

# Older Adults

## Capreol Seniors Club 240

**Location:** 9 Morin Street, Capreol  
**Contact:** Don Degagne, 858-1164

### Events and activities include:

bowling league, meetings on the second Thursday of each month (except July and August) at 1:00 p.m., potluck supper on the third Sunday of each month at 5:00 p.m., bus service for members to Sudbury on the first Wednesday of each month (leaves Capreol Old Town Hall at 11:00 a.m. and returns at 3:00 p.m.), aerobics on Mondays & Wednesdays, line dancing on Tuesdays & Thursdays at 10:00 a.m., cards on Wednesdays at 7:00 p.m.

## CARP Canada's Association for the Fifty-Plus

City of Greater Sudbury Chapter  
The mission of CARP is to improve the quality of life and to promote the well-being of all Canadians through advocacy, education, dissemination of information, money-saving services and programs specially designed for adults 50 years of age and over.

**Location:** St. Andrew's Place,  
111 Larch Street, Sudbury  
**Contact:** Gordon White, 566-5686

**Meetings** on the last Wednesday of the following months: January, March, April, June, September, November.

### Some topics include:

Frauds and Scams, Diabetes, Drive Wise, Health Issues

## Centre de santé communautaire

The mission of the Centre de santé communautaire is to help francophones attain an optimum level of physical, mental, economic and social well-being by offering services in French to individuals, their families and their community. Older adults are especially encouraged to attend day programs.

**Location:** 19 Froad Road, Sudbury  
**Contact:** Information, 670-2166 (Sudbury)  
Nicole Kingsbury, 855-1513 (Chelmsford)  
Guylaine Trudel, 969-5560 (Hanmer)

### Events and activities include:

painting club, card games, yoga, Tai Chi, arts & crafts, line dancing, tap dancing, theatre group, moderate aerobics, computer club, write your memoirs, various health programs

**Have we missed you?  
If you represent a  
not-for-profit local club  
or association for citizens  
age 50 and over, we would  
be pleased to list your  
club description.**

**Please contact us for  
corrections & additions:**

**Telephone: ☎ 3-1-1,  
Fax: 671-8145 or e-mail:**

[louise.lapierre@greatersudbury.ca](mailto:louise.lapierre@greatersudbury.ca)

## Club Âge d'Or de la Vallée Inc.

Club Âge d'Or de la Vallée Inc. offers activities and services to promote and develop the wellness and happiness of older adults. Activities are accessible to people age 45 and over who are members of the Centre.

**Location:** 26 Côté Boulevard,  
Hanmer

**Contact:** Josée Mathieu,  
969-8649, Fax 969-7479  
E-mail: [centre@vianet.ca](mailto:centre@vianet.ca)

**Membership:** \$15.00

**Our Goals:** To enable older adults or individuals with chronic illnesses to stay in familiar surroundings and stay active within their community through the following means: outdoor excursions, recreational events, educational presentations/workshops.

**Our Services:** telephone calls, day centre and meals every Monday, consultation, volunteer work, carpentry work, community meals

**Activities include:** line dancing on Tuesday & Thursday mornings, yoga on Wednesdays, cards on Monday, Thursday & Sunday afternoons, sandbag baseball on Tuesday afternoons, darts on Tuesdays, club dance every 2nd Saturday of the month, friendship meal every 3rd Thursday of the month, blood pressure on Monday mornings, spaghetti supper, shuffleboard

## Club Joie de Vivre

**Contact:** Roger Paquin (President)  
566-7043

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## Club amical du Nouveau-Sudbury

**Location:** 553 Lavoie Street, Sudbury  
**Contact:** Fern Demers, President, or Claudette Bourré, Secretary, 566-2113  
E-mail: clubamical@persona.ca

### **Regular activities include:**

arts & crafts, billiards, card games (500, euchre, etc.), choir, curling, darts, shuffleboard, music jamboree, computer courses, sports, bowling, Tai Chi, texas horseshoes, line dancing.

### **Special Activities:**

**Breakfasts:** Sept 9, Nov 4, Jan 13, Mar 2, May 11

**Suppers:** Oct 14, Feb 10, Mar 30

**Euchre Tournaments:** Sept 8, 22, then first and third Saturday of the month

**Pepper Tournament:** Sept 15, then second Saturday of the month

**General Meetings:** Sept 11, May 6

**Club amical Reunion:** first Tuesday of the month

## Club 50 de Rayside-Balfour

**Contact:** Mr. Oliva Roy, 855-2628 Office, 855-6839

**Activities include:** baseball bags, darts, line dancing, bowling (Thursdays), cards (mornings and evenings), billiards, shuffleboard on the floor (Mondays), euchre (Tuesday evenings), yoga

**Lunch for the 50+ Club:** Every second Wednesday beginning at noon. Everyone is welcome!

## Coniston Seniors and Golden Age Club

Coffee breaks every Wednesday at 10:00 a.m. Monthly membership meetings are held at the Colonial Inn. New members are always welcome.

**Location:** Colonial Inn, 28 Cedar, Coniston

**Contact:** Caroline Herman, 560-8423 [cherman@persona.ca](mailto:cherman@persona.ca)

**Activities include:** line dancing, bingo, bowling, picnics, cards, socials, darts, bocce, Christmas party, coffee break (includes guest speakers & craft activities)

Hall rentals available.

## Naughton Seniors and Pensioners

Monthly meetings accompanied by a potluck lunch are held the first Wednesday of each month at Noon. All retired residents are welcome.

**Location:** Naughton Community Centre, Municipal Road 55, Naughton

**Contact:** Pat Scott, 692-5287

(call for woodworking shop)  
[scotts@vianet.on.ca](mailto:scotts@vianet.on.ca)

Bob & Flora Alemany 692-4600

(call for cards)

Naughton Community Centre, 692-1258

### **Facilities and Activities include:**

table and floor shuffleboard, card tables, pool table, woodworking shop, kitchen

## Nickel Centre Seniors

The Nickel Centre Seniors Club offers friendship, fun and an attractive clubhouse in which to meet.

**Location:** 20 Edison Rd., Falconbridge

**Contact:** 693-3129

**Meetings:** General meetings held the second Tuesday of each month.

**Card parties with lunch** (cost is \$2.50) last Thursday of the month

**Facilities include:** meeting room and kitchen, craft room with a knitting machine and weaving loom, games room with darts, shuffleboard, and billiards, horseshoes and bocce outdoors, workshop with planer, edger, table saw, band saw, jig saw, drill and hand tools.

**Activities include:** Ladies', men's and mixed curling, craft classes, card games and parties, fun days, special outings, bus trips, social day with Skead Seniors, potluck luncheons, bowling Thursdays from 1:00 p.m. to 3:00 p.m.



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## Onaping Falls Golden Age Club

Our membership boasts more than 250 members, including 29 life members. On weekdays, our club is open from 12:30 p.m. to 4:00 p.m. with a variety of activities. We are interested in interacting with other seniors' clubs for the purpose of sharing ideas, concerns and events, such as bus tours and club functions.

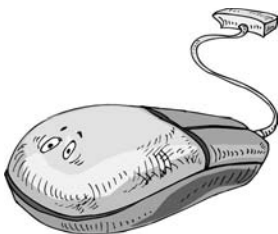
**Location:** 109 Service Road,  
Onaping

**Contact:** 966-2502

**Meetings:** Our Club's General Membership Meetings are held the last Thursday of each month at 2:00 p.m. and end with a potluck supper. Our executive meetings are held on the third Thursday of the month at 7:00 p.m.

**Facilities include:** exercise room, shuffleboard, horseshoe pits, pool tables, woodworking shop, library (book exchange), licensed bar, serenity room, computer for general membership use.

**Activities include:** bingo every Tuesday at 7:00 p.m., pool tournaments, holiday activities, spring yard sale, Bowl-a-Rama bowling (Chelmsford), line dancing, horseshoe tournaments, bocce tournaments, cards (bridge, euchre, etc.), potluck social gatherings every month



## One-Eleven Senior Citizens' Centre Inc.

The One-Eleven Senior Citizens' Centre is a multi-purpose activity centre to which the older adults of Sudbury may come to participate in recreational and educational programs, to receive health information and to enjoy the camaraderie of fellow older adults. Our Centre is open seven days a week with formal programs operating Monday through Friday from 9 a.m. to 5 p.m.

**Location:** 111 Larch Street

**Contact:** 675-5001, fax 675-6844

E-mail: seniors3@bellnet.ca

Website: www.111seniors.com

**Activities include:** bingo, 500, computer classes, crafts, deck shuffleboard, cribbage, movies, Euchre & Pepper (bid Euchre), fun and fitness, Tai Chi, quilting, line dancing, Interlink Choir, walking exercises, cards (7 days a week, afternoons & evenings)

We put on several special events during the course of the year.

**Special Events:** rummage sale, strawberry social

### Information & Referral Centre:

The One-Eleven runs an Information & Referral Centre for seniors in need of assistance to locate appropriate branches of: government and social services associations and private industry regarding health, housing, home support, education, finances, recreation, transportation, etc.

A full membership is open to all older adults age 50 and over in the City of Greater Sudbury. Our annual membership fee is \$12.00.

## Penage Road Seniors

The Penage Road Seniors' Club is open to any retired resident.

**Location:** Penage Road  
Community Centre, Penage Lake  
Road, Whitefish

**Contact:** Henry Roihá, 866-2679  
or Lila Frank, 866-0189

**Activities include:** lunch meetings every other Tuesday at 12:30 p.m., educational workshops including nutrition and first aid, Seniors Appreciation Day

## Friendly to Seniors™ Sudbury

Created by seniors for the benefit of older adults in our community. The program is delivered by qualified and trained volunteers who conduct awareness assessment of private and public facilities and encourage sensitivity to the concerns and needs of older adults. The objective of Friendly to Seniors is to make businesses and organizations more senior accessible, welcoming and service oriented to everyone.

**Location:** 154 Durham Street,  
Sudbury

**Contact:** 507-6087

www.friendlytoseniors.ca

## Skead Seniors

Meetings are held the first Monday of every month.

**Location:** 5 Bell Street, Skead  
**Contact:** Stan Addison, 969-2501

**Events and activities include:** crafts, card games, social gatherings, darts, woodworking

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## Sudbury South Seniors and Pensioners

Our general membership meetings are the first Wednesday of each month and include speakers and coffee hour beginning at 1:00 p.m.

**Location:** Lockerby Legion, Long Lake Road

**Contact:** Helvi Lundgren, 522-9594

### Social get-together

third Wednesday of each month - social, cards and coffee hour begins at 1:00 p.m.

**Activities include:** card games, trips, Christmas party, picnics

## The Parkside OACS

### (formerly the Older Adult Centre)

At our Parkview Eatery, we cater to your individual needs with healthy meal choices. Meals are available to everyone, including individuals with dietary or diabetic concerns. Our menu includes fresh sandwiches, soups and daily specials. Lunch is served from 11:00 a.m. to 2:00 p.m. from Monday to Friday. All specials are \$4.50 plus tax. Half portions and take-out are available.

**Location:** 140 Durham Street

**Contact:** 673-6227, fax 673-6603  
<http://oacsudbury.ca>

**Courses and Classes:** Tai Chi, Computers for Beginners, Internet Basics, Clogging, Traditional Line Dancing, Square Dancing, Yoga, Watercolour Painting, Acrylic Painting, Pilates, French and Spanish Lessons for Travelers and Tae Kwon Do.

## The Parkside OACS

**Weekly drop-in activities:** 50+ Club, memoir writing club, darts, book club, billiards, card games, craft club, shuffleboard, Swedish embroidery, hand quilting.

**YMCA Access:** aqua fitness, Easy Fit, lane pool, leisure pool, walking track

**Special Events:** Senior's Conference on October 1 and 2, Turkey Tuesday on October 2, Parkside OACS Christmas Dinner on November 23, Senior Winter Games in February, Valentine's Day Dinner on February 8, East Indian Dinner Fundraiser on March 22

## Ukrainian Senior Citizens' Club of Sudbury Inc.

**Location:** 30 Notre Dame Avenue

**Contact:** 673-7404

[www.ukrseniors.org](http://www.ukrseniors.org)  
[garfest@cyberbeach.net](mailto:garfest@cyberbeach.net)

**Events and activities include:** Diner's Club, Ukrainian Arts Boutique, craft items, guest speakers, facility rentals, monthly pyrohgy and holubtsi workshops and sales, Supportive Housing Program.

## West End Seniors' Club

The West End Seniors Club offers friendship, fun, cards (euchre and 500 on rotation) and refreshments. Meetings are held every Wednesday at 1:00 p.m.

**Location:** Trinity Lutheran Church, 189 Regent Street, Sudbury

**Contact:** Lenore Sporer, 522-3783

**Annual Membership:** \$10.00

## Walden Senior Citizens and Pensioners Inc.

To further the interests and promote the happiness and welfare of older adults, the Walden Senior Citizens and Pensioners group is open to anyone over age 50, to the spouses of anyone over age 50 and retired, and to anyone receiving a pension. New members welcome!

**Location:** Earl Mumford Public Library/Seniors' Complex  
15 Kin Drive, Lively

**Contact:** Mary Barr at the Seniors' Complex, 692-5591

**Facilities and activities include:** woodworking shop, lounge, table shuffleboard, craft room, card room, treadmill and exercise bike, pool tables, bowling, scrabble, canasta, cribbage, euchre, rummoli, dinner meetings are held the third Wednesday of each month, yearly trips planned

## VON Adult Day Centre

When everyday activities become difficult, VON lends a helping hand. Activities are developed to assist families, caregivers and those with health and physical challenges. The program features individual and group activities, outings in the community, hot and nutritious full course meals, respite and support for the caregiver.

**Location:** 121 Elm Street, Sudbury

**Hours:** Mondays to Saturdays, 8:00 a.m. to 4:30 p.m.

**Contact:** 671-1575, ext. 233