

# Active 55+

Bay Street Active Living Centre  
Northern Community Centre 55+

Updated April 2, 2024



**SAULT  
STE. MARIE**

**Ontario**



# Active 55+ Recreation Guide

# Spring 2024

## PROGRAM REGISTRATION

WEDNESDAY APRIL 3, 2024 10:00AM

### **ONLINE:**

View and register for programs online at

<https://saultstemarie.ca/active55activities>

### **IN PERSON:**

**Doors will open at 9:00 am. You are welcome to come early, have a coffee and a seat. You will be given a number and called up in order to complete your registration.**

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.

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

# 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

NCC: 222 137 7398

\*Please note that Zoom is only available if stated.

## PAY AS YOU GO FEES

Our 2024 Pay As You Go Fee, formally referred to as the Drop-In Fee, is \$2.50. **In the activity charts it is called \$2.50 PAYG.**

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. We invite you to volunteer and feel the rewards of being a “special member” of our Active 55+ family.

## 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

2024 kicked off with 'Harmonious Beginnings!' Musical events, featuring the enchanting duet 'Just The Two Of Us' and the vibrant concert band 'New Horizons' provided a diverse musical experience that left a lasting impression. These events set the perfect tone for the year, camaraderie, and the universal language of music into an unforgettable celebration.



Downtown Sault Ste. Marie experienced a heartwarming transformation thanks to the compassionate work of the "Hug A Tree" program. Knitters and Crocheters donated handmade scarves that were then draped on poles and trees throughout the downtown core for anyone in need to take.



# Spring Welcome Message

As the flowers bloom and the days grow longer, we invite you to join us in participating in a diverse selection of activities that are designed to inspire, energize, and uplift. Our programs offer opportunities to explore your passions, forge new friendships, and nurture your mind, body, and spirit. From energizing fitness classes to enriching cultural experiences, there's something for everyone to enjoy.

Welcome to a springtime filled with laughter, growth, and endless amounts of fun! Let's embrace the beauty of this season together and create lasting memories.

## Meet the Staff

### Supervisor, Senior Services 55+

Jennifer Arbour is thrilled to join the Active 55+ team. Jenn is a long-standing employee of the City of Sault Ste. Marie coming to us from the Community Services Arenas Division.

"I am excited about this new opportunity within our Active Living Centres. My aim is to cultivate positive interactions, deliver exceptional customer service, and organize purposeful activities for the well-being and longevity of our 55+ population. With deep roots in Sault Ste. Marie, I take great pride in our City, and I am dedicated to maximizing the potential of our community spaces to ensure a diverse array of events and activities are being offered to promote the physical, social and mental wellness of our community. I look forward to meeting and getting to know you all."



**Jennifer Arbour**  
**Senior Services 55+ Supervisor**



**Jen Amadio**  
**Recreation Programmer**



**Taryn Morley**  
**Recreation Programmer**



**Eileen Harford**  
**Recreation Programmer**



Level	Fitness Program Intensity Guide
<b>Low Intensity</b>	<ul style="list-style-type: none"> <li>• Suitable for beginners or those with limited mobility.</li> <li>• Focuses on gentle movements and light resistance. Movements are seated or standing with optional support.</li> </ul>
<b>Moderate Intensity</b>	<ul style="list-style-type: none"> <li>• Involves standing periods without support and breaks as needed.</li> <li>• Increases heart rate and breathing rate moderately. Provides a balance of challenge and safety.</li> </ul>
<b>High Intensity</b>	<ul style="list-style-type: none"> <li>• Requires consistent standing movements for 45-60 minutes.</li> <li>• Ability to move in all directions and incorporates more complex movements.</li> <li>• Involves faster paced movements significantly increasing heart rate and breathing.</li> </ul>
<b>All Abilities</b>	<ul style="list-style-type: none"> <li>• Accommodates varying fitness levels and physical capabilities, ensuring everyone feels valued and supported.</li> <li>• 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.</li> </ul>

**Slow Yoga with Candace:** Yoga will enhance connection through movement, community and sharing knowledge. Candace Zack-Coneybeare, Ojibway of the Garden River First Nation will share her knowledge and experiences of energy work, yoga & Indigenous teachings acquired through ceremony, family, Elders, teachers & colleagues. The intention of this yoga practice is to promote self-awareness and personal connection to allow growth, flow, and balance. The instruction will benefit all ages and skill levels with modifications to poses and promote inclusion. In this yoga session, participants may use a chair and/or mat. **All Abilities.**

**Mindfulness for the Daily Life:** 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.

**55+ Women's Strength:** This low impact class helps to build strength while having fun. Uses light dumbbells and bodyweight. Equipment is provided. **Moderate.**

**Body Tools to Ease Pain:** In this 4-week class, you will be empowered to take control back over your body's response to pain. You will learn how stress and pain are very connected and body tools to practice to shift out of the chronic pain response. **All Abilities.**

**Body Tools to Ease Stress & Anxiety:** In this 6-week class, you will be empowered to 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 about stress responses and what they do in the body and how to use easy body-based tools to help you relax at a deep level. This is a perfect complement to using mind-based and mindfulness strategies. **All Abilities.**

**Cardio LIIT/HIIT:** This class offers low impact cardio by alternating short periods of exercise and rest for an effective workout. High Intensity Interval Training or adjust to Low Intensity Interval Training 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. **Moderate to High.**

**DANCEPL3Y:** This is a mixed-style, interactive dance class with simple moves, designed to get you to "sweat happy." Movements are performed standing, and moving in different directions. No dance experience necessary! **Moderate to High.**

**Zumba:** Join our invigorating Zumba class, where energetic Latin-inspired music meets easy-to-follow dance moves for a fun and effective workout. Boost your cardiovascular health, improve flexibility, and enhance coordination. Get ready to shimmy, shake, and smile your way to a healthier, happier you! **Moderate to High.**

**DrumFIT:** Find your beat in this drumming workout! DrumFIT 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.**

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

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

**French Pilates:** Essayez notre cours débutant de Pilates au sol de 45 minutes, adapté à tous les niveaux de condition physique. Renforcez votre centre, améliorez la flexibilité, et profitez d'un exercice à faible impact pour des bienfaits physiques et mentaux durables. **Moderate.**

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

**Gentle Mat Pilates:** Come try a 45-minute beginner mat Pilates class suitable for all fitness levels. By emphasizing core strength, Pilates aims to improve posture, balance, and stability while reducing the risk of injury. Equipment is provided. All abilities welcome. **Moderate.**

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

**Healing Sound with Singing Bowls:** Experience the calming tones of Crystal Singing Bowls in our sound bowl class—a therapeutic session promoting relaxation and regulating an overwhelmed system to promote a sense of calm and well-being. Bring your own bowl if you have one; otherwise, we have plenty to share. Dress comfortably in loose clothing. **All Abilities.**

**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.**

**Intro to Yoga:** This 4-week course is designed for those who are new to yoga, or for those who'd like to re-introduce yoga into their lives. We will cover some fundamental principles, alignment, breathing exercises and poses, to kick start your yoga journey. No experience is needed though we will get down to the mat. **Low to High.**

**Pilates:** Experience a soothing and rejuvenating Pilates class, designed to enhance flexibility, improve posture, and promote overall well-being. Embrace mindful movement and controlled exercises in a relaxed atmosphere. **Moderate.**

**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. **All Abilities.**

**Mind - Move - Make:** Embark on a transformative journey with our 55+ Trilogy Program - A series of engaging classes carefully crafted for active minds and bodies! In each 30-minute session, we seamlessly blend learning, movement, and culinary delights. Elevate your well-being as we expand the mind with new knowledge, invigorate the body with gentle exercises, and tantalize the taste buds by creating delicious recipes collectively. Join us for a holistic experience that nourishes the mind, body and palate. Let's foster a vibrant and fulfilling 55+ lifestyle together! **All Abilities.**

**Restorative Yoga:** Indulge in a 60-minute class designed to calm the nervous system through prolonged poses supported by props. Experience deep relaxation, shed daily stressors, and leave feeling refreshed and centered. Equipment provided. **All Abilities.**

**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. **Low to Moderate.**

**VON - Seniors Maintaining Active Roles Together:** This is a gentle fitness program designed for adults ages 55+. SMART helps you stay active and maintain your independence. **Low.**

**Yoga For Vitality:** Help connect your body and mind using breath work, physical postures and meditation. Mats, blocks and straps are available. Suitable for those who are comfortable getting up and down from the mat. **Moderate.**

**Cycling Without Age - Big Bike Rides:** Feel the wind in your hair, explore the city and nature close up as you ride a trishaw bike. Volunteer (Pilots) will drive you around the downtown core Hub Trail providing complimentary bike rides to our 55+ community. **Low.**

**Belly Dancing:** Learn basic Belly Dancing movements each week. These low-impact moves will be put together at the end of the program for a fun choreographed dance. No experience necessary. **Moderate.**

Join Active 55+ in the Community:

**Celebrating Our Caring Community**  
is a free event to explore services and resources to support older adults.

May 31, 2024 | 1:00 - 8:00 pm

The Mill Square



PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Gentle Chair Yoga	Shirling	M	Apr 8	4	2:00 PM-3:00 PM	BALC	\$40	19970
			May 6	3			\$30	19973
			Jun 3	4			\$40	19974
Pilates	Cynthia	M	Apr 8	5	9:30 AM-10:30 AM	NCC	\$50	19997
			May 27	5			\$50	20431
Tai Chi	Donna	M	Apr 8	4	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	19969
			May 6	3				19971
			Jun 3	4				19972
Yoga For Vitality	Shirling	M	Apr 8	4	10:30 AM-11:30 AM	BALC	\$40	19984
			May 6	3			\$30	19985
			Jun 3	4			\$40	19986
Cycling Without Age - Big Bike Rides	No Instructor	M	May	6	30 Min Rides available: 10:00 am-4:30 PM	BALC	Free	See Staff
VON - Seniors Maintaining Active Roles Together	Nicole	T,F	Apr 9	12	12:30 PM-1:15 PM	NCC	Free	19891
55+ Women's Strength	Angela	T	Apr 16	3	6:00 PM-6:30 PM	BALC	\$15	19916
			May 14	3			\$15	19917
			Jun 4	4			\$20	19918
Cardio LIIT/HIIT	Angela	T	Apr 16	3	5:15 PM-5:45 PM	BALC	\$15	19919
			May 14	3			\$15	19920
			Jun 4	4			\$20	19921
DANCEPL3Y	Cathy	T	Apr 9	4	10:15 AM-11:00 AM	BALC	\$20	20138
			May 7	4			\$20	20139
			Jun 4	4			\$20	20140
DrumFIT	Eileen	T	Apr 16	3	12:30 PM-1:15 PM	BALC	\$9	19957
			May 7	4	11:15 AM-12:00 PM		\$12	19958
			Jun 4	4	11:15 PM-12:00 PM		\$12	19959

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Gentle Mat Pilates	Sylvie	T	Apr 9	4	11:30 AM-12:15 PM	BALC	\$48	20049
			May 7	3			\$36	20050
			Jun 4	4			\$48	20075
Gentle Yoga	Denise	T	Apr 9	4	10:00 AM-11:00 AM	NCC	\$40	19892
			May 7	4			\$40	19893
			Jun 4	4			\$40	19894
Stretch and Strength	Eileen	T	Apr 16	3	1:30 PM-2:15 PM	BALC	\$9	20137
			May 7	4	10:15 AM-11:00 AM		\$12	19968
			Jun 4	4	10:15 AM-11:00 AM		\$12	19993
Mind Make Move	Shonna	W	May 1	5	6:30 PM-8:00 PM	BALC	\$38	20033
Drumming Circle	Bonnie Baranski	W	Apr 10	3	10:30 AM-11:30 AM	BALC	\$15	19930
			May 1	7			\$35	19954
Yoga For Vitality	Shirling	W	Apr 10	3	10:30 AM-11:30 AM	BALC	\$30	19981
			May 1	5			\$50	19982
			Jun 5	4			\$40	19983
Belly Dancing	Anna	W	May 1	4	12:00 PM-1:00 PM	BALC	\$22	20435
Drumfit	Donna	W	Apr 10	5	12:30 PM-1:15 PM	NCC	\$15	20076
			May 15	5			\$15	20077
Gentle Chair Yoga	Shirling	W	Apr 10	3	2:00 PM-3:00 PM	BALC	\$30	19975
			May 1	5			\$50	19976
			Jun 5	4			\$40	19978
Slow Yoga with Candace	Candace	W	May 8	4	4:15 PM-5:00 PM	BALC	\$40	20441
Body Tools to Ease Stress & Anxiety	Heidi	Th	Apr 11	6	10:15 AM-11:15 AM	BALC	\$45	20080
Body Tools to Ease Pain	Heidi	Th	Jun 6	4	10:15 AM-11:15 AM	BALC	\$30	20376
DrumFIT	Eileen	Th	Apr 11	3	11:15 AM-12:00 PM	BALC	\$9	19961
			May 2	5			\$15	19963
			Jun 6	4			\$12	19967

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	Fee	CODE
French Pilates	Sylvie	Th	Apr 11	3	12:30 PM-1:15 PM	BALC	\$30	20046
			May 2	4			\$40	20047
			Jun 6	4			\$40	40048
Gentle Yoga	Denise	Th	Apr 11	3	10:00 AM-11:00 AM	NCC	\$30	19906
			May 2	5			\$50	19907
			Jun 6	4			\$40	19908
Healing Sound with Singing Bowls	Bonnie	Th	Apr 11	4	5:00 PM-6:00 PM	BALC	\$20	20068
Intermediate Line Dancing	Joan	Th	Apr 11	3	1:30 PM-3:30 PM	BALC	\$9	19990
			May 2	5			\$15	19991
Learn to Line Dance	Joan	Th	Apr 11	3	12:30 PM-1:30 PM	BALC	\$9	19987
			May 2	5			\$15	19988
Restorative Yoga	Sylvie	Th	Apr 11	3	1:30 PM-2:30 PM	BALC	\$36	20043
			May 2	4			\$48	20044
			Jun 6	4			\$48	20045
Stretch and Strength	Eileen	Th	Apr 11	3	10:15 AM-11:00 AM	BALC	\$9	19956
			May 2	5			\$15	19960
			Jun 6	4			\$12	19962
DANCEPL3Y	Cathy	F	Apr 19	7	10:15 AM-11:00 AM	NCC	\$35	20141
			Jun 7	4			\$20	20143
Intro to Yoga	Shirling	F	Apr 5	4	10:30 AM-11:30 AM	BALC	\$40	20413
Tai Chi	Donna	F	Apr 5	4	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	19977
			May 3	5				19979
			Jun 7	4				19980
Zumba	Barbara	F	Apr 12	3	10:30 AM-11:15 AM	BALC	\$30.00	20437
			May 3	5			\$50.00	20438
			Jun 7	4			\$40.00	20439
Mindfulness for the Daily Life	Anne	F	Apr 5	13	10:00 AM-11:00 AM	Zoom		20424
Stretch and Strength	Eileen	F	Apr 19	7	11:30 AM-12:15 PM	NCC	\$21	20443
			Jun 7	4			\$12	20445



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

**French Pickleball:** French Pickleball is a community initiative for Francophones to enjoy the sport, socialize and build connections in a supportive and inclusive environment. Whether you're a beginner or an experienced player, you'll find opportunities to improve your skills, participate in friendly matches, and engage with like-minded individuals who share a common language and passion for pickleball. Join fellow French speakers for fun games and socializing on the pickleball court! **Moderate to High.**

**GrandPlay Adventures:** This \$5.00 "Pay as You Go" program offers access to the open turf area for intergenerational play with young ones. Bring your grandchild, grand niece/nephew or family friend to play on the turf. Then socialize over coffee and snacks as you 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.**

**Pickleball:** This program is best suited for individuals with prior pickleball experience, as it is not designed for beginners. Familiarity with the game is recommended for optimal participation and enjoyment. 2 hour time slots for more frequent games. Equipment is available. **Moderate to High.**

**Soccer:** Play pick-up soccer on the indoor turf. **Moderate to High.**

**Putting & Chipping:** Practice your putting and chipping on the indoor turf. Equipment provided or bring your own. **All Abilities.**

**Learn to Play Pickleball:** For new or beginning players who are looking for instruction on how to play pickleball. Equipment is available. **Moderate to High.**

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

**Social Pickleball:** Our Social Pickleball program offers a time for a supportive community of players to connect and enjoy the game together. Join us for fun matches and camaraderie on the court! Perfect for beginners or experienced players. Paddles and balls are provided. **Moderate to High.**

**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.**

**Silver Paddle Society:**  
Registration opens May 1

The program includes 5 weeks of rental equipment (kayak, tandem kayak, stand-up paddle board or canoe plus paddles and safety devices) weekly coffee as well as a big canoe ride to kick the program off on week one. Paddling instructions will be provided. This program is both social and active. See flyer on pg. 14 for more details. **Moderate.**

## Pickleball Potluck

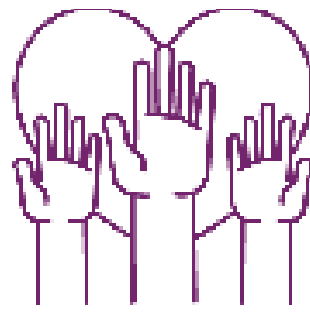
Tuesday April 30th

4:00 PM-8:00 PM

All pickleball players  
are welcome

PROGRAM	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Soccer	M & Th	Apr 8	12	1:00 PM-3:30 PM	NCC	\$2.50 PAYG	19882
French Pickleball	M	Apr 8	4	4:00 PM-8:00 PM	BALC	\$10	20353
Washer Toss	M	Apr 8	11	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	19884
Darts	T	Apr 9	12	6:30 PM-8:00 PM	BALC	\$2.50 PAYG	19950
GrandPlay Adventures	T	Apr 9	12	9:30 AM-11:00 AM	NCC	\$5 PAYG	20066
Learn to Play Pickleball	T	Apr 9	4	2:00 PM-4:00 PM	BALC	\$10	20053
		May 14	3			\$7.50	20054
		Jun 4	4			\$10	20055
Silver Paddle Society	T	Jun 11	6	9:30 AM-11:30 AM	WAC	TBA	20367
Social Pickleball	T	Apr 9	4	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	19926
		May 7	4				19928
		Jun 4	4				20416
Pickleball	W	Apr 10	3	4:00 PM-6:00 PM	BALC	\$7.50	20058
		May 1	5			\$12.50	20327
Pickleball	W	Apr 10	3	6:00 PM-8:00 PM	BALC	\$7.50	20329
		May 1	5			\$12.50	20330
Putting & Chipping	W	Apr 10	8	1:30 PM-3:30 PM	NCC	\$2.50 PAYG	19889
Social Pickleball	Th	Apr 11	3	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	19927
		May 2	5				19929
		Jun 6	4				20420
French Pickleball	F	Apr 12	3	10:30 AM-12:30 PM	BALC	\$7.50	20133
		May 3	5			\$12.50	20134
		Jun 7	3			\$7.50	20135
Shuffleboard	F	Apr 5	13	1:30 PM-3:00 PM	BALC	\$2.50 PAYG	20042
Pickleball	Sa	Apr 6	4	10:00 AM-12:00 PM	BALC	\$10	20427
		Apr 6	4	12:00 PM-2:00 PM		\$10	20059

# Volunteer Lunch & Learn



Join us for a light lunch and discover exciting opportunities in our upcoming Spring Session! Onboarding forms available. New recruits welcome. Stick around for required safety training. Don't miss out!



**When:** *Friday April 5th, 2024*  
**Time:** *11:00 AM-1:00 PM*  
**Location:** *619 Bay St. -  
Bay Street Active Living Centre*  
**Registration is required.**

**Location:**  
Waterfront Adventure Centre  
at 18 McPhail Ave  
**Registration will open May 1st.**

**How it works:**  
There will be 2 groups.

**Group One** will start at **9:30 AM** in the **water** for 1 hour and then return their watercrafts and are welcome to sit and enjoy a coffee inside or on the patio 10:30-11:30 AM.

**Group Two** will also meet us at 9:30 AM for a coffee inside or on the patio and then head out on the **water 10:30 AM - 11:30 AM.**

**Week 1** is a special kick-off with an **Interpretive Guided experience in a big canoe** led by trained, certified interpretive guides from the **Lake Superior Watershed Conservancy.**

**Weeks 2-5** will be self led paddling at the WAC with our groups.



# Silver Paddle Society

**500:** Use your trick-taking skills to be the first to reach 500 in this fun and strategic card game. Game play starts at 1:30 PM.

**Beginner - Group Guitar Lessons:** Join our 8-week Group Guitar Lessons for a fun and collaborative musical journey. Whether you're a beginner or looking to refine your skills, our instructor will guide the group through hands-on lessons, fostering a supportive environment for learning and jamming together. Bring your own guitar.

**Bid Euchre:** Join our Bid Euchre group where strategy meets camaraderie for an afternoon of thrilling card games and friendly competition!

**Card Party & Social:** Join us to discover our social cards program featuring Hand & Foot, Lucky 7 & Canasta. Engage in friendly play with experienced players, whether you're learning the fundamentals or honing your skills. Indulge in desserts and refreshments while enjoying the camaraderie!

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

**Duplicate Bridge:** This group meets every Friday to play. New start time is 12:30 pm. All levels welcome.

**Group Ukulele Lessons:** Unlock the joy of music with our ukulele lessons – perfect for beginners and a great way to strum your way to happiness.

**Savvy Book Chat:** Join us for this monthly book chat to discuss books, poems, authors and more! This group is now located in the Board Room at the Centennial Library.

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

# CARDS, GAMES, & HOBBIES



**Intermediate - Group Guitar Lessons:** Join our 8-week Group Guitar Lessons for a fun and collaborative musical journey. Whether you're a beginner or looking to refine your skills, our instructor will guide the group through hands-on lessons, fostering a supportive environment for learning and jamming together. Bring your own guitar.

**Novel Book Club:** This group of avid readers meets monthly to review and discuss books. The reading list is created as a group every September. Guided discussion from 1:30-2:30 PM with an optional open discussion 2:30-3:00 PM. April: Imposter Bride (Author: Nancy Richler). May: Where the Crawdads Sing (Author: Delia Owens). June: A House in the Sky (Author: Amanda Lindhout).

**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.

**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.

**Snooker:** 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. Available weekdays 10:00 AM - 4:00 PM and evenings Monday through Thursday evenings 4:00 - 8:00 PM until May 24. Evenings will be available Tuesdays and Thursdays after May 24 through June.

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

**Retro Rhythms: Jam Session:** Join Nicholas Gingras, our very own musician from Active 55+, as he leads our weekly jam sessions. Whether you're a seasoned player or simply looking to soak in the rhythm, bring your instrument or just yourself and enjoy the music. Musical experience required.

**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.

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

**Technology Club:** Join the Tech Explorers Club for a fun digital journey exclusively for those 55 and older! Whether you're new to tech or want to expand your skills, connect with like-minded seniors for learning, staying in touch, and exploring the latest in the tech world.

**Bridge Lessons:** Learn how to improve your game using conventions and techniques. Lessons are being offered by experienced bridge players, David and Peter.

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

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

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

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Snooker	No Instructor	M-F	Apr 5	13	10:00 AM-4:00 PM	BALC	\$2.50 PAYG	19933
Evening Snooker	No Instructor	M-Th	Apr 8	12	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	19934
French Club Cards	No Instructor	M	Apr 8	11	1:00 PM-4:00 PM	BALC	\$2.50 PAYG	19932
Bridge Lessons	Dave & Peter	M	Apr 8	11	10:15 AM-12:15 PM	BALC	\$2.50 PAYG	20434
Stamp Collecting Club	No Instructor	M	Apr 8 May 13 Jun 10	3	1:30 PM-4:30 PM	NCC	\$2.50 PAYG	19994
Novel Book Club	Lillian	T	Apr 23 May 21 Jun 18	3	1:30 PM-3:00 PM	NCC	\$2.50 PAYG	18660
Piano Lessons	Kathy	T	Apr 9 May 7 Jun 4	4 4 4	12:45 PM-4:15 PM	NCC	\$40 \$40 \$40	20000 20001 20002
RC Auto and Aircraft	No Instructor	T	Apr 9	12	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	19885
Social Cribbage	No Instructor	T	Apr 9	12	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	19947



PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
WoodBee Carvers	No Instructor	T	Apr 9	12	6:00 PM-8:00 PM	BALC	\$2.50 PAYG	19952
Savvy Book Chat	Jennifer	T	Apr 30 May 28 Jun 25	3	2:30 PM-4:00 PM	Centennial Library	Free	20432
500	Linda	W	Apr 10	11	1:00 PM-4:00 PM	NCC	\$2.50 PAYG	19890
Beginner - Group Guitar Lessons	Nicholas	W	Apr 10	8	6:00 PM-7:00 PM	BALC	\$70	20340
Intermediate - Group Guitar Lessons	Nicholas	W	Apr 10	8	7:00 PM-8:00 PM	BALC	\$70	20341
Retro Rhythms: Jam Session	Nicholas	W	Apr 17	11	3:00 PM-5:00 PM	BALC	\$2.50 PAYG	20345
Tech Explorers Club	No Instructor	W	Apr 24 May 29 Jun 26	3	12:30 PM-1:30 PM	BALC	\$2.50 PAYG	20115
Texas Hold'em	Gayle	W	Apr 10	12	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	19896
Group Piano Lessons	Kathy	W	Apr 10 May 1 Jun 5	3 5 4	1:30 PM-3:00 PM	BALC	\$8 \$13 \$10	20428 20429 20430
Card Party & Social	Jen	Th	Apr 11	1	2:00 PM-4:00 PM	BALC	\$5	20024
Group Ukulele Lessons	Nicholas	Th	Apr 11	8	1:00 PM-2:30 PM	NCC	\$70	20346
Inter-generational Cribbage	Club 235	Th	Apr 11	4	5:30 PM-8:00 PM	BALC	\$2.50 PAYG	20028
Social Cards	No Instructor	Th	Apr 18	11	2:00 PM-4:00 PM	BALC	\$2.50 PAYG	20025
Bid Euchre	Linda	F	Apr 5	12	1:30 PM-4:30 PM	NCC	\$2.50 PAYG	19897
Contract Bridge	No Instructor	F	Apr 12	12	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	20036
Duplicate Bridge	No Instructor	F	Apr 12	12	12:30 PM-4:00 PM	BALC	\$2.50 PAYG	20039
Piano Lessons	Kathy	F	Apr 12 May 3 Jun 7	3 5 4	12:45 PM-4:15 PM	NCC	\$50	20003 20004 20005

# 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.

**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.

Displayed is a collection of comfort dolls by Ellen Popejoy. She will be donating them to the Group Health Centre to help children find comfort while visiting the doctor. Don't forget, that the Comfort Dolls program is held on the last Monday of each month during the Open Needlecraft Group.



**Open Needlecraft:** This group of needle crafters 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.

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

**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.

**The Quilt Club is looking for donations! If you have material, thread, stuffing or any items that can be used to make and repair quilts please drop off to the Northern Community Centre (556 Goulais Ave) or call 705-759-5377**

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Forget-Me-Not Quilters	Sabina	M	Apr 29 May 27 June 24	3	10:30 AM-4:00 PM	NCC	Free	19899
Open Needlecraft	No Instructor	M	Apr 8	11	1:30 PM-3:30 PM	BALC	\$2.50 PAYG	19900
Quilt Club	Diane	T	Apr 9	12	1:30 PM-3:30 PM	NCC	\$2.50 PAYG	19901
Traditional Rug Hooking	Betty	T	Apr 9 & 23 May 7 & 21 June 4 & 18	6	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	19902
Christmas Cheer	No Instructor	W	Apr 10	11	10:00 AM-12:00 PM	BALC	Free	19903
Comfort Quilts	Susan	W	Apr 10 May 8 June 12	3	10:15 AM-3:00 PM	BALC	\$2.50 PAYG	19909
Needlework, Craft and Create	No Instructor	W	Apr 10	12	1:30 PM-3:30 PM	NCC	\$2.50 PAYG	19910
Applique	Sandra	Th	Apr 11 May 2 June 6	3	10:30 AM-3:00 PM	NCC	\$2.50 PAYG	19911
Japanese Bunka	Anna	F	Apr 12	12	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	19912

**Acrylic Painting for Beginners:** Using acrylics, learn about mixing paints, preparing a canvas and brush techniques. Step by step instruction about how to get started and enjoy the process of painting and creating. For the total beginner.

**Alcohol Ink:** Paint on glass tiles using alcohol ink, all supplies included. This class is suited for beginners and experienced creators.

**Blackwork Embroidery:** As its name suggests, blackwork is an embroidery technique that traditionally uses black silk thread, which is usually stitched onto linen or cotton fabric. However, today, the thread colours, fabric and materials used, vary greatly. In this class you will embroider a bookmark. All supplies included.

**Drawing/Painting Flowers with Soft Pastels:** Using soft pastels we will focus on flowers exploring various techniques to create vibrant paintings. Students should have basic knowledge of soft pastel techniques.

**Handmade Birthday Cards:** Create a special person in your life a handmade birthday card. In this class you will create 1 3D card and 2 regular cards. All supplies included.

**Hummingbird Stained Glass:** During this stained-glass workshop, led by an experienced instructor, participants will dive into the creative process of making a stained-glass hummingbird on a wire. You'll get hands-on with foiling, soldering and polishing, while having a blast as you craft your own beautiful and personalized artwork. All supplies included. No experience needed.

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

**The Art of Repurposing with Kiki's Jardin:** Learn how to repurpose everyday items into beautiful art. All abilities welcome. Supplies provided.



# ARTS & CRAFTS

**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 artwork is unique to each artist. Bring watercolour or mixed media paper, a black pen, pencil and coloured pencils. Each month will focus on a different theme. Everyone is welcome.

**Oil Painting:** Dive into the colorful world of oil painting. This class will be a fun and skill-building journey into the world of vibrant canvases. From beginners to experienced artists, everyone is welcome to unleash their creativity and paint the town (or canvas) with us! Bring your own canvas, basic oil paint colours, brushes, and low-odor varsol to clean your brushes. If you are brand new to this style of painting, the instructor can provide our painting supplies (you bring your canvas) at a cost of \$20.00.

**Open Studio Workshop:** Using a medium of choice (Acrylics, Watercolours, Pen & Ink, or Mixed Media) and choice of subject, create artwork with acquired skills, or experiment with a new medium with encouragement, guidance and instruction. Not suitable for beginners.

**Ribbon Embroidery:** Discover the delicate art of ribbon embroidery in this class, where participants master the creation of intricate floral designs and patterns using vibrant ribbons under the guidance of skilled instructor, Anna. The materials will be provided to turn your embroidery into a beautiful embossed card or you can choose to frame it after. All supplies for embroidery and card provided.

**Scrap Booking Class:** 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.

**Pottery:** Discover the joy of pottery in our hand-sculpting class, where participants will craft a stunning leaf catch-all tray during the first session, delving into the art of shaping clay with expert guidance from Paint and Decor Studios. The inclusive price covers all supplies, tools, firing, and glazing, ensuring a seamless and creative experience as participants return for the second class to add the finishing touch to their unique masterpiece.

**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.

**Watercolour Painting 'Elegant Writer':** In our 'Elegant Writer' watercolour painting class, we'll guide you to capture the grace and beauty of an elegant writer in your artwork using simple yet effective techniques. Join us for a creative session that transforms canvas into an elegant portrayal. All supplies included.

**Watercolour Techniques Class:** Dive into the mesmerizing world of watercolors! Unleash your creativity when you learn the 12 techniques of watercolour. Whether you're a novice or an aspiring maestro, this artistic adventure promises to be a thrilling exploration of color, technique, and boundless imagination!

**Pen & Ink with Watercolour:** Combining Pen & Ink techniques enhanced with watercolours - using the precision of detailed lines and the fluid and spontaneous effects of watercolours. This course is not suitable for beginners with no knowledge of Pen & Ink techniques.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Neurographic Inspired Art	Victoria	M	Apr 15	1	10:30 AM-1:00 PM	BALC	\$2.50 PAYG	20069
			May 13	1				
			Jun 24	1				
The Art of Repurposing with Kiki's Jardin	Elizabeth	M	May 6	1	10:15 AM-12:15 PM	BALC	\$17.50	20073
			Jun 3	1	10:15 AM-12:15 PM		\$22.50	20074
Watercolour Techniques Class	Nora	M	Jun 3	4	1:00 PM-3:00 PM	BALC	\$12	20409
Drawing/Painting Flowers with Soft Pastels	Taimi	T	May 7	4	10:30 AM-12:30 PM	NCC	\$80	20377
Hummingbird Stained Glass	Stephanie	T	Jun 4	1	12:00 PM-3:00 PM	BALC	\$55	20382
Oil Painting 'Red Sky Landscape'	Anna	T	Apr 16	1	10:30 AM-3:30 PM	BALC	\$20	20391
Pen & Ink with Watercolour	Taimi	T	Apr 9	2	10:30 AM-12:30 PM	NCC	\$40	20361

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Ribbon Embroidery	Anna	T	Apr 23	1	10:30 AM-3:30 PM	BALC	\$20	20388
			May 28	1			\$20	20397
Scrap Booking Class	Lanny	T	Apr 16	1	10:30 AM-3:30 PM	BALC	\$15	20082
			May 21	1			\$15	20083
			Jun 18	1			\$15	20084
Watercolour Painting 'Elegant Writer'	Anna	T	May 14	1	10:30 AM-3:30 PM	BALC	\$20	20393
Wood Burning	Anna	T	Apr 9	1	10:30 AM-3:30 PM	BALC	\$20	20384
		T	May 7	1			\$20	20385
Alcohol Ink	Anna	W	Apr 10	1	10:30 AM-1:30 PM	NCC	\$20	20389
Handmade Birthday Cards	Anna	W	Apr 24	1	10:30 AM-3:30 PM	BALC	\$20	20394
Open Painting	No Instructor	W	Apr 10	12	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	18686
Pottery	Amelia	W	Jun 5	2	12:00 PM-1:30 PM	BALC	\$45	20411
			Jun 12		12:00 PM-1:00 PM			
Handmade Birthday Cards	Anna	Th	May 30	1	10:30 AM-3:30 PM	BALC	\$20	20395
Acrylic Painting for Beginners	Taimi	Th	May 9	4	10:30 AM-12:30 PM	BALC	\$80	20379
Alcohol Ink	Anna	Th	May 2	1	10:30 AM-1:30 PM	BALC	\$20	20396
Blackwork Embroidery	Anna	Th	May 16	1	10:30 AM-3:30 PM	BALC	\$20	20398
Oil Painting 'Landscape'	Anna	Th	May 9	1	10:30 AM-3:30 PM	NCC	\$20	20390
Open Painting	No Instructor	Th	Apr 11	12	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	20079
Open Studio Workshop	Taimi	Th	Apr 11	1	10:30 AM-1:30 PM	BALC	\$28	20378
Watercolour Painting 'Elegant Writer'	Anna	Th	Apr 18	1	10:30 AM-3:30 PM	NCC	\$20	20392
Wood Burning	Anna	Th	Apr 25	1	10:30 AM-3:30 PM	NCC	\$20	20386
		Th	May 23	1	10:30 AM-3:30 PM		\$20	20837



# EVENTS & TALKS

## Blockbuster Movie Matinee Month:

Join us for a movie matinee featuring blockbuster hits that will have you on the edge of your seats! Included is popcorn and a drink.

**Twister:** During the approach of the most powerful storm in decades, university professor Dr. Jo Harding (Helen Hunt) and an underfunded team of students prepare the prototype for Dorothy, a groundbreaking tornado data-gathering device conceived by her estranged husband, Bill Paxton. When Harding tells Bill that Dorothy is ready for testing -- and that their privately funded rival Dr. Jonas Miller (Cary Elwes) has stolen the idea and built his own -- Bill rejoins the team for one last mission.

**Uncharted:** Treasure hunter Victor "Sully" Sullivan recruits street-smart Nathan Drake to help him recover a 500-year-old lost fortune amassed by explorer Ferdinand Magellan. What starts out as a heist soon becomes a globe-trotting, white-knuckle race to reach the prize before the ruthless Santiago Moncada can get his hands on it. If Sully and Nate can decipher the clues and solve one of the world's oldest mysteries, they stand to find \$5 billion in treasure -- but only if they can learn to work together.

**Wonka:** Armed with nothing but a hat full of dreams, young chocolatier Willy Wonka manages to change the world, one delectable bite at a time.

## Comedy Movie Month Matinee:

**Anyone but You:** Despite having an amazing first date, Bea and Ben's initial attraction quickly turns sour. When they unexpectedly find themselves at a destination wedding in Australia, the pair pretend to be the perfect couple to keep up appearances.

**Barb & Star Go to Vista Del Mar:** Middle-aged best friends Barb and Star embark on the adventure of a lifetime when they decide to leave their home of Soft Rock, Nebraska for the first time to go on vacation to Vista Del Mar, Florida.

**Game Night:** Max and Annie's weekly game night gets kicked up a notch when Max's brother Brooks arranges a murder mystery party -- complete with fake thugs and federal agents. So when Brooks gets kidnapped, it's all supposed to be part of the game. As the competitors set out to solve the case, they start to learn that neither the game nor Brooks are what they seem to be. The friends soon find themselves in over their heads as each twist leads to another unexpected turn over the course of one chaotic night.

## Cooking Classes:

**Air Fryer Summer Appetizers:** Join our Air Fryer cooking class for a delightful culinary experience where participants will master the art of creating crispy yet healthy zucchini fries and savory egg rolls, learning the secrets of achieving perfection through the innovative and efficient air frying technique. Get ready to elevate your cooking skills and savour the delicious results with this hands-on, flavour-packed session.

**Accessible Chef:** This class is a user-friendly microwave cooking program designed to empower individuals of all cooking skill levels, providing step-by-step instructions and easy-to-follow recipes for creating delicious meals with accessibility in mind.

**Air Fryer Sausage and Peppers:** Embark on a flavorful journey in our Air Fryer cooking class as we whip up mouthwatering sausage and peppers, crisped to perfection using the magic of air frying. Join us for a session filled with expert tips and tricks to unleash the full potential of your air fryer, transforming everyday ingredients into a culinary masterpiece.

**Kimbap (Korean Seaweed Rice Rolls) Making Workshop:** Kimbap is one of Korea's most popular street foods. It's an affordable, fulfilling dish that looks colorful and amazing. This dish is perfect for parties and picnics as finger food. The only limit for kimbap fillings is your imagination: You can find tuna, avocado, chicken, shrimp, and bulgogi kimbap. You will learn to make a traditional Kimbap in this workshop. We will use fillings like pickled radish, imitation crab stick, ham, egg, carrot, and cucumber. Enjoy making and sharing this famous Korean snack with a friend. It will serve with a cup of delicious honey tea.

**Rhubarb Baking Class:** Indulge your taste buds where you'll learn the secrets of crafting delectable rhubarb scones and a mouthwatering roasted rhubarb gingerbread cake. Join us for a sweet and savory journey, as we explore the unique flavors of rhubarb and elevate your baking skills to create irresistible treats.

**Spectacular Japanese (Wanpaku) Sandwich Making Workshop:** In this workshop you will learn how to make a delicious and amazing Japanese Wanpaku Sandwich. It is famous for its vibrant colors, layered ingredients, and beautiful presentation! Since it requires some artistic assembly, half of the fun is making the sandwich, trying to fit up to eight layers of yummy ingredients. Enjoy it with a cup of afternoon tea or Matcha Latte.

## Events:

**Volunteer Lunch & Learn:** Are you currently volunteering with us or interested in doing so? Come join us for our lunch and learn session to discover the various volunteer opportunities available. Additionally, you can fill out an application with us or stay to complete your safety training, as this is a requirement.

**'Forever Fabulous' Fashion Show:** Get ready to rock the runway at 'Forever Fabulous,' a fashion show for the young at heart, where age is just a number and style knows no bounds! Enjoy a light lunch as you watch your friends strut the runway.

**Earth Day Garden Party:** A Blooming Affair, our Earth Day Garden Party program, offers a delightful fusion of crafts, gardening, outdoor activities, and finger foods. Engage in creative pursuits, cultivate your love for nature, relish delectable treats, and celebrate Earth Day with a special emphasis on environmental consciousness. Don't miss out on all the fun! This will be an indoor/outdoor event.

**National Yoga Day Celebration:** Indulge in a two-hour National Yoga Day Celebration featuring three distinct types of yoga, followed by a nourishing light snack and refreshing beverages. Connect with fellow yogis and revel in the post-yoga glow through meaningful conversation. All levels of ability are welcome to join in the experience.

**New Horizons Concert Band Performance:** New Horizon's Band is back, turning up the tempo! Join us for an afternoon concert that will feature a diverse mix of genres, blending soothing tunes with energetic beats that will have you on your feet dancing! The show is a testament to the band's dedication and passion.



**Spring Fling Dinner Dance:** Get ready to kick off the season in style and celebrate National Dance Day at our Spring Fling Dinner Dance! Join us for an evening of good times, great food, and fantastic beats from the band 'Nostalgia Live.' Doors will open at 5:30 pm, Dinner will be served at 6:00 pm and live music and dancing will be rocking from 7:00 - 10:00 pm.

**Retro Rhythms: Kick Off Show:** Come and listen to Nicholas Gingras and his band as they kick off our Retro Rhythms Jam Session program with performances of your beloved retro classics. Bring your instrument if you would like to join in for a tune or two.

**Flower Power BINGO:** Groovy, baby! Join us for Flower Power Bingo, where the bingo cards are wild, the prizes are far out, and the dress code is strictly psychedelic. Embrace the spirit of the 60s and 70s by dressing up in your grooviest threads – bell-bottoms, tie-dye, and flower crowns encouraged.

**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. This is an event sponsored by the Kiwanis Club of Lakeshore.

**Lunch:** After a prolonged hiatus, our eagerly anticipated weekly lunch program is making a triumphant return. Get ready for a tasty roller coaster of flavors, good vibes, and great company. It's been a minute, but we're back to spice up your midweek grub scene! Keep an eye out for our Monthly Menu.

**Pic Nic in Clergue Park:** Unwind with the Active 55+ students at 'Pic Nic in Clergue Park'—an unmissable program offering carefree moments with lawn games and simple joys of paper bag lunches.

**Outdoor Scavenger Hunt:** Embark on an adventurous journey with the Active 55+ summer students during their Outdoor Scavenger Hunt program, celebrating National Scavenger Hunt Day in the picturesque Clergue Park. Embrace the thrill of the hunt and camaraderie as participants enjoy a lively and engaging celebration of the great outdoors. Free!

**Fraud Prevention Talk:** Join us for an insightful Fraud Prevention talk with a seasoned police officer, where we'll explore practical tips and strategies to safeguard yourself against scams, identity theft, and fraudulent activities

**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. Remember - there is no such thing as a "stupid" question! Be sure to bring your fully charged device any relevant user-names and passwords to your session. When you register, let us know the brand or model of the device and if possible, how old it is.

**Technology Talk - Maximizing Productivity with Digital Tools:** This talk explores effective strategies for maximizing productivity through the utilization of online calendars, notes, and reminders, providing practical insights on organization, time management, and seamless collaboration in the digital age.

**Technology Talk - YouTube Features:** In this tutorial on YouTube features, we will guide you through the process of signing in, customizing settings to suit your preferences, and efficiently saving your favorite channels and videos. Learn to make the most of this streaming platform.

**Technology Talk - Permissions, Security, Privacy Settings:** Join this talk to learn simple yet powerful tips on using permission settings to boost your online security and privacy. Discover how to control who accesses your information and keep your digital world safe and private.

**Financial Tips and Tricks to Stay in the Home You Love:** Pam Jaehrling from Mortgage Architects, will give a brief overview of understanding and improving your credit score despite past challenges. You will also learn the about the myths and truths of Reverse Mortgages and Home Equity Lines that allow for a tax-free monthly cash flow to deal with inflation, make your home more accessible and allow you to stay in without payments long into your 90s.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Accessible Chef	Taryn	M	May 6	1	2:00 PM-3:30 PM	BALC	\$10	20350
Air Fryer Sausage and Peppers	Karen	M	Apr 15	1	10:30 AM-12:30 PM	BALC	\$10	20380
Air Fryer Summer Appetizers	Karen	M	Jun 10	1	10:30 AM-12:30 PM	BALC	\$10	20381
Earth Day Garden Party	Taryn & Jen	M	Apr 22	1	10:00 AM-12:00 PM	BALC	\$5	20064
New Horizons Concert Band Performance	Letitia	M	Jun 10	1	1:30 PM-3:30 PM	BALC	\$2.50 PAYG	20041
Rhubarb Baking Class	Taryn	M	May 27	1	10:15 AM-12:15 PM	BALC	\$8	20412
Spring Fling Dinner Dance	'Nostaglia Live' Band	M	Apr 29	1	5:30 PM-10:00 PM	BALC	\$20	20067
Pic Nic in Clergue Park	Students	T	Jun 18	1	12:00 PM-2:00 PM	BALC	\$7.00	20071

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
'Forever Fabulous' Fashion Show		W	Jun 19	1	12:00 PM-4:00 PM	BALC	\$15	20034
Flower Power BINGO		W	Apr 24	1	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	20357
Fraud Prevention Talk	SSMPS	W	May 15	1	10:30 AM-11:30	BALC	Free	19867
Kimbap Making Workshop	Victoria	W	May 22	1	1:00 PM-3:30 PM	BALC	\$12	20401
Kiwanis BINGO	Kiwanis of Lakeshore	W	May 15	1	1:00 PM-3:30 PM	BALC	Free	20136
Lunch		W	May 1	1	12:15 PM-1:00 PM	BALC	\$7	20343
Lunch		W	May 8	1	12:15 PM-1:00 PM	BALC	\$7	20403
Lunch		W	May 15	1	2:15 PM-1:00 PM	BALC	\$7	20404
Lunch		W	May 22	1	12:15 PM-1:00 PM	BALC	\$7	20405
Lunch		W	May 29	1	12:15 PM-1:00 PM	BALC	\$7	20406
Lunch		W	Jun 12	1	12:15 PM-1:00 PM	BALC	\$7	20407
Lunch		W	Jun 26	1	12:15 PM-1:00 PM	BALC	\$7	20408
Personalized Help with Digital Devices	Wendy	W	Apr 10	1	1:00 PM-1:45 PM	BALC	\$5	20085
				1	2:00 PM-2:45 PM		\$5	20086
				1	3:00 PM-3:45 PM		\$5	20087
Personalized Help with Digital Devices	Wendy	W	Apr 17	1	1:00 PM-1:45 PM	BALC	\$5	20088
				1	2:00 PM-2:45 PM		\$5	20089
				1	3:00 PM-3:45 PM		\$5	20090
Personalized Help with Digital Devices	Wendy	W	May 1	1	1:00 PM-1:45 PM	BALC	\$5	20091
				1	2:00 PM-2:45 PM		\$5	20092
				1	3:00 PM-3:45 PM		\$5	20093
Personalized Help with Digital Devices	Wendy	W	May 8	1	1:00 PM-1:45 PM	BALC	\$5	20094
				1	2:00 PM-2:45 PM		\$5	20095
				1	3:00 PM-3:45 PM		\$5	20096

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Personalized Help with Digital Devices	Wendy	W	May 15	1	1:00 PM-1:45 PM	BALC	\$5	20097
				1	2:00 PM-2:45 PM		\$5	20098
				1	3:00 PM-3:45 PM		\$5	20099
Personalized Help with Digital Devices	Wendy	W	May 22	1	1:00 PM-1:45 PM	BALC	\$5	20100
				1	2:00 PM-2:45 PM		\$5	20101
				1	3:00 PM-3:45 PM		\$5	20102
Personalized Help with Digital Devices	Wendy	W	Jun 5	1	1:00 PM-1:45 PM	BALC	\$5	20103
				1	2:00 PM-2:45 PM		\$5	20104
				1	3:00 PM-3:45 PM		\$5	20105
Personalized Help with Digital Devices	Wendy	W	Jun 12	1	1:00 PM-1:45 PM	BALC	\$5	20106
				1	2:00 PM-2:45 PM		\$5	20107
				1	3:00 PM-3:45 PM		\$5	20108
Personalized Help with Digital Devices	Wendy	W	Jun 19	1	1:00 PM-1:45 PM	BALC	\$5	20109
				1	2:00 PM-2:45 PM		\$5	20110
				1	3:00 PM-3:45 PM		\$5	20111
Retro Rhythms: Kick Off Show	Nick	W	Apr 10	1	3:00 PM-5:00 PM	BALC	\$2.50 PAYG	20337
Technology Talk - Maximizing Productivity with Digital Tools	Wendy	W	May 29	1	11:00 AM-12:00 PM	BALC	\$2.50 PAYG	20113
Technology Talk - YouTube Features	Wendy	W	Apr 24	1	11:00 AM-12:00 PM	BALC	\$2.50 PAYG	20112
Technology Talk: Permissions, Security, Privacy Settings	Wendy	W	Jun 26	1	11:00 AM-12:00 PM	BALC	\$2.50 PAYG	20114

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Spectacular Japanese Sandwich Making Workshop	Victoria	W	Apr 10	1	1:00 PM-3:30 PM	BALC	\$12	20400
Summer Luau BINGO & Lunch	No Instructor	W	Jun 26	1	1:00 PM-3:00 PM	BALC	\$10	20360
Blockbuster Movie Matinee: Twister	Dean	Th	Jun 6	1	2:30 PM-5:00 PM	BALC	\$5	20373
Blockbuster Movie Matinee Month: Uncharted	Dean	Th	Jun 13	1	2:30 PM-5:00 PM	BALC	\$5	20374
Blockbuster Movie Matinee: Wonka	Dean	Th	Jun 20	1	2:30 PM-5:00 PM	BALC	\$5	20419
Comedy Movie Month Matinee: Anyone but You	Dean	Th	May 16	1	2:30 PM-5:00 PM	BALC	\$5	20418
Comedy Movie Month Matinee: Barb & Star Go to Vista Del Mar	Dean	Th	May 23	1	2:30 PM-5:00 PM	BALC	\$5	20372
Comedy Movie Month Matinee: Game Night	Dean	Th	May 9	1	2:30 PM-5:00 PM	BALC	\$5	20371
Financial Tips and Tricks to Stay in the Home You Love	Pam	Th	May 2	1	11:00 AM-12:00 PM	BALC	Free	20081
Candlelit Yoga-Made by You	Moon & Mana Sylive (Yoga)	Th	May 2		6:30 PM - 8:30 PM	BALC	\$40	20440
National Yoga Day Celebration	To Be Announced	F	Jun 21	1	10:00 AM-12:00 PM	BALC	\$10	20065
Outdoor Scavenger Hunt	Students	F	May 24	1	11:00 AM-1:00 PM	BALC	Free	20072
Volunteer Lunch & Learn	Jen	F	Apr 5	1	11:00 AM-1:00 PM	BALC	Free	20023

# My Program Wish List

Program	Code	Registered
EX/Drumfit	1234	YES!

**ACTIVE 55+ SPRING CLOSURES**  
EASTER MONDAY - APRIL 1, 2024  
VICTORIA DAY - MAY 20, 2024