

# Fort Frances Senior Centre Newsletter

Volume 1— Issue 1 ( January 2024 )

401 Nelson St.

cnooble@fortfrances.ca

807-274-7656

Welcome to our January newsletter, I hope everyone had a fabulous holiday season.

We received some money from Hagi Bingo Thunder Bay to put on a free lunch for senior and disabled people. This will take place on Monday January 29th starting at 11:30am. You must call in for a reservation to reserve your seat. If you do not reserve a seat you will have to wait until everyone else has eaten and hope there are some leftovers.

In the last month there has been 1468 people who signed in of which 131 who had soup and a sandwich and 146 who had our hot special.

Some also came for coffee and conversation, some for exercise, some to use to work shop, and some to play cards.

We have room now if someone wants to come and do a puzzle, play a board game or do crafts please come and talk to me and we will see about getting something else going.

Hope to see you around the Centre

Happy New Year Everyone!

Cindy

	December	
DATE	EVENT	TIME
Every Monday A.M.	Yoga & Tai Chi starts Jan. 8/24	9am, 10 am, 11 am.
<b>Monday Jan. 29</b>	<b>FREE LUNCH</b>	<b>11:30 and 1pm</b>
Every Monday P.M.	500 Cards	12:30 p.m.
Every Monday	Ladies Workshop	6:30—8 p.m.
Every Tuesday A.M.	Line Dancing	9:—11 a.m.
Every Tuesday P.M.	Smear Cards	12:30 p.m.
Every Tuesday	<b>Ladies</b> Workshop	6:30—8p.m.
Every Wednesday A.M	Yoga & Tai Chi	9am, 10am, 11am.
Every Wednesday P.M.	Beginner Bridge	12:30pm
Every Wednesday	Ladies Workshop	6:30—8pm
Every Thursday	VON Exercise	9:30 and 10:30
Every Thursday P.M.	Cribbage Cards	12:30 pm
Every Thursday	Ladies Workshop	1—3 pm
Every Friday A.M.	Line Dancing	9—11 am
Every Friday P.M.	Bingo starts Jan. 12/24	1:30—3:30 pm
Every Saturday P.M.	Bridge	12:30 pm
Everyday	Workshop	8 am—4 pm
Everyday	Billiards starts sometime in new year	8am—4 pm

**Free Lunch sponsored by Hagi Bingo**

**Monday January 29th**

**Call 807 274 7656 to reserve your seat**



Tillie gets removed from a Scottish piper demonstration for using a toe mirror.

## Quote of the Month

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma— which is living with the results of other people's thinking

Steve Jobs

# HAPPY NEW YEAR

## Joke of the month

A businessman boarded an international flight and found a fancy young woman seated next to him wearing a large diamond ring. During the flight he asked her about the ring.

“ It is the Klopman diamond but it comes with a terrible curse” she said

He asked “What is the curse?”

She replied “ Me Klopman”



# JANUARY 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Closed	2 Hot Chicken Sandwich \$4.00	3 Denver \$3:50	4 Cabbage Rolls and Slaw \$4.00	5	6
7	8 Sloppy Joes \$4.00	9 Chicken Fingers and Fries \$5.00	10 Beef Stew with bun \$ 4.50	11 Hot Pork Sandwich \$4.50	12	13
14	15 Chicken Cacciatore \$4.50	16 Perogies and Bratwurst \$4.50	17 Hot Beef Sandwich \$4.50	18 Pulled Pork on a bun \$4.50	19	20
21	22 Lasagna \$4.00	23 Spaghet- ti and Meat- balls \$4.00	24 Chicken Casserole \$4.00	25 Chili \$4.00	26	27
28	29 Ham and scaloped Potatoes Free	30 Chicken Tetrazzini \$4.00	31 Hamburg ers and Fries \$4.00			