



Bracebridge Senior Citizens Centennial Club Inc  
owner operator

Editors: Catherine MacDonald  
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## Bracebridge Centre for Active Living

54 Dominion Street, Bracebridge, ON P1L 2A5

### Fall Newsletter - 2021

705 645 9111 or [activelivingctr@cogeco.net](mailto:activelivingctr@cogeco.net)

## Masks & Social Distancing - Mandatory at the Centre

### 2022 Early Bird MEMBERSHIP SPECIAL

Buy before October 31, 2021

Just \$20.00

A \$5.00 SAVINGS



Large Screen TV with Netflix and Utube while enjoying fresh popped popcorn

Treat your family and friends, book now!



Brand New Regulation Size Ping Pong Table - just waiting for your return



- Due to COVID restrictions, at this time, the following programs are all that can be offered.
  - **The snack bar is open for light snacks and beverages. Drop in to chat while browsing the library and booking your appointments.**
- Gentle Exercise Groups
- Tai Chi
- Chair Yoga
- Bean Bag Baseball
- Darts
- Shuffleboard
- Athena's Ladies Group
- Pinecone Treadlers Group
- Bracebridge Knitters Group
- Tibetan Singing Bowls Meditation
- Games with Prizes
- Ping Pong
- Movie and Sports Specials
- Utube Offerings
- If you are up for a more strenuous workout and personal training, the Quantum Fitness program is open. For pre-registration call Lois at 705 394 5555.
- Pamper Plus is open for appointments for your Mani/Pedi, call Barb at 705 817 0914.

### Acrylic Art Workshops with Nancy Hunter

Limited spaces, call early to reserve  
705 645 9111

\$30 includes all supplies



Tuesday  
September  
14  
1 - 3 pm  
Animal  
Silhouettes

Your choice: Bears, Deer, Moose, Horses and more

Tuesday  
October 19  
1 - 3pm

### Autumn Walk



**JOIN**

John and James for Monday and Friday gentle exercise classes. Stay to enjoy socializing over a beverage in the snack bar with your friends.





# SPOTLIGHT ON VOLUNTEERS

with Maddy Marchand

## MEL SKRETTEBURG

Past President, champion Cribbage player and all round volunteer serving as host to the Club for several years. Mel was a key player on the Strategic Planning Committee and in the re-branding of the Club in 2015. Mel was also responsible for refurbishing of the physical appearance of the main hall.

On a more personal note, Mel's father was a Norwegian soldier. He attended the Norwegian Air Force training program in Muskoka during the second World War. Each year, Mel has placed a wreath at the Norwegian Memorial which commemorates the lives and sacrifices of those who trained at "Little Norway".

Follow Maddy on Facebook through "Lets Make Bracebridge Great" and "Events in Bracebridge (and area)."

She can be reached at:  
madrichmarchand@gmail.com

Anyone interested in volunteering in any capacity at the Centre, please call 705 645 9111. Volunteers are integral to the success of the organization.



## REMEMBER WHEN?



**GOOD  
TIMES  
AGAIN!**

**JUST  
AHEAD**

## from Helen Dawson to all the Dancers

Dancing will resume as soon as the social distancing restriction is lifted at the Centre.

Soooo...dust off those dancing shoes and be ready to dance Covid away.

Can't wait to see you all again. *Helen*



## Fall Contest

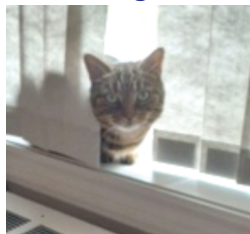


Peter Piper picked a patch of pretty pumpkins

How many pretty pumpkins did Peter Piper pick?

The Magic Number is between 100 and 500  
Contest ends October 31, 2021  
Win a free membership for 2022  
Call your answer in to 705 645 9111 or email  
activelivingctr@cogeco.net.

## Furry Friend Contest Winners



**Humbug,**  
owner  
Cheryl Wagg



**Jazzi,**  
owner, Lyn  
Winterbottom

## Silent Auction



Come In and check out the

**Silent  
Auction**

8 lovely gift items

Bidding  
Closes  
September  
30th