

WINTER 2020

ACTIVE 55+



RECREATIONAL PROGRAMS FOR ADULTS 55+



SAULT STE. MARIE

Discover the Sault Seniors on the Move! **55+**



Visit cultural and community Events

Free Transportation

Admission at a reduced cost or free!

BUSHPLANE MUSEUM

January 21, 2020

FREE

SOO GREYHOUNDS HOCKEY GAME

February 5, 2020

\$5

JACK deKEYZER BAND (Blues Music) - BON SOO EVENT (Machine Shop)

February 6, 2020

\$10

HOCKEY HALL OF FAME VISITS THE BUSHPLANE MUSEUM

February 8, 2020

FREE

ERMATINGER OLD STONE HOUSE

February 13, 2020 **\$5**

March 12, 2020 **\$5**

GILBERTSON'S PANCAKE HOUSE (ST. JOE'S ISLAND)

MARCH 11, 2020

\$5

Cost of breakfast is \$18

CALL 705-254-6474 FOR MORE INFORMATION



ACTIVE LIVING CENTRES FOR 55+

Drop-In Centre

619 BAY STREET
705.254.6474

Regular Programs:
Monday to Friday - 10:00 a.m. to 5:00 p.m.

Evening Programs:
Mondays, Tuesdays & Thursdays

Special Event & Other Bookings:
By Request



ACCESSIBILITY

This building is easily accessible by car or city bus. An enclosed shelter is located at the front of the facility. Accessible Parking is available at the rear of the building off Russ Ramsey Way.

Northern Community Centre

556 GOULAIS AVENUE
705.759.5377

Regular Programs:
Monday to Friday - 10:00 a.m. to 5:00 p.m.

Evening Programs:
Wednesdays - 6:30 p.m. to 9:30 p.m.

Special Event & Other Bookings:
By Request



ACCESSIBILITY

This site is fully accessible. There is a bus stop on Goulais Avenue at the roadway entrance to the Northern Community Centre that is serviced by the Second Line bus. The bus will take riders to the Centre, and back to the terminal on its return trip. There is generous onsite parking. Accessible parking is available.

The Central Community Bus visits our facility
Monday - Friday, from 8:30 a.m. to 4:20 p.m.

HELLO 55+ FRIENDS!

As we enter 2020 you can see there are many new programs for adults 55 years of age and older. The winter addition of ACTIVE 55+ is expanding to include a variety of programs and events that are both traditional and new in many areas of recreation.

We are always evolving at both the Drop-In Centre and Northern Community Centre locations. The welcoming staff, innovative instructors and committed volunteers are what make both Active Living Centres shine. For 2020, all members of the team are continuously working to offer programs that are affordable and accessible for those in the community who are 55 years of age and older. One project that is in the works for the upcoming year is supporting those who are deaf or hard of hearing. A.S.L. Interpreters will be available for some programs and modifications are being made to existing programs to help eliminate barriers.

Another project called Wellness Wednesdays has been developing over the last four months. Community partners have come together monthly to bring free wellness fairs to both Centre locations. Each month you can listen to guest speakers present on topics relevant to health and wellness; ask questions; inquire about services that would benefit you; and learn about services in the Algoma region that are available to anyone 55+.

Check out what this year has to offer!

Yours in good health,



Jen Amadio
Supervisor, Senior Services

MEET OUR STAFF

JEN AMADIO

SUPERVISOR, SENIOR SERVICES
705.759.5441

RITA O'NEILL

RECREATION PROGRAMMER, SENIOR SERVICES
705.759.6474

VICKY TAYLOR

RECREATION PROGRAMMER, SENIOR SERVICES
705.759.5377

FRAN WOZNY

ADMINISTRATOR, SENIOR SERVICES
705.759.6474

BROOKE MCMILLAN

RECREATION PROGRAMMER, SENIOR SERVICES
705.759.6474

GENERAL INFORMATION

REGISTRATION

Please register in advance for all programs as some have limited numbers.

CANCELLATIONS

Programs may be cancelled due to low participant numbers.

Participants will be notified well in advance of start date if cancellation occurs. A full refund or account credit will be issued in this case.

In the event of a medical concern during or prior to starting a program - partial or full refund can be issued.

REFUNDS

The original receipt is required accompanied by a valid reason for withdraw from the program. Refunds/Account Credit will then be given without penalty. Please notify staff of request one business day prior to your program start date.

PAYMENTS

In Person:

Payment is due one week prior to each program start date.

Can be in the form of CASH, DEBIT, CHEQUE OR CREDIT CARD.

On the Phone:

Payment can be made over the phone with a credit card.

Online:

(online account required)

1. Sign into your account by clicking "MY ACCOUNT"
2. In payment details click "PAY ON ACCOUNT"
3. Click "CONTINUE" AND CHECK THE "WAIVER" BOX
4. Enter Credit Card information then click "PAY AND FINISH"

HOW TO REGISTER

IN PERSON OR BY PHONE

Visit either Active Living Centre location to speak to any of our staff.

Drop-In Centre

619 Bay Street

705.254.6474

Northern Community Centre

556 Goulais Avenue

705.759.5377

ONLINE

VISIT: www.saultstemarie.ca scroll down and click on Register/Reserve

The screenshot displays the Sault Ste. Marie website interface. At the top left is the logo for SAULT STE. MARIE. To the right of the logo are links for "Sign In" and "Create an Account". Below the logo is a navigation bar with links for "Home", "Activities", "Reservations", "Calendars", "Multi-passes", and "My Cart".

The main content area features a "Get Active - Get Started!" section with a "Sign In" button and a link to "Or Create an Account". Below this is a search bar with a dropdown menu for "Activities" and a "Search" button. A large grey arrow points from the search bar to the "Register for Activities" section.

The "Register for Activities" section includes a photo of people playing soccer and the text: "Register for Activities > Register for a variety of activities for all ages at City facilities." A large grey arrow points from this section to the "CLICK TO FIND OUT MORE" text.

The "Reserve a Facility" section includes a photo of ice skates and the text: "Reserve a Facility > Reserve an indoor/outdoor City facility or book ice/furf time." A large grey arrow points from this section to the "SEARCH FOR AN ACTIVITY" text.

The "Purchase Passes" section includes the text: "Purchase Passes > Enjoy the convenience and affordability a pass has to offer." A large grey arrow points from this section to the "SEARCH FOR AN ACTIVITY" text.

The text "SEARCH FOR AN ACTIVITY" is written in large, bold, grey letters, slanted upwards to the right. The text "CLICK TO FIND OUT MORE" is written in large, bold, grey letters, slanted upwards to the right.

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THE COVER

The Winter 2020 Active 55+ cover was chosen after a call went out for submissions.

The winner is "After The Storm" by Gerry Gasparetto. Gerry is a self-taught artist who is an active participant in our programs. He enjoys acrylic painting, carving and wood burning. He visits both the Northern Community Centre & the Drop-In Centre.

Active & Healthy Living

MARTIAL ARTS

<u>Martial Arts, Soo Dan Hap Ki-do Try for Free</u>						Instructor: Cornacchio, Tracey	
<p>This marital arts class focuses on balance, breathing and coordination. Expect a great workout that provides mental health benefits. Learn basic self-defense moves, how to lower stress & increase concentration. Accommodations will be made for those with mobility issues. Register and try these classes for free.</p>							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Jan 13, 2020	1	10:30 AM	11:30 AM	FREE	Northern Community Centre	10090
M	Jan 20, 2020	1	10:30 AM	11:30 AM	FREE	Northern Community Centre	10430

<u>Martial Arts, Soo Dan Hap Ki-do</u>						Instructor: Cornacchio, Tracey	
<p>This marital arts class focuses on balance, breathing and coordination. Expect a great workout that provides mental health benefits. Learn basic self-defense moves, how to lower stress & increase concentration. Accommodations will be made for those with mobility issues.</p>							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Jan 27, 2020	6	10:30 AM	11:30 AM	\$ 60	Northern Community Centre	10431

YOGA, TAI CHI & MEDITATION

<u>Gentle Yoga- Try For Free</u>						Instructor: Kao, Shirling	
<p>This is a complimentary mini sample class for "Gentle Yoga". This session begins by learning about yoga and what to expect each class, followed by a 30 minute sample yoga session and wrap up with Q & A.</p>							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Jan 10, 2020	1	10:15 AM	11:15 AM	FREE	Northern Community Centre	10091

<u>Gentle Yoga</u>						Instructor: Kao, Shirling	
<p>Gentle yoga incorporates yoga poses, meditation and breathing techniques to support optimal well-being and mindfulness. A portion of the class is done sitting or lying on the mat so the ability to transition down to the floor is required. Fees paid to instructor prior to start of class. Walk-ins are welcome \$12.</p>							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Feb 14, 2020	5	10:15 AM	11:45 AM	\$ 50	Northern Community Centre	10442
F	Mar 20, 2020	5	10:15 AM	11:45 AM	\$ 50	Northern Community Centre	10092
F	May 8, 2020	5	10:15 AM	11:45 AM	\$ 50	Northern Community Centre	10093

<u>Yoga for Vitality</u>	Instructor: Kao, Shirling
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Tone and stretch through yoga poses, while incorporating meditation and breathing exercises. Each class will end with time for final relaxation. In order to get the most of this class, participants are expected to be able to comfortably get down on the floor. Please bring your own mat, and a small cushion or blanket for comfort.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu Th	Feb 11, 2020	5	10:30 AM	11:30 AM	\$ 40	Drop-In Centre	10426
Tu Th	Mar 24, 2020	5	10:30 AM	11:30 AM	\$ 40	Drop-In Centre	10427
Tu Th	Apr 28, 2020	5	10:30 AM	11:30 AM	\$ 40	Drop-In Centre	10428

<u>Laughter Yoga</u>	Instructor: Leonard, Allyne
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Get fit through laughter! Join Allyne in laughter and breathing exercise that are suitable for everyone.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Jan 6, 2020	4	1:30 PM	2:00 PM	\$ 8	Drop-In Centre	10453
M	Feb 3, 2020	4	1:30 PM	2:00 PM	\$ 8	Drop-In Centre	10454
M	Mar 9, 2020	4	1:30 PM	2:00 PM	\$ 8	Drop-In Centre	10455
M	Apr 6, 2020	4	1:30 PM	2:00 PM	\$ 8	Drop-In Centre	10490
M	May 11, 2020	4	1:30 PM	2:00 PM	\$ 8	Drop-In Centre	10492

<u>A Form of Tai Chi</u>	Instructor: Komhyr, Donna
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Tai Chi is an ancient Chinese martial art form and uses a series of movements performed in a slow, focused manner. Join the practice to improve balance, strength, memory, flexibility and over all mood.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M / W	Jan 6, 2020	21	10:30 AM	12:00 PM	\$2 Each	Drop-In Centre	10555

<u>Meditation and Drumming</u>	Instructor: Baranski, Bonnie
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An ancient form of self-care and stress release. An introduction to meditation using the breath as a calming tool, repetitive sounds & vibration of chanting and drumming.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	Jan 8, 2020	6	10:30 AM	11:30 AM	\$ 25	Drop-In Centre	10519
W	Feb 19, 2020	6	10:30 AM	11:30 AM	\$ 25	Drop-In Centre	10520
W	April 1, 2020	6	10:30 AM	11:30 AM	\$ 25	Drop-In Centre	10521
W	May 13, 2020	6	10:30 AM	11:30 AM	\$ 25	Drop-In Centre	10522

Zumba & Dance

Zumba					Instructor: Horvath, Ildiko		
Zumba is a Latin dance inspired, easy to follow, calorie burning fitness program. Zumba borrows movement patterns from Latin and other cultural dances.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Jan 3, 2020	6	10:30 AM	11:30 AM	\$ 59	Drop-In Centre	10377
F	Feb 14, 2020	6	10:30 AM	11:30 AM	\$ 59	Drop-In Centre	10444
F	Mar 27, 2020	6	10:30 AM	11:30 AM	\$ 59	Drop-In Centre	10445
F	May 15, 2020	6	10:30 AM	11:30 AM	\$ 59	Drop-In Centre	10510

Open Line Dance					Instructor: Walls, Joan		
Enjoy Dance! Learn new steps through a selection of music, provided by our instructor.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	Jan 9, 2020	10	12:30 PM	2:30 PM	\$ 25	Drop-In Centre	10446
Th	Mar 19, 2020	10	12:30 PM	2:30 PM	\$ 25	Drop-In Centre	10447

Beginners Line Dance					Instructor: Walls, Joan		
Learn basic line dance steps.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	Jan 9, 2020	10	2:45 PM	3:45 PM	\$ 20	Drop-In Centre	10448
Th	Mar 19, 2020	10	2:45 PM	3:45 PM	\$ 20	Drop-In Centre	10449

Scottish Country Dance Class					Instructor: Thompson, Leslie		
If you are looking for a fun sociable way to stay active this winter then this class may be for you. You will learn lively jigs and reels and the distinctly Scottish Strathspey. No partner needed as we change partners every dance. Bring soft soled shoes (light weight sneakers) & dress comfortably. Beginners are welcome.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Feb 3, 2020	6	2:30 PM	4:00 PM	FREE	Drop-In Centre	10545
F	Feb 7, 2020	6	2:00 PM	3:30 PM	FREE	Northern Community Centre	10534

Border Squares

Come out and square dance with this group. Learn the basics, and have fun!

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
T	Apr 7, 2020	8	12:30 PM	2:30 PM	FREE	Drop-In Centre	10538

Doe Cee Doe Square Dancing

Swing your partner! A mix of modern, western square dancing will be called for your listening or dancing pleasure.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	May 20, 2020	1	1:00 PM	3:30 PM	\$ 5	Drop-In Centre	10463

GAMES & SPORTS**Snooker**

Snooker is played Monday through Friday during hours of operation with a fee of \$7.00 weekly.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M /Tu W /Th/ F	Jan 2, 2020	22	10:00 AM	4:45 PM	\$7 Weekly	Drop-In Centre	10464

Wii Bowling

Wii Bowling is a virtual game played on the T.V. using hand held controls. It feels just like the real sport. Drop in and play the game with your friends!

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Jan 3, 2020	21	10:30 AM	12:00 PM	\$ 2 Each	Drop-In Centre	10465

ShuffleBoard

This game is played on the floor courts. Beginners are welcome.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Jan 3, 2020	21	1:30 PM	3:30 PM	\$2 Each	Drop-In Centre	10456

Washer Toss

Come out and play a fun game of washer toss on the indoor turf. Beginners are welcome.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Jan 6, 2020	18	1:30 PM	3:00 PM	\$2 Each	Northern Community Centre	10102

Model Aircraft Flyers

Fly your own electric model aircraft on the indoor turf. Your aircraft may not exceed a wing span greater than 40 inches. Join anytime.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Jan 7, 2020	18	1:30 PM	3:00 PM	\$5 Each	Northern Community Centre	10103

Pickleball

Easy and fun to play! This hybrid sport combines elements of badminton, tennis and table tennis. Newcomers are welcome, we will teach you the game. Equipment is provided.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu / Th	Jan 7, 2020	21	5:00 PM	7:30 PM	\$2 Each	Drop-In Centre	10434

Darts

A fun evening of darts. Participants will be divided into teams upon arrival. Please bring your own darts.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Jan 7, 2020	21	7:00 PM	9:00 PM	\$ 2 Each	Drop-In Centre	10470

Soccer

Play pick up soccer on the indoor turf. Join anytime.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	Jan 8, 2020	21	1:30 PM	3:00 PM	\$2 Each	Northern Community Centre	10100

Walking Soccer

This low impact version of soccer is ideal for those with mobility issues and those who are unable to play the traditional game. No experience required. Join anytime.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	Jan 9, 2020	21	11:00 AM	12:30 PM	\$2 Each	Northern Community Centre	10526

Bocce

Bocce is played on the indoor turf. This game is easy to learn yet difficult to master. Beginners are welcome.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	Jan 9, 2020	21	1:30 PM	3:00 PM	\$2 Each	Northern Community Centre	10101

Table Tennis

Join us for a fun game of table tennis/ping pong. We have paddles, balls and tables. Beginners welcome.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	Feb 6, 2020	17	11:00 AM	12:30 PM	\$2 Each	Northern Community Centre	10471

Putting & Chipping on the Indoor Turf

Golf season is right around the corner, come out and practice putting and chipping on the indoor turf. Putting/chipping balls and mats are available to borrow. We also have clubs to loan out on a first come, first serve basis. Join anytime.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Mar 6, 2020	7	1:30 PM	3:30 PM	\$ 2 Each	Northern Community Centre	10433

Fitness & Exercise

Walking Group

Avoid those slippery side walks and the blustery cold weather, walk with us on the indoor turf. We meet Mondays, Wednesdays & Fridays at 9:00 AM. Join anytime. (4 laps around the turf = 1 KM)

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M W F	Jan 6, 2020	20	9:00 AM	10:00 AM	FREE	Northern Community Centre	10432

Stretching and Strengthening					Instructor: Moroz, Michelle		
The exercise movements are taught with the aid of a chair. Light weights are also used.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu Th	Jan 7, 2020	4	11:00 AM 1:30 PM	11:30 AM 2:00 PM	\$ 8	Drop-In Centre	10439
Tu Th	Feb 4, 2020	4	11:00 AM 1:30 PM	11:30 AM 2:00 PM	\$ 8	Drop-In Centre	10540
Tu Th	Mar 3, 2020	4	11:00 AM 1:30 PM	11:30 AM 2:00 PM	\$ 8	Drop-In Centre	10541
Tu Th	Apr 7, 2020	4	11:00 AM 1:30 PM	11:30 AM 2:00 PM	\$ 8	Drop-In Centre	10542
Tu Th	May 5, 2020	4	11:00 AM 1:30 PM	11:30 AM 2:00 PM	\$ 8	Drop-In Centre	10543

Stay Fit Have Fun					Instructor: Glassford, Ainsley		
Move through a variety of exercises to improve your functional fitness - endurance, strength, flexibility, and balance. Low impact moves and a variety of equipment will be used. Suitable for all fitness levels.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Jan 3, 2020	11	1:30 PM	2:15 PM	FREE	Drop-In Centre	10530
Tu	Jan 7, 2020	13	4:00 PM	4:45 PM	FREE	Northern Community Centre	10515

Music & Entertainment

Music, Just Jammin'							
Grab your instrument and come down to the community centre. Genres played are; Country & Western, Rock or Folk. There is no instructor or conductor with this group.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Jan 3, 2020	20	2:00 PM	3:30 PM	\$2 Each	Northern Community Centre	10104

Senior Singers							
Choir director: Sonya Masotti, Mary Madonna & Lorraine Smith. New choir members accepted in January.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Jan 7, 2020	17	10:30 AM	12:00 PM	Member-ship	Drop-In Centre	10451

Arts & Crafts

QUILTING

Wanna Bee Quilters

This group meets every Tuesday to work on quilting projects. Stop by to help get started in quilting.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Jan 7, 2020	21	10:30 AM	12:00 PM	\$2 Each	Drop-In Centre	10410

Quilt Club

Instructor: MacIntyre, Diane

This group meets every Tuesday afternoon to work on quilting projects together. Stop by and talk with the quilters, maybe you will want to get involved and help out. This group is sponsored by Club 235. Club membership is required.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Jan 7, 2020	26	1:00 PM	3:30 PM	Club Membership	Northern Community Centre	10097

Quilting, Block of the Month

Instructor: Freiburger, Jennifer

Each month there will be 2 new blocks taught. Samples are on display behind the service counter.

January: Flying Geese and Eleanor's Star
February: Friendship Block & Liberty Star

March: Christmas Star and Memory Wreath
April: End of the Day and Finishing Up

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Jan 28, 2020	1	11:00 AM	3:30 PM	\$ 7	Northern Community Centre	10105
Tu	Feb 25, 2020	1	11:00 AM	3:30 PM	\$ 7	Northern Community Centre	10106
M	Mar 16, 2020	1	11:00 AM	3:30 PM	\$ 7	Northern Community Centre	10107
M	Apr 20, 2020	1	11:00 AM	3:30 PM	\$ 7	Northern Community Centre	10108

Quilted Wall Quilt "Wide Eyed Owl"

Instructor: Sachro, Nancy

Whoo Whoo! Learn to fuse, sew and quilt an owl 'wall quilt'. Nancy will share added information on how to make a quilt-as-you-go table runner.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Jan 31, 2020	1	10:30 AM	4:00 PM	\$ 7	Drop-In Centre	10461

Quilting "Mystery Row" Information Session

Instructor: Kainula, Susan

This quilt consists of a different featured block for each row. Great course for the confident intermediate/experienced quilter.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Jan 10, 2020	1	10:30 AM	12:30 PM	\$ 2	Drop-In Centre	10118

Quilting "Mystery Row"

Instructor: Kainula, Susan

Work on this monthly project to complete the first 5 rows of your quilt. Each month will feature a new block as you build your row! Work towards your final project that will roll into the September session.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Jan 17, 2020	1	10:30 AM	4:00 PM	\$ 7	Drop-In Centre	10119
F	Feb 21, 2020	1	10:30 AM	4:00 PM	\$ 7	Drop-In Centre	10121
F	Mar 20, 2020	1	10:30 AM	4:00 PM	\$ 7	Drop-In Centre	10124
F	Apr 17, 2020	1	10:30 AM	4:00 PM	\$ 7	Drop-In Centre	10125
F	May 15, 2020	1	10:30 AM	4:00 PM	\$ 7	Drop-In Centre	10126

Quilting "Brick Yard"

Instructor: Freiburger, Jennifer

This is a great quilt to use up your "Scrap strips " of material. A great beginners course.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Feb 7, 2020	2	10:30 AM	4:00 PM	\$ 10	Drop-In Centre	10133

Quilt-As-You-Go Tote Bag

Instructor: Davis, Joan

Use up all your fabric scraps and batting to end up piecing together a tote bag! Easy, fast technique!

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Feb 28, 2020	2	10:30 AM	4:00 PM	\$ 10	Drop-In Centre	10383

Quilting "Self-Binding Baby Blanket"

Instructor: Galey, Wendy

Need a quick baby gift? Make a self-binding flannel receiving blanket. It's easy and fast. Leave after the class with a completed project.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Mar 10, 2020	1	1:00 PM	4:00 PM	\$ 5	Drop-In Centre	10386

Quilted "Watermelon Runner"**Instructor: Davis, Joan****Dress up your table with this summery, bright and fun watermelon runner. Confident quilters will enjoy working with bias and equilateral triangles.**

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	May 22, 2020	1	10:30 AM	4:00 PM	\$ 7	Drop-In Centre	10385

Quilting" 9 Patch Lap Quilt"**Instructor: Davis, Joan****Easy, beginner friendly lap quilt using basic piecing techniques.**

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Mar 27, 2020	1	10:30 AM	4:00 PM	\$ 7	Drop-In Centre	10384

Quilting Class "Harvest Star"**Instructor: Marshall, Sandra****Learn to make this classic quilt block and how to put it together as a quilt.**

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Mar 24, 2020	2	11:00 AM	3:30 PM	\$ 10	Northern Community Centre	10408

NEEDLEWORK, WEAVING, RUG HOOKING**Needlework, Circle of Friends****This is a way to finish incomplete projects or begin a new one. Each participant is responsible for bringing their own project and supplies. Enjoy fellowship, share ideas and patterns.**

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	Jan 2, 2020	22	1:30 PM	3:30 PM	\$2 Each	Northern Community Centre	10113

Needlework, Japanese Bunka**Instructor: Mooney, Aline****Bunka is a beautiful form of Japanese embroidery. Using a numbered canvas, along with coordinating threads and a punch needle, your complete project will look just like a beautiful painting.**

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Jan 3, 2020	20	10:30 AM	12:30 PM	\$2 Each	Northern Community Centre	10112

Crochet Classes

This group meets weekly to work on individual projects.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Jan 3, 2020	21	10:15 AM	12:15 PM	\$2 Each	Drop-In Centre	10413

Swedish Weaving

This group meets weekly to work on projects and share patterns.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Jan 6, 2020	18	1:00 PM	3:00 PM	\$2 Each	Drop-In Centre	10415

Knitting Group

This group meets weekly to share and work on individual projects.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Jan 6, 2020	18	1:00 PM	3:00 PM	\$2 Each	Drop-In Centre	10414

Traditional Hand Rug Hooking

Instructor: Currie, Betty

Using recycled wool cloth & other fabrics, complete this craft of rug hooking. This group meets bi-weekly. Jan 7, Jan 21, Feb 4, Feb 18, Mar 3, Mar 17, Mar 31, Apr 14, Apr 28, May 12, May 26.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Jan 7, 2020 Bi-weekly	11	10:15 AM	12:15 PM	\$2 Each	Drop-In Centre	10387

Needlework, Craft & Crochet

Come for a fun social afternoon in a relaxing atmosphere to work on your own needlework, crafts or crochet projects. There is no instructor. Join anytime.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Jan 7, 2020	21	1:30 PM	3:30 PM	\$2 Each	Northern Community Centre	10114

Christmas Cheer

Knitted & crocheted items made for donations to our local Christmas Cheer depot. Yarn is supplied. Join!

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	Jan 8, 2020	21	10:30 AM	12:00 PM	FREE	Drop-In Centre	10412

Comfort Dolls

Join this group of creative volunteers to knit, crochet or stuff dolls. Projects are donated to the Sault Area Hospital Volunteer Resource Centre. Bring a set of 4.5 mm needles.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Jan 20, 2020	1	1:00 PM	4:00 PM	FREE	Drop-In Centre	10419
M	Feb 24, 2020	1	1:00 PM	4:00 PM	FREE	Drop-In Centre	10419
M	Mar 16 2020	1	1:00 PM	4:00 PM	FREE	Drop-In Centre	10419
M	Apr 20, 2020	1	1:00 PM	4:00 PM	FREE	Drop-In Centre	10419
M	May 25 2020	1	1:00 PM	4:00 PM	FREE	Drop-In Centre	10419

Hug a Tree, Knit a Scarf

Knit or crochet scarfs in various colours and sizes. These scarfs will hug a tree at the Clerque Park Outdoor Skating Path. Yarn is supplies. Bring your needles.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	Jan 30, 2020	1	1:00 PM	3:00 PM	FREE	Drop-In Centre	10452
Th	Feb 27, 2020	1	1:00 PM	3:00 PM	FREE	Drop-In Centre	10452
Th	Mar 27, 2020	1	1:00 PM	3:00 PM	FREE	Drop-In Centre	10452
Th	Apr 23, 202	1	1:00 PM	3:00 PM	FREE	Drop-In Centre	10452

Sweedish Weaving "Runner"**Instructor: Lefave, Anna**

You will learn basic Swedish weaving skills while you make a lovely table runner.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Feb 18, 2020	3	10:30 AM	12:30 PM	\$ 23	Northern Community Centre	10440

Neddlework, Hand Knit Socks**Instructor: Breathat, Bev**

Learn to knit a beautiful pair of socks. Knitting knowledge is necessary.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	May 6, 2020	4	1:30 PM	3:30 PM	\$ 8	Northern Community Centre	10399

Sewing

Sewing Class "Rollup Needle/Crochet Case"

Instructor: Loubert, Shirley

Learn to sew a roll up needle/crochet case custom to your own crafting items. This case is suitable for paint brushes as well. Sewn on a sewing machine.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	Apr 8, 2020	1	11:00 AM	3:30 PM	\$ 7	Northern Community Centre	10438

Sewing "Aprons"

Instructor: Brethat, Bev

Aprons are always a popular sewing craft. Make one for every season or everyday. Join Bev in completing this project.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	May 5, 2020	1	10:30 AM	4:00 PM	\$ 7	Drop-In Centre	10388

Sewing Class "Tote"

Instructor: Loubert, Shirley

Learn to sew a simple unique tote. This project is sewn on a sewing machine.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	May 5, 2020	1	11:00 AM	3:30 PM	\$ 7	Northern Community Centre	10443

Sewing Class, "Tri-coloured Placemats"

Instructor: Christie, Donna

Learn to sew 3 coloured placemats that will freshen up any kitchen. Sewn on a sewing machine.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	May 13, 2020	1	11:00 AM	3:30 PM	\$ 7	Northern Community Centre	10398

Sewing, 15 Minute Reversible Purse

Instructor: Beaudry, Dianne

Learn to sew a clutch purse in 15 minutes. This purse is reversible and sewn on a sewing machine. The instructor will show you a variety of ways to embellish your purse.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	May 14, 2020	1	12:30 PM	3:00 PM	\$ 7	Northern Community Centre	10523

Sewing Class, BBQ Apron

Instructor: Brethat, Bev

Learn to sew a BBQ apron suitable for anyone. Sewn on a sewing machine.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	May 21, 2020	1	11:00 AM	3:30 PM	\$ 7	Northern Community Centre	10400

PAINTING

Open Painting

This group works on individual projects. Ideas and conversation are shared with one another. Bring your own supplies. There is no instructor.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	Jan 2, 2020	22	10:30 AM	12:30 PM	\$ 2	Northern Community Centre	10111
W	Jan 8, 2020	21	10:15 AM	12:15 PM	\$ 2	Drop-In Centre	10420

ACRLYIC PAINTING

Acrylics/Oils "Landscape-Sky" with Taimi

Instructor: Poldmaa, Taimi

Advance and develop your personal style with tools and skill-building exercises. Techniques and color mixing will be used to paint your "landscape sky". Acrylic/Oil experience required.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Jan 10, 2020	6	10:15 AM	12:15 PM	\$ 63	Drop-In Centre	10497

Acrylic Painting "Trees with Snow"

Instructor: Pollari, Tiana

Paint a winter scene of snow covered trees. This course is great for the beginner. Let's get painting!

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Jan 28, 2020	1	1:00 PM	4:00 PM	\$ 13	Drop-In Centre	10115

Acrylic Painting Class "Bunny Rabbit Face"

Instructor: Payne, Dianne

Paint a wooden bunny rabbit to hang on your door. No painting experience necessary.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	Mar 11, 2020	1	10:30 AM	3:00 PM	\$ 12	Northern Community Centre	10458

Acrylic Painted Wooden Rabbit

Instructor: Payne, Dianne

This painted bunny can be hung on your front door. Easy to paint, no painting experience required.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	Mar 18, 2020	1	10:30 AM	3:30 PM	\$ 12	Drop-In Centre	10533

Acrylic Painting "Spring Flower with Bonnet"

Instructor: Pollari, Tiana

Get into the spring season spirit with Tiana and Chris as they guide you through the steps of this fun and easy painting.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Mar 24, 2020	1	1:00 PM	4:00 PM	\$ 13	Drop-In Centre	10116

Painting Acrylic/Oil "Landscape Grass/Wildflowers"

Instructor: Poldmaa, Taimi

Advance and develop your personal style with tools and skill building exercises. Technique , colour mixing, painting grasses and wildflowers will be our focus.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Apr 3, 2020	6	10:15 AM	12:15 PM	\$ 63	Drop-In Centre	10501

Acrylic Painting - Dirty Pour Painting Class

Instructor: Jones, Marilyn

Using acrylic paints learn pouring techniques to create a unique modern piece of artwork. This is a fun class!

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Apr 28, 2020	1	11:00 AM	3:00 PM	\$ 8	Northern Community Centre	10504
Tu	May 26, 2020	1	11:00 AM	3:00 PM	\$ 8	Northern Community Centre	10505

Acrylic Painting "Spring Balcony"

Instructor: Lalonde, Ann

Paint your "Spring Balcony" with cascading flowers on an 11 x 14 canvas. Basic painting knowledge is necessary.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	May 6, 2020	4	1:30 PM	3:30 PM	\$ 12	Drop-In Centre	10450
Th	May 7, 2020	4	10:30 AM	12:30 PM	\$ 12	Northern Community Centre	10094

Acrylic Painting "Waterfall"

Instructor: Pollari, Tiana

Learn quick and easy step-by-step instructions to paint your waterfall project.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	May 19, 2020	1	1:00 PM	4:00 PM	\$ 13	Drop-In Centre	10117

WATERCOLOURS

<u>Watercolours with Nora</u>						Instructor: Harrison, Nora	
Learn watercolour painting tips and techniques from an experienced artist. This class is for beginners or those who would like to refresh their watercolour painting skills.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Apr 27, 2020	2	10:30 AM	12:30 PM	\$ 8	Northern Community Centre	10528

<u>Watercolours with Marilyn</u>						Instructor: Mills, Marilyn	
Paint a bright colourful painting with leaves, a bird and branches. Learn a variety of techniques while completing your project.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	May 5, 2020	4	1:30 PM	4:30 PM	\$ 43	Drop-In Centre	10132

Oil Painting

<u>Oil Painting Class "Northern Lights"</u>						Instructor: Lefave, Anna	
Learn step-by-step how to paint the Northern Lights as seen in our great Canadian wilderness.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Jan 21, 2020	4	1:30 PM	4:00 PM	\$ 20	Northern Community Centre	10379

<u>Oil Painting Class "Autumn Path"</u>						Instructor: Lefave, Anna	
Using oil paints, learn step-by-step how to paint an autumn path landscape.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Feb 18, 2020	4	1:30 PM	4:00 PM	\$ 20	Northern Community Centre	10394

<u>Oil Painting "Northern Lights" A.S.L. Interpreter Provided</u>						Instructor: Lefave, Anna	
Learn step-by-step how to paint the Northern Nights as seen in our great Canadian wilderness. An A.S.L. interpreter will be on hand to assist as needed. Created using oil paints. Join the fun!							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	Feb 27, 2020	3	1:30 PM	5:00 PM	\$ 20	Northern Community Centre	10525

<u>Oil Painting Class- Techniques</u>						Instructor: Lefave, Anna	
Learn a variety of oil painting techniques; rocks, skies, clouds & trees etc. This art class is intended for beginners or those who want to refresh their painting skills.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Mar 17, 2020	4	1:30 PM	4:00 PM	\$ 20	Northern Community Centre	10380

ART & DRAWING

<u>Drawing and Painting a Portrait For Beginners</u>						Instructor: Poldmaa, Taimi	
Using drawing principles of shading and proportion create an accurate portrait with coloured pencils and watercolour pencils.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Jan 13, 2020	6	10:15 AM	12:15 PM	\$ 63	Drop-In Centre	10496

<u>Art Class, "Perspective"</u>						Instructor: Harrison, Nora	
Discover how to create perspective in your artwork. This is a great class for budding artists or those who need a refresher.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Mar 23, 2020	2	10:30 AM	12:30 PM	\$ 8	Northern Community Centre	10529

<u>Portrait Made Easy for Beginners</u>						Instructor: Johns, Melanie	
Learn how to make portraits accurate using proper proportions of the face, facial features and shading.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	Apr 2, 2020	4	10:30 AM	12:30 PM	\$ 23	Drop-In Centre	10509

<u>Drawing/Painting "Animals"</u>						Instructor: Poldmaa, Taimi	
Using drawing principles of shading and proportion, create an accurate animal portrait with coloured pencils and watercolour pencils.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Apr 6, 2020	6	10:15 AM	12:15 PM	\$ 63	Drop-In Centre	10500

Crafts

Wood Bee Carvers

Join this group & work independently on individual projects. Newcomers welcome. Bring own supplies.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Jan 6, 2020	21	7:00 PM	9:00 PM	FREE	Drop-In Centre	10389

Paper Quilling "Butterfly"

Instructor: Lefave, Anna

Learn the art of paper quilling. In this class you will learn how to make a beautiful butterfly. All supplies are included in the cost. A different butterfly project will be taught at each class.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	Feb 6, 2020	1	10:30 AM	3:30 PM	\$ 20	Drop-In Centre	10511
Th	Feb 20, 2020	1	11:00 AM	3:00 PM	\$ 20	Northern Community Centre	10396

Jewelry Class

Instructor: Pollari, Tiana

Come and learn how to make a pendant, a pair of earrings and a ring. All supplies are included. Gemstones, beads and use of tools.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
T	Feb 11, 2020	1	1:30 PM	3:30 PM	\$13	Drop-In Centre	10544

Silk Screening

Instructor: Sachro, Nancy

On day one, paint on fabric and create a faux silk screen. On day two, cut, sew and quilt a table runner/wall hanging piece. Extra fee of \$5 payable to the instructor.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W Th	Feb 19, 2020	2	10:30 AM	4:00 PM	\$ 10	Drop-In Centre	10462

Paper Quilling "Cameo"

Instructor: Lefave, Anna

Learn the art of paper quilling. In this class you will learn how to make a cameo. A different cameo project will be taught at each class.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	Mar 12, 2020	1	10:30 AM	3:30 PM	\$ 23	Drop-In Centre	10512
Th	Mar 19, 2020	1	11:00 AM	3:00 PM	\$ 23	Northern Community Centre	10397

Fused Glass Workshop					Instructor: Runge, Tiffany		
Create a stunning fused glass dragonfly, butterfly or owl. Size approximately 5"-6" tall or wide. Hang in a window/wall or use it as a paperweight. All supplies included. No glass cutting involved.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Mar 30, 2020	1	1:30 PM	3:30 PM	\$ 21	Drop-In Centre	10389

Beaded Dragonfly					Instructor: Grant-Rose, Jean		
Dragonflies are special to many people. Join Jean as she guides you through completing a brooch or hanging dragonfly.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	Apr 15, 2020	1	1:00 PM	4:00 PM	\$ 7	Drop-In Centre	10499

Creative Memories Photo Scrapbooking					Instructor: Clark, Lanny		
A great beginners or experienced photo scrapbooker's class. Learn various ways to protect your photos. Pens and cutting tools are supplies. Don't forget your photos.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Apr 21, 2020	1	10:30 AM	4:00 PM	\$ 15	Drop-In Centre	10494
Tu	May 19, 2020	1	10:30 AM	4:00 PM	\$ 15	Drop-In Centre	10495
Tu	June 16, 2020	1	10:30 AM	3:00 PM	\$ 15	Drop-In Centre	10514

Vision Board Workshop					Instructor: Piraino, Mary		
Join us for a fun-filled afternoon, creating your own Vision Board. Feel free to bring your own pictures/photos of friends/family to add to your board.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	May 7, 2020	1	1:30 PM	4:30 PM	\$ 13	Drop-In Centre	10508

CARDS

Fun Cards							
A variety of games are played each week including Lucky 13, Blind Golf and Hand& Foot. Enjoy this social afternoon with friends.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	Jan 2, 2020	22	2:00 PM	4:00 PM	\$2 each	Drop-In Centre	10416

Hand & Foot

This group meets Fridays to play the card game called Hand & Foot.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Jan 3, 2020	21	1:45 PM	4:00 PM	\$2 each	Drop-In Centre	10418

Texas Hold Em

Instructor: Carr, Gayle

Come out and play this popular card game with fellow enthusiasts.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M W	Jan 6, 2020	20	10:30 AM	12:30 PM	\$2 Each	Northern Community Centre	10084

Contract Bridge

This game called "Contract" Bridge is played weekly at both Centres.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Jan 6, 2020	18	1:00 PM	3:30 PM	\$2 Each	Northern Community Centre	10087
W	Jan 8, 2020	21	1:00 PM	3:00 PM	\$2 Each	Drop-In Centre	10409
F	Jan 3, 2020	21	1:00 PM	3:30 PM	\$2 Each	Drop-In Centre	10411

French Card Club

This French Club meets Mondays for cards and fellowship. Meetings take place throughout the year. There is a nominal fee for coffee/tea.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Jan 6, 2020	23	1:00 PM	3:00 PM	FREE	Drop-In Centre	10467

Tuesday Cards

A variety of games are played each week including 500 and Cribbage. Enjoy this social afternoon with friends.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Jan 7, 2020	21	1:00 PM	3:00 PM	\$2 each	Drop-In Centre	10421

"500"

Instructor: Frees, Linda

Enjoy an evening of card play hosted by Club 235. Cash prizes are awarded to top players. A light snack is served and the doors open at 6:00 PM. A \$5 club membership is required to participate. Join anytime.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	Jan 8, 2020	19	6:30 PM	9:30 PM	\$4 Each	Northern Community Centre	10088

Bridge Lessons

Instructor: Bruce Richmond

Learn how to bid, defend and play Bridge, with concentration on playing defense. To join the lesson, participants need to know the basic of playing bridge, participants will also need to buy the book Defense In The 21st Century by Auorey Grant from the instructor. The book costs \$20.00.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	Jan 9, 2020	21	10:15 AM	12:00 PM	\$2 Each	Drop-In Centre	10485

Beginners Contract Bridge

Instructor: Stasiuk, Marilyn

This Contract Bridge class is for players who have not played the game before or those who need a refresher.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Jan 20, 2020	4	10:30 AM	12:30 PM	\$2 Each	Northern Community Centre	10139

Omaha

Instructor: Banks, Richard

Play Omaha with fellow enthusiasts. You need to know how to play the game. This group meets monthly.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Jan 24, 2020	1	1:30 PM	3:30 PM	\$2	Northern Community Centre	10086
F	Feb 21, 2020	1	1:30 PM	3:30 PM	\$2	Northern Community Centre	10086
F	Mar 20, 2020	1	1:30 PM	3:30 PM	\$2	Northern Community Centre	10086
F	Apr 24, 2020	1	1:30 PM	3:30 PM	\$2	Northern Community Centre	10086
F	May 22 2020	1	1:30 PM	3:30 PM	\$2	Northern Community Centre	10086

Cribbage

Enjoy the afternoon playing Cribbage with friends. Bring a partner or join a table.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Feb 3, 2020	14	1:30 PM	3:30 PM	\$2 Each	Northern Community Centre	10539

COOKING CLASSES

Community Kitchen Cooking Workshops

Instructor: Algoma Family Services

Together with friends you will; cook a delicious meal, bring home food portions for yourself and your family. Learn about nutritious, healthy, quick meals. Strengthen your budget and meal planning skills.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Jan 14, 2020	1	1:30 PM	4:30 PM	\$ 5	Northern Community Centre	10134
Tu	Feb 11, 2020	1	1:30 PM	4:30 PM	\$ 5	Northern Community Centre	10135
Tu	Mar 10, 2020	1	1:30 PM	4:30 PM	\$ 5	Northern Community Centre	10136
Tu	Apr 14, 2020	1	1:30 PM	4:30 PM	\$ 5	Northern Community Centre	10137
Tu	May 12, 2020	1	1:30 PM	4:30 PM	\$ 5	Northern Community Centre	10138

Cooking "Everything Chocolate"

Instructor: Bishop, Cathie

Who doesn't like chocolate? Chocolate will be the main ingredient in these recipes. Taste testing to follow.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Feb 10, 2020	1	1:30 PM	2:30 PM	\$ 7	Drop-In Centre	10391

Kitchen Explorers - Cooking Club

This group meets weekly to share recipes, cooking tips & techniques and enjoy potluck luncheons together. Whether you are a cook or want to be chef, everyone is welcome to join this group.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	Feb 12, 2020	32	11:00 AM	12:30 PM	\$2 Each	Northern Community Centre	10459

Cooking, Authentic Indian Tea					Instructor: Singh, Jitender		
Learn to make a delicious cup of authentic Indian tea.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	Apr 1, 2020	1	11:00 AM	12:00 PM	\$ 2 Each	Northern Community Centre	10424

Cooking "Cinnamon Buns, Biscuits, Rolls"					Instructor: Bishop, Cathie		
Making the dough! Great recipes to share and taste test.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Apr 6, 2020	1	1:30 PM	2:30 PM	\$ 7	Drop-In Centre	10392

Cooking "Hamburger, Hamburger and Potato Puff"					Instructor: Bishop, Cathie		
BBQ season is upon us. Learn some new hamburger recipes, and get cooking.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	May 25, 2020	1	1:30 PM	2:30 PM	\$ 7	Drop-In Centre	10393

Health & Wellness

WELLNESS WEDNESDAYS – HEALTH FAIRS							
Join us monthly to learn about services for those who are 55 years of age and older. Listen to guest speakers present on topics relevant to health and wellness. Ask questions, learn about services in the Algoma region or sign up for programs. Door prize and light refreshments provided.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	
W	Jan 22, 2020	1	12:30 AM	2:30 PM	FREE	Drop-In Centre	
W	Feb 26, 2020	1	10:30 AM	12:30 PM	FREE	Northern Community Centre	
W	Mar 25, 2020	1	12:30 AM	2:30 PM	FREE	Drop-In Centre	
W	Apr 22, 2020	1	10:30 AM	12:30 PM	FREE	Northern Community Centre	
W	May 27, 2020	1	12:30 AM	2:30 PM	FREE	Drop-In Centre	
W	June 24, 2020	1	10:30 AM	12:30 PM	FREE	Northern Community Centre	

Blood Pressure Clinic

Get your blood pressure reading. Free, no sign up required. First Monday of the month at Drop In Centre and the first Wednesday of the month at Northern Community Centre.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location
M	Jan 6, 2020	1	1:00 PM	2:30 PM	FREE	Drop-In Centre
M	Feb 3, 2020	1	1:00 PM	2:30 PM	FREE	Drop-In Centre
W	Feb 5, 2020	1	11:30 AM	1:00 PM	FREE	Northern Community Centre
M	Mar 2, 2020	1	1:00 PM	2:30 PM	FREE	Drop-In Centre
W	Mar 4, 2020	1	11:30 AM	1:00 PM	FREE	Northern Community Centre
M	Apr 6, 2020	1	1:00 PM	2:30 PM	FREE	Drop-In Centre
W	Apr 8, 2020	1	11:30 AM	1:00 PM	FREE	Northern Community Centre
M	May 4, 2020	1	1:00 PM	2:30 PM	FREE	Drop-In Centre
W	May 6, 2020	1	11:30 AM	1:00 PM	FREE	Northern Community Centre

Bayshore Foot Clinic

Call to book an appointment to have your feet cleaned and checked by Bayshore Health Care. Fourth Tuesday of the month. Appointment is required. Fee is \$50.00 as per organization.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location
T	Jan 28, 2020	1	2:00 PM	4:00 PM	\$50	Drop-In Centre
T	Feb 25, 2020	1	2:00 PM	4:00 PM	\$50	Drop-In Centre
T	Mar 24, 2020	1	2:00 PM	4:00 PM	\$50	Drop-In Centre
T	Apr 28, 2020	1	2:00 PM	4:00 PM	\$50	Drop-In Centre
T	May 26, 2020	1	2:00 PM	4:00 PM	\$50	Drop-In Centre

Education

Technology with David "Android Phones"

Instructor: Euale, David

Bring your fully charged android cell phone to this small class and learn tips and tricks to use it more effectively.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Jan 17, 2020	1	11:00 AM	12:00 PM	FREE	Northern Community Centre	10474

Talk, Fishing Tips & Facts with John						Instructor: Giuliani, John	
Guest speaker John Giuliani is a professional angler and guide who has explored the Algoma wilderness region and countryside extensively. Join in on the conversation as he discusses fishing tips & facts. Register in advance.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	Jan 23, 2020	1	11:00 AM	12:30 PM	FREE	Northern Community Centre	10498

Technology with David "Iphone"						Instructor: Euale, David	
Bring your fully charged iPhone to this small class and learn basic tips & tricks to better use your phone.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Jan 24, 2020	1	11:00 AM	12:00 PM	FREE	Northern Community Centre	10475

Technology with David "Android Tablet"						Instructor: Euale, David	
Bring your fully charged android tablet to this small class and learn tips & tricks to use it more effectively.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Jan 31, 2020	1	11:00 AM	12:00 PM	FREE	Northern Community Centre	10476

Technology with David "Iphone Tips & Tricks"						Instructor: Euale, David	
Bring your fully charged iPhone to this small class and learn tips & tricks to use your cell phone more effectively.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Feb 7, 2020	1	11:00 AM	12:00 PM	FREE	Northern Community Centre	10477

Technology with David "Podcasts & E-books"						Instructor: Euale, David	
Bring your fully charged tablet or smart phone and learn how to access podcasts and e-books.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Feb 14, 2020	1	11:00 AM	12:00 PM	FREE	Northern Community Centre	10478

Technology with David "Snap Chat"						Instructor: Euale, David	
Bring your fully charged tablet or smart phone and learn how to use "snap chat".							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Feb 21, 2020	1	11:00 AM	12:00 PM	FREE	Northern Community Centre	10479

<u>Learn Basic Punjabi</u>					Instructor: Singh, Jitender		
Punjabi is spoken in India and around the world. In this beginners class you will learn the basics of the Punjabi language. Everyone is welcome.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Feb 24, 2020	5	11:00 AM	12:00 PM	\$ 10	Northern Community Centre	10423

<u>Technology with David "Tweet Tweet Tweet"</u>					Instructor: Euale, David		
Bring your fully charged tablet or smart phone and learn how to "tweet".							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Feb 28, 2020	1	11:00 AM	12:00 PM	FREE	Northern Community Centre	10480

<u>Technology with David "Pinterest"</u>					Instructor: Euale, David		
Bring your fully charged smart phone or tablet and learn how to use "Pinterest".							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Mar 6, 2020	1	11:00 AM	12:00 PM	FREE	Northern Community Centre	10481

<u>Technology with Davide "Internet Safety"</u>					Instructor: Euale, David		
Learn ways to stay safe while using the internet.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Mar 13, 2020	1	11:00 AM	12:00 PM	FREE	Northern Community Centre	10482

<u>Technology with David "Android Tablet Basics"</u>					Instructor: Euale, David		
Bring your fully charged android tablet to this small class and learn how to use it more efficiently. Beginners are welcome.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Mar 20, 2020	1	11:00 AM	12:00 PM	FREE	Northern Community Centre	10483

<u>Technology with David "Ipad Basics"</u>					Instructor: Euale, David		
Bring your fully charged Ipad and learn ways to use it more efficiently. Beginners are welcome.							
Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Mar 27, 2020	1	11:00 AM	12:00 PM	FREE	Northern Community Centre	10484

Bear Wise - Ministry of Natural Resources Talk

Instructor: Ministry of Natural Resources Staff

We live in a black bear ecological zone, if you are not bear wise now you will be after participating in this Bear Wise talk. Staff from the Ministry of Natural Resources & Forestry will be on hand to discuss black bear education. Register in advance.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	May 11, 2020	1	11:00 AM	12:30 PM	FREE	Northern Community Centre	10507

Savvy Seniors Book Chat

Instructor: Graham-Thompson, Jennifer

A representative from the Sault Ste. Marie Public Library will be hosting a book chat for all seniors. A great way to share your favourite book, poem or movie.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Jan 28, 2020	1	2:30 PM	3:30 PM	FREE	Drop-In Centre	10460
Tu	Feb 25, 2020	1	2:30 PM	3:30 PM	FREE	Drop-In Centre	10460
Tu	Mar 31, 2020	1	2:30 PM	3:30 PM	FREE	Drop-In Centre	10460
Tu	Apr 28, 2020	1	2:30 PM	3:30 PM	FREE	Drop-In Centre	10460
Tu	May 26 2020	1	2:30 PM	3:30 PM	FREE	Drop-In Centre	10460

Luncheons

Soup & Sandwich Luncheon

Join us each month for a delicious hearty bowl of soup and choice of sandwich served with dessert, coffee or tea. The menu changes monthly and is posted at the service desk. Bring your knitting/crochet supplies and visit with friends after lunch.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Jan 21, 2020	1	12:30 PM	1:30 PM	\$ 6	Northern Community Centre	10403
Tu	Feb 18, 2020	1	12:30 PM	1:30 PM	\$ 6	Northern Community Centre	10402
Tu	Mar 17, 2020	1	12:30 PM	1:30 PM	\$ 6	Northern Community Centre	10404
Tu	Apr 21, 2020	1	12:30 PM	1:30 PM	\$ 6	Northern Community Centre	10405
Tu	May 19, 2020	1	12:30 PM	1:30 PM	\$ 6	Northern Community Centre	10406

Noon Lunch at The Drop-In Centre

Join us each Wednesday and Friday for a delicious lunch. Watch for some new menu options.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location
W/ F	Jan 8, 2020	21	12:00 PM	1:30 PM	\$ 6	Drop-In Centre

Texas Hold Em Potluck Luncheon

Play Texas Hold 'em at 10:30 AM and enjoy a potluck luncheon at 12:30 PM. Bring a hot or cold food item to share.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	Feb 12, 2020	1	12:30 PM	2:30 PM	FREE	Northern Community Centre	10435

Circle of Friends Potluck Luncheon

Bring your crochet and knitting project and visit with friends after you have enjoyed a delicious potluck luncheon. Bring a hot or cold food item.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	Feb 27, 2020	1	12:30 PM	3:30 PM	FREE	Northern Community Centre	10436

Washer Toss Potluck Luncheon

Bring a hot or cold food item to share, followed by washer toss on the indoor turf.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Feb 24, 2020	1	12:00 PM	1:30 PM	FREE	Northern Community Centre	10535

Japanese Bunka Potluck Luncheon

Enjoy a delicious potluck luncheon and view pieces of Japanese Bunka needlework. Bring a hot or cold food item.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	Mar 13, 2020	1	12:30 PM	2:30 PM	FREE	Northern Community Centre	10437

BINGO

Kiwanis Bingo

Play 12 games of bingo and a chance to win cash prizes. A light snack will be provided.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Feb 24, 2020	2	1:00 PM	4:00 PM	FREE	Drop-In Centre	10486

Bingo

Bingo is offered at both the Northern Community Centre and the Drop In Centre. There is nominal fee for coffee/tea. Cash prizes to be won. No registration required.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location
W	Jan 8, 2020	1	1:30 PM	3:00 PM	Per Card	Drop-In Centre
W	Jan 15, 2020	1	1:15 PM	3:30 PM	Per Card	Northern Community Centre
W	Jan 22, 2020	1	1:30 PM	3:00 PM	Per Card	Drop-In Centre
W	Feb 12, 2020	1	1:30 PM	3:00 PM	Per Card	Drop-In Centre
W	Feb 19, 2020	1	1:15 PM	3:30 PM	Per Card	Northern Community Centre
W	Feb 26, 2020	1	1:30 PM	3:00 PM	Per Card	Drop-In Centre
W	Mar 4, 2020	1	1:15 PM	3:30 PM	Per Card	Northern Community Centre
W	Mar 11, 2020	1	1:30 PM	3:00 PM	Per Card	Drop-In Centre
W	Mar 18, 2020	1	1:15 PM	3:30 PM	Per Card	Northern Community Centre
W	Mar 25, 2020	1	1:30 PM	3:00 PM	Per Card	Drop-In Centre
W	Apr 1, 2020	1	1:15 PM	3:30 PM	Per Card	Northern Community Centre
W	Apr 8, 2020	1	1:30 PM	3:00 PM	Per Card	Drop-In Centre
W	Apr 15, 2020	1	1:15 PM	3:30 PM	Per Card	Northern Community Centre
W	Apr 22, 2020	1	1:30 PM	3:00 PM	Per Card	Drop-In Centre
W	May 6, 2020	1	1:15 PM	3:30 PM	Per Card	Northern Community Centre
W	May 13, 2020	1	1:30 PM	3:00 PM	Per Card	Drop-In Centre
W	May 20, 2020	1	1:15 PM	3:30 PM	Per Card	Northern Community Centre
W	May 27, 2020	1	1:30 PM	3:00 PM	Per Card	Drop-In Centre

SPECIAL EVENTS & OUTINGS

Dinner Dance "King and Queen"

Come dressed as a King or Queen (Red/White/Black) colors! Dinner is sloppy joes, salads and dessert. Music to follow.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	Feb 3, 2020	1	5:30 PM	10:00 PM	\$ 15	Drop-In Centre	10466

Bon Soo Brunch & Card Party

Enjoy a hearty breakfast style brunch at 11:00 AM followed by an afternoon of cards with friends. Cash prizes awarded to top players. Wear red & white to show your Bon Soo spirit! Sponsored by Club 235.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	Feb 5, 2020	2	11:00 AM	3:00 PM	\$ 10	Northern Community Centre	10502

Gilbertson's Pancake House - Bus Trip

Enjoy a pancake breakfast at Gilbertson's Pancake House on beautiful St. Joseph's Island. The trip home will include a short tour of the Island. Register early as seating is limited. Breakfast is not included in the registration fee.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	Mar 11, 2020	1	10:00 AM	3:00 PM	\$ 25	Northern Community Centre	10513

Line Dance Social

All Level of line dancers are welcome to this event. Refreshments provided.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	Mar 18, 2020	1	12:45 PM	4:00 PM	\$ 2	Drop-In Centre	10493

Darts Social

Dart players come together for pizza! Darts games to follow.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Mar 24, 2020	1	5:30 PM	7:00 PM	Free	Drop-In Centre	10488

Cards & Pizza with Friends

Various card games to be played. Bring a foursome or join a table. Enjoy free pizza and beverages. Cash prizes awarded to top players. \$2 at the door. Sponsored by Club 235.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
W	Mar 25, 2020	1	2:00 PM	5:30 PM	\$2 Each	Northern Community Centre	10503

Pickleball Pot Luck Dinner

Get together with friends over social time, participants will bring a hot or cold dish item to share. Pickleball games will resume after dinner.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Tu	Apr 21, 2020	1	4:00 PM	6:00 PM	FREE	Drop-In Centre	10489

Spring Tea Party

Spring is right around the corner, celebrate with us! Enjoy pickles, finger sandwiches, and dessert with friends. Coffee and tea provided.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
F	May 1, 2020	1	12:30 PM	2:30 PM	\$ 6	Northern Community Centre	10441

Apron Strings Luncheon with Guest

Instructor: Brason - Lediett, Myril Lynn

Myril-Lynn will be here to speak on the history of the apron. Hear a poem and view some aprons on display. Lunch will be served following the talk.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
M	May 11, 2020	1	12:00 PM	2:00 PM	\$ 6	Drop-In Centre	10429

How Does "Our" Garden Grow

Join us for a BBQ followed by weeding, planting and painting in our garden boxes.

Days	Start Date	# of Weeks	Start Time	End Time	Fee	Location	Barcode
Th	May 28, 2020	1	12:00 PM	2:00 PM	\$ 7	Drop-In Centre	10469

ACTIVE 55 +

Active Living Centre Locations:

Drop-In Centre

619 Bay Street

Sault Ste. Marie ON P6A 5X5

705.254.6474

Northern Community Centre

556 Goulais Avenue

Sault Ste. Marie ON P6C 5A7

705.759.5377



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