



**SAULT
STE. MARIE**

ACTIVE 55+

SPRING 2023



NORTHERN COMMUNITY CENTRE

556 GOULAIS AVE
705.759.5377

**REGISTRATION
OPENS
WEDNESDAY
MARCH 29
10:00 AM**

BAY STREET ACTIVE LIVING CENTRE

619 BAY STREET
705.254.6474

PICTURE INCLUDES:

QUILT CLUB

This group meets Tuesdays @ 1:30-3:30 PM at the Northern Community Centre. The group is sponsored by Seniors Club 235. In this photo they are working on a recent project.

CHECK OUT
WHAT IS NEW
THIS SPRING

Classes run from Monday April 3 to Friday June 30 unless otherwise noted. No Classes on Friday April 7, Monday April 10 or Monday May 22 as both Centres are closed for holidays. Schedule is subject to change. Visit www.saultstemarie.ca/active55plus for up to date changes.

How to Register: Registration for spring programs begins on Wednesday March 29, 2023. Programs start the week of April 3. Registration is required for all Active 55+ Programs

All registration opens at 10:00 AM. You may choose to come in person, online or by phone.

In Person:

Bay Street Active Living Centre
(619 Bay Street)

Northern Community Centre 55+
(556 Goulais Ave)

Online:

<https://saultstemarie.ca/active55activities>

By Phone:

Bay Street Active Living Centre:
705-254-6474

Northern Community Centre 55+:
705-759-5377

Payment: Payment is due upon registration. Methods include credit card, debit, cash or cheque.

Cancelations: You will be contacted when a program is cancelled and receive a full refund to you directly.

Email List: To receive our Active55+ booklet by email or have your email removed from our list, please call 705-254-6474. You can email us at anytime at active55@cityssm.on.ca

Personal Water Bottle: Please bring your own water bottle to refill at our filtered water stations.

Thera Resistance Bands: Resistance bands can be purchased at the service desk for \$4 each.

New Public Walking Track at the NCC:

This space is free and all ages are welcome. No registration is required to walk. Please wear clean shoes. Open during building hours (Mon-Fri from 8:30 AM—4:30 PM)

Virtual Programs: Programs that are available through Zoom, now have ONE dedicated Zoom number for each Centre. No passcode is required.

Bay Street Active Living Centre:
621 655 4895

Northern Community Centre:
222 137 7398

Fitness

55+ Indoor Walking: This program is restricted to 55+ only. Single indoor turf is available Mondays and Thursdays. Bring a clean pair of indoor shoes to wear as outdoor shoes are not permitted. **All levels.**

Active 55+ Running Group: Run on the indoor turf. Showers and change rooms are available Mondays, Wednesdays & Fridays. Registration is mandatory. **All levels.**

Nordic Walking: Join this group for a full-body workout in the great outdoors! Take the stress off your knees, hips and back with the use of Nordic poles. Take part in body-weight exercises to strengthen your core, arms, and shoulders. Nordic poles are available for use. **All levels.**

For-Ever Dance: Get your body moving in this fun up-beat class. Featuring Zumba and Bollywood-inspired songs with fresh rhythms from around the world and across the decades. **Intermediate Level.**

DrumFit: Find your beat with this fun and innovative cardio-drumming workout! This class can be done from a seated or standing position. **All levels.**

Stretch & Strengthening: This class features a gentle total body workout using resistance bands and light weights. Modifications are available. **Beginner Level.**

Functional Fitness: Enhance activities in your daily life with the use of stretching and breathing exercises. Learn proper alignment with strength training to improve range of motion, balance, and coordination. Standing or seated exercises. Once registered, weekly choice of zoom or in-person option available. **All levels.**

Seniors Maintaining Active Roles Together (SMART):

A gentle fitness program designed for people aged 55+. This class teaches you ways to stay active and maintain your independence. **All levels.**

SMART—French Speaking: A French speaking instructor teaches this class over zoom. Registration is required through VON. Please call (705) 254-6474 for more details. **All levels.**

Walking “Pole” Dancing: It's not what you think! Bring your walking poles (or borrow ours) to this aerobic fitness class for a change of pace and great time. **All levels.**

Active 55+ Benefits of Bone Fitness (osteoporosis):

Help achieve good bone health. There will be a focus on standing balance, building strength, and core stability. Some exercises will be done from the floor. For the first class, there is a brief pre-assessment for those who are interested and a tutorial on how to get down to the floor and back up safely. April 5 (first class) is pre-assessment day & May 31 (last class) is post-assessment day. **All levels.**

A Form of Tai Chi: This class is inspired by the ancient Chinese martial art form by using a series of movements performed in a slow, focused manner. Join the practice to improve balance, strength, memory, flexibility and overall mood. **All Levels.**

Gentle Yoga: This class uses a gentle approach to stretching the body to increase flexibility. Modifications for chair-based practice can be made. Mats, blocks, and straps are available. To make your practice more comfortable bring your own small cushion or blanket. Zoom option . **All levels.**

Fitness

Gentle Yoga: This class uses a gentle approach to stretching the body to increase flexibility. Modifications for chair-based practice can be made. Mats, blocks, and straps are available. To make your practice more comfortable bring your own small cushion or blanket. Zoom option. **All levels.**

Yoga For Aging Gracefully: This class aims to help you improve your flexibility while focusing on strength and balance. Zoom option available. **All levels.**

Intermediate Yoga Tuesdays: Practice postures to align, strengthen and promote flexibility. **Intermediate level.**

Yoga for Vitality: Help connect your body and mind using breath work, physical postures and meditation. Mats, blocks, and straps are available. To make your practice more comfortable bring your own small cushion or blanket. Zoom option available. **All levels.**

Intermediate Yoga for Vitality: This class is designed for experienced practitioners who would like to challenge their strength and flexibility through more intense yoga sequences. Zoom option. **Intermediate-Advanced level.**

Gentle Chair Yoga: While seated or standing, learn ways to breathe, stretch and tone your body. Zoom option available. **All levels.**

Program	Instructor	Day	Start	Weeks	Time	Location	Fee	Code
DrumFit	Eileen	Wed	Apr 12	3	1:30—2:15 PM	NCC	\$9	18320
			May 2	5			\$15	18321
			Jun 7	4			\$12	18322
For-EVER Dance	Ildiko	Fri	Apr 14	3	11:30 AM– 12:30 PM	BALC	\$30	18584
			May 5	4			\$40	18585
			Jun 2	5			\$50	18586
Functional Fitness	Eileen	Tue/Th	Apr 6	4	1:30– 2:15 PM	NCC	\$21	18335
			May 2	5			\$27	18394
			Jun 1	5			\$27	18395
Benefits of Bone Fitness	Ainsley	Wed	Apr 5	9	1:30—2:30 PM	NCC	\$27	18537
VON “SMART” Fitness: “Seniors Maintaining Active Roles Together”	Nicole (VON)	Tue/Fri	Apr 4	13	12:30-1:15 PM	NCC	Free	18332
VON Fitness Class: French	Linda (VON)	Tue	Apr 4	4	11:00 AM—12:00	BALC	Free	18612

Fitness

Program	Instructor	Day	Start	Weeks	Time	Location	Fee	Code
Stretch & Strength Zoom Only	Ainsley	Tue	Apr 4	4	9:15—10:00 AM	Online	\$12	18339
			May 3	5			\$15	18397
			Jun 7	4			\$12	18398
A Form of Tai Chi	Donna/Jan	Mon/Fri	Apr 3	12	10:30 AM– 12:00 PM	BALC	\$2 Drop-In	18403
Yoga For Vitality	Shirling	Mon	Apr 3	3	10:30—11:30 AM	BALC	\$30	18565
			May 1	4			\$40	18604
			Jun 5	4			\$40	18605
Yoga for Vitality Intermediate	Shirling/Vicki	Wed	Apr 5	4	10:30 -11:30 AM	BALC	\$40	18550
			May3	5			\$50	18551
			Jun 7	4			\$40	18552
Gentle Yoga	Denise	Tue	Apr 4	4	10:30-11:3– AM	NCC	\$40	17885
			May2	5			\$50	17886
			Jun 6	4			\$40	17887
Yoga for Aging Gracefully	Vicki/Shirling	Thu	Apr 6	4	10:30—11:30 AM	BALC	\$40	18581
			May 5	4			\$40	18582
			Jun 1	5			\$50	18583
Gentle Chair Yoga	Shirling	Wed	Apr 5	4	1:30 –2:30 PM	BALC	\$40	18556
			May 3	5			\$50	18557
			Jun 7	4			\$40	18558
Intermediate Yoga Tuesdays	Vicki/Shirling	Tue	Apr 4	4	10:30—11:30 AM	BALC	\$40	18606
			May 2	5			\$50	18607
			Jun 6	4			\$40	18608
Active 55+ Running Group		M/W/F	Apr 3	4	7:30 –8:30 AM	NCC Turf	\$30	18526
Nordic Walking	Ainsley	Tue	Apr 4	4	2:30—3:30 PM	NCC Turf	\$15	18544
Indoor Walking		Mon/Th	Apr 3	4	1:00—3:00 PM	NCC Turf	Free	18100

Music & Dance

Line Dancing: Join this country and western style class. Dancers line up in rows following the leader’s steps. Learn the steps during the first hour—followed by open line dancing for all levels.

Bay Street Jam Session: Join us for an afternoon of music. Bring your own: instrument (required), amplifier (if needed), music stand, and your repertoire if you have one. All levels.

Ukulele: Learn how to play this Hawaiian instrument in a group setting. Bring your own ukulele if you have one or the instructor can loan one out! Summer student Nick will take over in May.

Piano Group Lessons: Have you always wanted to learn to play piano but never had a chance? Learn to read notes, play chords and simple songs. Lesson are in a small group setting.

Piano Lessons: One-on-one lessons on an upright piano. Beginner levels through to grade 8 piano. To reserve your 30 minute time slot please call the Northern Community Centre (705) 759-5377.

Program	Instructor	Day	Start	Weeks	Time	Location	Fee	Code	
Line Dancing No class May 18	Joan Walls	Thu	Apr 6	4	12:30—3:30 PM	BALC	\$12	18399	
			May 4	3			\$9	18400	
Bay Street Jam Session	Rudy Bes	Wed	Apr 5	13	1:30-4:00 PM	BALC	\$2 Drop -in	18319	
Ukulele	David Zub	Thu	Apr 6	13	1:00—2:00 PM	NCC	\$2 Drop -in	18273	
Piano (Individual Lessons)	Kathy Seppala	Tue	Apr 4	4	12:45– 4:15 PM	NCC	\$7/class	18345	
			May 2	5				18346	
			Jun 6	2				18347	
Piano (Individual Lessons)	Kathy Seppala	Fri	Apr 14	3	1:30—4:15 PM	NCC	\$7/class	18349	
			May 5	4				18350	
			Jun 2	3				18351	
Learn To Play Piano (Group Lessons)	Kathy Seppala	Wed	Apr 5	4	1:30—3:00 PM	BALC`	\$8	18310	
			May 3	5				\$10	18311
			Jun 7	4				\$8	18312

Book Chats

Novel Book Club: This group of avid readers meets monthly to review and discuss books. The reading list is created as a group every September. Guided discussion from 1:30-2:30 PM with an optional open discussion 2:30-3:00 PM

Novel Book Club Books:
 April: Vanity Fair (Author: William Makepeace Thackeray)
 May: Etta & Otto & Russell & James (Author: Emma Hooper)
 June: The Screwtape Letters (Author: C.S. Lewis)

Savvy Book Chat: Do you love having your nose in a book? This group is for you! Come our monthly to discuss books, poems, authors and more.

Program	Day	Start	Weeks	Time	Location	Fee	Code
Novel Book Club	Tue	Apr 18	1	1:30—3:00 PM	NCC	\$2 Drop-In	17839
		May 23	1				
		June 20	1				
Savvy Book Chat	Tue	Apr 25	1	2:30-3:30 PM	BALC	\$2 Drop-In	18303
		May 30					18304

Clubs & Hobbies

Bird Watching: This small group meets to engage in activities such as birding, studying bird habitat and making bird feeders for the community. Everyone welcome. Times and days will vary. Schedule to be provided in May. Guest speakers from Kensington Conservancy and Sault Naturalist.

French Club: This group meets weekly to play card games. Rejoignez le Plaisir.

Outdoor Gardening: Do you have a green thumb? Join us daily to weed, water and take care of garden beds.

HAM Radio: This amateur HAM radio group meets in person weekly and is looking for new members—everyone is welcome.

Clubs & Hobbies

Program	Day	Start	Weeks	Time	Location	Fee	Code
Bird Watching	Mon	May 29	14	9:00—11:00 AM	NCC	Free	18613
French Club	Mon	Apr 3	13	1:00-3:00 PM	BALC	\$2 Drop-In	18277
Ham Radio	Thu	Apr 6	13	1:00 3:00 PM	BALC	\$2 Drop-In	18283
Outdoor Gardening	Daily	Jun 1	13	10:00 AM	BALC	Free	18549

Culinary

Cooking with Karen: Join Karen as she demonstrates fun, easy to make recipes. Zoom only.

Italian Wine Making In Ontario: Tim will review how the wine styles of Appassimento, Ripasso, and Recioto started in Ontario. He will tell us what they are, where they are made, and how to get them. Learn suggestions for different wine and food pairings.

Cooking with Summer Students: Join our summer students as they share some of their favourite recipes.

Program	Day	Start	Weeks	Time	Location	Fee	Code
Cooking With Karen (Zoom Only) Quesadillas	Mon	Apr 24	1	11:00 AM	Zoom	\$8	18402
Italian Wine Making in Ontario Education Session	Mon	May 8	1	11:00 AM	BALC	\$2	18616
Cooking With Karen (Zoom Only) Greek Turkey Burgers	Mon	May 15	1	11:00 AM	Zoom	\$8	18609
Cooking with our Summer Students	Tue	Jun 6	4	11:00 AM	BALC	\$5	18601

Crafts

Wood Bee Carvers: This group of wood carvers meets weekly. Bring your own tools/wood and other supplies. Everyone is welcome.

Paper Quilling: This technique is an art form that involves the use of strips of paper that are rolled, shaped and glued together to create a design. All supplies are included. Bring a paper bag lunch and water bottle.

Photo Scrapbooking: Create pages full of your memorable photos to add to your photobook. Bring your own photos. Tools and other materials available.

Pyrography: This technique is also called wood burning. Decorate wood using a pyrography pen to create art on a piece of wood. Pyrography pens are available to borrow. Bring your own piece of wood or wooden item to work on.

Sharing, Caring, and Having Fun: Socialize and work on group projects that are donated to local charities.

Paper Craft: Create unique effects and fun animated caricatures using paper rolls. You will be shocked at all the fun you can have! Everyone is welcome.

Beaded Earrings: Take part and learn how to make unique, handmade jewelry. There are 3 styles of earrings to choose from.

Beaded Bracelet/Anklet: Make a bracelet/anklet for yourself or someone else. Choose from a large variety of beads and bling and have fun creating.

Crafts

Program	Instructor	Day	Start	Weeks	Time	Location	Fee	Code
Wood Bee Carvers		Tue	Apr 4	13	6:30 -8:30 PM	BALC	\$2 Drop-In	18279
Pyrography (Wood Burning)	Anna LeFave	Thu	Apr 13	1	10:30 AM– 4:00 PM	NCC	\$20	18385
			May 18	1				18390
			Jun 8	1				18391
Pyrography (Wood Burning)	Anna LeFave	Thu	Apr 20	1	10:30 AM– 4:00 PM	BALC	\$20	18532
			May 25	1				18533
			Jun 15	1				18540
Felt Spring Wreath	Nancy Jacques	Mon	Apr 17	1	1:00–4:00 PM	BALC	\$12	18548
Beaded Bracelet/Anklet	Tiana Pollari	Thu	Apr 27	1	1:00-3:30 PM	BALC	\$12	18407
Beaded Earrings	Tiana Pollari	Thu	May 11	1	1:00–3:00 PM	BALC	\$12	18408
Paper Quilling	Anna LeFave	Wed	Apr 5	1	10:30 AM–4:00 PM	BALC	\$20	18530
		Tue	May 23	1				18534
		Wed	Jun 28	1				18541
Paper Quilling	Anna LeFave	Thu	Apr 6	1	10:30 AM–4:00 PM	NCC	\$20	18383
		Tue	May 16	1				18387
		Tue	Jun 29	1				18393
Paper Craft	Nora Harrison	Fri	May 12	1	12:30 PM– 3:30 PM	NCC	\$5	18623
Photo Scrapbooking	Lanny Clark	Tue	Apr 18	1	10:30 AM–4:00 PM	BALC	\$15 Plus Sup- plies	18357
			May 16	1				18358
			Jun 20	1				18359
Sharing, Caring & Having Fun	Barb Perry (R.W.T.O)	Thu	Apr 13	1	10:30 AM–12:30 PM	NCC	\$2 Drop -In	18341
May 11	1							
Jun 8	1							

Needlecraft

Swedish Weaving and Knitting:

Working with monk's cloth you will create beautiful table runners, afghans and more. This group meets weekly.

Japanese Bunka: Discover this beautiful form of embroidery and share ideas and patterns. Bring your own supplies; the instructor can assist with information on where to find supplies.

Traditional Hand Rug Hooking:

Working with woven material you can make coasters, rugs, and wall hangings. This group meets bi-weekly.

Felt Spring Wreath: This spring wreath kit is ready to be put together. Once completed hang it on your door.

Circle of Friends: Bring your needlework and supplies while enjoying a social atmosphere. This group meets weekly.

Christmas Cheer and Crochet: This group of volunteers to knit or crochet mitts, hats, sweaters and more. The items are donated to the Christmas Cheer Depot. Yarn is provided. Bring your favourite pattern to work on.

Comfort Dolls: Join this group to knit comfort dolls. The pattern and yarn is provided. If you can't knit, come and help stuff or sew up the dolls. These dolls are donated to the Sault Area Hospital.

Program	Instructors	Day	Start	Weeks	Time	Location	Fee	Code
Swedish Weaving & Knitting		Mon	Apr 3	13	1:00—3:00 PM	BALC	\$2 Drop-In Plus Supplies	18278
Circle Of Friends		Mon	Apr 3	13	1:30-3:30 PM	NCC	\$2 Drop-In	18342
Traditional Hand Rug Hooking	Betty Currie	Tue	Apr 4 Apr 18 May 2 May 16 Jun 13 Jun 27	1	10:30 AM—12:00 PM	BALC	\$2 Drop-In	18287
Christmas Cheer & Crochet		Wed	Apr 5	13	10:15 AM—12:15 PM	BALC	\$2 Drop In Plus Supplies	18280
Japanese Bunka	Anna Lefave	Fri	Apr 14	12	10:30 AM—12:30 PM	NCC	\$2 Drop-In	18271
Comfort Dolls	Velma McClelland	Mon	Apr 24 May 29 Jun 26	1 1 1	1:00—3:00 PM	BALC	Free	18344

Quilting & Sewing

Wanna Be Quilters: This group meets weekly to work on individual projects. This is a great program for those wanting to learn the basics of quilting.

Quilt as You Go Mat: Not sure what to do with your extra strips of material? Sign up and find out!

Comfort Quilts: This group meets monthly to create quilts for local charities. Everyone is welcome.

Quilt Class “Mystery Row”: Learn several different quilting techniques as you complete this quilt. This class is suitable for a confident intermediate /experienced quilter. This is a closed course.

Intergenerational Crafting Community: Join Miranda from Thinking Rock Community Arts. Explore the textile traditions of Algoma while co-creating collaborative art projects (including some big community quilts). Consider themes of mending and interweaving in art, life, and community. No experience needed and everyone is welcome!

Quilted Bird House Wall Hanging: Spring...the birds are back to nest in their cute houses. Just in time for spring season, sew and quilt a cheery bird house with birds to create a small wall quilt or table runner.

Appliqué : This group meets the first Thursday of the month and are looking for new members. Share ideas and creations, enjoy the odd group challenge, and learn a new technique. Bring a basic sewing kit and scrap fabric.

Hand Quilting & Antique Repair (Quilt Club): This group of avid quilters meets every Tuesday afternoon to work on quilting projects together. Sponsored by Club 235.

Program	Instructor	Day	Start	Weeks	Time	Location	Fee	Code
Hand Quilting & Antique Quilt Repair	Quilt Club	Tue	Apr 4	13	1:30—3:30 PM	NCC	Free	18343
Appliqué	Sandra Marshall	Thu	Apr 6 May 4 Jun 1	3	10:00 AM –3:00 PM	NCC	\$2 Drop-In	18270
Wanna Be Quilters		Thu	Apr 6	13	10:30 AM– 12:15 PM	BALC	\$2 Drop-In	18282
Quilt As You Go	Nicole Oliver/ Sue Kutvonen	Tue	Apr 18	1	10:30 AM-4:00PM	BALC	\$7 plus supplies	18307
Quilted Bird House Wall Hanging	Nancy Sachro	Fri	Apr 14	1	10:30 AM-4:00PM	BALC	\$7 plus supplies	18355
Comfort Quilts	Susan Kainula	Wed	Apr 26 May 24	1 1	10:30 AM-3:30 PM	BALC	\$2 Drop-In	18290

Quilting & Sewing

Intergenerational Crafting Community	Miranda Bouchard	Fri	Apr 28	1	2:00-4:00 PM	NCC	Free	18664
	Thinking Rock		Jun 23	1				
Quilt Class “Mystery Row”	Susan Kainula	Fri	Apr 28	1	10:15 AM—4:00 PM	BALC	\$7 plus supplies	18570

Painting

Open Painting: All mediums of painting are welcome. Bring your own supplies to this group and work independently on your project

Painting Landscapes “Beaches”:

Using acrylic or oils, you will be painting the landscape with a focus on the beach—water, sand, rocks, driftwood & grasses. Previous painting experience required. Supplies not provided.

Acrylic Painting—Flowers:

Bring on spring and all the flowers! Using acrylic or oil mediums, paint spring flowers using a variety of shapes and colours. Beginners are welcome!

Watercolours Class: Learn the basics of watercolour techniques. This painting is called “Door Series”. Study and paint a different door each class. Supplies included.

Painting Still Life: Using acrylic or oils, you will study several still life set ups like fruit, flowers in vases and other objects. Previous painting experience required.

Acrylic Painting—Canada Day

Plaque: You will learn step by step how to complete this project. Some knowledge in painting is required.

Watercolour Techniques: Learn different watercolour painting techniques.

Acrylic Painting—Landscapes:

Using acrylics or oils and an emphasis on composition, paint a sky dominant and land dominant piece. Previous painting experience required. Supplies not provided.

Alcohol Inks: Learn alcohol ink painting techniques as you create a vivid and bright piece of art on ceramic tiles. Supplies included.

Painting

Program	Instructor	Day	Start	Weeks	Time	Location	Fee	Code
Painting Landscapes "Beaches"	Taimi Poldmaa	Tue	Apr 4	4	10:00 AM-12:00 PM	NCC	\$80 Plus Supplies	18298
Open Painting		Wed	Apr 5	12	10:15 AM-12:00 PM	BALC	\$2 Drop-in	18281
Open Painting		Thu	Apr 6	13	10:30 AM—12:30 PM	NCC	\$2 Drop-in	18272
Painting Still Life	Taimi Poldmaa	Th	Apr 6	4	10:00 AM– 12:00 PM	BALC	\$80 Plus Supplies	18293
Watercolour Class: Door Series	Anna Lefave	Wed	Apr 12	1	10:30 AM—1:30 PM	BALC	\$20	18538
			May 24	1				18535
			Jun 14	1				18539
Watercolour Class: Door Series	Anna Lefave	Mon Wed Wed	Apr 17	1	10:30 AM—1:30 PM	NCC	\$20	18386
			May 17	1				18388
			Jun 7	1				18389
Watercolour Techniques	Nora Ann Harrison	Fri	Apr 14	2	12:30 – 3:30 PM	NCC	\$7 Plus Supplies	18619
Acrylic Painting: Landscape	Taimi Poldmaa	Tue	May 16	4	10:00 AM-12:00 PM	NCC	\$80 Plus Supplies	18299
Acrylic Painting: Flowers	Taimi Poldmaa	Thu	May 11	4	10:00 AM-12:00 PM	BALC	\$80 Plus Supplies	18294
Acrylic Painting: Canada Day Plaque	Ann LaLonde	Thu	Jun 8	3	10:15 AM– 12:15 PM	BALC	\$6	18566
Alcohol Inks Class	Anna Lefave	Wed	Jun 21	1	10:30 AM—1:30 PM	BALC	\$20	18542
Alcohol Inks Class	Anna Lefave	Thu	Jun 22	1	10:30 AM—12:30 PM	NCC	\$20	18392

Health & Wellness

Laughter Yoga: This class combines laughter exercises with yoga breathing techniques.

Drumming Circle:

This meditative drumming circle meets weekly with the direction of our experienced lead drummer. There are numerous positive benefits of a drumming circle along with great social interaction.

Collaborative Care Algoma

“Advance Care Planning”:

Learn how Early Resource Nurses can support you in facilitating advanced care conversations, through education and presentations on advance care planning, and navigating the healthcare system as well as end-of-life planning.

Mindfulness for the Daily Life: This program is offered virtually on Zoom. Anne will discuss how to take care of yourself with kindness and explore simple practices that can be used in every day life. New participants are welcome.

Workshop Series—Stress Management:

Lead by Angela E. Davey—owner of Superior Coaching and Wellness Solutions, this four week workshop will touch upon the topics of Self-Care, Confidence & Gratitude, Forgiveness & Social Connection and Rituals & Mindset.

Healing Herbs from your Garden:

Learn the many safe healing uses of your garden herbs. Look at plants that have been used since the beginning of time to bring about natural healing.

Social Chat Group: Enjoy your Wednesday afternoons chatting with other adults 55+ and summer students. Have friendly conversation, jokes and laughs.

Health & Wellness Talk: Certified Natural Health Practitioner, Tammy Watts will be discussing how we as individuals can achieve vitality. Learn from someone who has been in the industry for over 30 years.

Lifestyle Talk—How to be Healthy at 100:

Explore the secrets of living a long healthy life. Discuss how food, lifestyle and community life play a crucial role in maintaining a youthful vibrancy.

Fitness Talk - How to choose the fitness program for you :

Owner of Superior Coaching and Wellness, Angela E. Davey will explain different types of exercise that you will benefit from and the contradictions you should be aware of before starting a new program.

Health & Wellness

Program	Instructor	Day	Start	Weeks	Time	Location	Fee	Code	
Laughter Yoga	Allyne Lenard	Mon	Apr 3	3	2:00—2:30 PM	BALC	\$15	18305	
			May 1	4				18306	
			Jun 6	4				18614	
Stress Management Workshop	Angela E. Davey	Wed	Apr 5	4	11:00 AM— 12:00 PM	BALC	\$30	18384	
Mindfulness for the Daily Life	Anne O'Connor	Fri	Apr 14	3	10:00—11:00 AM	BALC	\$6	18295	
			May 5	4				\$8	18297
			Jun 2	5				\$10	18296
Health And Wellness Talk Achieving Vitality Through Nutrition	Tammy Watts	Mon	Apr 17	1	11:00 AM	BALC	Free	18288	
		Tue	Apr 18	1	6:00 PM			18289	
Lifestyle Talk: How To Be Healthy at 100	Janet Christmas RH, RHN	Mon	Apr 17	1	1:30 PM	BALC	\$2	18396	
Collaborative Care Algoma “Advanced Care Planning”	Tracy Byron RN Alisha Kreutzweiser RN	Wed	Apr 26	1	2:00 PM	BALC	Free	18348	
			May 31	1				18353	
			Jun 28	1				18354	
Herbal First Aid Talk: Healing Herbs From Your Garden	Janet Christmas Registered Therapeutic Herbalist	Mon	May 15	1	1:00—3:00 PM	BALC	\$2	18591	
Fitness Talk: How to Choose Fitness Programs for You	Angela E. Davey	Wed	Jun 7	1	11:00 AM—12:00 PM	BALC	\$4	18611	
Social Chat Group	Summer Students	Wed	Jun 7	12	1:30—3:00 PM	BALC	Free	18602	
Drumming Circle	Bonnie Baranski	Wed	Apr 5	4	10:30 –11:30 AM	BALC	\$20	18300	
			May 3	5				\$25	18301

Sports

Ping Pong: Also known as table tennis, this racquet sport is a great way to challenge your hand-eye coordination. Drop-in anytime.

All levels.

Ping Pong Tournament: Register Early for this free, fun tournament. 55+ players versus the summer students. Bring your lucky paddle or borrow one of ours. Everyone welcome! **All levels.**

Darts: This social group meets weekly where players bare-handedly throw small sharp pointed missiles (darts) at a round target dart board. Bring your own darts.

All levels.

Soccer: Get your heart rate up while you kick a ball around the indoor turf. **All levels.**

Shuffleboard: Join this social game played on floor courts. Register to reserve your spot for this drop-in program. **All levels.**

Snooker: Show us your sharp shooting skills in this cue sport. If you like playing any type of billiards you might like this game too!

All levels.

Washer Toss: Get more washers into your target box than your opponent in this fun, social yard game that can be enjoyed by two or four players. **All levels.**

Carpet Bowling: This fun team game can be enjoyed in doors. Try your bowling skills and see how close you can get to the “jack”. **All levels.**

Learn to Play Pickleball: Take this opportunity to learn to play the fastest growing sport around, on our indoor court! Equipment is available. **Beginner level.**

Outdoor Pickleball Tournament: Play in the First Annual Outdoor Tournament for 55+ players. This is an all levels fun & social competition where laughs and friendships are at the core of the tournament. Call us for more Information (705)254-6474.

All levels.

Intergenerational Bocce

Tournament: This time honored Italian bowling game has been played for centuries around the world! Come play on the indoor turf. All ages are welcome.

All levels.

Model Aircraft Flyers: Fly your own electric powered model aircraft on the indoor turf. Your aircraft may not exceed a wing span greater than 40 inches.

Outdoor Pickleball: Play social Pickleball on the outdoor courts at Elliot Sports Complex. The washrooms and water fountain will be available. Equipment on hand to borrow. Note: Wednesday group is mainly French speaking—everyone is welcome. **All levels.**

Indoor Pickleball: Want to join the fastest growing sport in North America? Play social Pickleball on our indoor court. Beginners welcome! **All levels.**

Sports

Program	Day	Start	Weeks	Time	Location	Fee	Code
Ping Pong	Weekdays	Apr 3	12	10:00 AM—4:00 PM	NCC	Free	
Ping Pong Tournament	Thu	May 25	1	2:00-4:00 PM	NCC	Free	18615
		Jun 22	1				
Snooker	Weekdays	Apr 3	13	10:15 AM—4:30 PM	BALC	\$2	18406
Snooker (Evenings)	Tue	Apr 4	12	5:00 – 8:30 PM	BALC	\$2	18406
	Thu						
Washer Toss	Mon	Apr 3	11	1:00—3:00 PM	NCC Turf	\$2	18264
International Bocce Tournament	Tue	Apr 4	1	10:00 AM– 12:00 PM	NCC	\$2	18266
		May 2	1				
		Jun 6	1				
Model Aircraft Flyers	Tue	Apr 4	13	1:00—3:00 PM	NCC Turf	\$2	18267
Darts	Tue	Apr 4	13	7:00 PM—8:30 PM	BALC	\$2	18405
Soccer	Thu	Apr 6	13	1:00—3:30 PM	NCC Turf	\$2	18269
Shuffleboard	Fri	Apr 14	11	1:30—3:30 PM	BALC	\$2	18409
Carpet Bowling	Mon	Apr 3	11	2:30—4:00 PM	BALC	\$2	18380
Outdoor Pickleball	Mon	Jun 5	11	9:30 AM– 12:00 PM	Elliot Sports Complex	Free	18381
	Wed	Jun 7	11				18382
Outdoor Pickleball Tournament	Wed	Jun 14	1	TBA	Elliot Sports Complex	\$10	18547
Indoor Pickleball	Tue/Th	Apr 4	13	4:00—8:00 PM	BALC	\$2	18378
Learn To Play Pickleball	Tue	Apr 4	4	2:30—4:00 PM	BALC	\$8	18595
		May 2	5				18596
		Jun 6	4				18593

Tech Time: One-on-one tech help; 30 mins sessions with our summer students. Bring your fully charged device, pen and paper. Call (705) 759-5377 to book your appointment.

Technology

Program	Day	Start	Weeks	Time	Location	Fee
Tech Time	Mon	Jun 5	12	Please call for a time	NCC	Free

Special Events

Senior Singers Luncheon: Enjoy a sandwich, desert and coffee/tea followed by a concert by the famous Singer Singers. Cost is \$15.00. Register in advance.

Enjoy an Evening of Music, Storytelling & Magic: Local artists Frank & Frank will provide music and storytelling followed by Magic and Illusion with local Illusionist, Ryan McFarling.
 Tickets: \$30.00 (2 slices of pizza. Coffee/tea and charcuterie cup).
 Cash bar (beer, red & white wine).
 Register early.

Twin Cities Traditional Hand Rug Luncheon: Learn about rug hooking while you view a variety of hooked projects and enjoy lunch with friends. A “grab & take” wool fabric table will be available to get your started on your own hooking project.

Event	Day	Start	Weeks	Time	Location	Fee	Code
Senior Singers Luncheon	Wed	May 17	1	12:30 PM Lunch: 1:00 PM Concert: 2:00—3:00PM	BALC	\$15	18592
Enjoy an Evening of Music, Storytelling & Magic	Fri	Jun 2	1	Doors Open: 6:00 PM Show Starts: 7:00 PM	BALC	\$30	18594
Twin Cities Traditional Hand Rug Hooking Luncheon	Tue	Jun 13	1	11:00 AM	BALC	\$10	18622

Games

We are “Board”: Join us for an afternoon of games & social conversation (Pictionary, Scattergories, Trivial Pursuit, Mad Libs, etc.). Everyone is welcome and we teach you how to play.

Board Games/Giant Games:
The Summer Students are back! Join in and play various games like Connect Four, Sequence, Ring Toss, and much more!

Bingo: Join in for an afternoon of fun. Register in advance.

Program	Day	Start	Weeks	Time	Location	Fee	Code
We Are “Board”	Fri	Apr 28	1	1:30-2:30 PM	NCC	Free	18379
		May 26	1				
		Jun 23	1				
Bingo	Wed	Apr 5	1	1:30-3:30 PM	BALC	\$2 Drop-In	18314
		May 3	1				18315
		Jun 21	1				18318
Bingo	Th	Apr 20	1	10:30 AM—12:30 PM	NCC	\$2 Drop-In	18329
		May 18	1				18330
		Jun 15	1				18331
Kiwanis Bingo	Wed	June 7	1	1:00 PM	BALC	Free	18291
Board Games/Giant Games	Th	Jun 8	12	2:00-4:00 PM	BALC	\$2 Drop-In	18603

Cards

Contract Bridge: Practice your card trickery skills for a afternoon.

Fun Cards: Come down to socialize while you play various card games such as Lucky 13, Canasta, and Hand and Foot.

Bid-Euchre: Don't be the loner— "play the loner" with other card playing fanatics for an afternoon of cards. There is a \$2.00 Drop-In fee and a \$2.00 fee to the card convener of Club 235.

Texas Hold'em: Join the most played poker game in the world!

Competitive Bridge: This group meets every Friday to play. A bridge partner is always guaranteed. All levels welcome. Newcomers get their first 10 games free.

500: Use your trick-taking skills to be the first to reach 500 in this fun and strategic card game.

Intergenerational Cribbage

Tournament: Register and play cribbage with fellow enthusiasts. No age restriction. Prizes awarded to top players. Doors open at 5:30 PM, card play starts at 6:00-8:00PM. Drop-in fee plus \$10.00 to Club 235 at the door. This program is sponsored by Club 235.

Program	Day	Start	Weeks	Time	Location	Fee	Code
Cards, Cards & More Cards	Tue	Apr 4	13	1:00-3:00 PM	BALC	\$2 Drop-In	18308
Competitive Bridge	Fri	Apr 7	12	12:30-4:00 PM	BALC	\$4 Drop-In	18309
Texas Hold'em	Wed	Apr 5	13	10:30 AM– 12:30 PM	NCC	\$2 Drop-In	18326
500	Wed	Apr 5	13	1:30-4:00 PM	NCC	\$4 Drop-In	18327
Fun Cards	Th	Apr 6	13	2:00—4:00 PM	BALC	\$2 Drop-In	18284
Contact Bridge	Fri	Apr 14	12	1:00—3:00 PM	BALC	\$2 Drop-In	18313
Bid Euchre	Fri	Apr 14	12	1:30-4:00 PM	BALC	\$2 Drop-In \$2 to play	18328
Intergenerational Cribbage Tournament	Th	Apr 13 Apr 27 May 11 May 25 Jun 8 Jun 22	1 1 1 1 1 1	5:30—8:30 PM	BALC	\$2 Drop-In \$10 at door	18275

Noon Lunch

Program	Day	Start	Weeks	Time	Location	Fee
Vegetable Soup Grilled Cheese Sandwich	Fri	May 5	1	12:00—1:30 PM	BALC	\$7
Wedding Soup Ham & Cheese Sandwich	Fri	May 12	1	12:00—1:30 PM	BALC	\$7
Chicken Noodle Soup Egg Salad Sandwich	Fri	May 19	1	12:00—1:30 PM	BALC	\$7
Cream of Potato Soup Tuna Sandwich	Fri	May 26	1	12:00—1:30 PM	BALC	\$7

BBQ Fridays

Program	Day	Start	Weeks	Time	Location	Fee
Jumbo Hot Dog Salad & Bag of Chips	Fri	June 2	1	12:00—1:30 PM	BALC	\$7
Hamburger Salad & Fruit Cup	Fri	Jun 9	1	12:00—1:30 PM	BALC	\$7
Sausage Salad & Cookie	Fri	Jun 16	1	12:00—1:30 PM	BALC	\$7
Jumbo Hot Dog Salad & Bag of Popcorn	Fri	Jun 23	1	12:00—1:30 PM	BALC	\$7
Hamburger Salad & Ice Cream Bar	Fri	Jun 30	1	12:00—1:30 PM	BALC	\$7

Bay Street Active Living Centre
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Northern Community Centre 55+
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