

ACTIVE 55+ RECREATION GUIDE

FALL 2023

Vicky took a crew to the Sylcan Circle Art & Artisan Tour. Where everyone shared great company while visiting locations in the picturesque countryside between Echo Bay & Bruce Mines. Thank you to CLub 235 for your donation towards a comfy seat while experiencing the area's finest artists and artisans.



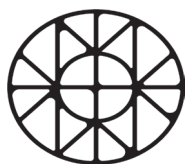
Leaves are falling, autumn is calling!

Registration
Monday
Sept 25
10:00 am

Look inside for
our Active 55+
programs, classes,
special events,
and more!

**Transportation
& Information
Fair**

- Learn more
on page 15 -



OACAO

The Voice of Older Adult Centres
La voix des centres pour aînés

Ontario

PROGRAM

FALL 2023

HOW TO REGISTER

Registration for fall programs begins on Monday September 25th at 10:00am. Programs are between October 1st and December 15th.

ONLINE:

<https://saultstemarie.ca/active55activities>

IN PERSON OR BY PHONE:

Bay Street Active Living Centre - 619 Bay St

(705) 254 - 6474

Northern Community Centre - 556 Goulais Ave

(705) 759 - 5377

SUPPORT PERSONALS

Support persons and external personal support workers are welcome to attend our recreation programs and drop-in activities at no additional cost while assisting another individual. Please note if accompanying food programs, support persons will have to purchase a ticket if eating.

TRANSIT PILOT PROJECT FOR PARTICIPANTS

TRANSIT PASS DISCOUNT FOR PARTICIPATING IN ACTIVE 55+ PROGRAMMING

Sign up for any Active 55+ program between September 1, 2023, to February 29, 2024, and you can purchase a 12-ride pass at a reduced cost of \$5. For more information, please connect with us by email at active55+@cityssm.on.ca or over the phone **(705) 254 - 6474**.

To make the Transit service more user-friendly and familiar to seniors, the pilot program will include educational programs such as bus orientation where staff will guide you through the features of the bus including route planning, trip navigation and requesting a stop. Watch for upcoming programs to sign up for educational events!

Drop-In Fees Cancellations

CANCELLATIONS

You will be contacted when a program is cancelled.

EMAIL ADDRESS

active55+@cityssm.on.ca

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.

DROP IN FEES

Our 2023 Drop-In Fee is \$2.00.

ZOOM

BALC: 621 655 4895

NCC: 222 137 7398

Walking Facilities

Track is open
during building
hours.

Monday - Friday

8:30 AM - 4:30 PM



Be active year-round! Visit the public walking track at the Northern Community Centre.

Free to walk. No membership or registration required. All ages welcome. Please wear clean shoes.

One hundred and fifty minutes of moderate to vigorous activity per week or 10,000 steps per day contribute to a

FITNESS & HEALTH



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.**

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

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. **All Levels or Intermediate Level.**

Mindfulness for the Daily Life (Zoom): Anne will discuss how to take care of yourself with kindness and explore simple practices that can be used in everyday life. This group will be hosted on Zoom. **All Levels.**

Cardio LIIT/HIIT: Low impact cardio mixed with short periods (20-30 seconds) of more intense work. It's High Intensity Interval Training but can be adjusted to low intensity depending on your needs. The HIIT periods increase metabolism for a longer period after the workout is complete, so you don't have to work out as long as a regular aerobics class and are better for weight and strength maintenance than a steady state cardio workout such as a regular aerobics class. **All Levels**

DrumFit: Find your beat with this cardio-drumming workout! Drum Fit is a great music-infused social fitness program that encourages participants of all ability to move together for mental and physical health. **All Levels**

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

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

Learn to Line Dance: This is a fun class for the ultimate beginner and is a great way to exercise the brain and body. Steps are broken down by the instructor and taught to learn a choreographed dance. **Beginner Level.**

Line Dance: This class is for those with one year of experience. Follow the leader's steps to create a choreographed dance. **Intermediate Level.**

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

Stretch & Strength (Fridays): This class focuses on functional exercises that assist with activities of daily living. Consists of a dynamic warm-up, balancing, strength exercises and cooldown. Modifications and progressions are demonstrated for each exercise. Seated or standing options. **Beginner Level.**

Drumming Circle: The positive benefits of a drumming circle are numerous and the social interaction is fun. This meditative drumming group meets weekly. Follow the direction of our experienced lead drummer. **All Levels.**

Chair Yoga with Knee Replacement:

This Chair yoga can be one of the best ways to get the flexibility, strength and balance back into knee joints especially after knee replacement surgery. It is safe to do yoga once you have recovered from your surgery and have the green light from your Doctor to participate. We will be practicing from a seated position. The focus is mainly on upper-body strength, so no extra pressure should be exerted upon the knees. Strengthening all of the muscles that cross the knee joint as well as secondary stabilizers. This means front, back and side leg muscles. Attention to hip alignment and strength also can help support the knee replacement. When movement is limited, the inner work of yoga, like mindfulness and breathwork is still accessible and beneficial.. **All Levels.**

Dance Pl3y: This is a mixed-style, interactive dance class with simple moves, designed to get you to “sweat happy” **All Levels.**

Senior Maintaining Active Roles Together (SMART) - VON

This class aims to help you improve your flexibility while focusing on strength and balance. **All levels.**

Yoga For Strength: This new and exciting class offers strength building exercises through yoga movements and poses. **All levels.**

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. **All levels.**

Laughter Yoga: This is a cardiovascular class that combines laughter and breathing exercises. It can also serve as a fun workout! **All Levels.**

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Gentle Chair Yoga	Shirling	M	Oct 2	4	2:15 PM-3:15 PM	BALC	\$40	19332
			Nov 6	2			\$20	19333
Tai Chi	Donna	M	Oct 2	8	10:30 AM-12:00 PM	BALC	\$2 Drop In	19060
Yoga For Vitality - All Levels	Shirling	M	Oct 2	4	10:30 AM-11:30 AM	BALC	\$40	19053
			Nov 6	2			\$20	19054
Cardio LIIT/ HIIT	Angela	T	Oct 3	4	5:15 PM-5:45 PM	BALC	\$20	19121
			Nov 7	6			\$30	19396
Chair Yoga with Knee Replacement	Denise	T	Oct 3	5	11:00 AM-11:45 AM	NCC	\$50	18651
			Nov 7	4			\$40	18653
			Dec 5	3			\$30	18655

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Drumfit	Eileen	T	Oct 3	5	12:30 PM-1:15 PM	BALC	\$15	19085
			Nov 7	4			\$12	19086
Gentle Yoga	Denise	T	Oct 3	5	10:00 AM-10:45 AM	NCC	\$50	18650
			Nov 7	4			\$40	18652
			Dec 5	3			\$30	18663
Intermediate Yoga	Vicki	T	Oct 3	5	10:30 AM-11:30 AM	BALC	\$60	19076
			Nov 7	4			\$48	19077
			Dec 5	2			\$24	19078
Seniors Maintaining Active Roles Together (VON)	Nicole	T,F	Oct 3	11	12:30 PM-1:15 PM	NCC	Free	19294
Stretch & Strength	Eileen	T	Oct 3	5	11:30 AM-12:15 PM	BALC	\$15	19082
			Nov 7	6			\$18	19083
Yoga for Strength	Angela	T	Oct 3	4	6:00 PM-6:30 PM	BALC	\$20	19386
			Nov 7	6			\$30	19397
Drumming Circle	Bonnie	W	Oct 4	11	10:30 AM-11:30 AM	BALC	\$55	19262
Functional Fitness	Eileen	W	Oct 4	4	10:30 AM-11:15 AM	NCC	\$12	18977
			Nov 1	5			\$15	18978
Gentle Chair Yoga	Shirling	W	Oct 4	4	2:00 PM-3:00 PM	BALC	\$40	19095
			Nov 1	4			\$40	19096
Laughter Yoga	Allyne	W	Oct 4	4	1:00 PM-1:30 PM	BALC	\$12	19130
			Nov 1	7			\$21	19131
Yoga For Vitality - Intermediate Level	Shirling	W	Oct 4	4	10:30 AM-11:30 AM	BALC	\$40	19056
			Nov 1	4			\$40	19057
DrumFit	Eileen	W	Oct 11	3	11:30 AM-12:15 PM	NCC	\$9	18643
			Nov 1	5			\$15	18644
			Dec 6	3			\$9	18645

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Mindfulness for the Daily Life (Zoom)	Anne O'connor	F	Oct 6	11	10:00 AM-11:00 AM		\$22	19371
DANCEPL3Y	Cathy Szczepaniak	Th	Oct 5	4	5:15 PM-6:00 PM	BALC	\$20	19356
			Nov 2	7			\$35	19046
Drumfit	Eileen	Th	Oct 5	4	11:15 AM-12:00 PM	BALC	\$12	19088
			Nov 2	5			\$15	19089
Intermediate Line Dancing	Joan	Th	Oct 5	4	1:30 PM-3:30 PM	BALC	\$12	19377
			Nov 2	7			\$18	19114
Learn To Line Dance	Joan	Th	Oct 5	4	12:30 PM-1:30 PM	BALC	\$12	19001
			Nov 2	7			\$18	19378
Stretch & Strength	Eileen	Th	Oct 5	4	10:15 AM-11:00 AM	BALC	\$12	19079
			Nov 2	7			\$21	19080
			Dec 7	3			\$9	19081
Yoga For Aging Gracefully	Vicki	Th	Oct 5	4	10:30 AM-11:30 AM	BALC	\$48	19098
			Nov 2				\$84	19348
DANCEPL3Y	Cathy	F	Oct 6	4	10:15 AM-11:00 AM	NCC	\$20	18994
			Nov 3	4			\$20	19043
			Dec 1	3			\$15	19044
Functional Fitness - Beginner	Eileen	F	Oct 6	4	10:15 AM-11:00 AM	BALC	\$12	19387
			Nov 3	7			\$21	19388
Tai Chi	Donna	F	Oct 6	10	10:30 AM-12:00 PM	BALC	\$2 Drop In	19061
Drum Fit Christmas Theme!	Eileen	T,Th	Dec 5	3	12:30 AM-12:00 PM	BALC	\$18	19090

SPORTS



Pickleball: Play social Pickleball on our indoor court. Beginners welcome! Equipment available. **All levels.**

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

Darts: This social group meets weekly. Bring your own darts. **All levels.**

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

French Pickleball: Do you speak French and want to learn to play social Pickleball? Equipment available. **All levels.**

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

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Soccer		M,Th	Oct 2	12	1:00 PM-3:30 PM	NCC	\$2 Drop In	18639
Darts		T	Oct 3	12	6:30 PM-8:00 PM	BALC	\$2 Drop In	19075
Learn to Play Pickleball	Heather Francis	T	Oct 3	5	2:15 PM-4:00 PM	BALC	\$10	19065
Pickleball		T	Oct 3 Nov 7 Dec 5	5 4 3	4:00 PM-8:00 PM	BALC	\$2 Drop In	19071 19070 19069
Pickleball		Th	Oct 5 Nov 2 Dec 7	4 5 3	4:00 PM-8:00 PM	BALC	\$2 Drop In	19066 19067 19068
French Pickleball		F	Oct 6 Nov 3 Dec 1	4 4 3	10:30 AM-12:30 PM	BALC	\$8 \$8 \$6	19099 19100 19101
Shuffleboard		F	Oct 6	11	1:30 PM-3:30 PM	BALC	\$2 Drop In	19102
Low-Impact Soccer		W	Oct 11	10	1:30 PM-3:00 PM	NCC	\$2 Drop In	18998
French - Learn to Play Pickleball		M	Oct 16 Nov 6 Dec 4	2 2 2	6:00 PM-8:00 PM	BALC	\$4 \$4 \$4	19393 19392 19390
Community Running Group		M,W,F	Oct 30	7	7:30 AM-9:00 AM	NCC	\$25	18886



CARDS, GAMES, & HOBBIES

Bid Euchre: Play Bid Euchre with fellow enthusiasts.

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.

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

Intergenerational Cribbage: 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.

Evening Snooker: Played Tuesday and Thursday evenings.

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

Group Piano Lessons: Learn to read notes, play chords and simple songs. You will use a piano in a small group setting.

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

Piano Lessons: One-on-one piano lessons on an upright piano. For beginners all the way to Grade 8 piano. To reserve your 30 minute time slot please call the Northern Community Centre (705) 759-5377.

Senior Singers: If you have a love of music, enjoy singing and meeting other seniors, join this choir. This group meets Tuesdays morning and will visit local senior's homes occasionally. Registration for the choir is open in September and January.

Snooker: Available weekdays 10:00 am to 4:00pm.

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

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

Stamp Collecting Club: This group meets monthly to discuss and view everything stamps. Join anytime.

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

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Snooker		M-F	Oct 2	12	10:00 AM-4:00 PM	BALC	\$2 Drop In	19064
Learn to Play Bridge	Peter	M	Oct 2	5	10:15 AM-11:45 AM	BALC	\$2 Drop In	19383
Evening Snooker		T,Th	Oct 3	11	5:00 PM-8:00 PM	BALC	\$2 Drop In	19337
Piano Lessons	Kathy	T	Oct 3	5	12:45 PM-4:15 PM	NCC	\$50	19032
			Nov 7	6			\$60	19033
RC Auto and Aircraft		T	Oct 3	12	1:00 PM-3:00 PM	NCC	\$2 Drop In	18632

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
French Club Cards		M	Oct 2	10	1:00 PM-4:00 PM	BALC	\$2 Drop In	19062
Social Cribbage		T	Oct 3	12	1:00 PM-3:00 PM	BALC	\$2 Drop In	19094
WoodBee Carvers		T	Oct 3	11	6:00 PM-8:00 PM	BALC	\$2 Drop In	19092
500	Linda	W	Oct 4	12	1:30 PM-4:30 PM	NCC	\$2 Drop In	18634
Group Piano Lessons	Kathy	W	Oct 4	11	1:30 PM-3:00 PM	BALC	\$22	19034
Texas Hold'em	Gayle	W	Oct 4	12	10:30 AM-12:30 PM	NCC	\$2 Drop In	19104
HAM Radio		Th	Oct 5	12	1:00 PM-3:00 PM	BALC	\$2 Drop In	19372
Social Cards		Th	Oct 5	12	2:00 PM-4:00 PM	BALC	\$2 Drop In	19097
Ukulele		Th	Oct 5	11	1:00 PM-2:30 PM	NCC	\$2 Drop In	19011
Bid Euchre	Linda	F	Oct 6	11	1:30 PM-4:30 PM	NCC	\$2 Drop In	18633
Competitive Bridge		F	Oct 6	11	12:30 PM-4:00 PM	BALC	\$2 Drop In	19108
Contract Bridge		F	Oct 6	11	1:00 PM-3:00 PM	BALC	\$2 Drop In	19110
Piano Lessons	Kathy	F	Oct 6 Nov 3	4 6	12:45 PM-3:30 PM	NCC	\$40 \$60	19030 19031
Intergenerational Cribbage		Th	Oct 12	5	5:30 PM-8:00 PM	BALC	\$2 Drop In	19391
Stamp Collecting Club		M	Oct 16 Nov 20 Dec 11	1 1 1	1:30 PM-4:30 PM	NCC	\$2 Drop In	18800
Novel Book Club		T	Oct 17 Nov 21 Dec 19	1 1 1	1:30 PM-3:00 PM	NCC	\$2 Drop In	19026
Savvy Book Chat	Jennifer Misener	T	Oct 31 Nov 28	1 1	2:30 PM-4:00 PM	BALC	\$2 Drop In	19013



NEEDLECRAFT & QUILTING

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 needle!

Comfort Quilts: This group meets monthly to create lap quilts for local charities. Everyone with an interest is welcome to come out and assist.

Forget-Me-Not Quilters Workshop: Join to help 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.

Knitted Socks on Circular Needles: Learn how to knit socks on circular needles. Yarn is provided. If you need needles, they will be available at a cost of \$19.00 to the instructor for the pair. Some knitting experience required.

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

Open Needlecraft: This group includes Swedish Weaving & Knitting, Traditional Hand Rug Hooking, Christmas Cheer & Crochet, Comfort Dolls and much more! Groups can meet weekly to socialize and work on their own needlecraft projects. There is no instructor, bring your own supplies. Pattern swap table is available. Supplies are available for charity groups working on projects for Sault Area Hospital and Christmas Cheer. Thank you to those who donate their work and time for our community!

Learn to Sew Polar Fleece Mitts: Learn to sew polar fleece mitts while helping Christmas Cheer provide mitts to teens. Basic sewing skills are required, and some sewing machines are available. All materials and refreshments will be provided for a fun filled afternoon! If you wish to bring your own sewing machine, scissors and/or rotary cutter, that would be appreciated.

Open Sewing: Finish up sewing projects and quilts together with friends. Sewing machines will be available to borrow or bring your own. There is no instructor, bring your own supplies. Everyone is welcome.

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

PROGRAM		DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Learn to Sew Polar Fleece Mitts	Eileen Wootton	M	Oct 2	1	1:00 PM-4:00 PM	BALC	\$2 Drop In	19379
Open Needlecraft		M	Oct 2	10	1:30 PM-3:30 PM	BALC	\$2 Drop In	18986
Open Sewing		T	Oct 3	11	1:00 PM-4:00 PM	BALC	\$2 Drop In	18988
Quilt Club	Diane	T	Oct 3	12	1:30 PM-3:30 PM	NCC - 55+	\$2 Drop In	18636
Christmas Cheer		W	Oct 4	12	10:15 AM-12:15 PM	BALC	FREE	19338
Applique	Sandra	Th	Oct 5 Nov 2 Dec 7	1 1 1	10:30 AM-3:0 PM	NCC	\$2 Drop In	19316
Japanese Bunka	Anna	F	Oct 6	11	10:30 AM-12:30 PM	NCC	\$2 Drop In	18714
Comfort Quilts	Susan	W	Oct 11	3	10:15 AM-3:00 PM	BALC	\$2 Drop In	19027
Easy Sewing Class - Pillow Cases	Donna	Th	Oct 12 Nov 2	1 1	1:30 PM-4:30 PM	BALC	\$7	18984 19007
Knitted Socks on Circular Needles	Bev	M	Oct 16	4	1:30 PM-3:30 PM	BALC	\$8	19322
Forget-Me-Not Quilters Workshop	Sabina	M	Oct 30 Nov 27 Dec 4	1 1 1	10:30 AM-4:00 PM	NCC	FREE	18899
Easy Sewing Class - Quilted Bowl	Donna	T	Dec 12	1	1:30 PM-4:30 PM	BALC	\$7	19008

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

Pyrography Class: Learn the art of wood burning. Use our pyrography pens. Bring a wooden item to work on.

Fabric Christmas Ornament: Learn to make a charming fabric Christmas ornament. All supplies included.

Introduction to Abstract Art: Create some successful little abstracts using painting and collage techniques. Some design and colour theory will also be introduced. Previous experience in art/painting in any medium would be helpful. Supply list provided.

Introduction to Collage: Create a new collage piece by “making lemonade out of lemons”. Begin with the basics and create one or more finished pieces. Supply list provided.

Misunderstood Masterpiece: Salvage a “Misunderstood Masterpiece” with Collage. Reinvent a bombed watercolour or acrylic painting by using collage or begin from scratch using a simplified drawing. Some previous experience in art/painting in any medium would be helpful. Supply list provided.

Introduction to Colour: The impact of colour in your art can be powerful. Learn basic colour theory.

Three-dimensional Christmas Card: Learn to make one three-dimensional Christmas card and two regular cards. All supplies are included. Bring a paper bag lunch.



ARTS & CRAFTS

Alcohol Ink Christmas Ball Ornaments: Get in the festive spirit as you paint glass Christmas balls with alcohol ink. All supplies included. Make two ornaments.

Christmas Crafts with Eileen: Come and join for a social Christmas Crafter-noon! Enjoy hot chocolate and peppermint tea to get into the festive spirit! No arts and craft skills necessary, all abilities welcome. Supplies are provided.

Dragonflies and Butterflies Watercolour Series: Learn to paint dragonflies and butterflies using watercolour paints. All supplies are included. This class is offered two times, each class is a different project.

Neurographic Inspired Art: Neurographic art is a simple way to work with the subconscious mind through drawing. The result is an awareness and mindfulness that helps turn stress into calm. This art work is unique to each artist. Bring watercolour or mixed media paper, a black pen and pencil. Each month we will focus on a different theme. Everyone is welcome.

Beaded Christmas Ornament: Create your own custom beaded Christmas ornament. All supplies included. Bring a paper bag lunch.

PROGRAM	INSTRUCTOR	DAY	START		TIME	CENTER	FEE	CODE
Neurographic Inspired Art	Victoria	M	Oct 2	1	10:30 AM-1:00 PM	NCC		19328
			Nov 6	1			\$2 Drop In	
			Dec 4	1				
Open Painting		W	Sep 6	4	10:30 AM-12:30 PM	NCC	\$2 Drop In	19105

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Open Painting		Th	Oct 5	11	10:15 AM-12:15 PM	BALC	\$2 Drop In	18931
Handmade Festive Christmas Cards	Anna	T	Oct 10	1	10:30 AM-3:30 PM	BALC	\$20	19297
Introduction to Colour	Nora	Th	Oct 12	1	1:00 PM-3:00 PM	NCC	\$5	19336
Dragonflies and Butterflies Watercolour Series	Anna	F	Oct 13	1	10:30 AM-2:00 PM	BALC	\$20	19091
Introduction to Collage	Mary-Lou	M	Oct 16	4	10:30 AM-1:00 PM	NCC	\$85	19035
Beaded Christmas Ornament	Anna	M	Oct 16	1	10:30 AM-3:30 PM	NCC	\$20	19318
Pyrography - Wood Burning Class	Anna	W	Oct 25	1	10:30 AM-3:30 PM	NCC	\$20	19041
Fabric Christmas Ornament	Anna	W	Nov 1	1	10:30 AM-2:30 PM	NCC	\$20	19321
Three-dimensional Christmas Card	Anna	M	Nov 6	1	10:30 AM-3:00 PM	NCC	\$20	19347
Introduction to Abstract Art	Mary-Lou	T	Nov 7	4	1:00 PM-3:00 PM	BALC	\$85	19037
Misunderstood Masterpiece	Mary-Lou	M	Nov 13	4	10:30 AM-12:30 PM	BALC	\$85	19036
Alcohol Ink Christmas Ball Ornaments	Anna	W	Nov 22	1	10:30 AM-1:30 PM	NCC	\$20	19040
Dragonflies and Butterflies Watercolour Series	Anna	M	Nov 27	1	10:30 AM-1:30 PM	NCC	\$20	19039
Pyrography - Wood Burning Class	Anna	W	Nov 29	1	10:30 AM-3:30 PM	NCC	\$20	19320
Fabric Christmas Ornament	Anna	F	Dec 1	1	10:30 AM-3:30 PM	BALC	\$20	19351
Christmas Crafts with Eileen	Eileen Harford	T	Dec 5	2	3:30 PM-5:00 PM	BALC	\$10	19389

Transportation & Health Information Fair:

Join Active55+, City Transit & Community Partners for presentations, demonstrations and information sharing regarding transportation and health in our community. Lunch will be provided.

Registration is required to ensure we have lunch for you! Please sign up by calling 705-254-6474 or stop by the front desk on your way to your program.

City Buses will be on site to take a tour as well as other community transportation services.

Chinese Cooking Class: Join us for a Chinese cooking demonstration and food tasting. This class will have an authentic Chinese banquet style menu featuring a braised shiitake mushroom and bok choy dish, stir-fried shrimp with soft scrambled egg and green onion, sweet corn and egg drop soup, served with steamed rice and Chinese tea.

Christmas Appetizers: Learn to make simple and delicious appetizers that will please any crowd!

Thai Cooking Class: Authentic Thai street food cooking demonstration and tasting. The menu will feature: Thai basil chicken Stir fry (pad kra pao gai), served with steamed jasmine rice and a fried egg and Thai glass noodle salad with pork and prawns. It is very refreshing, zesty, and tasty!

Christmas Tea: Let's eat, sip tea & be merry! Register for this festive tea party.



EVENTS & TALKS

Halloween Bingo and Bites: Join us for a lively game of Bingo and Halloween themed lunch. Will you wear a costume that is spooky or sweet? Menu TBA.

Improve Your Digestion: Janet Christmas is a Holistic Nutritionist who will discuss causes of TUMMY TROUBLES and how to optimize digestion. We will discuss the Standard

North American diet and how foods and lifestyle can influence digestion. It also looks at how our eating patterns affect our overall health. Tips include the natural way to help settle out gas, bloating and cramping etc. to help improve health and wellbeing. It will help make it so you will have nothing to Belly Ache about (pun intended).

Kiwanis Bingo: Calling all Bingo players - join us for an afternoon of social bingo. Coffee, tea and cake included. Bingo prizes awarded to bingo winners.

Labyrinth Workshop: Join us in learning the history of the labyrinth and its many uses. Walking the labyrinth is a prayer walk. You can walk for yourself or others. Please note, a labyrinth is not a maze and does not cause confusion.

NCC Arts & Crafts Sale: Come see what our local talent has to offer. TABLE FEE \$10 per table.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Thankful for Flowers - Centerpiece Workshop	Riley Greco	F	Oct 6	1	11:00 AM-1:30 PM	BALC	\$57	19330
Improve Your Digestion	Janet	W	Oct 11	1	2:00 PM-3:00 PM	BALC	\$2 Drop In	19381
Halloween Bingo and Bites		W	Oct 25	1	12:00 PM-2:00 PM	BALC	\$10	18995
Thai Cooking Class	Victoria	F	Oct 27	1	10:30 AM-12:30 PM	BALC	\$10	19374
Kiwanis Bingo		W	Nov 15	1	1:00 PM-4:00 PM	BALC	Free	19373
NCC Arts & Crafts Sale TABLE FEE		Th	Nov 16	1	9:00 AM-12:00 PM	NCC	\$10	19050
Labyrinth Workshop	Bonnie	M	Nov 20	1	1:30 PM-4:00 PM	BALC	\$25	19380
Transportation and Health Information Fair		W	Nov 22	1	11:00 AM-3:00 PM		Free	19395
Chinese Cooking Class	Victoria	F	Nov 24	1	10:30 AM-12:30 PM	BALC	\$10	19375
Christmas Tea		W	Nov 29	1	11:00 AM-2:00 PM		\$18	19394
Christmas Appetizers	Karen	M	Dec 11	1	11:00 AM-1:00 PM	BALC	\$10	19376