

Active 55+

Bay Street Active Living Centre
Northern Community Centre 55+

Printed March 17



**SAULT
STE.MARIE**

Ontario



Active 55+ Recreation Guide

Spring 2024

SPRING PROGRAM REGISTRATION

MONDAY MARCH 24, 2024 10:00AM

Doors will open at 9:00 am on registration day. **Please refrain from lining up earlier due to winter weather conditions.**

ONLINE:

View and register for programs online at
<https://saultstemarie.ca/active55activities>

Or scan this QR code:



IN PERSON:

Bay Street Active Living Centre (BALC)

619 Bay St

Northern Community Centre 55+ (NCC)

556 Goulais Ave

***PHONE REGISTRATION WILL NOT OPEN UNTIL
MONDAY MARCH 24 AT 12:00PM:**

(705) 254 - 6474 BALC

(705) 759 - 5377 NCC

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.

Note: Registrants can only register themselves and household members

Fees and Important Information

REFUNDS

General Policy:

- Full refunds are available only if cancellation occurs before the first class of a program.
- No refunds will be issued once the session has begun.

Exceptions:

- Dinner/Dances, Special Events & Field Trips:
- Cancellations must be made at least 1 week before the event for a full refund.
- If cancelled 3-7 days before, refunds will only be issued if a waiting list participant can take the spot.

Extreme circumstances will be reviewed on a case-by-case basis.

Classes with Provided Supplies:

- Cancellations must be made at least 3 business days before the first class to receive a refund.

For questions or special circumstances, please contact 705-254-6474.

CANCELLATIONS

You will be contacted when a program is cancelled.

OH NO! YOU CANCELLED IT?

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

VOLUNTEER JOBS

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

PARKING

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

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

ZOOM

Active 55+: 279 271 6167

*Please note that Zoom is only available if stated.

PAY AS YOU GO FEES

Our 2025 Pay As You Go Fee is \$2.50. In the activity charts it is called **\$2.50 PAYG**. This means that each time you attend a PAYG program, you pay \$2.50.

Winter Program Highlights



Bon Soo Cribbage Tournament



Watercolour Painting

HOURS OF OPERATION

NCC: Monday- Friday 10am-5pm

BALC: Monday 10am-5pm | Tuesday 10am -8pm

Wednesday 10am -5pm | Thursday 10am -8pm

Friday 10am-5pm | Saturday 9am-1pm until May 17 then closed

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

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

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

Movement & Mobility: Improve your flexibility, balance, and overall mobility in this gentle, low-impact class designed to help you stay active and improve your range of motion. Exercises are seated or standing, with a focus on improving posture, joint health, and functional strength to support daily activities. Ideal for those with limited mobility, balance concerns, or anyone seeking a relaxed yet effective approach to maintaining physical health. **Low to Moderate Intensity.**

Wise Weights + Cardio: Strengthen, tone, and energize your body with this full-body workout that blends strength training using weights and resistance bands with engaging cardio, enhancing endurance. **Moderate Intensity.**

Wise Weights + Balance: Build strength, improve stability, and enhance coordination with this full-body workout that combines low-impact strength training using weights and resistance bands with gentle balance exercises. **Low to Moderate Intensity.**

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

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

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

Bachata Lady Styling & Technique Dance Classes for Beginners: A 5-week beginner-friendly class focusing on fundamental techniques, musicality, and expressive movement. Enhance your footwork, grace, and confidence while building a strong foundation for Bachata, Salsa, and other Latin dances. **Moderate to High Intensity.**

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

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

Gentle Yoga: Improve flexibility with gentle stretches, with chair modifications available. Mats, blocks, and straps provided; bring a small cushion or blanket for added comfort. **All Abilities.**

Learn to Line Dance: Join this fun, beginner-friendly class where you’ll follow a leader’s steps in rows. It’s a great way to exercise both your brain and body while learning choreographed dances. **Moderate to High Intensity.**

Intermediate Line Dancing: Designed for dancers with at least one year of experience. This class features rows of participants following the leader’s steps learning and practicing choreographed routines. **Moderate to High Intensity.**

Line Dancing - All Levels: All levels of line dancers welcome! This class features rows of participants following the leader’s steps learning and practicing choreographed routines. **Moderate to High Intensity.**

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

Qi Gong: Discover the ancient art of Qi Gong in this 24-form therapeutic program. This gentle practice combines movement and breathing to enhance balance, flexibility, and inner calm. It promotes overall wellness, supports healing, and reduces stress through mindful, flowing exercises. **Low to Moderate Intensity.**

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

Dance Inspired Yogalates: Blending dance, yoga, and Pilates, this fun class promotes functional movement and whole-body health. It includes a dynamic warm-up, gentle cardio, strength and core work, dance conditioning, and a soothing yoga cool-down. Participants have the option to use props such as bands and light weights. All equipment is provided. **Moderate Intensity.**

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

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

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.**

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

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

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

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

Gardener's Yoga: This unique yoga session nurtures your mind, body, and garden with gentle exercises that strengthen the muscles used in gardening—perfect for keeping your green thumb and body in top shape! **Low to Moderate Intensity.**

Mindfulness for the Daily Life: Join Anne to explore ways to care for yourself with kindness and enhance your mental and emotional well-being. In this supportive group, open to everyone, you'll learn stress-reduction techniques, build resilience, and practice simple mindfulness strategies for everyday life. **In Person or Zoom option available.**

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Movement & Mobility	Cynthia	M	Apr 7	3	9:30 AM-10:30 AM	NCC	\$30	22497
		M	May 5	3		NCC	\$30	22498
		M	Jun 2	5		NCC	\$50	22499
Tai Chi	Donna	M	Apr 7	9	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	22384
Yoga For Vitality	Shirling	M	Apr 7	3	10:30 AM-11:30 AM	BALC	\$30	22385
		M	May 5	3	10:30 AM-11:30 AM	BALC	\$30	22386
		M	Jun 2	5	10:30 AM-11:30 AM	BALC	\$50	22387
DrumFit	Donna	M	Apr 28	6	10:30 AM-11:15 AM	NCC	\$24	22382
Gardener's Yoga	Sarah	M	Apr 7	2	11:15 AM-12:00 PM	NCC	\$20	22452
		M	May 5	3	11:15 AM-12:00 PM	NCC	\$30	22453
Bachata Lady Styling & Technique Dance Classes	Sarah	M	Jun 2	5	11:15 AM-12:00 PM	NCC	\$25	22454
GentleChairYoga	Shirling	M	Apr 7	3	2:00 PM- 3:00 PM	BALC	\$30	22403
		M	May 5	3	2:00 PM- 3:00 PM	BALC	\$30	22405
		M	Jun 2	5	2:00 PM- 3:00 PM	BALC	\$50	22407
VON - 'SMART'	Nicole	T, F	Apr 1	13	12:30 PM- 1:15 PM	NCC	FREE	22473
Wise Weights + Cardio	Denise	T	Apr 1	5	9:15 AM-9:45 AM	NCC	\$40	22500
		T	May 6	4	9:15 AM-9:45 AM	NCC	\$32	22513
Gentle Yoga	Denise	T	Apr 1	5	10:00 AM-11:00 AM	NCC	\$50	22373
	Denise	T	May 6	4	10:00 AM-11:00 AM	NCC	\$40	22374
	Sylvie	T	Jun 3	4	10:00 AM-11:00 AM	NCC	\$40	22375
Accessible Stretch and Strength	Barbara	T	Apr 1	5	12:30 PM-1:15 PM	BALC	\$20	22518
	Eileen	T	May 6	4	1:30 PM-2:15 PM	BALC	\$16	22436
	Eileen	T	Jun 3	4	10:15 AM-11:00 AM	BALC	\$16	22437
DANCEPL3Y	Cathy	T	Apr 1	4	10:15 AM-11:00 AM	BALC	\$20	22040
		T	May 6	4	10:15 AM-11:00 AM	BALC	\$20	22041
		T	Jun 3	4	10:15 AM-11:00 AM	BALC	\$20	22042
Fit On Your Feet	Barbara	T	Apr 1	5	11:30 AM-12:15 PM	BALC	\$50	22501
		T	May 6	4	11:30 AM-12:15 PM	BALC	\$40	22502
		T	Jun 3	4	11:30 AM-12:15 PM	BALC	\$40	22503

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
DrumFit	Eva	T	Apr 1	5	12:30 PM-1:15 PM	BALC	\$20	22432
		T	May 6	3	12:30 PM-1:15 PM	BALC	\$12	22433
		T	Jun 3	4	12:30 PM-1:15 PM	BALC	\$16	22434
Restorative Yoga	Sylvie	T	Apr 1	5	2:30 PM-3:30 PM	BALC	\$50	22467
		T	May 6	4	2:30 PM-3:30 PM	BALC	\$40	22468
		T	Jun 3	4	2:30 PM-3:30 PM	BALC	\$40	22469
Cardio LIIT/HIIT	Angela	T	Apr 8	3	5:15 PM-5:45 PM	BALC	\$15	21911
55+ Women's Strength	Angela	T	Apr 8	3	6:00 PM-6:30 PM	BALC	\$15	21912
DANCEPL3Y	Cathy	W	Apr 2	4	10:30 AM-11:15 AM	NCC	\$20	22043
DrumFit	Donna	W	Apr 23	8	10:30 AM-11:15 AM	NCC	\$32	22383
Drumming Circle	Bonnie	W	Apr 2	4	10:30 AM-11:30 AM	BALC	\$20	22462
		W	May 7	4	10:30 AM-11:30 AM	BALC	\$20	22463
		W	June 4	3	10:30 AM-11:30 AM	BALC	\$15	22556
Yoga For Vitality	Shirling	W	Apr 2	5	10:30 AM-11:30 AM	BALC	\$50	22388
		W	May 7	4	10:30 AM-11:30 AM	BALC	\$40	22389
		W	Jun 4	4	10:30 AM-11:30 AM	BALC	\$40	22390
GentleChairYoga	Shirling	W	Apr 2	5	2:00 PM-3:00 PM	BALC	\$50	22392
		W	May 7	4	2:00 PM-3:00 PM	BALC	\$40	22396
		W	Jun 4	4	2:00 PM-3:00 PM	BALC	\$40	22400
Wise Weights + Balance	Denise	Th	Apr 3	4	9:15 AM-9:45 AM	NCC	\$32	22550
		Th	May 1	5	9:15 AM-9:45 AM	NCC	\$40	22551
Gentle Yoga	Denise	Th	Apr 3	4	10:00 AM-11:00 AM	NCC	\$40	22376
	Denise	Th	May 1	5	10:00 AM-11:00 AM	NCC	\$50	22377
	Sylvie	Th	Jun 5	4	10:00 AM-11:00 AM	NCC	\$40	22378
Qi Gong	Heidi	Th	Apr 3	4	10:15 AM-11:45 AM	BALC	\$2.50 PAYG	22370
		Th	May 1	5	10:15 AM-11:45 AM	BALC		22371
		Th	Jun 5	4	10:15 AM-11:45 AM	BALC		22372
Stretch and Strength	Eileen	Th	May 1	5	10:15 AM-11:00 AM	BALC	\$20	22519
		Th	Jun 5	4	10:15 AM-11:00 AM	BALC	\$16	22520

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	Fee	CODE
DrumFit	Eileen	Th	May 1	5	11:15 AM-12:00 PM	BALC	\$20	22522
		Th	Jun 5	4	11:15 AM-12:00 PM	BALC	\$16	22523
Learn to Line Dance	Joan	Th	Apr 3	4	12:30 PM-1:30 PM	BALC	\$12	22418
		Th	May 1	5	12:30 PM-1:30 PM	BALC	\$15	22419
Line Dancing - All Levels	Joan	Th	Jun 5	2	12:30 PM-3:30 PM	BALC	\$6	22415
Intermediate Line Dancing	Joan	Th	Apr 3	4	1:30 PM-3:30 PM	BALC	\$12	22413
			May 1	5	1:30 PM-3:30 PM	BALC	\$15	22414
Gentle Mat Pilates	Sylvie	Th	Apr 3	4	2:15 PM-3:00 PM	BALC	\$40	22470
		Th	May 1	5	2:15 PM-3:00 PM	BALC	\$50	22471
		Th	Jun 5	4	2:15 PM-3:00 PM	BALC	\$40	22472
Healing Sound with Singing Bowls	Bonnie	Th	Apr 3	4	4:00 PM-5:00 PM	BALC	\$20	22464
		Th	May 1	5	4:00 PM-5:00 PM	BALC	\$25	22465
		Th	Jun 5	3	4:00 PM-5:00 PM	BALC	\$15	22466
DANCEPL3Y	Cathy	F	May 2	5	10:15 AM-11:00 AM	NCC	\$25	22438
		F	Jun 6	4	10:15 AM-11:00 AM	NCC	\$20	22439
Mindfulnessfor the Daily Life - Zoom	Anne	F	Apr 4	11	10:15 AM-11:15 AM	Zoom	\$20	22517
Mindfulnessfor the Daily Life: In- Person	Anne	F	Apr 4	11	10:15 AM-11:15 AM	BALC	\$2.50 PAYG	22512
Tai Chi	Donna	F	Apr 4	10	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	22416
Zumba	Barbara	F	Apr 4	3	10:30 AM-11:15 AM	BALC	\$30	22504
		F	May 2	5	10:30 AM-11:15 AM		\$50	22505
		F	Jun 6	4	10:30 AM-11:15 AM		\$40	22506
Dance Inspired Yogalates	Sarah	F	Apr 4	2	11:15 AM-12:00 PM	NCC	\$10	22455
		F	May 2	5	11:15 AM-12:00 PM	NCC	\$25	22456
		F	Jun 6	4	11:15 AM-12:00 PM	NCC	\$20	22457
Fit On Your Feet	Barbara	F	Apr 4	3	11:30 AM-12:15 PM	BALC	\$30	22507
		F	May 2	5	11:30 AM-12:15 PM	BALC	\$50	22508
		F	Jun 6	4	11:30 AM-12:15 PM	BALC	\$40	22509

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

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

Learn to Play Pickleball: For new players seeking instruction to learn the rules & fundamentals of pickleball. **Participants are allowed to sign up for a maximum of 2 Learn to Play sessions.**

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

Spring into Pickleball: This is for 'Learn To Play Pickleball' graduates. You have learned the basics but aren't yet ready for competitive play.

Pickleball & Potluck: All registered pickleball participants at the 55+ center are welcome to attend the potluck. Bring your favourite dish. Dinner will begin at 4pm.

Silver Paddle Society - CANOE | KAYAK | TANDEM KAYAK: Join us for a 4-week paddling adventure at the Waterfront Adventure Centre! Designed for those with some prior paddling experience, this program allows you to explore the water in a kayak, tandem kayak, or canoe. Basic safety instructions will be provided before the first session. After paddling, relax and connect with a cup of coffee—on us! **Moderate to High Intensity.**

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

Shuffleboard: Played on floor courts, this classic activity combines strategy, precision, and light physical activity. Registered participants are welcome to socialize between 1:00–4:00 PM but may only play during their registered time slot (1:00–2:30 OR 2:30–4:00) due to limited spaces. Equipment provided. **All Abilities.**

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

Washer Toss: Come and play this fun lawn game at the Northern Community Centre Turf. All ages and abilities welcome. **All Abilities.**

Putting & Chipping: Get ready for golf with this self-led putting and chipping practice on the indoor turf! Equipment provided or bring your own.



PROGRAM	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Soccer	M,Th	Apr 3	14	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	22024
Washer Toss	M	Apr 7	5	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	22406
Silver Paddle Society							
- CANOE	T	Jun 3	4	8:45 AM-9:45 AM	19 McPhail Ave. (WAC)	\$72	22446
-KAYAK	T	Jun 3	4	8:45 AM-9:45 AM		\$72	22443
- TANDEM KAYAK	T	Jun 3	4	8:45 AM-9:45 AM		\$72	22524
Learn to Play Pickleball	T	Apr 1	5	2:00 PM-4:00 PM	BALC	\$12.50	22514
		May 6	4	2:00 PM-4:00 PM	BALC	\$10	22515
		Jun 3	4	2:00 PM-4:00 PM	BALC	\$10	22516
Social Pickleball	T	Apr 1	5	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	22426
		May 6	4	4:00 PM-8:00 PM	BALC		22427
		Jun 3	4	4:00 PM-8:00 PM	BALC		22428
Pickleball & Potluck	T	May 13	1	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	22554
Darts	T	Jan 7	Ongoing	6:30 PM-8:00 PM	BALC	\$2.50 PAYG	21174
Spring Into Pickleball	W	Apr 2	6	10:15 AM-12:15 PM	BALC	\$7.50	22571
Putting & Chipping	W	Apr 2	5	11:00 AM-1:00 PM	NCC	\$2.50 PAYG	22526
Social Pickleball	Th	Apr 3	4	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	22423
		May 1	5	4:00 PM-8:00 PM	BALC		22424
		Jun 5	4	4:00 PM-8:00 PM	BALC		22425
Bilingual Pickleball	F	Apr 4	3	10:15 AM-12:15 PM	BALC	\$7.50	22420
		May 2	5	10:15 AM-12:15 PM	BALC	\$12.50	22421
		Jun 6	3	10:15 AM-12:15 PM	BALC	\$7.50	22422
Shuffleboard	F	Apr 4	12	1:00 PM-2:30 PM	BALC	\$2.50 PAYG	22411
Shuffleboard	F	Apr 4	12	2:30 PM-4:00 PM	BALC	\$2.50 PAYG	22412
Pickleball	Sa	Apr 5	3	9:15 AM-12:45 PM	BALC	\$7.50	22429
		May 3	3	9:15 AM-12:45 PM		\$7.50	22431



CARDS, GAMES, HOBBIES, TECH

Music:

Bass Jam Sessions: Join our 5-week Group Bass Lessons for a fun and collaborative musical journey! These lessons focus on fundamental techniques and the rhythm of the bass while encouraging participants to interact, jam, and learn from each other. Whether you're a beginner or looking to refine your skills, group lessons provide a fun and supportive atmosphere to grow as a bassist!

Beginner Group Ukulele Lessons: Join our 5-week Beginner Group Ukulele Lessons for a fun and collaborative musical journey. If you're looking to learn the basics through hands-on lessons while fostering a supportive environment for learning and jamming together, then this is the class for you! Bring your own Ukulele.

Intermediate Ukulele Lessons Join our 4-week Intermediate Ukulele Lessons for a fun and collaborative musical journey. If you're looking to refine your skills, our instructor will guide the group through hands-on lessons while fostering a supportive environment for learning and jamming together. Bring your own Ukulele.

Beginner Guitar Lessons: Start your musical journey with beginner guitar lessons! In this class, you'll learn the basics from local musician Brian Tremblay, including how to tune your guitar, play simple chords, and strum along to popular songs. By the end, you'll be able to play your first tunes and continue exploring the world of guitar on your own.

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

Don't own an instrument but still want to try a music class? Look at renting! Long-McQuade Music provides affordable pricing and efficient service. Contact them at (705) 254-1756 for more information.

Literature:

Novel Book Club: This group of avid readers meets monthly to review and discuss books. The reading list is created as a group. Guided discussion from 1:30-3:00 PM with an optional open discussion 2:30-3:00 PM. April - A Gentleman in Moscow (Author: Amor Towles); May - The Tea Girl of Hummingbird Lane (Author: Lisa See); June - The Paris Library (Author: Janet Skeslien Charles).

Creative Writing: Forget what you remember about school... join us for fun and adventure with writing for you! Each of us has stories, messages, poems and thoughts that can (or need to) be told. We may wish to write memoirs, anecdotes of our travels, or the story that has been with us forever, or to just write how we feel. These classes will give you insightful thought and word activities, methods and ideas, relaxation/meditation and time to write. The focus will be on allowing the writing to come through using your authentic voice. Spelling and grammar will not be checked!

Hobbies:

Raised Garden Bed Rental: Grow your own fresh vegetables, herbs, or flowers with our small raised garden bed rentals at our Bay Street location! These accessible garden beds provide a convenient space for gardening enthusiasts of all levels. Features: Raised bed design, Sunlit location, On-site water access, Community atmosphere to connect with fellow gardeners.

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

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

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

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

Rock Tumbling & Polishing: Transform your rocks into polished gems! Bring in your 1–2.5 inch rocks to select the best ones for tumbling. Participants are responsible for tumbling their own rocks, checking in weekly to clean and advance to the next stage. Perfect for beginners and experienced enthusiasts alike—learn, collaborate, and enjoy the process!

Technology:

Tech Club: Join our Tech Club for those aged 55 and above—a welcoming space to chat, share knowledge, and assist each other with all things tech-related. Whether you're a novice or tech-savvy, come together to explore gadgets, troubleshoot issues, and stay connected in a supportive environment.

Introduction to Alexa: Get More from Your Smart Assistant Learn how to use Amazon Alexa to set reminders, play music, get news and weather updates, control smart devices, and more. This session will cover setup, voice commands, useful features, and privacy settings to help you make the most of your smart assistant. Come discover how Alexa can assist you in daily tasks and enhance your home experience!

Stay tuned for more technology opportunities.

Cards/Games:

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

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

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

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

Saturday Social Cards & Games: Enjoy a fun and relaxed Saturday playing your favourite card games and board games with friends, old and new. Whether you're a seasoned player or new to the games, everyone is welcome. Come for the games, stay for the company!

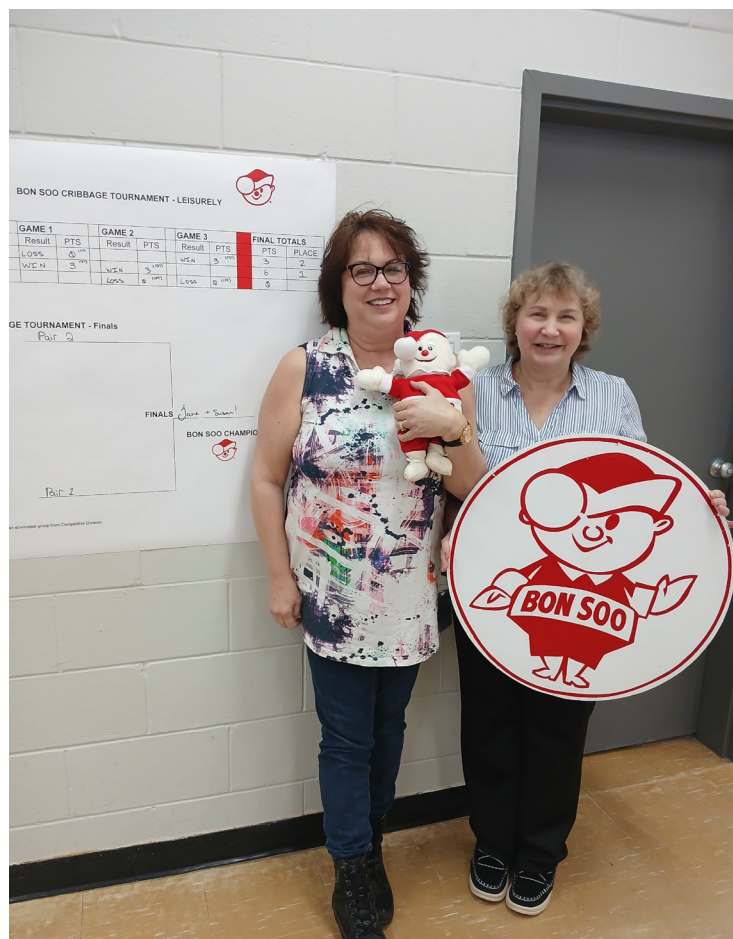
Social Cards: Come down to socialize while playing various card games such as Hand and Foot, Lucky 13 & Canasta.

Duplicate Bridge: This group meets every Friday to play. A bridge partner is always guaranteed. All levels welcome.

Snooker & Evening: Snooker is a strategic cue sport where precision meets skill. It is played on a rectangular table covered with green cloth, aiming to score points by potting balls in a specific order. Please see posted schedule.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Snooker	N/A	M-F Sat	Ongoing	50	10:00 AM-4:00 PM 9:15 AM- 1:00 PM	BALC	\$2.50 PAYG	21504
Raised Garden Bed Rental	N/A	M-F	May 15	21	10:00 AM-5:00 PM	BALC	\$10	22496
Introduction to Alexa	Brooklyn	M	Apr 7	1	10:30 AM-11:30 AM	BALC	Free	22379
French Club Cards	N/A	M	Ongoing	44	1:00 PM-4:00 PM	BALC	\$2.50 PAYG	21505
Stamp Collecting Club	N/A	M M M	Apr May Jun	1 1 1	1:30 PM-4:30 PM 1:30 PM-4:30 PM 1:30 PM-4:30 PM	NCC NCC NCC	\$2.50 PAYG	21869
RC Auto & Aircraft	N/A	T	Ongoing	39	11:00 AM-1:00 PM	NCC	\$2.50 PAYG	21494
Piano Lessons	Kathy	T T T T	Apr 1 Apr 1 Apr 1 Apr 1	13 13 13 13	12:45 PM-1:15 PM 1:30 PM-2:00 PM 2:15 PM-2:45 PM 3:00 PM-3:30 PM	NCC NCC NCC NCC	\$130 \$130 \$130 \$130	22028 22029 22030 22031
Novel Book Club	Lillian	T T T	Apr May Jun	1 1 1	1:30 PM-3:00 PM 1:30 PM-3:00 PM 1:30 PM-3:00 PM	NCC NCC NCC	\$2.50 PAYG	21862
Social Cribbage	N/A	T	Ongoing	47	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	21507
Evening Snooker	N/A	T-Th	Ongoing	41	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	21506
WoodBee Carvers	N/A	T	Apr 1	13	6:00 PM-8:00 PM	BALC	\$2.50 PAYG	22325
Texas Hold'em	Gayle	W	Ongoing	25	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	21508
Tech Club	No Instructor (Self Led)	W W W	Apr 2 May 7 June 4	1 1 1	11:00 AM-12:00 PM 11:00 AM-12:00 PM 11:00 AM-12:00 PM	BALC BALC BALC	\$2.50 PAYG	22326
Duplicate Bridge	N/A	W	Apr 2	13	12:30 PM-4:00 PM	BALC	\$2.50 PAYG	22003
Creative Writing	Linda	W	Apr 2	4	1:30 PM-3:30 PM	BALC	\$48	22359
Beginner Group Ukulele Lessons	Nicholas	W	Apr 2	5	2:00 PM-3:00 PM	NCC	\$50	22034
Intermediate Ukulele Lessons	Nicholas	W	May 7	4	2:00 PM-3:00 PM	NCC	\$40	22036

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Bass Jam Sessions	Nicholas	W	Apr 2	5	3:00 PM-4:00 PM	NCC	\$50	22035
HAM Radio	N/A	Th	Ongoing	50	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	21509
Social Cards	N/A	Th	Ongoing	49	2:00 PM-4:00 PM	BALC	\$2.50 PAYG	21510
Beginner Guitar Lessons	Brian	Th	May 1	5	6:00 PM-7:00 PM	BALC	\$75	22044
Duplicate Bridge	N/A	F	Ongoing	48	12:30 PM-4:00 PM	BALC	\$2.50 PAYG	21512
Contract Bridge	N/A	F	Ongoing	50	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	21511
Rock Tumbling & Polishing	N/A	F	May 2	9	1:30 PM-3:30 PM	BALC	\$10	22572
Saturday Social Cards & Games	N/A	Sa	Jan 11	34	9:30 AM-12:30 PM	BALC	\$2.50 PAYG	21832



Active 55+ Presents: Art & Events

2 April
Wednesday

Melody Masters: A Music Trivia Challenge

Test your knowledge of classic hits, famous artists, and timeless tunes in this fun, nostalgic music trivia challenge filled with friendly competition, prizes and great conversation!

12 April
Saturday

Spring Arts & Craft Show

Explore unique handmade art and crafts at the Spring Arts Craft Show, a vibrant celebration of local creativity!

6 May
Tuesday

Guided Bellevue Park Greenhouse Tour & Picnic

Enjoy a guided tour of the Bellevue Park Greenhouse, then relax with a picnic—bring your own lunch and soak in the scenic surroundings!

3 May
Saturday

Mothers Day Teacup Bouquet

Create a beautiful bouquet in this fun, hands-on workshop—bring a friend or loved one and enjoy a special experience together!

20 May
Tuesday

Spring Song and Lunch

Celebrate the season with an afternoon of music and good food at our Spring Song & Lunch event. Enjoy a performance by the Senior Singers Choir, showcasing a selection of uplifting songs.

3 June
Tuesday

Silver Paddle Society

Join our 4-week paddling adventure at the Waterfront Adventure Centre, where experienced paddlers can explore the water in various craft and unwind with coffee afterward!

4 June
Wednesday

Spring Fling Dinner Dance

Enjoy a lively evening of dining and dancing with live music by Crossroads, performing a mix of country, rock, and hits from the '50s to today.

20 June
Friday

National Yoga Day Celebration

Celebrate National Yoga Day with a two-hour session featuring unique yoga styles led by our wonderful instructors. Followed by light snacks, refreshments, and connections—all levels welcome!



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.

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.

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

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

Sew Much Fun Quilters Club: Join us once a month for a fun and relaxing time of sewing, quilting, and socializing! Bring your unfinished projects—whether it's a quilt, sewing pattern, or any craft you're working on—and enjoy a supportive space to make progress while chatting with fellow crafters. Share ideas, get tips, and connect with others who love to create! Bring your own materials and sewing machines. Registration required. Drop-in fee of \$2.50.

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.

Metis Beading: In this Métis Beading class, participants will learn the basics of traditional bead work, focusing on techniques used in Métis floral designs. By the end of the session, you'll complete your own beautiful flower pattern, inspired by Métis culture. Please note that this craft uses very small needles and beads and can be hard to see and requires hand dexterity.

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 favourite pattern and needles!

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

Sewing 201: Tote Bag & PJ Bottoms Build on your Sewing 101 skills by making a tote bag and flannel PJ bottoms while learning to use patterns and work with non-stretch fabrics. A basic knowledge of sewing machines is helpful. Instructor Diane will provide a materials list after registration. Sewing machines available or bring your own.

Sewing 301: Clothing Making Take your sewing skills further by creating your own clothing with woven fabrics! Perfect for those who completed Sewing 101 and 201 or want to revisit an old hobby. The instructor will contact you about fabric requirements before class.

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.

Beaded Earrings: Join Cynthia McCutcheon | Gimiwon Kwe, to learn the basics of beadwork! In partnership with Maamwesying, this workshop will cover preparing felt, threading needles, and tacking beads, as well as adding backing and edging. Leave with your own hand-beaded earrings—perfect to wear or gift!

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Forget-Me-Not Quilters	Sabina	M	May 26 Jun 23	1 1	11:00 AM-4:30 PM	NCC	Free	21498
Open Needlecraft	N/A	M	Ongoing	46	1:30 PM-3:30 PM	BALC	\$2.50 PAYG	21476
Sew Much Fun Quilters Club	N/A	M	Apr 14 May 12 Jun 9	1 1 1	10:00 AM-3:00 PM	NCC	\$2.50 PAYG	21874
Quilt Club	Sandy	T	Ongoing	47	1:30 PM-3:30 PM	NCC	\$2.50 PAYG	21501
Traditional Rug Hooking	Betty	T	Ongoing	20	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	21496
Christmas Cheer	N/A	W	Ongoing	50	10:00 AM-12:00 PM	BALC	Free	21497
Comfort Quilts	Kim	W	Apr 9 May 14 Jun 11	1 1 1	10:15 AM-3:00 PM	BALC	\$2.50 PAYG	21473
Sewing 301 Clothing Making	Diane	W	Apr 2 May 7	5 5	1:00 PM-3:00 PM 1:00 PM-3:00 PM	NCC	\$75 \$75	22331 22332
Beaded Earrings	Cynthia	W	May 14	2	1:30 PM-3:30 PM	BALC	\$12	22529
Applique	Sandra	Th	Apr 3 May 1 Jun 5	1 1 1	10:00 AM-2:00 PM	NCC	\$2.50 PAYG	21495
Sewing 101	Diane	Th	Apr 3	4	1:00 PM-3:00 PM	NCC	\$60	22329
Sewing 201	Diane	Th	May 1	5	1:00 PM-3:00 PM	NCC	\$75	22330
Japanese Bunka	Anna	F	Ongoing	49	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	21499
Metis Beading	Samantha	F	Apr 25	3	1:00 PM-3:00 PM	NCC	\$30	22458



ARTS & CRAFTS

Alcohol Ink - 3D Picture: Explore the world of 3D art by creating a vibrant picture with alcohol inks in this dynamic class. Let the colors and textures come to life as you build depth and dimension on your artwork!

Alcohol Ink on Acrylic Sheet: Create stunning stained glass effects using alcohol ink on acrylic sheets in this vibrant and hands-on class. No experience needed—just bring your creativity and enjoy the mesmerizing flow of color!

Completing Paintings with Anna: Do you have any paintings that you started with Anna and need time and help to complete? This class is for you. Bring your painting and any supplies you have and she will guide you to finish them.

Cricut Club: Welcome to the Cricuteers Craft Club, where creativity meets community! Join our friendly group of crafters as we explore the endless possibilities of the Cricut Machine. Our club offers a supportive and fun environment to learn from each other, create, and share your own projects. From personalized gifts to home décor, there's no limit to what we can craft together. We provide the Cricut machine, Cricut tools, and devices for the Design Space App, and you will provide the materials needed to create your project. Come be a part of the Cricuteers and let's make something amazing! Experience is recommended as this is a **self-lead program**.

Wabi-Sabi Art Workshop: Inspired by the traditional Japanese aesthetic of Wabi-Sabi, this ongoing workshop embraces the beauty of imperfection, impermanence, and simplicity. You'll be guided to enjoy the effortless flow of painting while exploring mixed media such as watercolor, fluid acrylics, gold ink, oil pastels, markers, origami paper, and Posca markers. Discover your unique artistic voice through color, line, shape, and mark-making. Please bring your watercolor supplies and markers—some materials will be provided.

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.

Earth Day Craft and Collage Art Session: Come join in celebrating Earth Day by getting creative with eco-friendly crafts and collage art. Bring your own materials or use what we provide. Let's make beautiful art while promoting environmental awareness and sustainability.

Handmade Watercolour Cards: Join us for a delightful crafting session where you'll have the opportunity to paint your very own one-of-a-kind watercolour card! We'll have samples on hand to spark your creativity, and don't worry - all skill levels are encouraged to participate. Supplies are provided.

Landscape Painting - Trees & Grasses: Using Acrylics, Oils or Watersoluble Oils - we will focus on trees and grasses - observing shapes, colours and textures using various tools and painting mediums in a series of exercises. Supplies not included. Supply list available on your receipt.

Spring Wooden Sign Class: Celebrate the arrival of Spring by crafting your very own Spring Wooden Sign! Create a charming decoration that will brighten up your home for Spring or Easter. No crafting experience required—this activity is open to all skill levels. All supplies are provided.

Learn to Tie-Dye: Join us for an exciting tie-dyeing experience! This lively class will explore a range of techniques to create captivating patterns on your fabrics. Simply bring along a white fabric of your preference - preferably cotton - whether it's a shirt, tea towel, small blanket, hat, socks, or any other item you'd like to transform. We'll take care of the rest, providing all the materials you need to unleash your creativity and craft vibrant, personalized pieces.

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.

Stained Glass - Butterfly: Create a vibrant stained glass butterfly in this hands-on workshop, where you'll learn the art of stained glass while crafting a beautiful, colorful piece to display!

Stained Glass - Inukshuk with Northern Lights: Craft a stunning stained glass Inukshuk with a Northern Lights backdrop in this hands-on workshop. Learn traditional stained glass techniques to create a unique, colorful piece of art!

Stained Glass - Tulip: Create a beautiful stained glass tulip, either on a stand or as a hanging piece, in this hands-on workshop. Learn the basics of stained glass techniques and leave with a stunning, personalized piece of art!

Wood Burning: Learn the art of wood burning in this hands-on class using a pyrography pen. Create personalized designs and bring your wooden masterpiece to life! Please make sure to bring a wooden item to burn.

Oil Painting - Clouds: Explore the art of painting dynamic and realistic clouds using oil paints. This class will guide you through blending techniques, color mixing, and brushwork to create soft, dramatic, or wispy cloud formations. Participants must bring their own supplies; the supply list is included on your receipt. Perfect for beginners and experienced painters alike!

Oil Painting - Landscape: Capture the beauty of nature as you learn to paint stunning landscapes with oil paints. This class will cover composition, color mixing, and brush techniques to bring depth and atmosphere to your scene. Participants must bring their own supplies; the supply list is included on your receipt.

Oil Painting - Mountains: Learn to paint breathtaking mountain landscapes using oil paints. This class will cover layering techniques, depth, and color blending to create realistic peaks and scenic backgrounds. Participants must bring their own supplies; the supply list is included on your receipt. Perfect for all skill levels!

Paper Quilled Cards: Create beautiful, handcrafted greeting cards using the art of paper quilling! In this class, you'll learn how to roll, shape, and arrange colorful paper strips into intricate designs to decorate your own unique cards. Perfect for all skill levels, this relaxing and creative craft is great for making personalized gifts!

Paper Quilled Leaves: Discover the art of paper quilling as you create delicate and intricate leaf designs. This class will guide you through rolling, shaping, and arranging paper strips to craft stunning quilled leaves, perfect for seasonal décor or handmade cards. Great for all skill levels!

PD Day Craft Event - Bouquet for Mom: Join us for a special crafting session designed for you and your grandchildren! This fun, hands-on event will allow you to create beautiful bouquets to celebrate Mother's Day. All materials will be provided, and everyone, including seniors and their grandchildren, is welcome to participate. Let's get creative together and make something truly special for mom!

PDDayCraftEvent-CreateaFather'sDayFamily Fun Game: Bring along the grandchildren for a day of creativity and fun! Together, you'll craft a personalized Family Fun Game to celebrate Father's Day. This event is designed for all ages and skill levels, with materials provided and plenty of hands-on crafting, guidance, and laughter. It's a great way for you and your grandchildren to bond while creating something special for Dad!

Wabi-Sabi Art Workshop: Embrace imperfection in this Wabi-Sabi Art Workshop, where you'll explore mixed media like watercolor, acrylics, ink, and more. Bring your watercolor supplies and markers, and discover your unique artistic voice through color and creativity!

Watercolour Painting - Clouds: Explore the art of painting skies in this relaxing watercolour class focused on creating beautiful, soft clouds. Supplies are included—just bring your creativity!

Watercolour Painting - Landscape: Capture the beauty of nature in this watercolour painting class focused on landscapes. Supplies are included—just bring your creativity!

Watercolour Painting - Trees: Learn to paint vibrant and detailed trees in this relaxing watercolour class. Supplies are included—just bring your creativity!

Woodland Painting Workshop: Led by local Anishinaabe artist Lucia Laford (Waawaaskone Qwe), this workshop explores Woodland Art through painting, using bold colors and rich symbolism to tell a story. No experience needed—just bring your creativity and enjoy the process!

Woodland Drawing Workshop: Discover the art of storytelling through drawing in this workshop with local Anishinaabe artist Lucia Laford (Waawaaskone Qwe). Explore bold lines, intricate patterns, and deep symbolism as you bring your ideas to life on paper. No prior experience is needed—just an open mind and a creative spirit!

Woodland Teachings: Led by local Anishinaabe artist Lucia Laford (Waawaaskone Qwe), this fun 4-week class invites you to dive into Woodland Art, a vibrant style celebrated for its bold lines, bright colors, and rich spiritual symbolism. You'll explore the deep connections between people, animals, and plants, creating your own meaningful, storytelling-filled pieces in this unique 2-dimensional art form!

Rock Art with Sticks and Stones Algoma: Get creative with nature! Join Sticks and Stones Algoma to design unique pieces using locally sourced rocks, driftwood, and other natural materials. Learn how to create beautiful items like coasters, bowls, candle holders, scenic landscapes, or abstract designs! Perfect for all skill levels. All materials are provided, although you are welcome to bring your own rocks or pieces of nature.

Open Painting: Join our Open Painting sessions! Whether you use watercolors, oils, acrylics, or any other medium, you're invited to bring your own supplies and work on your painting project in a supportive environment. Enjoy the freedom to create at your own pace while connecting with fellow artists. All skill levels are welcome!

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Completing Paintings with Anna	Anna	M	Jun 30	1	10:30 AM-3:30 PM	BALC	\$5	22449
Neurographic Inspired Art	Victoria	M	Apr 14	1	10:30 AM-12:30 PM	BALC	\$5	22351
		M	May 12	1	10:30 AM-12:30 PM	BALC	\$5	22352
		M	Jun 9	1	10:30 AM-12:30 PM	BALC	\$5	22353
Spring Wooden Sign Class	Eileen	M	Apr 7	1	10:30 AM-1:30 PM	NCC	\$15	22510
Stained Glass - Butterfly	Stephanie	M	Jun 23	1	1:00 PM-4:00 PM	BALC	\$48	22362
Stained Glass - Inukshuk with Northern Lights	Stephanie	M	May 12	1	1:00 PM-4:00 PM	BALC	\$48	22361
Stained Glass - Tulip	Stephanie	M	Apr 28	1	1:00 PM-4:00 PM	BALC	\$48	22360
Wabi-Sabi Art Workshop	Victoria	M	Apr 28	1	10:30 AM-12:30 PM	BALC	\$5	22354
		M	May 5	1	10:30 AM-12:30 PM	NCC	\$5	22355
		M	Jun 16	1	10:30 AM-12:30 PM	BALC	\$5	22356
Woodland Drawing Workshop	Lucia	M	Jun 16	1	1:00 PM-3:00 PM	BALC	\$15	22327
Alcohol Ink - 3D Picture	Anna	T	Jun 10	1	10:30 AM-3:30 PM	BALC	\$20	22347
Earth Day Craft and Collage Art Session!	Sarah	T	Apr 22	1	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	22451
Watercolour Painting - Landscape	Anna	T	Jun 3	1	10:30 AM-3:30 PM	BALC	\$20	22346
Wood Burning	Anna	T	Apr 1	1	10:30 AM-3:30 PM	BALC	\$20	22334
		T	May 13	1	10:30 AM-3:30 PM	BALC	\$20	22335
		T	Jun 24	1	10:30 AM-3:30 PM	BALC	\$20	22336
Oil Painting - Landscape	Anna	T	Apr 22	1	10:30 AM-3:30 PM	BALC	\$20	22344
Rock Art with Sticks and Stones Algoma	Christina	T	Jun 17	1	10:30 AM-12:30 PM	BALC	\$5	22555

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Scrap Booking Class	Lanny	T	Apr 15	1	10:30 AM-3:30 PM	BALC	\$15	21554
		T	May 20	1	10:30 AM-3:30 PM		\$15	21555
		T	Jun 17	1	10:30 AM-3:30 PM		\$15	21556
Paper Quilled Cards	Anna	T	Jun 17	1	10:30 AM-3:30 PM	BALC	\$20	22348
Watercolour Painting - Clouds	Anna	T	May 27	1	10:30 AM-3:30 PM	BALC	\$20	22345
Open Painting	N/A	W	Ongoing	50	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	21474
Learn to Tie-Dye	Ashlyn	W	Jun 25	1	1:15 PM-3:15 PM	BALC	\$6	22444
Handmade Watercolour Cards	Ashlyn	Th	Jun 19	1	10:15 AM- 1:15 PM	BALC	\$5	22450
Alcohol Ink on Acrylic Sheet	Anna	Th	May 29	1	10:30 AM-3:30 PM	NCC	\$20	22342
Landscape Painting - Trees & Grasses	Taimi	Th	Apr 10	4	10:30 AM-12:30 PM	BALC	\$70	22045
Oil Painting - Clouds	Anna	Th	Jun 19	1	10:30 AM-3:30 PM	NCC	\$20	22343
Oil Painting - Mountains	Anna	Th	May 15	1	10:30 AM-3:30 PM	NCC	\$20	22340
Open Painting	N/A	Th	Ongoing	49	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	21475
Paper Quilled Leaves	Anna	Th	May 22	1	10:30 AM-3:30 PM	NCC	\$20	22341
Watercolour Painting - Trees	Anna	Th	Apr 10	1	10:30 AM-3:30 PM	NCC	\$20	22339
Wood Burning	Anna	Th	Apr 17	1	10:30 AM-3:30 PM	NCC	\$20	22337
		Th	Jun 12	1	10:30 AM-3:30 PM	NCC	\$20	22338
Woodland Painting	Lucia	Th	Jun 26	1	1:00 PM-3:00 PM	NCC	\$15	22328
Woodland Teachings	Lucia	Th	May 8	4	1:00 PM-3:00 PM	BALC	\$50	22046
Cricut Club	No Instructor (Self Led)	F	Ongoing	11	1:00 PM-4:00 PM	BALC	\$2.50 PAYG	21546
PD Day Craft Event: Bouquet for Mom	Sarah	F	May 9	1	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	22417
PD Day Craft Event: Create a Father's Day Family Fun Game	Sarah	F	Jun 6	1	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	22430

EVENTS & TALKS



Live Music:

Spring Fling Dinner Dance: Enjoy a lively evening of dining and dancing with live music by Crossroads, performing a mix of country, rock, and hits from the '50s to today. Menu: Meat & Cheese Cannelloni, Meatballs & Sliced Italian Sausage in Red Sauce, Caesar Salad, Bread & Butter and Dessert. A great night of music, food, and fun!

Dance Matinee with Frank Musso: Join us for a fun-filled dance matinee featuring Frank Musso. Live music that will keep you on your feet all afternoon! Come to dance or sit and enjoy the music.

Spring Song and Lunch: Celebrate the season with an afternoon of music and good food at our Spring Song & Lunch event. Enjoy a performance by the Senior Singers Choir, showcasing a selection of uplifting songs. Menu: Garden Salad, Vegetable Lasagna, Bread & Butter and Ice Cream.

Lunches:

\$7.00 lunch each Wednesday. Monthly menus are posted at BALC. Menu is subject to change.

Lunch - Picnic in the Park: Join us for a festive outdoor lunch in honor of National Picnic Day! Enjoy a classic BBQ meal featuring juicy burgers, homemade potato salad, and a delicious ice cream sandwich for dessert. Relax in the fresh air, socialize, and have fun with lawn games set up by our summer students!

Cooking Classes:

Cooking Class - Grandma's Juicy & Delicious Wontons: In this hands-on class, you'll make pork, shrimp, and vegetable wontons from scratch while mastering wrapping techniques and creating dipping sauces and soup bases. The menu features Sichuan chili oil wontons, Cantonese shrimp wonton soup, and light Shanghai-style vegetable wonton soup.

Cooking Class - Italian Arancini and Cream Puffs: Join us for a delicious culinary adventure as we make two Italian favourites! Learn to craft crispy, golden arancini (stuffed rice balls) and delicate, airy cream puffs from scratch. Perfect for impressing guests or enjoying as a treat, this class is a must for food lovers!

Cooking Class - Mini Pavlova Dessert Board: Celebrate Easter with a sweet twist! Learn to make airy mini pavlovas with homemade lemon curd and whipped cream, creating a stunning dessert board to impress your guests.

Cooking Class - Rhubarb Ice Cream & Waffle Bowls: In this class, you'll learn to make tangy-sweet rhubarb ice cream from scratch and crisp, golden waffle bowls to serve it in. Special equipment, including an ice cream maker and a pizzelle or waffle cone maker, is required to make this recipe.

Cooking Class - Traditional Japanese Breakfast: Explore the art of a traditional Japanese breakfast in this hands-on class. You'll prepare salted salmon, daikon-carrot salad, sesame spinach, tamagoyaki, tofu miso soup, and perfectly steamed rice—served with green tea. Itadakimasu!

Cooking Class - Wonton Wrapper Ravioli & Caesar Vinaigrette: Put a creative spin on homemade pasta with easy-to-make wonton wrapper ravioli, filled with delicious ingredients and cooked to perfection. You'll also prepare a rich and tangy Caesar vinaigrette from scratch to dress a fresh Caesar salad. A perfect combination for a flavorful, homemade meal!

Events & Talks:

Spring Arts & Craft Show: Join us for a vibrant celebration of creativity at the Spring Arts & Craft Show! Featuring a variety of handmade art, crafts, and unique creations from local artisans, this event is perfect for finding one-of-a-kind pieces to brighten up your home or gift to loved ones. Vendors may accept cash only.

Spring Arts & Craft Show Vendor Table: Reserve your table at the Bay Street Active Living Centre's Spring Arts & Craft Show. Please note that this is for 1 table only. If you require additional tables, you must register and pay for those additional tables. If you are selling food items, you need to fill out an application for Algoma Public Health.

Guided Bellevue Park Greenhouse Tour & Picnic: Join us for a relaxing and informative day at Bellevue Park! We'll start with a guided tour of the beautiful Bellevue Park Greenhouse, where you'll learn about the vibrant plants and seasonal blooms. After the tour, we'll enjoy a picnic under the park's cozy picnic shelter. Be sure to bring your own brown bag lunch.

Melody Masters: A Music Trivia Challenge
Join us for an exciting and fun-filled program that tests your knowledge of music from the past! In "Melody Masters," participants will be quizzed on classic hits, famous artists, and unforgettable tunes spanning decades. Perfect for music lovers and trivia enthusiasts alike—come show off your skills, win prizes and reminisce!

Mothers Day Teacup Bouquet: Join us for a fun, hands-on workshop where you'll create a beautiful bouquet! Come with friends to craft a special gift for Mom, or bring your mom or a loved one to enjoy the experience together. All materials provided—no experience needed!

Living Your Retirement Plan: This seminar will explore these key topics: What retirement means to you, Where your retirement money could come from, and How to protect your retirement savings and prepare your legacy.

National Yoga Day Celebration: Join us for this special event in honor of National Yoga Day! Experience a variety of yoga styles and meditation sessions led by a few of our amazing instructors at Active 55+. Unwind with a light, nourishing snack and refreshing beverages while connecting with fellow yogis. All levels of experience are welcome. Mats, straps, and blocks will be provided. Come celebrate, move, and relax with us!

Never Stop Learning - Automotive: Gain confidence in basic car maintenance with this hands-on workshop covering windshield wiper changes, oil checks, dashboard symbols, and tire air pressure. No experience needed—just bring your curiosity and learn to keep your vehicle running smoothly!

Never Stop Learning - Household Maintenance: Learn essential home maintenance skills, from shutting off water and resetting circuit breakers to using basic tools and installing doorbell cameras. Plus, get tips on finding reliable handymen and tackling simple repairs with confidence!

Kiwanis BINGO: Calling all Bingo players - join us for an afternoon of social bingo. Ten games, with Cash prizes. Potato chips and cake, coffee and tea to be served. This is an event sponsored by the Kiwanis Club of Lakeshore.

Spring Fling BINGO: Join us for a relaxed and enjoyable bingo session, where you can play, chat with friends, and have a chance to win some great prizes.

Country & Western BINGO: Giddy up and join us for a fun bingo session, where you can play, chat with friends, and have a chance to win some great prizes. Wear your best country get-up!

Dab into Summer BINGO: Summer will officially be here, let's celebrate the sun by playing bingo with friends, and have a chance to win some great summer prizes.

Bone Health 101: Learn the basics of osteoporosis, fracture risk, and how to maintain strong bones through nutrition, physical activity, and fall prevention strategies from Osteoporosis Canada via a virtual presentation.

Exploring the Night Sky: An Introductory Astronomy Talk
Join the Algoma Astronomers for an engaging introduction to the wonders of the night sky. Learn about telescopes, binoculars, and stargazing tips with hands-on demonstrations—no equipment needed, just your curiosity!

Movie Matinees:

All include popcorn and a coffee, tea or water.

“Mufasa: The Lion King” is a 2024 American musical drama directed by Barry Jenkins, serving as both a prequel and sequel to the 2019 remake. The film explores Mufasa’s journey from orphaned cub to king, highlighting his bond with Taka, the future Scar.

“A Complete Unknown” is a 2024 biographical film directed by James Mangold, chronicling Bob Dylan’s early 1960s rise in New York’s folk scene and his controversial electric performance at the 1965 Newport Folk Festival. Starring Timothée Chalamet as Dylan, the film explores his artistic evolution and the challenges he faced during this transformative period.

“Wicked: Part One” is a 2024 musical fantasy film directed by Jon M. Chu, based on the beloved Broadway musical. It follows Elphaba (Cynthia Erivo), a green-skinned outcast with extraordinary powers, and Glinda (Ariana Grande), an ambitious and popular young woman, as they form an unlikely friendship at Shiz University in the Land of Oz. As their paths diverge due to political intrigue and dark secrets, Elphaba’s defiance leads her to become the infamous Wicked Witch of the West.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Cooking Class - Italian Arancini and Cream Puffs	Silvana	M	Apr 28	1	10:00 AM-12:00 PM	BALC	\$15	22380
Cooking Class - Mini Pavlova Dessert Board	Taryn	M	Apr 14	1	10:15 AM-12:30 PM	BALC	\$6	22350
Cooking Class - Rhubarb Ice Cream & Waffle Bowls	Taryn	M	Jun 9	1	10:15 AM-12:30 PM	BALC	\$5	22441
Cooking Class - Wonton Wrapper Ravioli & Caesar Vinaigrette	Taryn	M	May 12	1	10:15 AM-12:30 PM	BALC	\$10	22440
Bellevue Park Greenhouse Tour & Picnic	N/A	T	May 6	1	11:00 AM-1:00 PM	Bellevue Park	Free	22037
Spring Song and Lunch	Senior Singers	T	May 20	1	12:00 PM-2:00 PM	BALC	\$15	22006

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Spring Fling BINGO	N/A	W	Apr 23	1	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	22039
Country & Western BINGO	N/A	W	May 28	1	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	22363
Dab into Summer BINGO	N/A	W	Jun 25	1	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	22364
Bone Health 101	Osteoporosis Canada	W	May 7	1	11:00 AM-12:00 PM	NCC	Free	22576
Lunch	Summer Std.	W	Apr 2	1	12:00 PM-12:45 PM	BALC	\$7	22391
Lunch		W	Apr 9	1	12:00 PM-12:45 PM	BALC	\$7	22393
Lunch		W	Apr 16	1	12:00 PM-12:45 PM	BALC	\$7	22394
Lunch		W	Apr 23	1	12:00 PM-12:45 PM	BALC	\$7	22395
Lunch		W	May 7	1	12:00 PM-12:45 PM	BALC	\$7	22397
Lunch		W	May 14	1	12:00 PM-12:45 PM	BALC	\$7	22398
Lunch		W	May 21	1	12:00 PM-12:45 PM	BALC	\$7	22399
Lunch		W	May 28	1	12:00 PM-12:45 PM	BALC	\$7	22401
Lunch		W	Jun 11	1	12:00 PM-12:45 PM	BALC	\$7	22404
Picnic in the Park		W	Jun 18	1	12:00 PM-12:45 PM	BALC	\$9	22408
Lunch		W	Jun 25	1	12:00 PM-12:45 PM	BALC	\$7	22409
Dance Matinee with Frank Musso	Frank Musso	W	Apr 23	1	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	22493
		W	May 28	1	1:00 PM-3:00 PM	BALC		22494
		W	Jun 25	1	1:00 PM-3:00 PM	BALC		22495
Kiwanis BINGO	Kiwanis of Lakeshore	W	May 21	1	1:00 PM-3:00 PM	BALC	Free	22365
Melody Masters: A Music Trivia Challenge	Maddy	W	Apr 2	1	1:00 PM-3:00 PM	BALC	\$5	21837
Cooking Class - Grandma's Juicy & Delicious Wontons	Victoria	W	Jun 11	1	1:30 PM-3:30 PM	BALC	\$15	22358
Cooking Class - Traditional Japanese Breakfast	Victoria	W	May 7	1	1:30 PM-3:30 PM	BALC	\$15	22357

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Exploring the Night Sky: An Introductory Astronomy Talk	Algoma Astronomers	W	May 7	1	1:30 PM-3:00 PM	BALC	\$2.50 PAYG	22461
Never Stop Learning - Automotive	Glenn	W	Apr 16	1	2:00 PM-4:00 PM	BALC	\$5	22527
Never Stop Learning - Household Maintenance	Glenn	W	Jun 18	1	2:00 PM-4:00 PM	BALC	\$5	22528
Spring Fling Dinner Dance	Crossroads	W	Jun 4	1	5:30 PM-8:30 PM	BALC	\$25	22366
Living Your Retirement Plan	Sun Life Advisor Jared	Th	Apr 17	1	1:30 PM-2:30 PM	BALC	Free	22575
Movie Matinee - A Complete Unknown	Dean	Th	Jun 12	1	1:30 PM-4:30 PM	BALC	\$5	22367
Movie Matinee - Mufasa, The Lion King	Dean	Th	Jun 19	1	1:30 PM-4:30 PM	BALC	\$5	22368
Movie Matinee - Wicked	Dean	Th	Jun 26	1	1:30 PM-4:30 PM	BALC	\$5	22369
National Yoga Day Celebration	Multiple Instructors	F	Jun 20	1	10:15 AM-12:15 PM	BALC	\$20	22381
Mothers Day Teacup Bouquet	Riley	Sa	May 3	1	11:00 AM-1:00 PM	BALC	\$37.50	22442
Spring Arts & Craft Show	N/A	Sa	Apr 12	1	10:00 AM-2:00 PM	BALC	\$0	22048
Spring Arts & Craft Show Vendor Table	N/A	Sa	Apr 12	1	10:00 AM-2:00 PM		\$10	22047

My Program Wish List

Participant Name: _____
(First) (Last)

Program	Code	Registered
EX/DrumFit	1234	YES! / Waitlisted

Active 55+ Spring Closures

Good Friday | April 18

Easter Monday | April 21

Victoria Day | May 19