



BUZZZ!
Active 55+
Northern Community Centre
556 Goulais Avenue
Sault Ste. Marie, ON
PHONE: 705-759-5377
January 2019



Happy New Year Friends!

Welcome back, I hope you enjoyed the holidays with your friends and family.

Be sure to stop by our Active Living Centre and pick up a copy of the Winter/Spring 2019 Active 55+ booklet. I recommend you register early for activities, programs and events to avoid disappointment. There is something for everyone!

Join the fun!

Vicky Taylor
Recreation Programmer



Office Hours
Monday to Friday
10:00 a.m. to 5:00 p.m.
Closed January 1st

CARDS AND GAMES

Texas Hold'em

Date: Mondays and Wednesdays,
January 2nd to May 29th
Time: 10:30 a.m. to 12:30 p.m.
Cost: \$1 per visit
Dealer: Gayle Carr
Come out and enjoy this challenging game with fellow enthusiasts.

Cribbage

Date: Fridays, January 4th to May 31st
Time: 1:30 to 3:00 p.m.
Cost: \$1 per visit
This group meets weekly. Bring a partner or join a table.

Contract Bridge

Date: Mondays and Fridays,
January 7th to May 31st
Time: 1:00 to 3:00 p.m.
Cost: \$1 per visit
It's time to get your foursome together or come join a table. You must know how to play Bridge.

Bid Euchre

Date: Wednesdays, January 9th to May 29th
Time: 2:00 to 3:00 p.m.
Cost: \$1 per visit
Leader: Harold Vaughn
Euchre enthusiasts, come out and play Bid Euchre. This is a fun yet challenging twist on the game!

American Mahjong

Date: Wednesdays, January 16th to May 29th
Time: 1:30 to 3:00 p.m.
Cost: \$1 per visit
This is a strategy, rummy tile game.

Omaha

Date: Friday, January 25th
Time: 1:30 p.m.
Cost: \$1 register in advance
Dealer: Jim DiPasquale
Play Omaha with fellow enthusiasts.
You must know how to play the game.

EDUCATIONAL

Bridge Conventions

Date: Mondays, January 14th to February 4th
Time: 11:00 a.m. to 12:30 p.m.
Cost: \$2 per visit
Duration: 4 weeks
Instructor: Marilyn Stasiuk
This class is for Bridge players who want to learn conventions, such as Blackwood or Gerber.
You must know how to play Bridge.

Bridge Lessons

Date: Tuesdays, January 15th to May 28th
Time: 10:30 a.m. to 12:30 p.m.
Cost: \$2 per visit
Duration: 20 weeks
Instructor: Bruce Richmond
Learn how to bid, defend and play.
You can join this class anytime.



Gadget Corner

Date: Tuesday, January 22nd
Time: 2:30 to 3:30 p.m.
Cost: Free
Instructor: S.S.M. Public Library Staff
Do you have an electronic device or gadget that has stumped you? Drop in for advice.
No appointment necessary.

Book Club

Date: Monday, January 28th
Time: 2:00 to 3:30 p.m.
Cost: Free
In partnership with: S.S.M. Public Library
This group of avid readers meets to discuss and compare a variety of books over coffee & tea.

Talk, Android Tablet

Date: Wednesday, January 30th
Time: 11:00 a.m. to 12:00 p.m.
Cost: Free
Instructor: S.S.M. Public Library Staff
Learn tips and tricks to use your android tablet more effectively.

ARTS AND CRAFTS

Open Painting Group

Date: Thursdays, January 3rd to May 30th

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

Cost: \$1 per visit

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.

Needlecraft Group, Circle of Friends

Date: Thursdays, January 3rd to May 30th

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

Cost: \$1 per visit

This is a fun afternoon of project work and social time. Individuals work on their own projects.

Embroidery, Japanese Bunka,

Date: Fridays, January 4th to May 31st

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

Cost: \$2 per visit, plus kit

Instructor: Aline Mooney

Bunka is a beautiful form of Japanese embroidery.

Finished projects look just like a painting.

Oil Painting, Snowscape

Date: Tuesdays, January 8th to 29th

Time: 1:00 to 3:30 p.m.

Cost: \$18 plus supplies

Duration: 4 weeks

Instructor: Anna Lefave

Learn step by step how to paint a snowscape.

Needlecraft Group, Craft and Crochet

Date: Tuesdays, January 8th May 28th

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

Cost: \$1 per visit

This group meets weekly to work on their own individual projects.

Quilting, Vintage Style Block

Date: Tuesday, January 15th

Time: 11:00 a.m. to 12:30 p.m.

Cost: \$5 plus supplies

Instructor: Sandy Fulcher

Learn to hand sew a simple vintage style block.

Ribbon Embroidery, Brooch

Date: Wednesday, January 16th

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

Cost: \$23 includes supplies

Instructor: Anna Lefave

Learn the art of ribbon embroidery while making a brooch.

Quilting, Block of the Month

Date: Wednesday, January 23rd

Time: 11:00 a.m. to 3:00 p.m.

Cost: \$7 plus supplies

Instructor: Jennifer Freiburger

January's blocks are: "Hen and Her Chicks" and "Five Crosses". Sewing knowledge is necessary.

Acrylic Painting, Techniques for Beginners

Date: Thursday, January 31st to February 21st

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

Cost: \$7 plus supplies

Duration: 4 weeks

Instructor: Nora Harrison

This is a beginner's acrylic painting class.

ACTIVE LIVING

Gentle Yoga – Try for Free Class

Date: Friday, January 11th at 10:30 a.m.

Register and try this class for free.

Gentle Yoga

Dates: Friday, January 18th

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

Cost: \$72 or \$12 walk-ins

Duration: 8 weeks

Instructor: Shirling Kao

This class is suitable for those recovering from injury or who simply appreciate the gentle yoga approach. Join anytime.

Balance & Strength – Try for Free Class

Date: Tuesday, January 15th at 5:00 p.m.

Register and try this fitness class for free.

Balance & Strength

Date: Tuesday, January 22nd

Time: 5:00 p.m.

Cost: \$72 or \$12 walk-ins

Duration: 8 weeks

Instructor: Amanda Lambert

This fitness class consists of exercises that will help make everyday activities easier by increasing your balance, strength, flexibility and range of motion. Join anytime.

Silver HIIT – Try for Free Class

Date: Thursday, January 17th at 2:00 p.m.

Register and try this fitness class for free.

Silver HIIT

Date: Thursdays, January 24th

Time: 2:00 p.m.

Cost: \$72 or \$12 walk-ins

Duration: 8 weeks

Instructor: Amanda Lambert

Silver HIIT is a fitness class where you will give it your all and experience mild to moderate bursts of exercise, followed by periods of rest. Join anytime.

Mobile Aircraft Flyers

Date: Tuesday, January 29th

Time: 2:00 p.m.

Cost: \$5 per visit

Fly your own electric mobile aircraft on the indoor turf. Present your M.A.A.C. membership card upon registration. This group meets monthly.

Exercise and Sports on the Indoor Turf

Cost: \$ 2 per visit. Join anytime.

Ping Pong

Mondays at 11:00 a.m.

Washer Toss

Mondays at 1:30 p.m.

Soccer 55+

Wednesdays at 2:00 p.m.

Walking Soccer

Thursdays at 11:00 a.m.

Bocce

Thursdays at 1:30 p.m.

SPECIAL ACTIVITY

Music, Just “Jammin”

Date: Friday, January 25th

Time: 2:00 to 3:30 p.m.

Cost: \$1 per visit

Duration: 8 weeks

Grab your instrument and come down to our Active Living Centre.

Genres played are; Country & Western, Rock or Folk. There is no instructor or conductor.



DINE WITH US

Soup & Sandwich Luncheon

Date: Tuesday, January 22nd

Time: 12:30 p.m.

Cost: \$6 per person, tickets sold at the service desk

Enjoy a hearty bowl of minestrone soup with a choice of turkey and cheese or egg salad sandwich. Dessert, coffee & tea will be provided.



HEALTHY LIVING

Wellness Day

Date: Wednesday, January 2nd

Time: 2:30 to 3:45 p.m.

Cost: Free

Our retired volunteer nurse will be available to take your blood pressure. No appointment necessary.

Foot Care Clinic

Date: Wednesday, January 2nd

Time: 2:00 p.m.

Cost: \$40

Bayshore's nurses are certified in basic and advanced foot care. To book your appointment call 705-759-5377.

GENERAL INFORMATION

Program Notes

Register in advance for programs & activities.

To register online visit go to www.saultstemarie.ca

Call us if you have any questions 705-759-5377

or stop by the service desk for personal assistance.

Indoor Turf Reminder

Indoor sport shoes are required.

Water is the only beverage allowed.

No food or snacks.

Scent Sensitive Buildings

As a courtesy to members with allergies, we ask that you do not wear perfume or after-shave during any activities or classes at our Centres'. Many folks have an unpleasant reaction to perfumes and scents Thank-you for your cooperation!

CLUB 235 INFORMATION

Bingo

Date: Wednesday, January 16th & 30th

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.

Notes: January 2nd bingo is cancelled.

We are playing dauber bingo on January 30th.



Card Evenings “500”

Date: Wednesdays, January 2nd to May 30th

Time: 6:30 p.m. Doors open at 6:00 p.m.

Cost: \$4 at the door.

Light refreshments provided.

Quilt Club

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.

General Meeting

Date: Tuesday, January 15th

Time: 10:30 a.m.

Clubs 235 members are welcome to attend.

Bring a brown bag lunch to share.

Evening of Entertainment & Fellowship

Date: Friday, January 25th

Time: 7:00 to 9:00 p.m.

Cost: Free

Entertainment: Phil Braid and Band

Light refreshments provided.

Upcoming Event

Bon Soo Brunch & Card Party

Date: Wednesday, February 6th

Time: 11:00 a.m. card play to follow brunch

Cost: \$6 per person, tickets sold at the service desk

Menu: scrambled eggs, ham, sausage, toast, fresh fruit salad & coffee/tea

There will be a variety of games to be played.

Cash prizes to be won. No membership required.

**To view the new Active 55+ booklet
on line visit:**

www.saultstemarie.ca/active55

JANUARY SPECIALS

Northern Community Centre 705-759-5377

Wednesday, January 2 nd	2:30 to 3:45 p.m.	Wellness Day Nurse. Our retired volunteer nurse will be available to take your blood pressure. No appointment necessary. Free
Wednesday, January 2 nd	2:00 p.m.	Foot Care Clinic. Bayshore's nurses are certified in basic and advanced foot care. To book your appointment call 705-795-5377. Cost is \$40
Tuesday, January 22 nd	12:30 p.m.	Soup & Sandwich Luncheon. Cost is \$6 in advance. Menu is: minestrone soup, choice of turkey and cheese or egg salad sandwich with dessert coffee & tea.
Friday, January 25 th	7:00 to 9:00 p.m.	Club 235 Evening of Entertainment & Fellowship. Entertainment: Phil Braid & Band. Free. Light refreshments provided.

Daily Activities – January 2019

MONDAY

10:30 a.m. Texas Hold'em
11:00 a.m. Ping Pong
11:00 a.m. Bridge Conventions Class
1:00 p.m. Contract Bridge
1:00 p.m. Washer Toss



TUESDAY

10:30 a.m. Bridge Lessons
1:00 p.m. Oil Painting Class
1:00 p.m. Club 235 Quilt Group
1:30 p.m. Craft and Crochet Group
1:30 p.m. Cribbage
5:00 p.m. Balance & Strength Fitness Class



WEDNESDAY

10:30 a.m. Texas Hold'em
1:30 p.m. American Mahjong
2:00 p.m. Soccer 55+
2:00 p.m. Bid Euchre
6:30 p.m. Club 235 Evening Cards

Bingo

Wednesday, January
2nd cancelled
16th Regular Bingo
30th Dauber Bingo
1:15 to 3:30 p.m.

THURSDAY

11:00 a.m. Walking Soccer
10:30 a.m. Open Painting
1:30 p.m. Circle of Friends
1:30 p.m. Bocce
2:00 p.m. Silver HIIT Fitness Class



FRIDAY

10:30 a.m. Gentle Yoga Class
10:30 a.m. Embroidery-
Japanese Bunka Class
1:00 p.m. Contract Bridge

