



City of
Sault Ste. Marie

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SENIORS DROP-IN CENTRE ACTIVE 55+

**OPEN MONDAY TO FRIDAY 10 AM TO 5 PM
MONDAY, TUESDAY & THURSDAY EVENINGS**

DID YOU KNOW?

**YOU CAN REGISTER FOR ACTIVITIES ONLINE BY
VISITING SAULTSTEMARIE.CA!**

- **CLICK REGISTER/RESERVE**
- **CLICK REGISTER FOR ACTIVITIES**
- **SEARCH BY ACTIVITY NAME OR ACTIVITY CODE NUM**
- **ADD TO CART AND LOG INTO YOUR ACCOUNT**
- **SELECT PARTICIPANT AND PAY YOUR FEE ONLINE**
- **ENJOY YOUR UPCOMING ACTIVITY!**

APRIL

SENIOR'S DROP-IN CENTRE ACTIVE 55+
TO REGISTER FOR ACTIVITIES VISIT SAULTSTEMARIE.CA AND CLICK ON REGISTER/RESERVE!

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
10:30 AM A FORM OF TAI CHI 1:00 PM KNITTING 1:00 PM SWEDISH WEAVING 1:00 PM FRENCH CLUB CARDS 1:45 PM LAUGHTER YOGA 7:00 PM WOOD BEE CARVERS 7:00 PM DUPLICATE BRIDGE	10:15 AM SENIOR SINGERS 10:30 AM WANNA BEE QUILTERS 10:30 AM ENERGY HEALING 101 10:30 AM RUG HOOKING 11:00 AM STRETCHING & STRENGTHENING 12:30 PM BORDER SQUARES 1:00 PM CLUB 119 CARDS 5:00 PM PICKLE BALL 7:00 PM DARTS 7:00 PM DUPLICATE BRIDGE	10:15 AM MEDITATION & DRUMMING 10:15 AM OPEN PAINTING 10:30 AM CHRISTMAS CHEER 10:30 AM A FORM OF TAI CHI 12:00 PM NOON HOUR LUNCH 1:00 PM DUPLICATE BRIDGE 1:00 PM CONTRACT BRIDGE 1:00 PM TECH SESSIONS	10:15 AM BRIDGE LESSONS 10:30 AM ENERGY HEALING 101 12:00 PM NOON HOUR LUNCH 12:30 PM OPEN LINE DANCING 1:00 PM H.A.M. RADIO 1:30 PM STRETCHING & STRENGTHENING 2:00 PM FUN CARDS 2:45 PM BEGINNERS LINE DANCE 5:00 PM PICKLE BALL 7:00 PM DUPLICATE BRIDGE	10:15 AM CROCHET CLUB 10:30 AM ZUMBA DANCE 10:30 AM WII BOWLING 12:00 PM NOON HOUR LUNCH 12:45 PM DUPLICATE BRIDGE 1:00 PM CONTRACT BRIDGE 1:30 PM SHUFFLEBOARD 1:45 PM HAND & FOOT CARDS
BLOOD PRESSURE CLINIC APRIL 1 AT 1:00 PM TO 2:15 PM <i>Sign Up!</i> PAINTING WATERCOLOURS CREATING TEXTURES II APRIL 1 AT 10:15 AM \$63 FOR 6 WEEKS KNITTED COMFORT DOLLS APRIL 15 AT 1:00 PM TO 4:00 PM <div>CLOSED APRIL 19TH AND APRIL 22ND FOR GOOD FRIDAY AND EASTER MONDAY</div>	LEARN TO DRAW STILL LIFE APRIL 2 1:00 TO 4:00 PM \$28 FOR 5 WEEKS BAYSHORE HOME HEALTH FOOT CARE CLINIC APRIL 16 AT 2:00 PM \$40 CALL 705.254.6474 TO BOOK! CREATIVE MEMORIES PHOTO SCRAPBOOKING APRIL 23 10:30 AM TO 4:00 PM \$15 PER SESSION SAVVY SENIORS BOOK CHAT APRIL 30 AT 2:30 PM TO 3:30 PM	MEDITATION AND DRUMMING APRIL 3 10:30 AM TO 11:30 AM \$25 FOR 6 WEEKS BEADED SUN CATCHER APRIL 3 1:00 TO 4:00 PM \$6 TALK, SELF EMPOWERMENT APRIL 3 1:30 PM TECH SESSION APRIL 10 & 24 AT 1:00 PM TO 3:00 PM CALL 705.254.6474 TO BOOK 30 MIN SESSION AND BRING YOUR TABLET WINDOWS 10 FUNDAMENTALS APRIL 17 AT 1:00 PM TO 3:00 PM CALL 705.254.6474 TO BOOK 1 HOUR SESSION AND BRING YOUR LAPTOP B I N G O APRIL 10 & 24 AT 1:30 PM	NEEDLE FELTING APRIL 4 10:30 AM TO 4:00 PM \$7 PENCIL CRAYON AS AN ART MEDIUM APRIL 4 10:30 AM TO 12:30 PM \$18 FOR 2 WEEKS <i>Get Active!</i> EXERCISE NOT ONLY CHANGES YOUR BODY, IT CHANGES YOUR MIND, YOUR ATTITUDE & YOUR MOOD!	PAINTING, SOFT PASTELS APRIL 5 10:15 AM TO 12:15 PM \$63 FOR 6 WEEKS QUILTED BARGELLO TABLE RUNNER APRIL 12 10:30 TO 4:00 PM \$7 <i>Special Events!</i> PANCAKE BREAKFAST MONDAY, APRIL 8 11:00 AM TO 12:30 PM \$8.00 PER PERSON MENU: PANCAKES, SAUSAGE, FRUIT, COFFEE/TEA



WHAT'S HAPPENING

AQUABICS

JOHN RHODES
COMMUNITY CENTRE POOL

MARCH 17 TO JUNE 28, 2019

MONDAYS
8:30 AM TO 9:30 AM
2:15 PM TO 3:15 PM

TUESDAYS
2:15 PM TO 3:15 PM
7:45 PM TO 8:45 PM

WEDNESDAYS
8:30 AM TO 9:30 AM

THURSDAYS
2:15 PM TO 3:15 PM
7:45 PM TO 8:45 PM

FRIDAYS
8:30 AM TO 9:30 AM

INDOOR WALKING

THE GFL MEMORIAL GARDENS AND THE NORTHERN COMMUNITY CENTRE OFFER FREE INDOOR WALKING MONDAY TO FRIDAY. TO VIEW THE INDOOR SCHEDULES PLEASE VISIT SAULTSTEMARIE.CA AND SEARCH WALKING!

NOON LUNCH

WEDNESDAYS, THURSDAYS &
FRIDAYS

12:00 P.M. 1:30 P.M.

SOUP \$2.25
SANDWICH \$2.25
DESSERT \$1.50
COFFEE/TEA \$.50 PER CUP
FULL MEAL \$6.00

PUBLIC SKATING

PUBLIC AND ADULT RECREATIONAL ICE SKATING IS AVAILABLE AT THE JOHN RHODES COMMUNITY CENTRE ARENA AND W.J. MCMEEKEN ARENA. FOR THE FULL SCHEDULE PLEASE VISIT SAULTSTEMARIE.CA AND SEARCH SKATING!

YOU CAN ALSO CHECK OUT THE SKATING TRAIL AT CLERGUE PARK!

PLEASE REFER TO OUR WINTER EDITION OF ACTIVE 55+ FOR ADDITIONAL INFORMATION ON OUR PROGRAMS AND EVENTS!