

ACTIVE 55+ RECREATION GUIDE

SEPTEMBER 2023

Models from our High Tea Fashion Show

Les & Sandra strutting in style!



Goodbye Summer Students!



Although Summer was Fun!
Now Fall has Begun!

Registration
begins
August 28th!

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

Join us for a
'Try It Day'

- Learn more
on page 13 -

PROGRAM GUIDE

FALL 2023

HOW TO REGISTER

Registration for fall programs begins on August 28th at 10:00am. Programs start between September 1st and September 7th .

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!

Be prepared for online registration.

It only takes a few minutes to prepare for registration day and avoid unexpected delays. We've put together some tips that will help you be registration-ready.

REGISTRATION OPENS ON AUGUST 28TH, AT 10:00AM
TO REGISTER ONLINE, VISIT
[HTTPS://SAULTSTEMARIE.CA/ACTIVE55ACTIVITIES](https://saultstemarie.ca/active55activities)

Tip #1 Review and update your account information.

Save time on registration morning by updating your account ahead of time.

- Make sure your contact information and family members are up-to-date.
- Add a credit card to your account to speed up payment.

Tip #2 Filter your search results.

Browse our programs ahead of time so you don't have to search on registration day.

- Search using a keyword, program name or course code.
- Use the search filters to narrow down your search results.

Tip #3 Add your favourites to your wish list.

Verify program dates, times and locations ahead of time so you're ready to register on August 28th.

- Add activities to your wish list by clicking on the heart icon to save them for later. Adding activities to your wish list does not mean that you are holding the spot.
- On registration day, add each program to your cart and pay with your saved credit card or enter your credit card details.

Drop-In Fees, Cancellations & Emailing Policies

CANCELLATIONS

You will be contacted when a program is cancelled.

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

EMAILING

Please ensure that you provide us with the email you would like to be contacted at.

You will receive emails for:

- Recreation Guides
- Cancellations
- Proof of enrollment
- Refunds
- Special events

You can also email us at anytime:

active55+@cityssm.on.ca

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 healthy lifestyle.



FITNESS & HEALTH

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 option available. **All levels.**

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

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

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

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. Zoom # 621 655 4895

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
DrumFit	Eileen	T	Sep 5	4	11:15 AM-12:00 PM	BALC	\$12.00	18922
Intermediate Yoga	Vicki	T	Sep 5	4	10:30 AM-11:30 AM	BALC	\$48.00	18920
Stretch & Strength	Eileen	T	Sep 5	4	10:15 AM-11:00 AM	BALC	\$12.00	18929
Drumming Circle	Bonnie	W	Sep 6	4	10:30 AM-11:30 AM	BALC	\$20.00	19261
DrumFit	Eileen	Th	Sep 7	4	11:15 AM-12:00 PM	BALC	\$12.00	18924
Line Dancing	Joan	Th	Sep 7	3	12:30 PM-3:30 PM	BALC	\$9.00	19000

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Stretch & Strength	Eileen	Th	Sep 7	4	10:15 AM-11:00 AM	BALC	\$12.00	18914
Yoga For Aging Gracefully	Vicki	Th	Sep 7	4	10:30 AM-11:30 AM	BALC	\$48.00	18912
Mindfulness for the Daily Life (Zoom)	Anne	F	Sep 8	4	10:00 AM-11:00 AM	ZOOM	\$8.00	19119
Tai Chi	Donna	M	Sep 11	3	10:30 AM-12:30 PM	BALC	Drop-in	18907
Gentle Chair Yoga	Shirling	W	Sep 13	3	2:00 PM-3:00 PM	BALC	\$30.00	18930
Yoga For Vitality - Intermediate Level	Shirling	W	Sep 13	3	10:30 AM-11:30 AM	BALC	\$30.00	18928
Tai Chi	Donna	F	Sep 15	3	10:30 AM-12:00 PM	BALC	Drop-in	19005
Gentle Chair Yoga	Shirling	M	Sep 18	2	2:15 PM-3:15 PM	BALC	\$20.00	19126

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

Pickleball: Want to join the fastest growing sport in North America? 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.**

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

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Shuffleboard		F	Sep 1	5	1:30 PM-3:30 PM	BALC	Drop-in	18919
Darts	Lois	T	Sep 5	4	6:30 PM-8:00 PM	BALC	Drop-in	18915
Learn to Play Pickleball	Heather & Darlene	T	Sep 5	4	2:15 PM-4:00 PM	BALC	\$8.00	18913
Pickleball		T	Sep 5	4	4:00 PM-8:00 PM	BALC	Drop-in	19072
Pickleball		Th	Sep 7	4	4:00 PM-8:00 PM	BALC	Drop-in	18905
Soccer		Th	Sep 7	4	1:00 PM-3:30 PM	NCC - 55+	Drop-in	18638

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.

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 10:00am 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!

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

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Snooker		M-F	Sep 1	5	10:00 AM-4:00 PM	BALC	Drop-in	19063
Bid Euchre	Linda	F	Sep 1	5	1:30 PM-4:30 PM	NCC - 55+	Drop-in	19107
Competitive Bridge		F	Sep 1	5	12:30 PM-4:00 PM	BALC	Drop-in	18925
Contract Bridge		F	Sep 1	5	1:00 PM-3:00 PM	BALC	Drop-in	18923
Piano Lessons	Kathy	F	Sep 1	5	12:45 PM-3:30 PM	NCC - 55+	\$50.00	19029
Evening Snooker		T,Th	Sep 5	4	5:00 PM-8:00 PM	BALC	Drop-in	19122
Piano Lessons	Kathy	T	Sep 5	4	12:45 PM-4:15 PM	NCC - 55+	\$50.00	19028
Social Cribbage		T	Sep 5	4	1:00 PM-3:00 PM	BALC	Drop-in	19093
WoodBee Carvers		T	Sep 5	4	6:00 PM-8:00 PM	BALC	Drop-in	18926
Group Piano Lessons	Kathy	W	Sep 6	4	1:30 PM-3:00 PM	BALC	\$8.00	18933
Texas Hold'em	Gayle	W	Sep 6	4	10:30 AM-12:30 PM	NCC - 55+	Drop-in	19103
Social Cards		Th	Sep 7	4	2:00 PM-4:00 PM	BALC	Drop-in	18908
French Club Cards		M	Sep 11	3	1:00 PM-4:00 PM	BALC	Drop-in	18909
Stamp Collecting Club		M	Sep 11	1	1:30 PM-4:30 PM	NCC - 55+	Drop-in	18975
Senior Singers	Sonya	T	Sep 12	14	10:30 AM-12:00 PM	BALC	\$15.00	18911
Intergenerational Cribbage		Th	Sep 14	2	5:30 PM-8:00 PM	BALC	Drop-in	19004

NEEDLECRAFT & QUILTING

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.

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 chairty 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.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Japanese Bunka	Anna	F	Sep 1	5	10:30 AM-12:30 PM	NCC - 55+	Drop-in	19106
Open Needlecraft		M	Sep 4	4	1:30 PM-3:30 PM	BALC	Drop-in	18985
Learn to Sew Polar Fleece Mitts	Eileen	T	Sep 12	1	1:00 PM-4:00 PM	BALC	Drop-in	19113
Comfort Quilts	Susan	W	Sep 13	1	10:15 AM-3:00 PM	BALC	Drop-in	18897
Open Needlecraft		M	Sep 4	4	1:30 PM-3:30 PM	BALC	Drop-in	18985
Forget-Me-Not Quilters Workshop		M	Sep 25	1	10:30 AM-4:00 PM	NCC - 55+	Free	18898



ARTS & CRAFTS

Alcohol Ink Painting Class: Learn to use these highly fluid and vibrant paints while painting Christmas Ball ornaments. Make 2 ornaments. All supplies are included.

Handmade Greeting Cards: Make Halloween and Christmas greeting cards. Supplies included.

Introduction to Painting Techniques: Learn classic and modern painting techniques. Enjoy creating beautiful works of art with this experienced artist guiding you. This class is intended for beginners and those looking for a refresher. Supply list provided. You can work in acrylic or oil paints.

Oil Painting Class - Landscape: Learn step-by-step how to paint a landscape. This class is for beginners or anyone wanting a refresher class. You will be given a supply list. Bring a paper bag lunch.

Open Painting: All mediums of painting are welcome. Bring your own supplies to this group 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.

Sketch and Drawing Classes: Learn drawing techniques to help you with painting and design, or for finished drawings. Supply List provided. **All levels.**

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Handmade Greeting Cards	Anna	W	Sep 6	1	10:30 AM-3:30 PM	NCC - 55+	\$20.00	19038
Open Painting		W	Sep 6	4	10:30 AM-12:30 PM	NCC - 55+	Drop-in	19105
Open Painting		Th	Sep 7	4	10:15 AM-12:15 PM	BALC	Drop-in	19003
Handmade Greeting Cards	Anna	T	Sep 12	1	12:00 PM-5:00 PM	BALC	\$20.00	18990
Introduction to Painting Techniques	Taimi	Th	Sep 14	6	10:30 AM-12:30 PM	BALC	\$160.00	19115
Pyrography Class	Anna	T	Sep 19	1	12:00 PM-5:00 PM	BALC	\$20.00	18991
Sketch and Drawing Classes	Taimi	T	Sep 19	6	10:30 AM-12:30 PM	NCC - 55+	\$160.00	19116
Oil Painting Class - Landscape	Anna	Th	Sep 21	1	10:30 AM-3:30 PM	NCC - 55+	\$20.00	19073
Alcohol Ink Painting Class	Anna	Th	Sep 28	1	12:00 PM-4:00 PM	BALC	\$20.00	18993

EVENTS & TALKS



Sylvan Circle Art & Artisan Tour:

Travel the picturesque countryside between Echo Bay and Bruce Mines with friends via a coach bus. We will stop at designated Sylvan Circle Tour stops along the way, stopping at the Leeburn Town Hall for lunch - cost and menu TBA. The \$30 registration fee covers the cost of the coach bus.

We will board the bus @ 8:30 AM and depart @ 9:00 AM from the 619 Bay Street parking lot. Return time is approximately 3:00 PM.

Korean Cooking Demonstration & Luncheon: Celebrate Culture Days with Victoria in discovering Korean cuisine. We will make a very popular, healthy and authentic mixed rice dish Bibimbap along with 4 side dishes. She will also introduce the health benefits of fermented soybean paste and kimchi in Korean cuisine. Take home recipes, learn cooking and plating tips and tricks and then you will all sit down for a luncheon to try the food.

French Heritage Cooking Class: Join us in celebrating French culture during Culture Days. Learn about traditional French cooking and enjoy the smells and tastes as you explore this cuisine.

Indigenous Food Presentation & Tasting Class: Celebrate Culture Days with us by learning about Indigenous culture. Enjoy a presentation in partnership with Maamwesying health promotion on the history of Indigenous foods while sampling recipes and learn to make cedar tea. Recipes will be available to take home.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Sylvan Circle Art & Artisan Tour		Sa	Sep 16	1	8:30 AM-3:30 PM	BALC	\$30.00	18727
Indigenous Food Presentation & Tasting Class	Cynthia	M	Sep 25	1	2:00 PM-3:30 PM	BALC	Drop-in	18999
Korean Cooking Demonstration & Luncheon	Victoria	W	Sep 27	1	10:30 AM-12:00 PM	BALC	Drop-in	19123
French Heritage Cooking Class		F	Sep 29	1	10:30 AM-12:30 PM	BALC	Drop-in	19112



TRY IT DAYS

Cardio LIIT/HIIT: This new and exciting class offers 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**

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

Chair Yoga with Knee Replacement: 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. This class focuses on strengthening the leg muscles and secondary stabilizers that cross the knee joint. To relieve pressure from your knees, we focus on upper-body strength while in a seated position. Safe to begin once you have recovered and received approval from your Doctor.

Communi-Bess Session: This Communi-Bee Session is presented in partnership with the Thinking Rock Community Arts group. Join us as we finish up a variety of community art projects. We will be sewing, quilting and painting fabric. Everyone is welcome - no age restriction.

DANCEPL3Y: DANCEPL3Y is a mixed-style, interactive dance class with simple moves, designed to get you to "sweat happy." **All levels.**

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

Floor Curling: Floor curling is ice-less curling that uses target mats and stones on bearings to provide a curling experience accessible to all! Can be done seated or standing with or without a stick. Register to try it out!

Functional Fitness: Register and try this class for free. 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 options are available to you. **All levels.**

Gentle Yoga: Register and try this class for free. 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.**

Intro to Watercolour Painting: Learn the basics of watercolour painting. All supplies included.

Laughter Yoga: This class combines a healthy dose of laughter, breathing and relaxation exercises.

Novel Book Club: This group of avid readers meets monthly to review and discuss books. The reading list is set as a group in September.

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.

Pyrography Class: Pyrography is the art of wood burning. Try it for free today. All supplies included.

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. No gasoline powered vehicles allowed. Join anytime.

Savvy Book Chat: Join us for this monthly book chat to discuss books, poems, authors and more! This group is led by Sault Ste. Marie Public Library staff.

Stretch & Strength Punjabi Hindi: Register and try this fitness class for free. This class features a gentle total body workout using resistance bands and light weights. Modifications are available. Resistance bands are sold at the service desk \$4.00. This class will be instructed in Punjabi or Hindi.

Walking Soccer: Play pick-up Walking Soccer on the indoor turf. This group meets weekly. **All levels.**

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	CODE
Open Sewing		T	Sep 5	2	1:00 PM-4:00 PM	BALC	18934
Carpet Bowling		M	Sep 11	2	10:30 AM-12:00 PM	BALC	18901
Floor Curl		M	Sep 11	2	10:30 AM-12:00 PM	BALC	19052
Cardio LIIT/HIIT	Angela	T	Sep 12	2	5:15 PM-5:55 PM	BALC	18927
Chair Yoga with Knee Replacement	Denise	T	Sep 12	2	11:00 AM-12:00 PM	NCC - 55+	18649
Gentle Yoga	Denise	T	Sep 12	2	10:00 AM-11:00 AM	NCC - 55+	18648
RC Auto and Aircraft		T	Sep 12	2	1:00 PM-3:00 PM	NCC - 55+	18631
DrumFit	Eileen	W	Sep 13	2	1:30 PM-2:15 PM	NCC - 55+	18642
Stretch & Strength Punjabi Hindi	Aman	W	Sep 13	2	10:30 AM-11:15 AM	NCC - 55+	18981
Walking Soccer		W	Sep 13	3	1:30 PM-3:00 PM	NCC - 55+	18997

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	CODE
Laughter Yoga	Allyne	W	Sep 13	2	1:00 PM-1:30 PM	BALC	19129
Pyrography Class	Anna	Th	Sep 14	1	1:00 PM-3:00 PM	BALC	19111
Intro to Watercolour Painting		Th	Sep 14	1	1:00 PM-3:00 PM	BALC	19109
Functional Fitness	Eileen	Th	Sep 14	2	1:30 PM-2:15 PM	NCC - 55	18976
DANCEPL3Y	Cathy	F	Sep 15	2	10:15 AM-11:00 AM	NCC - 55+	18989
DANCEPL3Y	Cathy	Th	Sep 14	2	5:15 PM-6:00 PM	BALC	18992
Novel Book Club		T	Sep 19	1	1:30 PM-3:00 PM	NCC - 55+	17842
Savvy Book Chat	Jennifer	T	Sep 26	1	2:30 PM-4:00 PM	BALC	19012
Communi-Bess Session	Miranda	F	Sep 29	1	1:00 PM-5:00 PM	NCC - 55+	19014