

Fort Frances Senior Centre Newsletter

Volume 1— Issue 2 (February 2024)

401 Nelson St.

cnable@fortfrances.ca

807-274-7656

Welcome to our February newsletter.

Arlene is starting a B-FIT workshop, an exercise class to get your heart pumping. Come on out and try it.

A valentine afternoon of listening to music and having coffee and dainties with your friends or significant other.

Our re-opening went well and things are moving along. Thanks to the Town of Fort Frances and the Ontario Government for helping us realize our dream of a place to put on more activities and the space to do that in.

Our free luncheon compliments of HAGI Bingo is all set to go on Monday Jan. 29th Call to reserve your seat by Jan. 26th.

There is a seminar at the Public Library on Feb. 6 from 1-3 on " Taking the Fear out of Online Banking

If you need someone to shovel call 1 218 240 4054. The boys are very polite and helpful.

We will be closing Saturdays starting February 2nd. As we are having trouble finding someone to volunteer.

Cindy

	December	
DATE	EVENT	TIME
Every Monday A.M.	Yoga & Tai Chi	9am, 10 am, 11 am.
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-FIT Workshop	2-3pm (starts Jan 30th)
Every Tuesday	Ladies Workshop	6:30—8p.m.
Every Wednesday A.M	Yoga & Tai Chi	9am, 10am, 11am.
Every Wednesday P.M.	Beginner Bridge	12:30pm
Wednesday Feb. 14th	Valentine's Day music and dainties	1-3
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	1:30—3:30 pm
Every Saturday P.M.	Bridge	12:30 pm
Everyday	Workshop	8 am—4 pm
Everyday	Billiards started Jan. 22/24	8am—4 pm

Quote of the Month

Life is what happens when you're busy making other plans

John Lennon

**Free
Meal**



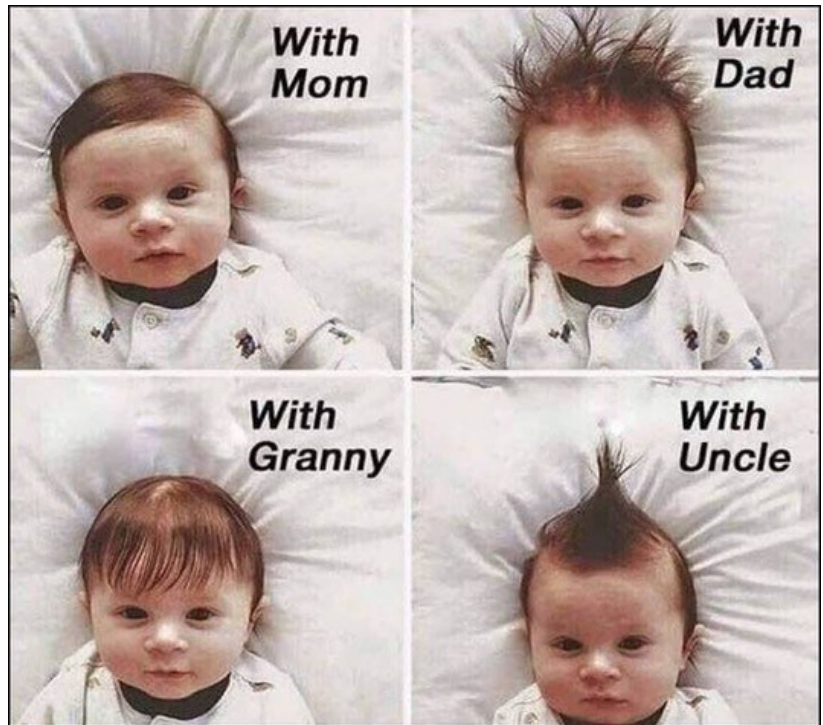
Call 807-274-
7656 to reserve
your seat by
noon Friday
Jan. 26

**Fort Frances
Senior
Centre**



Sponsored by HAGI BINGO Thunder Bay On.

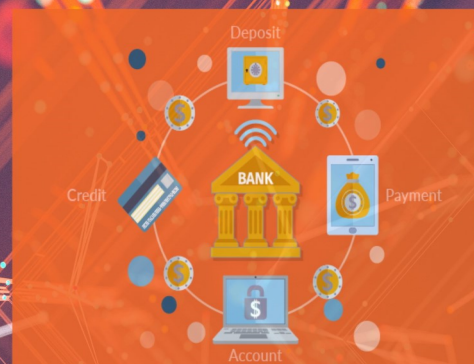
Hair Styles



Joke of the month

**My neighbors
complained about me
groaning too loud
having sex in the
morning....if they only
knew I'm just trying to
put my socks on...**

Taking the Fear Out of Online Banking



Local Bank Managers and an IT Coordinator come together to dispel the myths which surround online banking and the Internet.

Fort Frances Public Library Technology Centre
Tuesday, February 6, 2024
1 p.m. to 3 p.m.



February 2024

Sun Mon Tue Wed Thu Fri Sat

				1 Lazy Man’s Cab- bage Rolls \$5.00	2 Soup & Sandwich	CLO
4	5 Hot Chick- en Sandwich & Mashed Pota- toes \$5.00	6 Sloppy Joes Home Fries \$5.00	7 Chicken Fingers & Fries \$5.00	8 Beef Stew & bun \$5.00	9 Soup and Sandwich \$5.00	CLO
11	12 Perogies & Bratwurst \$5.00	13 Hot Pork Sandwich & Mashed Potatoes \$5.00	14 Lemon Chicken & Rice \$5.00	15 Chicken Cacciatore \$5.00	16 Soup and Sandwich \$5.00	CLO
18	19 Pulled Pork HomeFries \$5.00	20 Lasagna & Bun \$5.00	21 Hot Beef Sandwich &Mashed Potatoes \$5.00	22 Salisbury Steak & Mashed Pota- toes \$5.00	23 Soup and Sandwich \$5.00	CLO
25	26 Spaghetti & Meatballs \$5.00	27 Acapulco Chicken \$5.00	28 Hamburger & Fries \$5.00	29 Chili & Garlic Toast \$5.00		