Golf  
Location: Indoor Turf  
Duration: 6 weeks  
This class is for beginners, occasional players or those relatively new to the game.



### Exercise Class: Balance and Strength

Date: Tuesdays, February 7<sup>th</sup> to March 27<sup>th</sup>  
Time: 5:00 to 5:45 p.m.  
Cost: Free  
Instructor: Natasha Rinaldi  
Location: Steelton Room  
Learn about exercises that help to improve balance & strength. Each class has an educational component. Exercises are executed on the floor.

### Exercise Class: Hip Hip Hooray

Date: Mondays, February 12<sup>th</sup> to March 12<sup>th</sup>  
Time: 11:30 a.m. to 12:30 p.m.  
Cost: Free  
Instructor: Amanda Lambert  
Location: Indoor Turf  
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. **No class February 19<sup>th</sup>**

### Exercise Class: Primal Patterns

Date: Thursdays, February 15<sup>th</sup> to March 8<sup>th</sup>  
Time: 11:30 a.m. to 12:30 noon  
Cost: Free  
Instructor: Amanda Lambert  
Location: Indoor Turf  
Learn about the seven primal movement patterns that we engage in daily. Each session has an educational component along with exercise movements.

### NEW Just Jammin'

Date: Fridays, February 23<sup>rd</sup> to May 25<sup>th</sup>  
Time: 2:30 to 4:30 p.m.  
Cost: \$1.00 pay as you go  
Location: Steelton Room  
Come out to Just Jammin'. Bring your own musical instrument and play with fellow enthusiast! There is no instructor or conductor with this group. Join anytime.



## DINE WITH US

### Lunch and a Movie – “Mamma Mia”

Date: Wednesday, February 14<sup>th</sup>  
Time: 12:30 to 3:30 p.m.  
Cost: \$6.00 in advance  
Don't miss this romantic comedy, it is the story of a bride-to-be trying to find her father told using hit songs by the popular 1970's group ABBA.  
Menu: turkey sandwich, Caesar salad & dessert

### Lunch

Date: Wednesdays, February 14<sup>th</sup> to 28<sup>th</sup>  
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, February 27<sup>th</sup>  
Time: 12:30 p.m.  
Cost: \$6.00 in advance  
Enjoy a hearty bowl of soup, choice of sandwich with dessert. Coffee & tea provided.

GAMES

Texas Hold'em

Date: Mondays and Wednesdays,  
February 5<sup>th</sup> to May 30<sup>th</sup>  
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 cancelled February 7<sup>th</sup>

Bid Euchre

Date: Wednesdays, February 14<sup>th</sup> to May 30<sup>th</sup>  
Time: 2:00 to 3:30 p.m.  
Cost: \$1.00 pay as you go  
Leader: Harold Vaughan  
Come out weekly and learn this fun game. We play in groups of four, which offers a chance to be social. Beginners are welcome.

NOTE: bid euchre cancelled February 7<sup>th</sup>

Contract Bridge

Date: Mondays, February 5<sup>th</sup> to May 28<sup>th</sup>  
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.

Bridge Lessons

Date: Tuesdays, February 6<sup>th</sup> to May 29<sup>th</sup>  
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, February 6<sup>th</sup> to May 29<sup>th</sup>  
Time: 2:30 to 4:30 p.m.  
Cost: \$1.00 per visit  
Come out and play  
Chess, Checkers or  
Cribbage with fellow  
enthusiasts



CLUB 235 INFORMATION

Club 235 Bon Soo Brunch & Card Party

Date: Wednesday, February 7<sup>th</sup>  
Time: 11:00 a.m. card play to follow brunch  
Cost: \$8.00 in advance  
Enjoy a hearty brunch with friends.  
Play Texas Hold'em or "500". No membership required for this event.  
Dress in red & white to show your Bon Soo Spirit. Menu is: scrambled eggs, ham, sausage, fruit salad, toast, coffee & tea. Cash prizes to be won.  
Pick up your ticket early!



Club 235 Bingo

Date: Wednesday, February 21<sup>st</sup>  
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. NOTE: bingo is cancelled February 7<sup>th</sup>

Club 235 Card Evenings "500"

Date: Wednesdays, February 14<sup>th</sup> to May 30<sup>th</sup>  
Time: 6:30 p.m. Doors open at 6:00 p.m.  
Cost: \$3.00 at the door.  
Light refreshments provided.  
NOTE: evening cards is cancelled February 7<sup>th</sup>

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, February 20<sup>th</sup> 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  
online visit:  
[www.saultstemarie.ca/active55](http://www.saultstemarie.ca/active55)

LOOKING  
FOR VOLUNTEERS

We are currently seeking volunteers  
to assist with kitchen help  
and serving during our special events.

Call Vicky 705-759-5377

Interested in teaching a class?  
Come see us or call 759-5377.  
We're always looking for new ideas!

# FEBRUARY SPECIALS

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

|                                      |                                   |   |
|--------------------------------------|-----------------------------------|---|
| Tuesdays, February 6 <sup>th</sup>   | 1:30 to 2:30 p.m.                 | NEW Beginners Golf Lessons. This class is for beginners, occasional players or those relatively new to the game. Cost is \$112.00 includes use of equipment. Duration: 6 weeks. Location: Indoor Turf                   |
| Tuesdays, February 6 <sup>th</sup>   | 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  |
| Wednesday, February 7 <sup>th</sup>  | 11:00 a.m.<br>card play to follow | Club 235 Brunch & Card Party. No membership required. Dress in red & white to show your Bon Soo spirit. Menu: scrambled eggs, ham, sausage, fruit salad, toast coffee & tea. Cost \$8 in advance. Cash prizes to be won |
| Wednesday, February 14 <sup>th</sup> | 12:30 p.m.                        | Lunch & a Movie- "Mamma Mia". Cost \$6 Menu: turkey sandwich, Caesar salad, dessert. Register in advance  |
| Friday, February 23 <sup>rd</sup>    | 2:30 to 4:30 p.m.                 | Just Jammin' meets weekly. Bring your musical instrument and jam with fellow enthusiasts. Cost \$1.00 per visit   |
| Tuesday, February 27 <sup>th</sup>   | 12:30 p.m.                        | Soup & Sandwich Luncheon. Cost \$6 Enjoy a hearty bowl on soup and choice of cold cut sandwich. Pick up your ticket early   |

## Daily Activities – February 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. NEW Washer Toss

**Bocce & Washer Toss**  
need players  
Sign up today!

### 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. NEW Beginners Golf  
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

#### **Club 235 Bingo**

Wednesday,  
February 21<sup>st</sup>  
1:15 to 3:30 p.m.

Club 235 Bingo cancelled:  
Wednesday, February 7<sup>th</sup>

### THURSDAY

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

#### **Turf Notes**

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

*Thank-you for your cooperation*

### 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