

Community Resources in your hands

Community Supports	Phone Number
Algoma Family Services	(705) 848 0709
Algoma Public Health (APH)	(705) 848 2314
APH Community Mental Health Program	(705) 848 2314 ext 4002
Alcoholics Anonymous (AA)	(705) 461 3150
Al Anon Family Group	1-888-425-2666
Algoma District Services Administration Board	(705) 848 7153
Camillus Centre	(705) 848 7182
Centre Victoria pour Femmes	(705) 461-6120
City of Elliot Lake	(705) 848 2287
Community Care Access Centre (CCAC)	(705) 461-9329
Community Living Algoma (CLA)	(705) 848 2475
Counselling Centre of East Algoma (CCEA)	(705) 848 2585 (DAYTIME CRISIS)
East Algoma Mental Health (EAMHC)	(705) 848 9131
Elliot Lake Food Bank	(705) 461 3663
Elliot Lake Family Health Team	(705) 461 8882
Hospital	(705) 848 7181
Larry's Place (Men's Shelter)	1-705-989-5600
March of Dimes	(705) 848 4840
Maplegate House for Women	(705) 461 9868
North Shore Legal Clinic	(705) 461 3935
North Shore Literacy Council	(705) 578 3200
Non-Emergency OPP	(705) 848 6975
Oaks Centre (Detox)	(705) 848 2129
ODSP and Ontario Works	(705) 848 7153
Salvation Army	(705) 848 2417
Supportive Independent Living	(705) 461 9561

**CCEA After Hours Crisis Support
WARM LINE**

**1-800-721-0077
1-866-856-9276**

360th edition

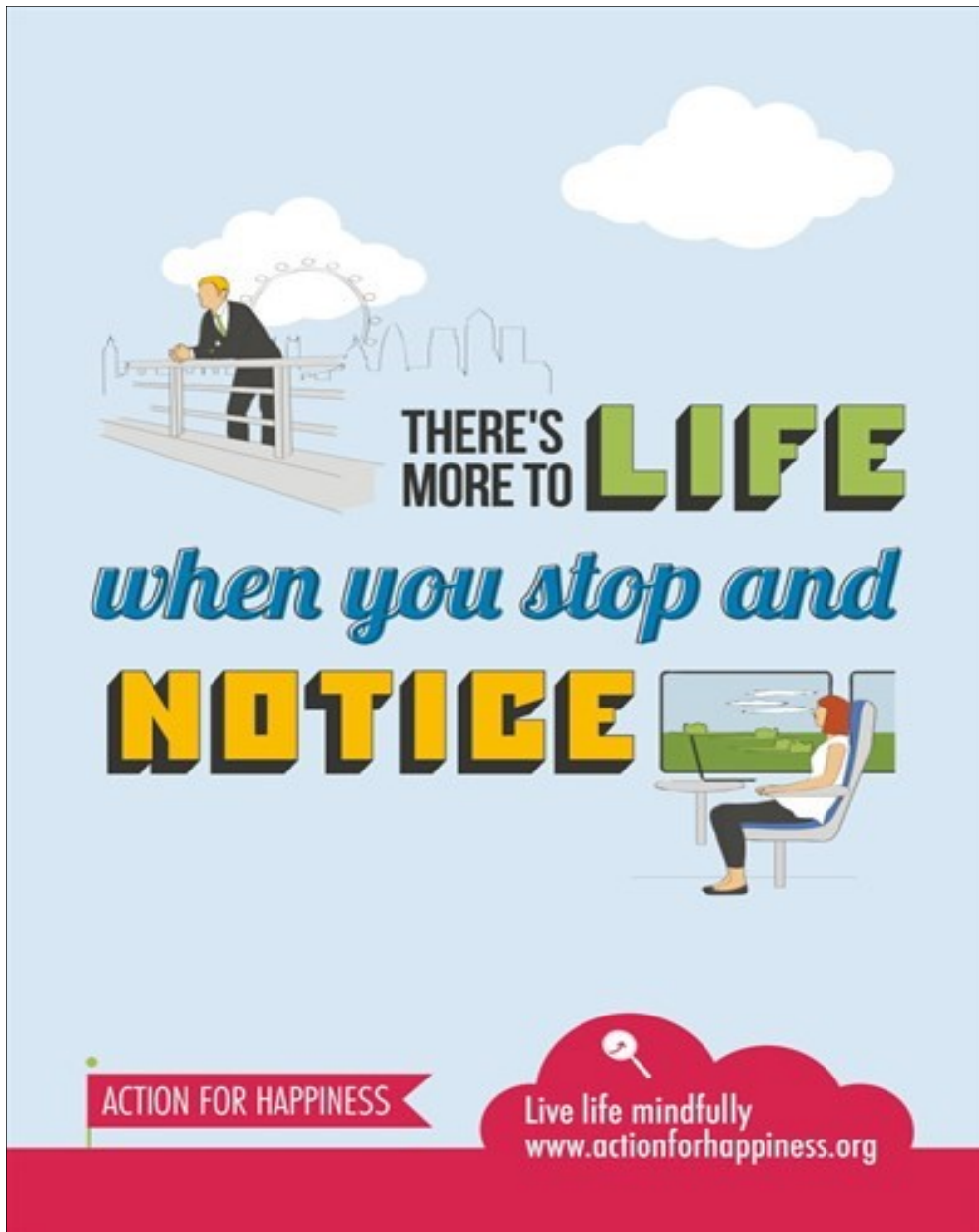
Club 90



Stepping Stones

August 2021

Photo by Stephanie Sinclair



Wishing a Happy Birthday to:

*Richard, Dan, Charles, Victor,
Valerie, Scott, Greg,
Augustino, Trever, Linton,
Barbara, Lynn, Christopher,
Bruce, Sarah, John*

We missed you all!

Welcome back friends! We are incredibly delighted to have our clubhouse open and have all you wonderful members back with us! It was a long couple of months without you!

Our clubhouse is back open to regular operating hours, with the café unit open to serve daily suppers and free lunches on Tuesday's and Thursday's. We will continue to have a delicious BBQ supper on Wednesdays with iChef being available to pick up on Friday's.

August updates

- ☐ We are having a second outing to Camp Thompson scheduled for August 26, 2021. The fee is \$5 for any member of Club 90 to sign up. Sign up and fee due by August 23, 2021
- ☐ We will be closed on Monday, August 2, 2021 for the Civic Long Weekend.
- ☐ On Monday, Wednesday and Fridays we will be having a breakfast program with donations from Tim Hortons.
- ☐ We are looking to start a Club 90 Jam Session. Come out on August 4th to discuss music and what you and fellow members can play together!

DONATIONS NEEDED:

The North Shore Community Support Services/Club 90 are seeking donations of TENTS and SLEEPING BAGS

These items help us to support those who are experiencing homelessness in our community and are in need of emergency shelter.

If you have any you are willing to donate, please drop them off at our Clubhouse, located at **6-10 Paris Drive** in Elliot Lake. You can call a Mental Health Worker to schedule a drop-off
705-848-2879

www.nscss.com <https://www.facebook.com/nscssclub90>

Counselling Centre
of East Algoma



Centre de counseling
d'Algoma Est

Providing professional counselling services in our Elliot Lake
Office and Blind River Offices.

Crisis services are available 365 days a year through our
partnership with Sault Area Hospital's Mobile Crisis Program.

Elliot Lake Office:

9 Oakland Blvd., Suite 2
Elliot Lake, ON P5A 2T1

705.848.2585

Blind River Office:

Available by phone

705.848.2585

AFTER HOURS CRISIS NUMBER

1-800-721-0077



Fun at Camp

Despite the rainy weather,
we were still able to have an
amazing day out at Camp
Thompson on July 15!

One of our members even
braved the rain to go fishing
(sadly no bites). Inside mem-
bers participated in arts &
crafts and fun activities.

For lunch, members enjoyed
a delicious steak lunch with
potato salad and Caesar sal-
ad.

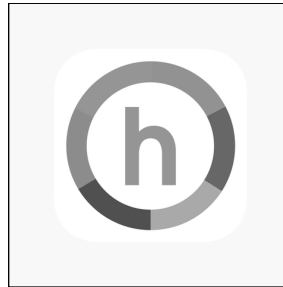
A great time had by all!





How you feel matters! Whether you're feeling sad, anxious, or stressed, Happify brings you effective tools and programs to help you take control of your feelings and thoughts.

This uplifting app provides evidence-based exercises, daily articles, and fun games with great graphics to help you overcome negative thoughts, savor everyday moments, set goals, and improve your mood. Over time, you'll find yourself devoting more time to the things that actually make you happy.



ELLIOT LAKE EMERGENCY FOOD BANK

NEW Location: 29 Columbia Walk

OPEN

MONDAY-WEDNESDAY-FRIDAY

10 A.M. TO 12 P.M. & 1 P.M. TO 3 P.M.

WAYS TO DONATE:

- Use Drop boxes at various Stores.
- Drop off your food or monies at the Food Bank.

705-467-3663

PHONE



Sample Word Search

Archery Baseball BeachVolleyball Bobsled Cricket
Cycling Curling Diving Fishing FlagFootball Football
Golf HorsebackRiding Lacrosse Polo Rugby
Sailing Skateboarding Skating Skiing Soccer
Surfing Swimming TrackAndField Tennis
Triathlon Volleyball

Y	G	H	N	Y	R	R	E	B	K	C	A	L	B
R	O	U	A	R	A	E	L	L	Y	R	C	I	L
R	O	C	N	R	S	D	D	U	R	A	A	N	A
E	S	K	N	E	P	M	E	E	R	N	I	G	C
B	E	L	Y	B	B	U	R	B	E	B	B	O	K
L	B	E	B	E	E	L	B	E	B	E	E	N	R
A	E	B	E	N	R	B	E	R	I	R	R	B	A
C	R	E	R	U	R	E	R	R	J	R	R	E	S
K	R	R	R	J	Y	R	R	Y	O	Y	Y	R	P
M	Y	R	Y	E	R	R	Y	R	G	O	J	R	B
U	C	Y	C	T	A	Y	B	E	R	R	Y	Y	E
L	O	G	A	N	B	E	R	R	Y	H	U	C	R
B	O	Y	S	E	N	B	E	R	R	Y	A	T	R
E	S	E	N	Y	R	R	E	B	G	N	U	O	Y
R	E	D	E	W	B	E	R	R	Y	E	U	L	B
R	Y	R	R	E	B	Y	R	R	E	B	L	I	B
Y	R	R	E	B	W	A	R	T	S	T	R	A	W

**We are
here to help**

**Nous sommes
là pour vous aider**

Available by phone



Michael Mantha MPP
Député Algoma-Manitoulin
705-461-9710

**Carol
Hughes**

MP/Députée
Algoma-Manitoulin-Kapuskasing

My office can help you:

- Immigration & Citizenship
- Revenue Canada
- Employment Insurance
- Disability Tax Credit
- Seniors, CPP, OAS, GAS
- Passports
- Canada Student Loans
- Service Canada & HRSDC

Available by phone



705-848-8080
1-855-297-4200
carol.hughes@parl.gc.ca

NDP  **NPD**

From our kitchen

Green Chile Mac & Cheese

INGREDIENTS

- ☐ 1/2 pound of Macaroni
- ☐ 2 TBSP butter
- ☐ 2 TBSP all purpose flour
- ☐ 2 cups milk
- ☐ 8 oz Monterey jack cheese (shredded)
- ☐ 2 –4 oz cans of diced green chilies
- ☐ 1/2 TSP ground cumin
- ☐ 1/8 crushed red pepper
- ☐ 1/4 TSP salt

Directions

1. Boil water, add macaroni, cook 7-10 minutes.
2. While macaroni is cooking—prepare green chile cheese sauce: Add butter and flour to saucepot and cook over medium, stirring every 2 minutes
3. Whisk milk into butter & flour mixture. Continue whisking until milk begins to simmer. Turn heat off
4. Begin stirring in cheese until fully melted.
5. Drain canned green chilies and stir into cheese sauce with cumin, crushed red pepper and salt.
6. Combine drained macaroni into cheese sauce. Serve hot.

East Algoma Connects

Local resources at your fingertips

Did you know that we have a great resource at our fingertips that can help you find the services that we offer in Elliot Lake and surrounding communities? Whether you're looking for addictions services, mental health services or more, this info bank will have you pinpoint the service closest to you in an instant! The various petals offer you information on where to get food, go for education, health care and what helplines to access. Visit East Algoma Connects at www.eastalgomaconnects.com or download our app for free on your cellphone! You can also call our information referral line at (705) 848-2109.



Available on:





New Business? Looking to Expand Operations? Need support for a Community Event? Let ELNOS partner with you!

Who we are?

ELNOS is a not-for-profit organization created as a result of the mine closures in the early 90s to stimulate economic growth through new business development, business expansion or diversification, and investment in the region

ELNOS serves business in our 5 communities:
Blind River, Elliot Lake, Serpent River First Nations, Spanish and Township of the North Shore.

How Can We Help You?

ELNOS can provide business counselling and finance options to help you develop and grow your business. We understand the common problems experienced by growing businesses, but also the unique challenges faced in the region.

ELNOS can provide various loan and investment options for your business. We can also provide financial and administrative support for various community events.

For more information, visit our website at
www.elnos.com

31 Nova Scotia Walk, Suite 306
Elliot Lake, ON P5A 1Y9
705-848-0229/1-800-256-7299

Proud supporter of the Club 90 program



H&R BLOCK®

"With almost 1,000 locations across the country, you don't have to travel far to find expert tax service. Our offices have been redesigned for safe filing with plexiglass dividers, hand sanitizer, social distancing, and mask requirements of staff and clients."



Located at:
52 Ontario Ave. Elliot Lake, ON P5A 1Y1
705-848-2626



City of / Ville d'
Elliot Lake
is proud to support
Stepping Stones and
the members of
Club 90

www.Elliotlake.ca
705-848-2287

 Find us on
Facebook

fb.com/cityelliotlake

7

Thank you!

AJ Bus Lines LTD

FOR THE GENEROUS DONATION OF YOUR TIME
AND A BUS TO SAFELY BRING OUR MEMBERS
OUT TO CAMP THOMPSON FOR OUR ANNUAL
DAY TRIP.

merci



Thank you



Maple Ridge Store

**For the generous donations
of steaks, tomatoes, onions
and lettuce for our Camp
Thompson trip**

CAMP THOMPSON DAY TRIP

Date: August 26, 2021

Time: Be at the Clubhouse for screening for 9:30

Cost: \$5.00



We are getting ready for our day trip to Camp Thompson this month!

Come out for a day of activities (arts & crafts), scavenger hunt, bean bag toss, horseshoes, swimming and a delicious BBQ lunch!

The \$5 must be paid in full the morning of August 23, 2021

Please be at the Clubhouse for 9:30 a.m. for attendance and screening and to help load up any items that may be needed. We will be back at the Clubhouse for 4 p.m.

Please bring with you:

- A bathing suit & towel if you plan on swimming.
- Any medications you may need during the day. This includes for allergies.
- Sunscreen and bug spray.
- A positive, fun attitude.

Clubhouse activities resumes



Club 90 was able to re-open our doors on July 16th as a drop-in centre function. It was a long three and a half months without our wonderful members here! We are excited to be back in the full swing of things and look forward to having a fun packed summer with you all!



Calling all musicians

We are looking to host a jam session!

If you play and would like to get together with fellow members, come out on August 4th for a Club 90 Jam Session meeting!



MAPLEGATE
HOUSE FOR WOMEN

Did you know that Maplegate has a free, confidential crisis chat option? Just text **705-461-9868** and a Frontline Worker will promptly assist you