

Active 55+

Bay Street Active Living Centre
Northern Community Centre 55+

Printed August 20



**SAULT
STE. MARIE**

Ontario



Active 55+ Recreation Guide

Fall 2024

PROGRAM REGISTRATION

TUESDAY SEPTEMBER 3RD, 2024 10:00AM

Doors will open at 9:00 am on registration day.

ONLINE:

View and register for programs online at

<https://saultstemarie.ca/active55activities>

Or scan this QR code:



IN PERSON OR BY PHONE:

Bay Street Active Living Centre (BALC)

619 Bay St

(705) 254 - 6474

Northern Community Centre 55+ (NCC)

556 Goulais Ave

(705) 759 - 5377

PHONE:

Please note - leaving a message will not guarantee you a spot in a program. You must speak to a staff member and pay to ensure you are registered. Phone calls are returned in the order they are received.

Please note the day of registration is very busy and we may not be able to attend to the phone. It is recommended to register in person or online.

Note: Registrants can only register themselves and household members

Fees and Important Information

REFUNDS

When refunds are approved, they will be issued to your original payment method or onto your ActiveNET account to be used towards another program.

ZOOM

BALC: 621 655 4895

*Please note that Zoom is only available if stated.

PAY AS YOU GO FEES

Our 2024 Pay As You Go Fee is \$2.50. In the activity charts it is called **\$2.50 PAYG**. This means that each time you attend a PAYG program, you pay \$2.50.

To save money, purchase one of our quick passes and receive a discount on the 10 or 25 pass cards! The more you buy the more you save!

PAY AS YOU GO - QUICK PASSES

Pay As You Go Passes	Discount	Total Price	Discounted Price	Savings
Buy 25	Save 25%	\$62.50	\$47.00	\$15.62
Buy 10	Save 15%	\$25.00	\$21.25	\$3.75

OH No! You CANCELLED IT?

Sometimes, excellent courses are cancelled due to low registration. Please register early to avoid disappointment

VOLUNTEER JOBS

Volunteers assist in the operation of many programs, classes, special events and the daily operations at our Active 55+ sites. Ask the front desk how you can contribute/volunteer.

PARKING

Parking at the Bay Street Active Living Centre is located at the rear of the building, off of Russ Ramsay Way.

Parking at the front of the building is not available. Those spots are reserved for our neighbouring tenants.

CANCELLATIONS

You will be contacted when a program is cancelled.

Program Highlights

from spring & summer



Silver Paddle Society



Forever Fabulous Fashion Show



Tye Dying Class



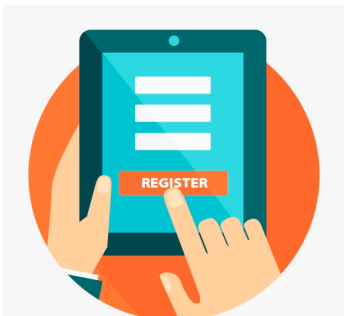
Fashion Show Tea

Fall Welcome Message

As we bid farewell to summer and welcome the golden hues of fall, it is our pleasure to introduce you to our eagerly anticipated Fall 55+ Activity Program Guide. This season, we've curated an exciting array of events, programs and classes designed with you in mind, offering opportunities for enrichment, engagement, and enjoyment.

We're not only excited to showcase numerous activities we have planned for you within our centers but to encourage you to explore cultural experiences we are offering this Fall throughout the community. After dedicated efforts by our staff over the summer, we've expanded our offerings to ensure there's something for everyone to enjoy. Take your time to peruse through the guide and discover your favorites and meet us on registration day to ensure you don't miss out!

Welcome back for fall! Let's embrace this vibrant season together, sharing laughter, learning, and creating unforgettable memories.



Online Registration Help

Don't miss out on any Active 55+ programs! Join us on **Monday August 26 at BALC 10:00 am - 11:30 am** or **Tuesday August 27 at NCC 10:30 am - 12:00 pm** to learn and practice how to register online for Active 55+ programs. Please bring the device you will be using to register. We will walk you through each step so you feel confident on the day of registration!

Active 55+ Fall Closures

National Day For Truth And Reconciliation- Monday September 30

Thanksgiving Day - Monday October 14

Remembrance Day - Monday November 11

Holiday Closure - Monday December 23 - Friday December 27



Level	Fitness Program Intensity Guide
Low Intensity	<ul style="list-style-type: none"> • Suitable for beginners or those with limited mobility. • Focuses on gentle movements and light resistance. Movements are seated or standing with optional support.
Moderate Intensity	<ul style="list-style-type: none"> • Involves standing periods without support and breaks as needed. • Increases heart rate and breathing rate moderately. Provides a balance of challenge and safety.
High Intensity	<ul style="list-style-type: none"> • Requires consistent standing movements for 45-60 minutes. • Ability to move in all directions and incorporates more complex movements. • Involves faster paced movements significantly increasing heart rate and breathing.
All Abilities	<ul style="list-style-type: none"> • Accommodates varying fitness levels and physical capabilities, ensuring everyone feels valued and supported. • Offers adjustments or advancements tailored to each participant's fitness level. Whether someone is a beginner or more experienced, the program provides options to ensure everyone can participate safely and effectively.

55+ Women's Strength: Using light dumbbells and bodyweight exercises, this class focuses on building strength, improving balance, and increasing overall fitness in a supportive environment. Equipment is provided. **Moderate to High Intensity.**

Restorative Yoga: This gentle practice involves passive poses held for several minutes, supported by props like bolsters and blankets to promote deep relaxation and restore the body's natural balance. Ideal for reducing stress, calming the nervous system, and improving flexibility. Equipment provided. **Moderate Intensity.**

Body Tools to Easy Pain: Take control over your body's response to pain. Learn how stress and pain are connected and body tools to practice shifting out of the chronic pain response. **Low Intensity.**

Chronic Pain Management: Learn and gain tools to manage chronic pain effectively focusing on targeted areas of the body prone to discomfort. Topics include 1. Pain Management Techniques, 2. Back Care, 3. Leg and Foot Care, and 4. Shoulder and Neck Care. Each session combines information with guided movements and self-massage exercises aimed to alleviate pain and improve quality of life. **Low Intensity.**

Cardio LIIT/HIIT: This class offers a mix of Low Intensity Interval Training or High Intensity Interval Training to match your fitness level. Alternate between exercise and rest for an effective workout that boosts metabolism and delivers lasting benefits. **Moderate to High Intensity.**

Body Tools to Ease Stress & Anxiety: Work with your body instead of being at the mercy of habitual responses to stress and anxiety. You will learn from a Registered Occupational Therapist how to use easy body and mind-based tools in response to stress and help you relax. **Low Intensity.**

DANCEPL3Y: This mixed-style, interactive dance class uses simple moves and fun music, designed to get you to “sweat happy.” Movements are performed standing and moving in different directions. No dance experience necessary! **Moderate to High Intensity.**

DrumFit: Find your beat in this drumming workout! Drum Fit is a great music-infused social fitness program that encourages participants to move together to a beat using drum sticks and an inflatable ball. **All Abilities.**

Accessible DrumFit: This modified version of our DrumFit class is for individuals with mobility and vision impairments. This seated workout combines music and movement with drumsticks and an inflatable ball using guided instruction and tactile cues in a supportive environment. It's a fun and social way to improve mobility, coordination, and rhythm. Equipment provided. **Low Intensity.**

Drumming Circle: Enjoy the numerous benefits and fun social interaction of our weekly meditative drumming group. Follow the lead of our experienced drummer and join the rhythm! **All Abilities.**

Wise Weights: Strengthen, tone, and center your body with this unique full-body workout combining strength training with weights and exercise bands. **Moderate Intensity.**

Gentle Mat Pilates: Strengthen your core, improve flexibility, and enhance well-being with low-impact exercises. Focus on controlled movements, core engagement, and mindful breathing for a rejuvenating experience. Equipment provided. **Low to Moderate Intensity.**

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. **All Abilities.**

Learn to Line Dance: Dancer's line up in rows following and learning the leader's steps. This is a fun class for beginners. This class is a great way to exercise the brain and the body. Steps are put together for a choreographed dance. **Moderate to High Intensity.**

Intermediate Line Dancing: This class is for those with one year of experience in line dancing. Dancer's line up in rows following the leader's steps and create a choreographed dance. This class is a great way to exercise the brain and the body. **Moderate to High Intensity.**

Intro to Yoga: Perfect for beginners or those restarting their practice, this 4-week course covers fundamental principles, alignment, breathing techniques, and modifications. Mats and some equipment are provided, please bring a hand towel and small cushion for added comfort. **Low to Moderate Intensity.**

Belly Dancing: Learn basic low-impact belly dancing movements each week and create a fun choreographed routine with props by the end of the program. No experience required. **Moderate to High Intensity.**

Gentle Chair Yoga: Breathe, move and mobilize your joints in a soothing way that leaves your body feeling lighter and freer. This is a great place to start your yoga journey. Zoom option available. **Low Intensity.**

Fit On Your Feet: This full-body exercise class begins with a light aerobic warm-up followed by balancing and light resistance exercises to increase core strength and flexibility. All exercises are completed in a standing position with emphasis on healthy and stable posture. Light dumbbells are provided. **Moderate Intensity.**

Pilates: Experience a rejuvenating class that enhances flexibility, improves posture, and promotes overall well-being. Enjoy mindful movement and controlled exercises in a relaxed environment. **Moderate Intensity.**

Stretch and Strength: Experience a gentle total body workout aimed at enhancing functional strength, mobility, balance, and coordination, all tailored to improve your everyday activities. Safely learn proper form and technique for exercises and stretches to support your daily life. This inclusive program features a combination of seated and standing exercises with optional resistance. Equipment is provided. **Low to Moderate Intensity.**

Accessible Stretch and Strength: This seated exercise class focuses on improving functional strength, mobility, coordination, and balance through gentle, low-impact movements. Exercises are tailored to make everyday activities easier, promoting a healthier, active lifestyle. **Low intensity.**

VON - Seniors Maintaining Active Roles Together: This gentle fitness program enhances strength, balance, and mobility through low-impact exercises at your own pace. Stay active and maintain independence with both seated and standing options. **Low to Moderate Intensity.**

Yoga For Vitality: Connect body and mind through breath work, physical postures, and meditation. Suitable for those comfortable getting up and down from the mat. Equipment provided. **Moderate intensity.**

Yoga Skills for Grief and Loss: This two-part series explores yoga's healing power amidst grief. Combining group discussion and gentle movement, it offers accessible tools for emotional well-being, with options for chair and floor practice. **All Abilities.**

Zumba: Experience this energetic class with Latin-inspired music and easy-to-follow dance moves. Improve cardiovascular health, flexibility, and coordination while having fun. **High Intensity.**

Tai Chi: Inspired by ancient Chinese martial arts, features a series of slow, focused movements. Join us to enhance balance, strength, memory, flexibility, and overall mood. **Low to Moderate Intensity.**

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Tai Chi	Donna	M	Sep 9	10	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	20858
Yoga For Vitality	Shirling	M	Sep 9	3	10:30 AM-11:30 AM	BALC	\$30	20833
			Oct 7	3			\$30	20838
			Nov 4	5			\$50	20843
Gentle Chair Yoga	Shirling	M	Sep 9	3	2:00 PM-3:00 PM	BALC	\$30	20824
			Oct 7	3			\$30	20830
			Nov 4	5			\$50	20831
DrumFit	Donna C	M	Sep 16	5	10:30 AM-11:15 AM	NCC	\$15	20909
			Dec 2	3			\$9	20910

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Pilates	Cynthia	M	Oct 7	3	9:30 AM-10:30 AM	NCC	\$30	20922
			Nov 4	5			\$50	20923
VON - Seniors Maintaining Active Roles Together	Nicole	T,F	Sep 10	15	12:30 PM-1:15 PM	NCC	Free	19942
55+ Women's Strength	Angela	T	Sep 10	4	6:00 PM-6:30 PM	BALC	\$20	20812
			Oct 8	4			\$20	20813
			Nov 5	3			\$15	20814
			Dec 3	3			\$15	20815
Cardio LIIT/HIIT	Angela	T	Sep 10	4	5:15 PM-5:45 PM	BALC	\$20	20816
			Oct 8	4			\$20	20817
			Nov 5	3			\$15	20818
			Dec 3	3			\$15	20819
Gentle Yoga	Denise	T	Sep 10	3	10:00 AM-11:00 AM	NCC	\$30	20945
			Oct 1	5			\$50	20946
			Nov 5	4			\$40	20947
			Dec 3	3			\$30	21199
Fit On Your Feet	Barbara	T	Oct 8	4	11:30 AM-12:15 PM	BALC	\$40	20969
			Nov 5	4			\$40	20970
			Dec 3	3			\$30	21096
Accessible Drumfit	Eileen	T	Sep 10	3	12:30 PM-1:15 PM	BALC	\$9	20849
			Oct 1	5			\$15	20850
			Nov 5	4			\$12	20851
Accessible Stretch and Strength	Eileen	T	Sep 10	3	1:30 PM-2:15 PM	BALC	\$9	20888
			Oct 1	5			\$15	20889
			Nov 5	4			\$12	20890
			Dec 3	3			\$9	20891
DANCEPL3Y	Cathy Szczepaniak	T	Oct 1	5	10:15 AM-11:00 AM	BALC	\$25	20916
			Nov 5	6			\$30	20917

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Restorative Yoga	Sylvie	T	Sep 10	3	2:30 PM-3:30 PM	BALC	\$30	20987
			Oct 1	5			\$50	20988
			Nov 5	4			\$40	20989
			Dec 3	3			\$30	20990
Yoga For Vitality	Shirling	W	Sep 4	4	10:30 AM-11:30 AM	BALC	\$40	20834
			Oct 2	5			\$50	20835
			Nov 6	6			\$60	20836
Gentle Chair Yoga	Shirling	W	Sep 4	4	2:00 PM-3:00 PM	BALC	\$40	20839
			Oct 2	5			\$50	20840
			Nov 6	6			\$60	20841
Drumfit	Donna	W	Sep 11	8	10:30 AM-11:15 AM		\$24	20907
			Dec 4	3			\$9	20908
Drumming Circle	Bonnie	W	Sep 11	3	10:30 AM-11:30 AM	BALC	\$15	20845
			Oct 2	5			\$25	20846
			Nov 6	7			\$35	20847
Belly Dancing	Anna	W	Sep 11	4	12:00 PM-1:00 PM	BALC	\$28	20777
			Oct 9	4			\$28	20778
			Nov 6	4			\$28	20779
Intro to Yoga	Shirling Kao	Th	Sep 5	4	10:30 AM-11:30 AM	BALC	\$40	20857
Wise Weights	Denise	Th	Sep 5	3	9:15 AM-9:45 AM	NCC	\$24	20976
			Oct 3	5			\$40	20977
			Nov 7	4			\$32	20978
			Dec 5	3			\$24	20979
Gentle Yoga	Denise	Th	Sep 5	4	10:00 AM-11:00 AM	NCC	\$40	20942
			Oct 3	5			\$50	20943
			Nov 7	4			\$40	20944
			Dec 5	3			\$30	21200
Yoga Skills for Grief and Loss	Angela	Th	Sep 19	2	5:30 PM-6:30 PM	BALC	\$20	20820
Chronic Pain Management	Angela	Th	Oct 3	4	5:30 PM-6:15 PM	BALC	\$35	20821

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	Fee	CODE
Stretch and Strength	Eileen	Th	Sep 5	4	10:15 AM-11:00 AM	BALC	\$12	19966
			Oct 3	5			\$15	20885
			Nov 7	4			\$12	20886
			Dec 5	3			\$9	20887
Drumfit	Eileen	Th	Sep 5	4	11:15 AM-12:00 PM	BALC	\$12	20853
			Oct 3	5			\$15	20854
			Nov 7	4			\$12	20855
			Dec 5	3			\$9	20856
Gentle Mat Pilates	Sylvie	Th	Sep 5	4	2:15 PM-3:00 PM	BALC	\$40	20991
			Oct 3	5			\$50	20992
			Nov 7	4			\$40	20993
			Dec 5	3			\$30	20994
Learn to Line Dance	Joan Walls	Th	Sep 12	3	12:30 PM-1:30 PM	BALC	\$9	20875
			Oct 3	5			\$15	20876
			Nov 7	6			\$18	20877
Intermediate Line Dancing	Joan Walls	Th	Sep 12	3	1:30 PM-3:30 PM	BALC	\$9	20878
			Oct 3	5			\$15	20879
			Nov 7	6			\$18	20880
Body Tools to Ease Stress & Anxiety	Heidi	Th	Oct 3	4	10:15 AM-11:15 AM	BALC	\$35	21197
Body Tools to Ease Pain	Heidi	Th	Nov 7	4	10:15 AM-11:15 AM	BALC	\$35	21198
DANCEPL3Y	Cathy	F	Oct 4	4	10:15 AM-11:00 AM	NCC	\$20	20912
			Nov 1	7			\$35	20913
Fit On Your Feet	Barbara	F	Sep 6	4	11:30 AM-12:15 PM	BALC	\$40	20949
			Oct 4	4			\$40	20950
			Nov 1	4			\$40	20951
			Nov 29	4			\$40	21097
Tai Chi	Donna	F	Sep 13	12	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	20859
Zumba	Barbara Rasaiah	F	Sep 6	4	10:30 AM-11:15 AM	BALC	\$40	20826
			Oct 4	4			\$40	20827
			Nov 1	4			\$40	20828
			Nov 29	4			\$40	20829



Pickleball: A fast-paced paddle sport combining elements of tennis, badminton, and ping-pong, played on a smaller court with a perforated plastic ball. Equipment is available. **Intensity Level: Moderate to High.**

Bilingual Pickleball: A community initiative where French and English speakers can participate in their preferred language in a supportive environment.

Learn to Play Pickleball: For beginners seeking instruction to learn pickleball.

Social Pickleball: A more relaxed setting for socializing and playing pickleball. Suitable for beginners and experienced players.

Pickleball: For more frequent games with no instruction. Prior experience is strongly recommended.

Holiday Pickleball: Enjoy pickleball over the holiday break. Open to beginners and experienced players. Dec 30, 31, Jan 2 & 3.

Darts: This social group meets weekly where players throw darts at a round target dart board. Bring your own darts. **All Abilities.**

GrandPlay Adventures: This \$2.50 “Pay as You Go” program offers access to the open turf area for intergenerational play with young ones. Bring your grandchild, grandniece/nephew or family friend to play on the turf. Join us afterwards in our common space to engage in table activities like coloring, crafts, or games. This program creates a welcoming environment where diverse age groups come together to bond, have fun, and create memorable experiences. **All Abilities.**

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

Soccer: Play pick-up soccer on the indoor turf. All levels. **High Intensity.**

Washer Toss: Come and play this fun lawn game at the Northern Community Centre Turf. All ages and abilities welcome. This is a fun-first program. **All Abilities.**

PROGRAM	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Soccer	M,Th	Sep 5	15	1:00 PM-3:30 PM	NCC	\$2.50 PAYG	19883
Washer Toss	M	Sep 9	12	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	19886
Holiday Pickleball	M, T, Th, F	Dec 30	1	10:00 AM-4:00 PM	BALC	\$2.50 PAYG	21002
Darts	T	Sep 10	15	6:30 PM-8:00 PM	BALC	\$2.50 PAYG	19951
GrandPlay Adventures	T	Sep 10	15	9:30 AM-10:30 AM	NCC	\$2.50 PAYG	20728
Learn to Play Pickleball	T	Sep 10	4	2:00 PM-4:00 PM	BALC	\$10	20918
		Oct 8	4			\$10	20919
		Nov 5	4			\$10	20920

PROGRAM	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Social Pickleball	T	Sep 10	3	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	20860
		Oct 1	5				20861
		Nov 5	4				20862
		Dec 3	3				20863
Pickleball & Potluck <i>'All are welcome'</i>	T	Nov 26	1	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	21190
Pickleball	W	Sep 4	3	4:00 PM-6:00 PM	BALC	\$7.50	20924
		Oct 16	2			\$5	20925
		Nov 6	4			\$10	20926
		Dec 4	3			\$7.50	20930
Pickleball	W	Sep 4	3	6:00 PM-8:00 PM	BALC	\$7.50	20928
		Oct 16	3			\$7.50	20929
		Nov 6	4			\$10	20927
		Dec 4	3			\$7.50	20931
Social Pickleball	Th	Sep 5	4	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	20864
		Oct 3	5				20865
		Nov 7	4				20866
		Dec 5	3				20867
Bilingual Pickleball	F	Sep 6	4	10:30 AM-12:30 PM	BALC	\$10	20938
		Oct 4	4			\$10	20939
		Nov 1	5			\$12.50	20940
		Dec 6	3			\$7.50	20941
Shuffleboard	F	Sep 6	16	1:30 PM-3:00 PM	BALC	\$2.50 PAYG	20937
Pickleball	Sa	Sep 7	4	9:00 AM-11:00 AM	BALC	\$10	21000
		Oct 5	3			\$7.50	21001
		Nov 2	5			\$12.50	20936
		Dec 7	3			\$7.50	21202
Pickleball	Sa	Sep 7	4	11:00 AM-1:00 PM	BALC	\$10	20932
		Oct 5	3			\$7.50	20933
		Nov 2	5			\$12.50	20934
		Dec 7	3			\$7.50	21201

CARDS, GAMES, & HOBBIES



Beginner Guitar Lessons: Begin your guitar journey with local musician Brian Tremblay. Learn to tune your guitar, play basic chords, and strum popular songs. By the end, you'll play your first tunes and be ready to explore further.

Open Cards: This is a social group where people gather to enjoy a variety of card games such as cribbage, bridge, UNO, or whatever you like. Bring your own cards or use ours.

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

Duplicate Bridge: These groups meet every Wednesday and Friday to play. A bridge partner is always guaranteed. All levels welcome. No bridge on Nov 6 and 27.

Snooker - Day/Evening: Snooker is a strategic cue sport where precision meets skill. It is played on a rectangular table covered with green cloth, aiming to score points by potting balls in a specific order. See schedule for times.

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

HAM Radio: This group meets weekly to talk to other operators around the world on HAM radios.

Intergenerational Cribbage: Register and play cribbage with fellow enthusiasts. No age restriction. Prizes awarded to top players. Doors open at 5:30 PM and card play starts at 6:00 PM. \$2.50 Pay As You Go fee plus \$10.00 to Club 235 at the door. This program is sponsored by Club 235.

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

WoodBee Carvers: This group of wood carvers meets weekly. Bring your own tools/wood and other supplies.

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 1:30-3:00 PM with an optional open discussion 2:30-3:00 PM September: Half Life (Author: Jillian Canton) October: The Girl Who Died (Author: Ragnar Jonasson) November: The Drop (Author: Michael Connely) December: A Castle in the Forest (Author: Norman Mailer).

Piano Lessons: One-on-one piano lessons on an upright piano. For beginners all the way to Grade 8 piano.

RC Auto and Aircraft: Fly or drive your own battery powered vehicle or aircraft on the indoor turf. Your aircraft may not exceed a wing span greater than 40 inches. Join anytime.

Rock Talk: Join Our New Rock and Mineral Collecting Program!

Week 1: Dive into the captivating world of amateur geology, exploring minerals, fossils, and rock identification. Learn techniques specific to your area.

Week 2: Hunt for unique finds on a field trip to Pointe Des Chenes. Transportation is provided from BALC.

Week 3: Share your discoveries with fellow rockhounds and choose the best rocks for tumbling and polishing.

No prior experience needed—everyone is welcome!

Learn to Play Bid Euchre/500: We'll start by covering the basics of Bid Euchre and 500. Then, we'll dive into gameplay, practicing hands and discussing strategies to help you improve. By the end, you'll have the confidence to play and enjoy the game with others.

Saturday Social Cards & Games: Join our Saturday Social Cards and Games Group for Seniors 55+! Enjoy card and board games in a relaxed, friendly setting. All skill levels welcome— come for the games and stay for the company!

Senior Singers: If you have a love of music, enjoy singing and meeting other seniors, join this choir. The group meets Tuesday mornings and will visit all local seniors' homes in December. Registration for the choir is open until the end of September.

Social Cards: Come down to socialize while playing various card games such as Hand and Foot, Lucky 13 & Canasta.

Social Cribbage: Enjoy a friendly game of cribbage and socializing!

Stamp Collecting Club: Our monthly stamp collecting club to discover and discuss the world through the beauty of postage, one stamp at a time.

Tech Club: Join our Tech Club for ages 55+ to chat, share knowledge, and help each other with tech. Whether you're a beginner or experienced, explore gadgets, troubleshoot, and stay connected in a supportive setting.

PROGRAM		DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Snooker		M-F Sa	Sep 4 Sep 7	16 15	10:00 AM-4:00 PM 9:30 AM - 1:00 PM	BALC	\$2.50 PAYG	19937
French Club Cards		M	Sep 9	12	1:00 PM-4:00 PM	BALC	\$2.50 PAYG	19939
Stamp Collecting Club		M	Sep 9 Oct 7 Nov 4 Dec 9	1 1 1 1	1:30 PM-4:30 PM	NCC	\$2.50 PAYG	19996
Evening Snooker		T,W,Th	Sep 10	15	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	19935
Piano Lessons	Kathy	T	Sep 10	3	12:45 PM-1:15 PM 1:30 PM-2:00 PM 2:15 PM-2:45 PM 3:00 PM-3:30 PM	NCC	\$30 \$30 \$30 \$30	20014 20954 20955 20956
	Kathy	T	Oct 1	5	12:45 PM-1:15 PM 1:30 PM-2:00 PM 2:15 PM-2:45 PM 3:00 PM-3:30 PM	NCC	\$50 \$50 \$50 \$50	20015 20957 20958 20959
	Kathy	T	Nov 5	4	12:45 PM-1:15 PM 1:30 PM-2:00 PM 2:15 PM-2:45 PM 3:00 PM-3:30 PM	NCC	\$40 \$40 \$40 \$40	20016 20960 20961 20962
	Kathy	T	Dec 3	3	12:45 PM-1:15 PM 1:30 PM-2:00 PM 2:15 PM-2:45 PM 3:00 PM-3:30 PM	NCC	\$30 \$30 \$30 \$30	20017 20963 20964 20965

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Novel Book Club		T	Sep 17 Oct 22 Nov 19 Dec 17	4	1:30 PM-3:00 PM	NCC	\$2.50 PAYG	20020
Senior Singers	Sonya	T	Sep 10	12	10:30 AM-12:00 PM	BALC	\$15	19940
RC Auto and Aircraft		T	Sep 10	15	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	19887
Social Cribbage		T	Sep 10	15	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	19949
WoodBee Carvers		T	Sep 10	15	6:00 PM-8:00 PM	BALC	\$2.50 PAYG	19953
Duplicate Bridge		W	Sep 4	16	12:30 PM-4:00 PM	BALC	\$2.50 PAYG	21069
Tech Club		W	Sep 18 Oct 16 Nov 27 Dec 11	4	11:00 AM-12:00 PM	BALC	\$2.50 PAYG	20518
Texas Hold'em	Gayle	W	Sep 4	16	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	21087
Beginner Guitar Lessons	Brian	Th	Oct 10	4	2:00 PM-3:00 PM	NCC	\$120	21193
Learn to Play Bid Euchre/500	Terry/Linda/ Linda	Th	Sep 19	1	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	21206
Intergenerational Cribbage		Th	Sep 12	11	5:30 PM-8:00 PM	BALC	\$2.50 PAYG	20030
Social Cards		Th	Sep 5	16	2:00 PM-4:00 PM	BALC	\$2.50 PAYG	20027
Open Cards		F	Sep 6	16	2:00 PM-4:00 PM	NCC	\$2.50 PAYG	19946
Contract Bridge		F	Sep 6	16	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	20038
Duplicate Bridge		F	Sep 6	16	12:30 PM-4:00 PM	BALC	\$2.50 PAYG	21007
Rock Talk	Eileen	F	Sep 6 Sep 13 Sep 23		10:30 AM-12:30 PM 11:00 AM-3:00 PM 10:30 AM-12:30 PM		\$10	21070
Saturday Social Cards & Games		Sa	Sep 7	16	9:30 AM-12:30 PM	BALC	\$2.50 PAYG	21026

Active 55+ Presents: Fall Music & Events

New
Program

Rock Talk

Discover the exciting world of geology! Explore, identify, share and collect and tuble rocks.



9 Sept
Monday

Miss Marie Boat Tour

All Aboard the Miss Marie, exploring the Canadian and American Locks—no passport needed!

21 Sept
Saturday

Snowbirds Viewing Party

Enjoy the airshow from our green space.



New
Program

Monthly Matinee Dances

Join us each month for an unforgettable afternoon of dancing to live music by "Just the Two of Us."

9 Oct
Wednesday

Fall Fling Dinner Dance

Enjoy dinner and dance on the tunes of Angry Joe and the Growlers live performance.



13 Nov
Wednesday

Holiday Treasures Craft Show

Explore unique creations by local artisans with friends and family. Or book a vendor table!



2 Dec
Monday

Christmas Concert Band Performance

The New Horizons Concert Band will be delivering a night to remember, featuring big band holiday tunes.

18 Dec
Wednesday

Christmas Lunch & Song

Celebrate this festive season with delicious lunch and musical performance by our very own Senior Singers! Enjoy this day with friends and family.

NEEDLECRAFT & QUILTING

Applique: This group meets monthly to work on applique quilting skills. They sometimes have group challenges. New members are given instruction on various types of applique. All sewers are welcome.

Christmas Cheer: This group meets weekly to knit, crochet mitts, hats, and other items to be given to the Christmas Cheer Depot in December! We supply yarn but bring your favorite pattern and needles!

Comfort Quilts: This group meets monthly to create lap quilts for local charities. Everyone with an interest is welcome to come out and assist. You do not need to be a guild member to participate.

Forget-Me-Not Quilters: Join the Forget-Me-Not Quilters and sew fidget mats and lap quilts for our local Alzheimer Society. Bring a paper bag lunch and your sewing machine. Donation of scrap fabrics and old zippers are welcome. Free.

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.

Make, Do, Mend: Need to tweak or repair your clothes? Join our class to learn simple alterations, including hemming and fixing holes. Sewing machines provided.

Needlework, Craft and Create: 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.

Quilt Club: This group of avid quilters works on quilting projects together. They focus on hand quilting and antique quilt repair.

Newfoundland Mitts and Socks On 2 Circular Needles: Enhance your knitting skills by learning to create the popular Newfie mittens and/or mastering the technique of knitting socks on 2 circular needles. You need to know how to knit and purl. If you are making the socks, you will need 2 circular needles purchased from the instructor. Sock yarn needed for socks and acrylic yarn for the mitts.

Open Needlecraft: This group of needlecrafters meet weekly to socialize and work on their own needlecraft projects. There is no instructor, bring your own supplies. Pattern swap table is available. All forms of needlework are welcome.

Sew and Share: Sew and Share is a community program for all skill levels to work on sewing projects, using your own machine or one of ours. Join us on the 3rd Wednesday evening of each month to create and collaborate.

Sewing 101: Want to learn or relearn the skill of sewing? Join us for 4 weeks to learn the basics and make a few easy projects to make you feel more confident. Sewing machines available for use.

Sewing Class - Microwaveable Bowl Cozy: Tired of burning your fingers when you take your bowl of soup out of the microwave after warming it up? Come and make these bowl cozies to solve the problem. Sewing machines and all materials are provided.

Sewing Class - Yoga Tote: Join our class to make a custom tote bag for your yoga gear and accessories. You'll need 1.25m of heavy fabric for the outside, 1m for the lining, and a large button. Sewing machines available or bring your own. Cost is \$15; fabric can be provided for an **additional \$20. No online registration.**

Traditional Rug Hooking: This is the ultimate craft for recycling wool clothing and other fabrics. Make your project into a wall hanging, coaster, rug or item of your choice. An instructor will be available to assist. Bring all your own supplies. This group meets bi-weekly.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Open Needlecraft	No Instructor	M	Sep 9	12	1:30 PM-3:30 PM	BALC	\$2.50 PAYG	20506
Make, Do, Mend	Diane	M	Sep 23	1	1:00 PM-3:00 PM	BALC	\$12.50	21186
Newfoundland Mitts	Bev	M	Oct 21	4	1:30 PM - 3:30 PM	BALC	\$10	21189
Forget-Me-Not Quilters	Sabina	M	Sep 23 Oct 28 Nov 25	1 1 1	11:00 AM-4:30 PM	NCC	Free	19999
Sewing Class - Yoga Tote	Diane	M	Oct 21	1	1:00 PM-3:00 PM	BALC	\$15	21187
Sewing Class - Microwaveable Bowl Cozy	Diane	M	Nov 4	1	1:00 PM-3:00 PM	NCC	\$27.50	21188
Quilt Club	Sandy	T	Sep 3	16	1:30 PM-3:30 PM	NCC	\$2.50 PAYG	20019
Traditional Rug Hooking	Betty	T	Sep 10	8	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	20517
Christmas Cheer	No Instructor	W	Sep 4	16	10:00 AM-12:00 PM	BALC	Free	20502
Needlework, Craft and Create	No Instructor	W	Sep 4	16	1:30 PM-3:30 PM	NCC	\$2.50 PAYG	20504
Comfort Quilts	Susan	W	Sep 11 Oct 9 Nov 20 Dec 11	1 1 1 1	10:15 AM-3:00 PM	BALC	\$2.50 PAYG	20491
Sew and Share	No Instructor	W	Sep 18 Oct 16 Nov 20 Dec 18	1 1 1 1	5:00 PM-7:45 PM	BALC	\$2.50 PAYG	21008
Applique	Sandra	Th	Sep 5 Oct 3 Nov 7 Dec 5	1 1 1 1	10:00 AM-2:00 PM	NCC	\$2.50 PAYG	20715
Sewing 101	Diane	Th	Sep 12	4	1:00 PM-3:00 PM	BALC	\$60	21185
Japanese Bunka	Anna	F	Sep 6	16	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	20500

The Art of Repurposing: Family Craft Time:

Join us for a creative and fun workshop where grandparents and kids team up to transform everyday items into unique, upcycled crafts. Explore your imagination, learn new skills, and create lasting memories together! Supplies are provided.

Bee on a Flower Watercolour Painting: Join our watercolor painting workshop to create a beautiful bumblebee on a flower. Ideal for both beginners and experienced artists, all supplies—paints, paper, brushes, and more—will be provided.

Caterpillar & Flower Watercolour Painting: Join our watercolor painting workshop to create a beautiful caterpillar and flower. Ideal for both beginners and experienced artists, all supplies—paints, paper, brushes, and more—will be provided.

Christmas Crafter-Noon – Holiday Bear or Wooden Holiday Décor: Join our festive Christmas Crafter-noon to make a wooden winter bear decoration! Transform simple wood pallets into a cozy holiday piece while enjoying seasonal music, warm drinks, and creative fun. No crafting skills needed—supplies are provided, and all abilities are welcome.

Cricut Club: Welcome to the Cricuteers Craft Club! Join our friendly group to explore the Cricut Machine's endless possibilities. We offer a supportive, fun environment to learn, create, and share projects, from personalized gifts to home décor. We provide the Cricut machine, tools, and Design Space App devices—just bring your materials. Experience is recommended as this is a self-led program. Come craft something amazing with us!

Neurographic Inspired Art: Neurographic art is a simple method to engage with the subconscious mind through drawing, turning stress into calm. Each artwork is unique, and the monthly themes offer fresh inspiration. Bring watercolor or mixed media paper, a black pen, pencil, and colored pencils. Everyone is welcome.



ARTS & CRAFTS

Flower Tie Dye: In this tie-dye class, you'll create stunning flower patterns on a t-shirt and learn Japanese Shibori and ice cube dyeing techniques to try at home. Bring 2 of your own plain white 100% cotton t-shirts; all other supplies are included.

Handmade Christmas or Halloween Cards: Create for a special person in your life a handmade Christmas or Halloween card. In this class you will create one 3D card and two regular cards. All supplies included. Please note these are two separate classes.

Lady Bug & Flower Watercolour Painting: Join our watercolor painting workshop to create a beautiful ladybug and flower. Ideal for both beginners and experienced artists, all supplies—paints, paper, brushes, and more—will be provided.

Macrame Holiday Wreath Ornaments: Learn to create beautiful macrame wreath ornaments! Perfect for beginners, this class will guide you step-by-step to craft 3 festive, handmade decorations. All materials provided.

New Years Coasters: Celebrate the new year with style in our New Year's coasters craft class! Using a Cricut machine and vibrant infusible inks, you'll design and create custom coasters. Supplies are provided.

New Years Wine Glasses: Join our New Year's wine glass craft class and elevate your celebration by toasting in style! Using a Cricut machine and etching cream, you'll create custom designs on your wine glasses. Perfect for toasting to the new year. Supplies are provided.

Yarn Gnome: Add whimsical charm to your winter decor with our yarn gnome craft! Create adorable gnomes using colorful yarn beards, felt hats, and pompom noses. Perfect as holiday ornaments or gifts—supplies are provided.

Open Painting: Join our Open Painting sessions! Using your medium of choice, you're invited to bring your own supplies and work in a supportive environment while connecting with fellow artists. All skill levels are welcome!

Wood Burning Technique Class: During this Wood Burning class, all participants will work on the same animal design using pyrography pens. The class will focus on teaching the technique of creating fur using different tips. Pyrography pens will be available to borrow. *Please bring a wooden item to work on.

Ribbon Embroidery – Large Rose: Explore the art of ribbon embroidery in this class with skilled instructor Anna. Learn to create intricate floral designs using vibrant ribbons. Materials are provided to turn your work into an embossed card or frame it afterward. All embroidery and card supplies are included.

Salt Dough Ornament: Come make a delightful and creative Christmas craft with us! Made from a mixture of salt, flour, and water.— Supplies are provided.

Snowflake Paper Rolls: Transform paper rolls into beautiful snowflake decorations with this easy winter craft! Perfect for both kids and adults. Supplies are provided.

Snowman Jar Light: Create a festive snowman jar light for Christmas by turning a simple glass jar into a glowing holiday centerpiece. Supplies are included.

Stained Glass Poinsettia Flower and Maple Leaf: Craft a stunning stained-glass poinsettia or maple leaf in these hands-on classes, where you'll learn to cut, assemble, and solder glass pieces. Perfect for beginners. Please note the poinsettia and maple leaf are two separate classes.

Alcohol Ink Ornaments Create stunning holiday ornaments with alcohol inks! Apply vibrant, translucent inks into clear ornaments to achieve a beautiful effect. No experience needed, supplies provided.

Snowmen Paper Rolls: Transform empty paper rolls into charming snowmen for a festive holiday decoration! Perfect for solo or family crafting. Supplies are included.

Portraits Made Easy: Learn the essential measurements to accurately draw a face. Discover the intricate details and shading techniques for each facial feature. Be amazed by your remarkable improvement in portrait artistry. For beginners and beyond.

Scrap Booking: This group meets monthly to work on scrap book albums, catch up with friends and share ideas. A new idea/design will be presented each month. Scrap booking tools provided. Some experience is required, bring your own supplies.

Painting Landscapes – Painting Mountains & Lakes: In this class, using acrylic or oil paints, we'll explore mountain structures—gullies, fissures, promontories, and peaks—and the different forms of water: calm, flowing, and falling. Designed for intermediate painters and beginners with basic color mixing skills.

Open Studio Painting with Taimi: In this class, using acrylics or oils, you can bring an ongoing project or start a new one, with expert guidance on design, composition, color choices, and techniques. Led by an experienced instructor, this class is not recommended for total beginners.

Painting Landscapes – Painting Clouds: Using acrylics or oils, we will paint skies and clouds to establish atmosphere and mood. We'll explore a variety of captivating skies, from stormy to sunny, making this workshop ideal for intermediate painters and beginners with a basic understanding of color mixing.

Active 55+ Community Christmas Tree Ornaments: Help us make our 55+ Active Living Center Christmas Tree sparkle! Join us to decorate and create a unique ornament to add to our community tree. Come celebrate the season in a warm and welcoming environment. All materials provided, no crafting experience necessary. Ornaments can be brought home after the holidays to keep if you wish, or can be decorations for upcoming years.

Wood Burning: Using a pyrography pen, burn a wooden item creating a design of your choice. Pyrography pens will be available to borrow. *Bring a wooden item to work on.

Portraits Made Easy: Learn the essential measurements to accurately draw a face. Discover the intricate details and shading techniques for each facial feature. For beginners and beyond.

Cricut Christmas Cracker: Learn how to craft with the Cricut Machine and how to use the Design Space app to create a Christmas Cracker. Please bring small items that you would like to have in the cracker, the rest of the supplies are provided. No experience necessary.

Paper Quilling: *Learn about the art of paper quilling. You'll design and make beautiful items. All supplies included.*

Christmas Cards: Christmas cards adorned with intricate quilled designs.

Glass Christmas Ball: Make beautiful paper quilling covers for glass Christmas balls.

Poinsettia Flower Cards: Create beautiful quilled poinsettia flower cards perfect for the holiday season.

Cricut Holiday Cards: Learn how to craft with the Cricut Machine and how to use the Design Space app to create cards for the holidays. Supplies are provided. No experience necessary.

Fall Crafter-Noon - Wood Pallet Scarecrow: Come and join for a social Crafter-noon and create a wooden scarecrow to decorate your home for the autumn season. No arts and craft skills necessary, all abilities welcome. Supplies are provided.

Holiday Gift Wrapping: Celebrate the season and wrap your holiday gifts! We'll provide all the wrapping supplies (while supplies last) and holiday music. Bring your presents and your festive spirit for a joyous time! Limited supplies available.

Make and Take Halloween or Christmas Bath Bombs: Create personalized, fragrant bath bombs. You'll craft three unique bath bombs and take them home for a luxurious soak! All supplies included. Please note these are 2 separate classes.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Cricut Club		M	Sep 16 Oct 21 Nov 18 Dec 16	1 1 1 1	1:00 PM-4:00 PM	NCC	\$2.50 PAYG	20999
Neurographic Inspired Art	Victoria	M	Sep 16 Oct 7 Nov 25	1 1 1	10:30 AM-1:00 PM	BALC	\$2.50 PAYG	20507 20973 20974
Macrame Wreath Ornaments	Christine	M	Nov 18	1	10:30 AM-12:30 PM	BALC	\$12	20971
Christmas Crafter-Noon - Wooden Holiday Décor	Eileen	M	Nov 25	1	1:30 PM-4:30 PM	NCC	\$10	20952
Christmas Bath Bombs	Taryn	M	Dec 9	1	10:15 AM-12:15 PM	BALC	\$8	21025
Christmas Crafter-Noon - Holiday Bear	Eileen	M	Dec 9	1	1:30 PM-4:30 PM	NCC	\$10	21194
Holiday Gift Wrapping	No Instructor	M	Dec 9 Dec 16	1 1	10:30 AM-3:00 PM	BALC	\$2.50 PAYG	21203
New Years Wine Glasses	Ashlyn	M	Dec 30	1	1:00 PM-3:00 PM	BALC	\$10	21080
Handmade Halloween Cards	Anna	T	Sep 10	1	10:30 AM-3:30 PM	BALC	\$20	20898
Paper Quilling - Poinsettia Flower Cards	Anna	T	Sep 24	1	10:30 AM-3:30 PM	BALC	\$20	20895
Scrap Booking Class	Lanny	T	Sep 17 Oct 15 Nov 19 Dec 10	1 1 1 1	10:30 AM-3:30 PM	BALC	\$15 \$15 \$15 \$15	20509 20510 20511 20512
Wood Burning	Anna	T	Oct 8	1	10:30 AM-3:30 PM	BALC	\$20	20902
		T	Oct 29	1	10:30 AM-3:30 PM	BALC	\$20	20903
Ribbon Embroidery - Large Rose	Anna	T	Oct 22	1	10:30 AM-3:30 PM	BALC	\$20	20892
Handmade Christmas Cards	Anna	T	Nov 5	1	10:30 AM-3:30 PM	BALC	\$20	20901
		T	Nov 19	1	10:30 AM-3:30 PM	BALC	\$20	20906

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Caterpillar & Flower Watercolour Painting	Anna	T	Nov 12	1	10:30 AM-3:30 PM	BALC	\$20	20884
Stained Glass - Poinsettia Flower	Stephanie	T	Dec 3	1	1:30 PM-4:00 PM	BALC	\$48	21037
Holiday Gift Wrapping	No Instructor	T	Dec 10	1	2:00 PM-4:30 PM	NCC	\$2.50 PAYG	21204
Yarn Gnome	Ashlyn	T	Dec 17	1	1:00 PM-3:00 PM	BALC	\$5	21076
New Years Coasters	Ashlyn	T	Dec 31	1	10:30 AM-12:30 PM	BALC	\$10	21083
Open Painting	No Instructor	W	Sep 4	16	10:30 AM-12:30 PM	NCC - 55+	\$2.50 PAYG	20526
Stained Glass - Maple Leaf	Stephanie	W	Nov 6	1	1:30 PM-4:00 PM	BALC	\$42	21036
Cricut Holiday Cards	Anna	W	Nov 20	1	2:00 PM-4:30 PM	BALC	\$5	20984
Cricut Christmas Cracker	Anna	W	Nov 27	1	2:00 PM-4:30 PM	BALC	\$5	20995
Community Christmas Tree Ornaments	Eileen	W	Dec 4	1	10:30 AM-3:00 PM	BALC	\$2.50 PAYG	21084
Alcohol Ink Ornaments	Ashlyn	W	Dec 18	1	6:00 PM-8:00 PM	BALC	\$10	21077
Open Painting	No Instructor	Th	Sep 5	16	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	20528
Flower Tie Dye	Victoria	Th	Sep 5	1	10:30 AM-1:30 PM	BALC	\$10	21072
Bee on a Flower Watercolour Painting	Anna	Th	Sep 12	1	10:30 AM-3:30 PM	NCC	\$20	20882
Handmade Halloween Cards	Anna	Th	Sep 26	1	10:30 AM-3:30 PM	NCC	\$20	20899
Lady Bug & Flower Watercolour Painting	Anna	Th	Oct 10	1	10:30 AM-3:30 PM	NCC	\$20	20883
Fall Crafter-Noon - Wood Pallet Scarecrow	Eileen	Th	Oct 10	1	2:00 PM-5:00 PM	BALC	\$5	21085

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Handmade Christmas Cards	Anna	Th	Oct 24	1	10:30 AM-3:30 PM	NCC	\$20	20900
Open Studio Painting with Taimi	Taimi	Th	Oct 24	4	1:00 PM-3:00 PM	BALC	\$80	20911
Painting Landscapes – Painting Clouds	Taimi	Th	Oct 24	4	10:15 AM-12:15 PM	BALC	\$80	20487
Make and Take: Halloween Bath Bombs	Taryn	Th	Oct 31	1	11:00 AM-1:00 PM	NCC	\$8	21024
Open Studio Painting with Taimi	Taimi	Th	Nov 21	4	1:00 PM-3:00 PM	BALC	\$80	21074
Painting Landscapes – Painting Mountains & Lakes	Taimi	Th	Nov 21	4	10:15 AM-12:15 PM	BALC	\$80	21073
Paper Quilling - Christmas Cards	Anna	Th	Nov 28	1	10:30 AM-3:30 PM	NCC	\$20	20897
Paper Quilling - Glass Christmas Ball	Anna	Th	Oct 17	1	10:30 AM-3:30 PM	NCC	\$20	20896
Portraits Made Easy	Melanie	Th	Sep 12	6	10:30 AM-12:00 PM	BALC	\$30	20486
Salt Dough Ornament	Ashlyn	Th	Dec 19	1	1:30 PM-3:30 PM	BALC	\$6	21078
Snowmen Paper Rolls	Ashlyn	Th	Jan 2	1	1:00 PM-3:00 PM	BALC	\$4	21081
Wood Burning	Anna	Th	Sep 19	1	10:30 AM-3:30 PM	NCC	\$20	20893
Wood Burning Technique Class	Anna	Th	Nov 14	1	10:30 AM-3:30 PM	NCC	\$20	20904
Wood Burning	Anna	Th	Nov 7	1	10:30 AM-3:30 PM	BALC	\$20	20894
Wood Burning	Anna	F	Sep 13	1	10:30 AM-3:30 PM	BALC	\$20	20972
Cricut Club		F	Sep 27 Oct 25 Nov 29 Dec 20	4	1:00 PM-4:00 PM	BALC	\$2.50 PAYG	21003

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Snowman Jar Light	Ashlyn	F	Dec 20	1	10:30 AM-12:30 PM	BALC	\$6	21079
Snowflake -Paper Rolls	Ashlyn	F	Jan 3	1	1:00 PM-3:00 PM	BALC	\$4	21082
The Art of Repurposing: Family Craft Time	Elizabeth	Sa	Oct 5	1	10:30 AM-12:30 PM	BALC	\$10 Adult	21089
			Oct 26	1				21090
			Nov 23	1			\$5 Child	21091
			Dec 14	1				21092



20901

Handmade Christmas Cards

20906

Handmade Christmas Card



20900

Handmade Christmas Cards

EVENTS & TALKS



Dances with Live Music:

Fall Fling Dinner Dance: Join us for a delightful evening featuring live music by band Angry Joe and the Growlers. Enjoy a delicious fall feast with turkey, stuffing, mashed potatoes, green beans, gravy, cranberry sauce, and pumpkin squares with whipped cream. Fun and dancing guaranteed!

Afternoon Matinee Dances with live duo "Just The Two Of Us:"

September Sunshine Dance: Celebrate the warmth and joy of early autumn at our September Sunshine Dance! Featuring lively dancing, and a touch of golden sunshine. This event is designed to bring smiles and fun to everyone.

Monster Mash Dance: Get ready for a spooktacular afternoon of fun at our Monster Mash Dance! Get ready to have a frightfully fun time while you BOOgy!

Harvest Hustle Dance: Groove at our Harvest Hustle Dance! Celebrate the season with lively music and fun dancing that will get you moving and smiling.

Holiday Harmony Dance: Enjoy an afternoon of festive dancing and holiday cheer with beautiful live performances that will fill the room with seasonal spirit that will have you on your feet!

Lunches: \$7.00 lunch, optional \$2.00 dessert. Menu is subject to change. Monthly menus are posted at BALC.

Sept 4: Sheppard's Pie with Salad

Sept 11: Egg Salad Sandwich with Tortellini Soup

Sept 18: Pulled Pork Sliders with Coleslaw

Sept 25: Ham & Cheese Wrap with Pea Soup

Cooking Classes:

Air Fryer Appetizers: Join our Air Fryer cooking class for a fun, hands-on experience! You'll learn to make crispy zucchini fries and savory egg rolls using the air fryer. Get ready to boost your cooking skills and enjoy some delicious eats in this flavor-packed session.

Holiday Hors d'oeuvres: Join us for a festive Hors d'oeuvres cooking class, where you'll master the art of creating elegant and delicious hot and cold appetizers perfect for holiday entertaining. You will also learn how to beautifully arrange and decorate an appetizer platter.

Pumpkin Spice and Everything Nice: Embrace the flavors of fall in this cooking class, where you'll make a savory Spiced Pumpkin Lentil Salad and a rich, creamy stovetop pumpkin pudding. Enjoy creating these comforting dishes that highlight the season's best ingredients.

Soup's On: Get ready for a souper fun cooking adventure where you'll master the art of crafting delicious small batch Zuppa Toscana and Spicy Shrimp Ramen Noodle Soup. Our chef will guide you through each flavorful step, ensuring you leave with a big bowl of skills and a smile!

Thai Street Food: Join us for a hands-on Thai cooking class where you'll learn to create authentic dishes like tom yum and glass noodle pad thai, perfect for beginners. Explore the vibrant flavors of Thai cuisine using essential herbs like lemongrass, galangal, and makrut lime leaves, all while making healthier, delicious meals.

Vietnamese Home Cooking Made Easy: In this cooking class, you'll create Pho Ga, a delicious and comforting Vietnamese Chicken Pho Noodle Soup brimming with fresh herbs. You'll also make crispy Fried Rice Paper Spring Rolls with a savory pork and spice filling, along with a homemade dipping sauce that perfectly complements these juicy and flavourful rolls.

More Pumpkin: Warm up with a cozy Thai Coconut Pumpkin Soup and learn to make easy, flaky Pumpkin Hand Puffs in this fall-inspired cooking class. Perfect for anyone who loves seasonal flavors and quick, delicious recipes.

Music:

Christmas Cafe and Carols: Join us at the Christmas Cafe and Carols for an afternoon of festive cheer, where you can enjoy delicious coffee, tea, and Christmas cookies while singing your favourite holiday carols with friends and family.

Christmas Concert Band Performance: The New Horizons Concert Band will be delivering a heartwarming performance featuring Christmas songs, capturing the festive spirit with classic carols and contemporary holiday tunes. The musicians' harmonious melodies and lively rhythms brings joy and a sense of togetherness to the audience, making it a memorable holiday event.

Christmas Lunch and Song: Join us for a festive Christmas Lunch and Song event! Enjoy a delightful meal while the Senior Singers fill the room with the joyous sounds of classic Christmas songs. It's the perfect way to celebrate the season with friends, family, and wonderful music! Menu: Ham, Pierogis, Garden Salad and Cake.

Events:

Holiday Treasures Craft Show: Enjoy browsing local artisans' unique creations while mingling with friends in a warm, festive atmosphere. Soup and treats will also be available for purchase and enjoy during the show. **Entry by non-perishable goods donation.**

Holiday Treasures Craft Show Vendor Table: Reserve your table to sell your Arts and Crafts to a vibrant community eager to find unique holiday gifts. Please note that this is for 1 table only. If you require additional tables, you must register and pay for those additional tables.

Miss Marie Boat Tour: Get ready to set sail aboard the Miss Marie alongside our 55+ participants. We are pleased to provide this FUNtastic opportunity in partnership with the Seniors Community Grant Funding Program. The Miss Marie is a spectacular tour experience. The tour is approximately two hours long and will take you through both the Canadian and American Locks.

Sault Ste. Marie Museum Tour - Group 1 and 2: Immerse yourself in the rich history of Sault Ste Marie with a visit to the Sault Ste. Marie Museum. The group will meet at the Sault Ste Marie Museum located at 690 Queen Street East and the tour will begin in the Durham gallery with both groups visiting all three floors. The first-floor gallery hosts our Legion exhibit and our third-floor gallery holds our nautical exhibit, music exhibit, and sports exhibit. Each floor has elevator access, there is an accessible washroom on the first floor, and an accessible entrance at the back of the museum.

Italian for Travellers: Immerse yourself in the beauty of the Italian language with our "Italian for Travellers" course! This engaging class, taught by Silvana Carlascio, covers basic Italian and essential phrases for navigating Italy and includes fun cooking and baking classes where you'll create authentic Italian dishes. Ideal for travelers eager to connect with Italy's language and cuisine. Buon appetito and buon viaggio!

Snowbirds Viewing Party: Join us at the Bay Street Active Living Centre for a free Snowbirds Viewing Party, with the airshow visible from our green space at the back of the building. Some chairs will be available, but feel free to bring your own!

Make Kombucha, a Fermented Tea: This is a fun class that will show you how to create a very healthy and tasty beverage by fermentation. Using a starter "scooby" or culture and regular tea we will learn the process to create Kombucha, a probiotic drink that is beneficial for our health.

Metis Walking Tour: Meet your guide at the Métis Centre, 136 John Street, Sault Ste. Marie, Ontario. Parking is available on John Street, or in the Kina Awiiya School parking lot across the road. Your 5 km, 2 hour long Interpretive Guided Walk will weave you through the history, culture, and contemporary life of the Métis community connecting points of interest as colourful as intricate beadwork, as lively as fiddle music, as adventurous as the St. Marys River itself.

Diabetic Retinopathy Screening: Vision Loss Rehabilitation Canada is pleased to offer a Free Diabetic Retinopathy Screening Clinic at the Active 55+ Centre in Sault Ste. Marie. This initiative, part of Eye Health Screening Initiative (EHSI), aims to provide accessible, high-quality eye care to communities with limited access to these services. Call to register.

Live Action Photography Workshop: Join our Live Action Photography Workshop, specially designed to capture the thrilling moments of the Snowbirds aviation show in real-time. Learn essential techniques for photographing fast-moving subjects, with hands-on guidance from an experienced photographer. Whether you're a beginner or looking to enhance your skills, this workshop offers a unique opportunity to create stunning images of this spectacular event.

BINGO: Join us for a relaxed and enjoyable bingo session, where you can play, chat with friends, and have a chance to win some great prizes. Wear your best costume for October's **Halloween BINGO!**

Personalized Help with Digital Devices: Get ready for a tech TLC! During one-on-one support session, our experienced and patient instructor, Wendy, will help you understand and get more from your devices whether you are a beginner or a more advanced user. Be sure to bring your fully charged device any relevant user-names and passwords to your session.

Technology Workshops: *Small group setting.*

Android Phones/Tablets: Uncover handy tips for your Android devices, including Samsung, Motorola, and Google Pixel phones and tablets. Get your questions answered and learn new tricks in this interactive session.

Fun with AI: Explore the exciting world of artificial intelligence through interactive activities and games. Discover how AI can be both educational and entertaining in this engaging session.

Fun with iPads: Explore group games and discover how to use games for both fun and learning. Enjoy a playful and interactive session that brings out the best in your iPad.

Iphone/Ipad: Discover useful iPhone and iPad tips and get your questions answered. Enhance your device skills and learn new tricks in this interactive session.

Online Safety: Learn essential tips for keeping your accounts secure, including creating strong passwords, using two-factor authentication, and avoiding password reuse. Get your questions answered and boost your online security in this informative session.

Online Safety 2: Learn how to recognize phishing scams and verify the authenticity of information. Get your questions answered and enhance your online awareness in this informative session.

Productivity: Learn effective methods for organizing your files and photos. Get tips, tricks, and answers to your questions in this hands-on session designed to streamline your digital life.

Productivity 2: Master using online calendars, notes apps, and setting reminders. Get practical tips and answers to your questions in this interactive session designed to keep you organized and on track.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Miss Marie Boat Tour	---	M	Sep 9	1	1:00 PM-3:00 PM		\$10	21191
Cooking Class - Pumpkin Spice and Everything Nice	Taryn	M	Sep 23	1	10:30 AM-12:30 PM	BALC	\$8	21136
Diabetic Retinopathy Screening	Vision Loss Rehab CAN	M	Sep 23	1	1:00 PM - 4:00 PM	BALC	\$0	21435
Cooking Class - Air Fryer Appetizers	Karen	M	Oct 7	1	10:15 AM-12:15 PM	BALC	\$8	21006
Cooking Class - More Pumpkin	Taryn	M	Nov 4	1	10:30 AM-12:30 PM	BALC	\$8	21207
Christmas Concert Band Performance	New Horizons Concert Band	M	Dec 2	1	7:00 PM-9:00 PM	BALC	\$2.50 PAYG	21184
Cooking Class - Thai Street Food	Victoria Quon	T	Oct 1	1	10:30 AM-1:00 PM	BALC	\$12	21071
Make Kombucha, a Fermented Tea	Cathie	T	Oct 15	1	1:00 PM-4:00 PM	BALC	\$7	21068
Cooking Class - Hors d'oeuvres	Alexandra	T	Dec 3	1	10:30 AM-12:30 PM	BALC	\$10	20997
Holiday Harmony Dance Matinee	Just The Two Of Us	T	Dec 10	1	12:30 PM-2:30 PM	BALC	\$2.50 PAYG	21027
Metis Walking Tour	Lake Superior Watershed	W	Sep 11	1	1:00 PM-3:00 PM		\$5	21103
Cooking Class - Vietnamese Home Cooking Made Easy	Victoria Quon	W	Sep 18	1	10:30 AM-1:00 PM	BALC	\$12	20998
Italian for Travellers	Silvana	W	Sep 25	6	1:30 PM-2:30 PM	BALC	\$10	21094
September Sunshine Dance Matinee	Just The Two Of Us	W	Sep 25	1	12:30 PM-2:30 PM	BALC	\$2.50 PAYG	21030
BINGO	N/A	W	Sep 25 Nov 27	1	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	20494 20496

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
SSM Museum Tour - Group 1	---	W	Oct 2	1	11:00 AM-12:30 PM	SSM Museum	Free	21066
SSM Museum Tour - 2	---	W	Oct 2	1	11:00 AM - 12:30 PM	SSM Museum	Free	21067
Lunch		W	Sep 4	1	12:00 PM-12:45 PM	BALC	\$7	21095
			Sep 11	1			\$7	20693
			Sep 18	1			\$7	20694
			Sep 25	1			\$7	20695
			Oct 2	1			\$7	20696
			Oct 16	1			\$7	20698
			Oct 23	1			\$7	20699
			Oct 30	1			\$7	20700
			Nov 6	1			\$7	20701
			Nov 20	1			\$7	20702
Nov 27	1	\$7	20703					
Dec 11	1	\$7	20704					
Dec 4	1	\$7	21192					
Fall Fling Dinner Dance	Angry Joe and the Growlers	W	Oct 9	1	5:00 PM-9:00 PM	BALC	\$20	20516
Diabetic Retinopathy Screening	Vision Loss Rehab CAN	W	Oct 9	1	9:00 AM - 1:00 PM	NCC	Free	21436
Halloween BINGO	---	W	Oct 30	1	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	20495
Monster Mash Dance Matinee	Just The Two Of Us	W	Oct 30	1	12:30 PM-2:30 PM	BALC	\$2.50 PAYG	21029
Holiday Treasures Craft Show	---	W	Nov 13	1	10:00 AM-2:00 PM	BALC	Can Food Donation	20497
Craft Show Vendor Table	--	W	Nov 13	1	10:00 AM-2:00 PM	BALC	\$10	20498
Harvest Hustle Dance Matinee	Just The Two Of Us	W	Nov 27	1	12:30 PM-2:30 PM	BALC	\$2.50 PAYG	21028
Christmas Lunch and Song	Senior Singers	W	Dec 18	1	12:00 PM-2:00 PM	BALC	\$15	20524

PROGRAM	INSTRUCTOR	DAY	START	TIME	CENTRE	FEE	CODE
Personalized Help with Digital Devices	Wendy	W	Sep 4	1:00 2:00 3:00	BALC	\$5	21009 21010 21011
			Sep 11	1:00 2:00 3:00		\$5	21012 21012 21014
			Sep 18	1:00 2:00 3:00		\$5	21015 21016 21017
			Sep 25	1:00 2:00 3:00		\$5	21018 21019 21020
			Oct 2	1:00 2:00 3:00		\$5	21021 21022 21023
			Oct 9	1:00 2:00 3:00		\$5	21038 21039 21040
			Oct 16	1:00 2:00 3:00		\$5	21041 21042 21043
			Oct 23	1:00 2:00 3:00		\$5	21044 21045 21046
			Oct 30	1:00 2:00 3:00		\$5	21047 21048 21049
			Nov 6	1:00 2:00 3:00		\$5	21050 21051 21052
			Nov 20	1:00 2:00 3:00		\$5	21053 21054 21055
			Nov 27	1:00 2:00 3:00		\$5	21056 21057 21058
			Dec 4	1:00 2:00 3:00		\$5	21059 21060 21061
Dec 11	1:00 2:00 3:00	\$5	21062 21063 21064				

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Tech Workshops: Iphone/Ipad	Wendy	W	Sep 11	1	10:30 AM-12:00 PM	BALC	\$10	20513
Android Phones/ Tablets			Sep 25	1			\$10	20514
Online Safety			Oct 9	1			\$10	20515
Online Safety 2			Oct 23	1			\$10	21032
Productivity			Nov 6	1			\$10	21033
Productivity 2			Nov 20	1			\$10	21034
Fun with iPads			Dec 4	1			\$10	21035
Fun with AI			Dec 18	1			\$10	21104
Christmas Cafe and Carols			Taryn	Th			Dec 12	1
Cooking Class - Soup's On	Alexandra	Th	Nov 21	1	10:30 AM-12:30 PM	NCC	\$10	20996
Live Action Photography Workshop	Brian Tremblay	Sa	Sep 21	1	12:00 PM-3:00 PM	BALC	\$25	21093
Snowbirds Viewing Party	No Instructor	Sa	Sep 21	1	1:30 PM-3:30 PM	BALC	Free	21065

