



City of  
**Sault Ste. Marie**

**MAY**

# **SENIORS DROP-IN CENTRE ACTIVE 55+**

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

***Mother's Day Tea  
& Sweets***



**THURSDAY MAY 2 AT 1:30 P.M.**

**COST IS \$5.00 PER PERSON**

**DELICIOUS DESSERTS, HOT TEA ALONG WITH A  
PERFORMANCE BY THE NEW HORIZON BAND WILL BE OUR  
FEATURE TODAY! CALL TO REGISTER.**

# 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](http://SAULTSTEMARIE.CA) AND SEARCH WALKING!

## SPRING FLING DINNER & DANCE

**MONDAY MAY 13 5:30 TO 10:00 P.M.  
\$15.00 PER TICKET IN ADVANCE ONLY**

**MENU: HAM, BAKED BEANS, COLD  
SALADS AND DESSERT**

**MUSIC: DON DISCHER AND THE  
SUNDOWNER'S**

**VARIOUS WATERCOLOUR TECHNIQUES  
TUESDAY, MAY 7 FOR 4 WEEKS**

**\$43.00 PLUS SUPPLIES**

**INSTRUCTOR: MARILYN MILLS**

**MARILYN WILL GUIDE YOU THROUGH  
VARIOUS TECHNIQUE DESIGNS WHILE  
LEARNING BACKGROUNDS, FOG, REAL  
LOOKING GLASS AND NORTHERN LIGHTS.**

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

# MAY

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 7:00 PM WOOD BEE CARVERS 7:00 PM DUPLICATE BRIDGE	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 1:30 PM CARPET BOWLING	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 1:30 PM CARPET BOWLING 1:45 PM HAND & FOOT CARDS
<div>Sign Up!</div> <div>BLOOD PRESSURE CLINIC MAY 6 AT 1:00 PM TO 2:15 PM</div> <div>KNITTED COMFORT DOLLS MAY 27 AT 1:00 PM TO 4:00 PM</div> <div>CLOSED MONDAY, MAY 20TH FOR VICTORIA DAY</div>	<div>ACRYLIC PAINTING, "MOOSE OR DEER N TREE" MAY 14 1:00 TO 4:00 P.M. \$13.00</div> <div>PICKLEBALL POT LUCK DINNER MAY 14 4:00 P.M. PLEASE BRING A HOT OR COLD FOOD ITEM FOR A TRADITIONAL POT LUCK DINNER.</div> <div>SAVVY SENIORS BOOK CHAT MAY 28 AT 2:30 PM TO 3:30 PM</div> <div>Join The Fun!</div>	<div>PAINTED STRAW HAT MAY 15 10:30 A.M. TO 3:00 P.M. \$5 INCLUDES SUPPLIES</div> <div>MOLKKY SOCIAL &amp; DEMONSTRATION MAY 15 2:00 TO 4:00 P.M. FREE PROGRAM</div> <div>PAINTING, COLOUR THEORY MAY 22 \$5.00 LEARN TO MIX COLOUR THE EASY WAY!</div> <div>BINGO MAY 8 &amp; 22 AT 1:30 PM PAY PER CARD</div>	<div>TALK, FRAUD PREVENTION MAY 23 11:00 A.M. FREE PROGRAM PRESENTED BY SAULT STE MARIE. POLICE DEPT.</div> <div>Get Active!</div> <div>EXERCISE NOT ONLY CHANGES YOUR BODY, IT CHANGES YOUR MIND, YOUR ATTITUDE &amp; YOUR MOOD!</div>	<div>Special Events!</div> <div>LINE DANCE SOCIAL WEDNESDAY, MAY 1 12:45 TO 4:00 P.M. \$2 AT THE DOOR ALL LEVELS OF LINE DANCERS ARE WELCOME!</div> <div>TICKETS NOW AVAILABLE FOR SUMMER HOEDOWN DINNER &amp; DANCE MONDAY, JUNE 10 5:30 TO 10:00 PM MENU: ROAST BEEF, MASHED POTATOES, VEGETABLES AND DESSERT MUSIC: DON DISCHER AND THE SUNDOWNERS</div>

