

## Community Resources at Your Fingertips!

Community Supports	Phone Number
Algoma Family Services	(705) 848 0709
Algoma Public Health (APH)	(705) 848 2314
Psychiatric Case Manager (CMHA)	(705) 849 4115
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 (DAYTIME CRISIS)	(705) 848 2585
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)	(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

After Hours Crisis Support ..... 1-800-721-0077

WARM LINE..... 1-866-856-9276

# CLUB 90

## STEPPING STONES

370th edition



Club 90 at the Drag Races!!  
July 15, 16 & 17

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**

## **DRAG RACES**

Drag Races are in town this year on the weekend of  
**JULY 16 & 17!** We are in need of **VOLUNTEERS**. If you  
would like to volunteer to help set up on the Friday  
July 15th, serve volunteers on July 16th & 17th, and/or  
cleanup on Monday July 18th please call 705-848-2879  
to sign up.



## **CAMP THOMPSON TRIP**

Our Camp Thompson trip is approaching. We will be  
going on July 27th for the day from 10:30 am until 3:48  
p.m. There will be a bus from  
Club 90 to Camp Thompson  
and back. We will have lots of  
fun activities including water  
games, arts & crafts and  
sports. Meal provided.





## June 2022 Monthly Horoscope!

### **Taurus (April 20 – May 20)**

Reflecting on where your life is going could encourage you to loosen the reins and have more fun this month. Instead of seeing disruptions to your daily routine as burdens, treat them as opportunities to be more free-flowing.

### **Gemini (May 21 – June 20)**

Once Mercury — your ruling planet — returns to Gemini on June 13, you'll feel a lot freer, positive, and able to express yourself authentically. However, you may have to evaluate whether you have been carrying unrealistic visions of your future.

### **Cancer (June 21 – July 22)**

Focusing on your physical and mental health will allow you to become a better version of yourself this month. Challenge your negative thought patterns and be more upfront about your needs.

### **Leo (July 23 – August 22)**

Saturn retrograde will prompt you to reflect on whether you are approaching your partnerships maturely and if you're taking on too much work to support others.

### **Virgo (August 23 – September 22)**

Career progression will be at the forefront of your mind this month. Get experimental with new project ideas, and don't hold off from getting out of your comfort zone when you're inspired.

### **Libra (September 23 – October 22)**

Notice when your growing independence and determination to meet your responsibilities are overtaking your relationships, causing you to become too self-focused. Try and ask about others ideas and feeling as well.

### **Scorpio (October 23 – November 21)**

Expect to face changes this month. These will challenge your ability to adapt to the flow of life and overcome your emotional reactions when you're under pressure

### **Sagittarius (Nov. 22 – December 21)**

This month, you'll feel motivated to establish a deeper understanding of how your childhood experiences have shaped who you are today.

### **Capricorn (December 22 – January 19)**

You'll be feeling a lot wiser this month as the full moon in Sagittarius on June 14 sparks mental breakthroughs and a brighter perspective on the challenges you've faced lately.

### **Aquarius (January 20 – February 18)**

Sudden changes in your social circle, or the realization that a dream of yours hasn't unfolded in the ways you imagined, may challenge your sense of inner security. It's time to take action on the things that you can control

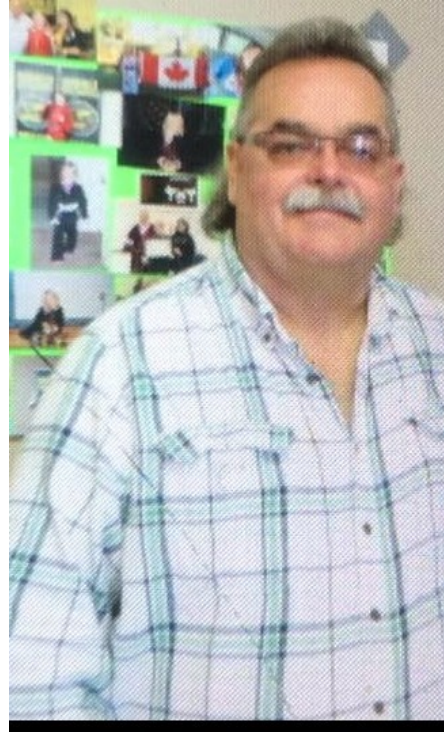
### **Pisces (February 19 – March 20)**

Some soul-searching may be in the cards for you this month Give yourself time to celebrate your achievements and rediscover who you are and what you want to focus on next.

### **Aries (March 21 – April 19)**

It's easy to get caught up in other people's drama when you feel responsible for taking care of them. Embrace the social energy of the season without becoming overly invested in gossip that doesn't involve you. Don't wait for a bad mental health day to start taking your well-being practices seriously.

## In Loving Memory



It is a tragic news that we lost our friend Joe L. on June 12, 2022. We were shocked to hear of his passing due to a heart attack.

We will remember Joe as a very loving, kind and generous man who was always willing to lend a hand. He will be greatly missed at Club 90.

Our most sincere condolences for the sudden loss go to his family, friends and everyone who had the fortune to meet him. Arrangements are being made by his family.

## LOST & FOUND

New Home for the Lost and Found box. It will be in Chantel's office. If you are looking for anything please ask a staff member. Thanks

## Fun at Club 90 throughout June

Please colour me !!!



### Wishing a Happy Birthday to:

Victor, Valerie, Scott,

Augustino, Barbara,

Lynn, Sarah, John and Lisa





# NEW Minister of Health



As of June 24th, 2022 we have a new Minister of Health, **Sylvia Jones**. Ms. Jones sits as the member of Provincial Parliament (MPP) for Dufferin—Caledon, representing the Progressive Conservative (PC) party, and has held her seat since she was first elected following the 2007 general election.



**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](mailto:carol.hughes@parl.gc.ca)

**NDP**  **NPD**

## CANADA DAY

The month of July marks the midway point of the year. It's also considered a month of fun thanks to the biggest patriotic party of the year that falls on July 1st every year, Canada Day! Its also a great month to get outside and/or travel as it is warm and sunny in most parts of the world this month. If you're looking for a reason to celebrate anything related to chocolate you've landed in the right month where you'll find multiple days dedicated to these sugary delights in between more



**Club 90 is closed July 1st for Canada Day**

## Meal and Beverage Cards

As of July 1st we ask that ONLY meals be bought with meal cards and ONLY drinks (pop, bottle water, and coffee) be bought with beverage cards. There has been some confusion and issues around this recently. Thanks for your cooperation!

# From our kitchen

## Spinach Parmesan Pasta

### Ingredients:

- Pasta
- Butter
- Garlic
- Spinach
- Parmesan Cheese



### Directions

1. First, cook the pasta according to package directions.
2. Using the same pot, melt the butter over medium heat. Add the garlic and cook for 2-3 minutes. Add in the pasta and spinach. Gently toss and cook until spinach leaves are wilted.
3. Stir in  $\frac{1}{4}$  cup of the Parmesan cheese and toss until combined. Season with salt and freshly ground black pepper, to taste.



## 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](http://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:



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

[www.Elliottlake.ca](http://www.Elliottlake.ca)

705-848-2287

 Find us on  
Facebook

[fb.com/cityelliottlake](https://fb.com/cityelliottlake)

# THE WORD SEARCH BATTLE

## Summer

Difficulty: Medium

R	E	T	A	W	Y	P	P	A	H
H	E	S	C	T	P	E	S	X	H
N	O	O	P	F	A	N	D	N	O
Z	O	T	M	D	A	H	N	E	L
L	N	H	A	E	Q	M	E	F	I
B	E	A	C	H	S	V	I	I	D
B	K	W	A	V	E	S	R	L	A
S	A	S	U	N	N	Y	F	Y	Y
F	E	S	W	I	M	M	I	N	G
Z	C	A	N	O	E	I	N	G	I

Play this puzzle online at: <https://www.wordsearchbattle.io/topic/summer>

BEACH  
CAMP  
CANOEING  
COOL

FAMILY  
FRIENDS  
HAPPY  
HAT

HOLIDAY  
HOT  
SUNNY  
SWIMMING

WATER  
WAVES

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



## ELNOS

*Your Partner in Business*

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](http://www.elnos.com)

31 Nova Scotia Walk, Suite 306

Elliot Lake, ON P5A 1Y9

705-848-0229/1-800-256-7299





## Club 90: APP of the month

### "Mind Beacon"

Now offering free mental health support for Ontario residents dealing with stress, anxiety, depression and more, thanks to funding from the Government of Ontario. It's a skills-building approach to therapy, helping you develop resiliency and coping skills to better manage your mental health concerns. Go check it out!!

*This disclaimer informs readers that the views, thoughts, and opinions expressed in Stepping Stones belong solely to the author, and not necessarily reflect Club 90's and/or North Shore Community Support Services, Inc. opinion.*

*Stepping Stones, 10 Paris Drive, Unit 6, Elliot Lake, ON, P5A 2L9 Tel: 705-848-2879*

## 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.

# 705-461-3663

PHONE

