



TATTLE TALES
Senior Citizens Drop-In Centre
619 Bay Street
Phone: 705-254-6474
January 2019



Hi Folks:

Happy New Year! Come in to pick up our Winter/Spring 2019 edition of Seniors 55+ Activities and register for something new this year! We have lots of great fitness, educational, crafts, cooking, dance and special event activities happening.

Be sure to register in advance for all programs to avoid disappointment as many of our programs have limited spaces available.

Get Up, Get Out & Get Active!

Brooke McMillan
Recreation Programmer



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ACTIVE LIVING

- * Snooker is played downstairs each day Monday to Friday between the hours of 10:00 a.m. to 4:45 p.m. The cost to play is \$7.00 per week.
- * Shuffleboard is played indoors every Friday afternoon starting at 1:30 p.m. Cost is \$2.00 per visit.

Open Line Dance

Date: Thursdays, January 3rd to March 7th
Time: 12:30 to 2:30 p.m.
Cost: \$25.00 per person
Duration: 10 weeks
Instructor: Joan Walls
At each class Joan will refresh you with previously learned dance steps and teach you new ones.

A beginner's class is required prior to entering into Open Line Dance.

Beginners Line Dance

Date: Thursdays, January 3rd to March 7th
Time: 2:45 to 3:45 p.m.
Cost: \$20.00 per person
Duration: 10 weeks
Instructor: Joan Walls
This is an easy and fun class to learn the basic line dance steps needed to dance to all genres of music!

Wii Bowling

Date: Fridays, January 4th to May 31st
Time: 10:30 a.m. to 12:00 p.m.
Cost: \$2.00 per visit
Duration: 21 weeks
Wii is a virtual game played on the T.V. using hand controls.

Zumba

Date: Fridays, January 4th to February 8th
Time: 10:30 to 11:30 a.m.
Cost: \$59.00 per person
Duration: 6 weeks
Instructor: Ildiko Horvath
This is a Latin inspired, easy to follow, calorie burning fitness program. The moves are simple, fun and accessible to everyone!

Qigong Tai Chi

Date: Mondays, January 7th to January 28th
Time: 10:30 to 12:00 p.m.
Cost: \$23.00 per person
Duration: 4 weeks
Instructor: Carla Pierman
Sitting qigong promotes proper breathing, motion, healing and relaxation.

Energy Healing 101

Date: Tuesdays and Thursdays, January 8th to January 31st
Time: 10:30 to 11:30 a.m.
Cost: \$23.00 per person
Duration: 4 weeks
Instructor: Carla Pierman
Deep breathing, light stretching, Qigong Tai Chi and Yoga practices are integrated to help activate the body's natural healing capabilities. Comfortable clothes, running shoes and yoga matt are required for this class.

Stretching and Strengthening

Date: January 8th to January 31st
Tuesdays: 11:00 to 11:30 a.m.
Thursdays: 1:30 to 2:00 p.m.
Cost: \$8.00 per person
Instructor: Michelle Moroz
Duration: 4 weeks
Many exercise movements will be taught with the aid of a chair.

Pickle Ball

Date: Tuesdays and Thursdays, January 8th to May 30th
Time: 5:00 to 7:30 p.m.
Cost: \$2.00 per visit
Duration: 21 weeks
This is a hybrid sport which combines elements of badminton, tennis and table tennis. Equipment is provided. Wear comfortable clothing and running shoes!



Don't forget to wear comfortable clothes to fitness classes.

Darts

Date: Tuesdays,
January 8th to May 28th
Time: 7:00 to 9:00 p.m.
Cost: \$2.00 per visit
Duration: 21 weeks
If you enjoy playing darts, drop in on a Tuesday evening to see what it is all about. Please bring your own darts.

A Form of Tai Chi

Date: Mondays and Wednesdays,
January 14th to May 29th
Time: 10:30 a.m. to 12:00 p.m.
Cost: \$2.00 per visit
Duration: 18 weeks
Instructor: Donna Komhyr
Tai Chi is an ancient Chinese martial arts form that has many variations. It is food for improving balance, strength, endurance, memory and flexibility.

HEALTHY LIFESTYLES

Blood Pressure Clinics

Date: Monday, January 7th
Time: 1:00 to 2:15 p.m.
Retired nurses Val Barill and Rose Boucher will be available to take your blood pressure.

Home Health Services

Diabetic Foot Care Clinics

Bayshore offers advanced and diabetic foot care clinics once per month at the Senior Citizens Drop-In Centre. Please call 705-254-6474 to book your appointment. Tuesday, January 15th is the first clinic and the cost is \$40.00.

CRAFTY CORNER

Christmas Cheer Program

Date: Wednesdays,
January 2nd to May 29th
Time: 10:30 to 11:45 a.m.
Duration: 22 weeks
We invite you to join this group of ladies who work year round to make scarves, mitts, hats, socks, blankets, etc. for Christmas Cheer. We will provide yarn.

Needlecrafts, Crochet Club

Date: Fridays, January 4th to May 31st
Time: 10:15 a.m. to 12:00 Noon
Cost: \$1.00 per visit
Duration: 21 weeks
If you know how to crochet then join these ladies weekly where ideas and fellowship are shared. There is no instructor for these classes. You must know how to crochet.

Needlecraft

Knitting/Knifty Knitters

Date: Mondays, January 7th to May 27th
Time: 1:00 to 3:00 p.m.
Cost: \$1.00 per visit plus supplies
Duration: 19 weeks
These ladies gather weekly for fellowship and to work on their own individual projects. You must know how to knit. You may use the perfect knitting tool for anyone whose fingers are sometimes stiff and painful. Let the Knifty Knitter tool hold your work while you create hats, scarves and more.

Swedish Weaving

Date: Mondays, January 7th to May 27th
Time: 1:00 to 3:00 p.m.
Cost: \$2.00 per visit
Duration: 18 weeks
These ladies work on individual projects as well as helping one another.

Wanna Bee Quilters

Date: Tuesdays, January 8th to May 28th
Time: 10:15 a.m. to 12:15 p.m.
Cost: \$2.00 per visit plus supplies
Duration: 21 weeks
This class is for the beginner quilter. Projects are shared with one another. There is no instructor for this course.

***Register early
to avoid disappointment!***

Traditional Hand Rug Hooking

Date: Tuesdays, January 8th to May 28th
Time: 10:15 a.m. to 12:15 p.m.
Cost: \$2.00 bi-weekly fee, plus beginners' kit
Duration: Bi-weekly
Instructor: Betty Currie
This is the ultimate craft for recycling wool clothing and other fabrics. If you are curious about this craft and want to learn more about rug hooking, drop-in to one of the classes.

Open Painting

Date: Wednesdays,
January 9th to May 29th
Time: 10:15 a.m. to 12:15 p.m.
Cost: \$1.00 per visit
Duration: 21 weeks
This group works on their own individual projects and share ideas and helpful tips with one another. All mediums of painting are welcome. There is no instructor for this class.

Watercolours, Creating Textures 1

Date: Monday, January 14th to February 25th
Time: 10:15 a.m. to 12:15 p.m.
Cost: \$63.00 plus supplies
Duration: 6 weeks
Instructor: Taimi Poldmaa
The focus for this class will be on earth textures.

**Newcomers are always welcome.
Looking forward to seeing you soon!**



Creative Memories Photo Scrap Booking

Date: Tuesday, January 15th

Time: 10:30 a.m. to 4:00 p.m.

Cost: \$15.00 per person

Consultant: Lanny Clark

Come and meet in a social setting to work on your scrapbooking projects. Cutting tools provided. Please bring your own lunch.

Learn to Draw

Date: Thursday, January 17th to January 31st

Time: 10:30 a.m. to 12:30 p.m.

Cost: \$18.00

Duration: 3 weeks

Instructor: Melanie Johns

Learn the basics of drawing from observation with contour drawing. Then learn how to shade the basic shapes and more complex shapes.

Learn to Swedish Weave

Date: Thursday, January 17th to February 7th

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

Cost: \$5.00

Duration: 4 weeks

Instructor: Gerry Chateau

First class is the information session. You will learn the basic stitches and will complete a runner by the end of the sessions.

Painting on Lake Superior Pebbles

Date: Friday, January 18th to February 22nd

Time: 10:15 a.m. to 12:15 p.m.

Cost: \$63.00 plus supplies

Duration: 6 weeks

Instructor: Taimi Poldmaa

Paint one of kind creations on beautiful Lake Superior pebbles.



Painting, Tips and Techniques

Date: Friday, January 18th

Time: 10:30 a.m. to 4:00 p.m.

Cost: \$12.00

Instructor: Nancy Caldwell

Come learn proven techniques that will make your paintings better when you employ the ideas.

Knitted Comfort Dolls

Date: Monday, January 21st

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

Cost: Free

We are looking for folks who like to knit or crochet to help make comfort dolls, for children being admitted to the hospital. If you cannot knit or crochet you can help with stuffing and sewing.

Jewelry Wire Wrapping

Date: Thursday, January 22nd

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

Cost: \$13.00

Instructor: Tiana Pollari

Make rings or wire wrapped stones during this class.

Sewing Zipper Bag

Date: Friday, January 25th

Time: 10:30 a.m. to 4:00 p.m.

Cost: \$10.00 plus supplies

Instructor: Susie Kainula

This bag is easy to make and is a great gift for someone.



Acrylic Painting, "Scenery"

Date: Tuesday, January 29th

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

Cost: \$13.00 includes supplies

Instructor: Tiana Pollari

You will learn how to paint this simple but elegant project.



Quilted Zig Zag Runner

Date: Wednesday, January 30th

Time: 10:30 a.m. to 4:00 p.m.

Cost: \$7.00 plus supplies

Instructor: Nancy Sachro

Learn shortcuts to create this table runner in light and medium blues or colour of your choice.

Machine quilting using walking foot or free motion techniques.

Ribbon Embroidery, Brooch

Date: Wednesday, January 30th

Time: 10:30 to 1:30 p.m.

Cost: \$23.00 includes supplies

Instructor: Anna Lefave

Learn the art of ribbon embroidery while making a brooch.

AS A COURTESY to members with allergies, we ask that you do not wear perfume or after-shave during any activity classes at our Centres'. Many folks have an unpleasant reaction to perfumes and scents. Thank you for your consideration.

SPECIAL EVENTS

Noon Lunches

Date: January to June

Wednesdays, Thursdays and Fridays,

Time: 12:00 Noon to 1:30 p.m.

Cost: \$6.00 for a full meal

Duration: Weekly

Menu: Homemade soup, choice of sandwich, Homemade dessert and coffee/tea.

Cards & Appetizer Social

Date: Monday, January 14th

Time: 2:00 to 4:30 p.m.

Cost: \$5.00 includes cards

Play games of 500, Cribbage, Bridge, Bid Euchre and Hand and Foot cards while enjoy hot and cold appetizers with great social time.

New Year's Dinner & Dance

Date: Monday, January 21st

Time: 5:30 to 10:00 p.m.

Cost: \$15.00 per ticket

Music: Don Discher and The Sundowners

Menu: Pasta, Meatballs, Salad, Bread and Dessert

Seniors Appreciation Day

**Wednesday, January 23rd
10:30 a.m. to 4:00 p.m.**

**Join us for cake and coffee in
the lobby.**

EDUCATIONAL

Meditation and Drumming

Date: Wednesdays, January 9th to February 13th

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

Cost: \$25.00 per person

Duration: 6 weeks

Instructor: Bonnie Baranski

The use of chanting and drumming in meditation is an ancient form of self-care and stress release.

This class will introduce you to meditation using the breath as a calming tool, and the repetitive sounds and vibrations of chanting and drumming.

Tech Sessions *Tablets Only*

Date: Wednesdays,

January 9th and 23rd

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

Cost: Free

Book a 30 minute appointment by calling 705-254-6474.

Bridge Lessons

Date: Thursdays, January 10th to May 23rd

Time: 10:15 a.m. to 12:00 p.m.

Cost: \$2.00 per visit

\$30.00 mandatory book purchase

Duration: 20 weeks

Instructor: Bruce Richmond

Learn how to bid, defend and play Bridge, with concentration on playing the hand.

Windows 10 Fundamentals *Laptops Only*

Date: Wednesday, January 16th

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

Cost: Free

Bring your laptop and learn the basics about Windows 10. Book a 1 hour appointment by calling 705-254-6474.

Cooking Soups

Date: Monday, January 28th

Time: 12:30 p.m.

Cost: \$7.00

Instructor: Cathie Bishop

Learn these simple soups that anyone can make, on any budget.



Laughter Yoga Information Session

Date: Monday, January 28th

Time: 1:45 to 2:15 p.m.

Cost: Free

Instructor: Allyne Leonard

Learn what Laughter Yoga is and all the health benefits of this class. There will be a draw to win a free 4 week laughter yoga session.

Savvy Seniors Book Chat

Date: Tuesday, January 29th

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

Cost: Free

A representative from the Sault Ste. Marie Public Library will be hosting a book chat for all seniors. Seniors are invited to share a poem, favourite book or movie that they have enjoyed.

Talk, Bayshore Home Health Care

Date: Wednesday, January 30th

Time: 1:30 p.m.

Cost: Free

Different services offered by Bayshore Home Health Care and other topics of interest will be discussed.

CLUB 119 EVENTS

Cards

Date: Tuesdays, January 8th to May 28th

Time: 1:00 p.m.

Cost: \$2.00 at the door plus Club Membership

Duration: 21 weeks

Play card games of Bid Euchre, Bridge, 500 and Cribbage. Prizes will be awarded for 1st, 2nd and 3rd place scores.

Senior Singers

Date: Tuesdays, January 8th to April 23rd

Time: 10:15 a.m. to 12:00 p.m.

Cost: Club Membership

Choir Director: Sonya Masotti

Pianist: Mary Madonna

Lorraine Smith

The Senior Singers Choir accepts new memberships in January and September.

\$15 membership fee is payable yearly to the Senior Singers Choir. A vest and crest must be purchased for concerts.

CARDS AND GAMES

Contract Bridge

Date: Wednesdays, January 2nd to May 29th

Time: 1:00 p.m.

Cost: \$1.00 per visit

Duration: 22 weeks

Fun Cards

Date: Thursdays, January 3rd to May 30th

Time: 2:00 p.m.

Cost: \$1.00 per visit

Duration: 22 weeks

A variety of games are played each week including Lucky 13, Blind Gold and Hand and Foot.

Contract Bridge

Date: Fridays, January 4th to May 31st

Time: 1:00 p.m.

Cost: \$1.00 per visit

Duration: 21 weeks

This is a closed group of individuals who play house bridge.

Hand & Foot Cards

Date: Fridays, January 4th to May 31st

Time: 1:45 p.m.

Cost: \$1.00 per visit

Duration: 21 weeks

Interested hand and foot players are welcome to join the group every Friday afternoon.

Bingo



Date: Wednesday, January 9th & 23rd

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

Cost: Pay per card

JANUARY SPECIALS

Senior Citizens Drop-In Centre 254-6474

Monday, January 14 th	2:00 p.m.	Cards and Appetizer Social. Play games of 500, Cribbage, Bid Euchre, Bridge and Hand and Foot while enjoying hot and cold appetizers. Cost is \$5.00 includes cards.
Tuesday, January 15 th	2:00 p.m.	Bayshore Home Health Foot Care Clinics. Call 705-254-6474 to book your diabetic foot care appointment with one of the registered nurses. Cost is \$40.00.
Monday, January 21 st	5:30 to 10:00 p.m.	New Year's Dinner & Dance. Music by Don Discher and The Sundowners Menu: Pasta, Meatballs, Salad, Dessert and Bread. Cost is \$15.00 in advance only.
<div>  <h2>Happy New Year!</h2>  </div>		

Daily Activities – January 2019

MONDAY

10:15 a.m. A Form of Tai Chi
 10:30 a.m. Qigong Tai Chi
 1:00 p.m. Knifty Knitters
 1:00 p.m. Swedish Weaving
 1:00 p.m. French Club Cards
 7:00 p.m. Wood Bee Carvers
 7:00 p.m. Duplicate Bridge



TUESDAY

10:15 a.m. Wanna Bee Quilters
 10:15 a.m. Senior Singers
 10:30 a.m. Energy Healing 101
 11:00 a.m. Stretching and Strengthening
 12:30 p.m. Border Squares
 1:00 p.m. Club 119 Cards
 5:00 p.m. Pickle Ball
 7:00 p.m. Darts
 7:00 p.m. Duplicate Bridge



WEDNESDAY

10:15 a.m. Meditation and Drumming
 10:30 a.m. A Form of Tai Chi
 10:30 a.m. Open Painting
 10:30 a.m. Christmas Cheer
 12:00 p.m. Noon Hour Lunch
 1:00 p.m. Duplicate Bridge
 1:00 p.m. Contract Bridge

**January's Bingo will be held on
 Wednesday, January 9th & 23rd
 at 1:30 p.m.**



THURSDAY

10:15 a.m. Bridge Lessons
 10:30 a.m. Energy Healing 101
 12:00 p.m. Noon Hour Lunch
 12:30 p.m. Open Line Dancing
 1:00 p.m. H.A.M. Radio/Computers
 1:30 p.m. Stretching and Strengthening
 2:00 p.m. Fun Cards
 2:45 p.m. Beginners Line Dancing
 5:00 p.m. Pickle Ball
 7:00 p.m.



Duplicate Bridge

FRIDAY

10:30 a.m. Crochet Club
 10:30 a.m. Zumba Dance
 10:30 a.m. Wii Bowling
 12:00 p.m. Noon Hour Lunch
 12:45 p.m. Duplicate Bridge
 1:00 p.m. Contract Bridge
 1:30 p.m. Shuffleboard
 1:45

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