



City of
Sault Ste. Marie

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NORTHERN COMMUNITY CENTRE ACTIVE 55+

**OPEN MONDAY TO FRIDAY 10 AM TO 5 PM
WEDNESDAY EVENINGS / CLOSED APRIL 19 & 22**

***CLUB 235
BREAKFAST BUFFET***



**THURSDAY, APRIL 4 2019 AT 10:00 AM TO 12:00 PM
\$6 PICK UP YOUR TICKET AT THE SERVICE DESK**

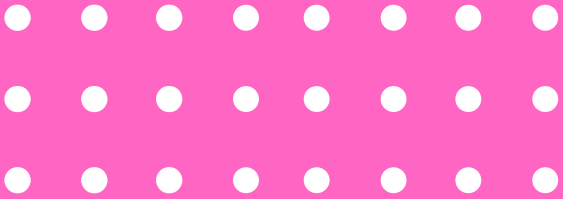
**MENU: HAM, SAUSAGE, PANCAKES, TOAST,
SCRAMBLED EGGS & HOT BEVERAGE**

APRIL

NCC SENIORS ACTIVE 55+

TO REGISTER FOR ACTIVITIES VISIT SAULTSTEMARIE.CA AND CLICK ON REGISTER/RESERVE!

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
10:00 AM WALKING GROUP 10:30 AM TEXAS HOLD'EM 11:30 AM STAND UP, EXERCISE 12:30 PM STAND UP,GRADUATED 1:00 PM CONTRACT BRIDGE 1:30 PM WASHER TOSS	10:30 AM BRIDGE LESSONS 1:00 PM OIL PAINTING CLASS 1:00 PM CLUB 235 QUILTING 1:30 PM CRAFT & CROCHET 5:00 PM BALANCE & STRENGTH	10:00 AM WALKING GROUP 10:30 AM TEXAS HOLD'EM 11:30 AM STAND UP, EXERCISE 1:00 PM STAND UP,GRADUATED 1:30 PM AMERICAN MAHJONG 2:00 PM SOCCER 55+ 6:30 PM CLUB 235 CARDS	10:30 AM OPEN PAINTING 11:00 AM WALKING SOCCER 1:30 PM CIRCLE OF FRIENDS 1:30 PM BOCCE 2:00 PM SILVER HIIT FITNESS	10:00 AM WALKING GROUP 10:30 AM GENTLE YOGA CLASS 10:30 AM JAPANESE BUNKA 1:00 PM CONTRACT BRIDGE 1:30 PM CRIBBAGE 2:00 PM PUTTING & CHIPPING
<div>Sign Up!</div> <div>FINISH UP YOUR OIL PAINTING PROJECT WITH FRIENDS APRIL 1 10:30 AM FREE</div> <div>POUCH PURSE SEWING CLASS ORIENTATION APRIL 8 AT 11:00 AM CLASS APRIL 15 11:00 AM TO 3:00 PM \$7 PLUS SUPPLIES</div> <div>CLOSED APRIL 19 & 22 FOR GOOD FRIDAY & EASTER MONDAY</div>	<div>INTRODUCTION TO OIL PASTELS APRIL 2 AT 10:30 AM 4 WEEKS \$7 PLUS SUPPLIES</div> <div>LEARN TO SEW A SIMPLE NIGHTGOWN APRIL 2 AT 12:30 PM \$7 PLUS SUPPLIES</div> <div>CRAFT & CROCHET POT LUCK LUNCH APRIL 9 AT 12:30 PM</div> <div>CLUB 235 GENERAL MEETING APRIL 16 AT 10:30 AM</div> <div>Join The Fun!</div> <div>MOBILE AIRCRAFT FLYERS APRIL 30 AT 2 PM \$5 PER VISIT</div> <div>S&S LUNCH APRIL 23 AT 12:30 PM \$6 PER TICKET INCLUDING SOUP, SANDWICH, DESSERT, COFFEE/TEA</div>	<div>WELLNESS DAY & BLOOD PRESSURE CLINIC APRIL 3 AT 2:30 PM TO 3:45 PM</div> <div>FOOT CARE CLINIC WITH BAYSHORE NURSES APRIL 3 AT 2:00 PM \$40 CALL 705.759.5377 TO BOOK!</div> <div>IPAD TIPS & TRICKS BRING YOUR CHARGED IPAD APRIL 17 AT 2:00 PM FREE</div> <div>FINISH UP YOUR QUILTING PROJECT WITH FRIENDS APRIL 24 AT 11:00 AM TO 3:00 PM \$2</div> <div>BINGO APRIL 3 & 17 AT 1:15 PM TO 3:30 PM</div>	<div>CLUB 235 THIS MONTHS DONATION IS EASTER SEALS ONTARIO</div> <div>CREATE THE PERFECT CASSEROLE COOKING CLASS APRIL 11 AT 11:00 AM TO 12:30 PM \$7 TASTE TEST TO FOLLOW</div> <div>TOLE PAINTING TERRACOTTA FLOWER POT APRIL 18 AT 11 AM \$7 PLUS FLOWER POT</div> <div>LOOM KNITTING CLASS MAKE COZY SLIPPERS APRIL 25 AT 12:30 TO 2:30 PM COST IS \$ 7 PLUS SUPPLIES</div>	<div>SELF EMPOWERMENT TALK THIS IS A DISCUSSION ON A VARIETY OF TOPICS INCLUDING CONSENT & THE ME-TOO-MOVEMENT APRIL 5 1:00 PM FREE</div> <div>GOLF PUTTING & CHIPPING PRACTICE ON THE INDOOR TURF APRIL 5 TO MAY 31 \$2</div> <div>Get Active!</div> <div>JUST JAMMIN MUSIC APRIL 12 & 26 AT 2 PM TO 3:30 PM \$1 PER VISIT BRING YOUR INSTRUMENT</div> <div>OMAHA CARDS APRIL 26 AT 1:30 PM TO 3:30 PM \$1</div>



WHAT'S HAPPENING

AQUABICS

JOHN RHODES
COMMUNITY CENTRE POOL

APRIL 1 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!

Voyageur Dinner & Card Party

Monday, April 1 at 5:30 PM
\$15 in advance

Historical Presentation by the Old Stone House
"the legend and lore of the
Blue Willow china pattern"

Menu: homemade meat pie with gravy,
cold salads, dessert and hot beverage

Door Prize

Card play to follow dinner

55+ Program

PUBLIC SKATING

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

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