

Active 55+

Bay Street Active Living Centre
Northern Community Centre 55+

Printed June 12



**SAULT
STE.MARIE**

Ontario



Active 55+ Recreation Guide

Summer 2025

SUMMER PROGRAM REGISTRATION

THURSDAY JUNE 26, 2025 10:00AM

Doors will open at 9:00 am on registration day. **Please refrain from lining up earlier.**

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
THURSDAY JUNE 26 AT 11:00 AM:**

(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.

Spring Program Highlights



Neurographic Inspired Art



Exploring The Night Sky



Senior Singers - Spring Song & Lunch



Happy 80th Pickleballers!

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.

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. Equipment provided. **Low Intensity.**

DrumFit - at the Pavilion! Find your beat in this OUTDOOR drumming workout at the Roberta Bondar Pavilion! DrumFit is a great music-infused social fitness program that encourages participants to move together to a beat using drumsticks and an inflatable ball. Equipment is provided. **All Abilities.**

Dance Inspired Yogalates: Blending dance, yoga, and pilates, this fun class promotes functional movement and whole-body health. Includes a dynamic warm-up, gentle cardio, strength and core work, dance conditioning, and a soothing yoga cool-down. Option to use props such as bands and light weights. Equipment is provided. **Moderate Intensity.**

DanceFit: Step into a fun, low-impact dance workout that's easy to follow and great for your heart! This beginner-friendly class blends simple aerobic moves with lively music to improve cardiovascular health, coordination, and mood—all at a pace that works for you. No dance experience required. **Moderate to High Intensity.**

DANCEPL3Y - at the Pavilion! Breathe in the fresh air and move to the music under the Roberta Bondar Tent Pavilion in this high-energy, outdoor dance class. With easy-to-follow moves and upbeat music, this mixed-style, interactive class is designed to get you sweating and smiling. Movements are performed standing and involve directional changes. No dance experience needed—just bring your energy and enthusiasm! **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 drumsticks and an inflatable ball. **All Abilities.**

Egyptian Yoga and Dance for Flexibility and Harmony: Discover one of the earliest known forms of physical movement and dance. In these classes, you'll explore up to 27 unique poses—including Sphinx, Mummy, Victory, Throne, Goddess, and Cobra—combined with graceful, Egyptian-inspired dance sequences. This moderate-intensity practice enhances strength and flexibility while promoting harmony, joy, and balance for the mind, body, and spirit. **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.**

Foundations of Foot Health: Join a certified foot care specialist from BioPed for an informative session on foot health, mobility, and common issues affecting your feet as you age. Learn how proper footwear, orthotics, and compression can support your movement and overall well-being. Take the first step toward staying active and pain-free! **All Abilities.**

Full Body Fitness: This low-impact program combines heart-healthy cardio, full-body strength, and interval training to boost endurance, balance, and overall fitness. Modifications are offered for all fitness levels to ensure everyone can participate safely and confidently. Equipment provided. **Moderate to High 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.**

Gentle Yoga - at the Pavilion! Breathe, stretch, and move with ease in this gentle outdoor yoga class designed to improve mobility, build strength and reduce tension. No experience needed and chair modifications are available. Equipment is provided. **All Abilities.**

Healthy Steps: Foot & Gait Assessments: Take a step toward better foot health with a free assessment by the professionals at BioPed Footcare Clinic. This assessment includes a short medical history review, range of motion testing, and a gait analysis to evaluate your foot function, mobility, and overall health. Support your mobility and wellness—your feet will thank you! **All Abilities.**

Mood Walks: Boost your mental and physical well-being with gentle group walks in nature. Enjoy the healing benefits of fresh air, light exercise, and social connection. Meet at the Picnic Shelter at Bellevue Park. **Moderate to High Intensity.**

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

Qi Gong: Discover the ancient art of Qi Gong, a gentle practice combining movement, breathing, and meditation to enhance balance, flexibility, and inner calm. This class promotes overall wellness and reduces stress through mindful, flowing exercises. **Low to Moderate Intensity.**

Strength & Mobility: This class focuses on building muscle strength and improving joint mobility to promote confident, functional movement and reduce the risk of injury. Using light weights and resistance bands, you'll enhance balance, flexibility, and endurance in a supportive and fun environment. Modifications are provided for all fitness levels. **Moderate to High Intensity.**

Strength with Bands - at the Pavilion! Stay strong, steady, and energized with this full-body fitness class designed for ages 55+. Using resistance bands and compound exercises, we'll focus on strength, balance, and mobility—all in the fresh air at the Roberta Bondar Pavilion! Equipment is provided. **All Abilities.**

Stretch & Sculpt: This class is the blend of gentle stretching and light strength training designed to help you tone your muscles, improve flexibility, and boost overall wellness. This class focuses on controlled movements, deep stretches, and bodyweight or light resistance exercises to sculpt and strengthen your muscles—without high-impact stress on your joints. Come move, stretch, strengthen—and leave feeling refreshed and stronger than before! **Moderate Intensity.**

Morning Movement Club: Get moving this summer with a guided warm-up before an outdoor walk, and then gentle stretches to cool down. Nordic poles are available to use for added support. We'll head outside when the weather's nice — or indoors if it's not. A fun and friendly way to stay active! **Low to Moderate Intensity.**

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

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. Please note that rides may be cancelled in the event of inclement weather or extreme heat. **All Abilities.**

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.**

Grandparent & Me DrumFit: Bring your grandchild, great-niece/nephew to join in the fun! Get moving with 30 minutes of easy-to-follow drumming routines set to popular, upbeat music. Followed by a refreshing, healthy snack to cool down and socialize—a great way to connect after all the fun! Equipment is provided.

Each child must be accompanied by one adult aged 55 or older. Children must be school age to participate.

Only one child per adult is permitted. Only the 55+ participant needs to register—cost includes both you and one child. **All Abilities.**

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Accessible Stretch and Strength	Nicole	M	Jul 7	4	12:30 PM-1:15 PM	BALC	\$16	22697
		M	Aug 11	3	12:30 PM-1:15 PM	BALC	\$12	22915
Egyptian Yoga and Dance for Flexibility and Harmony	Sarah	M	Jul 7	4	11:15 AM-12:00 PM	NCC	\$12	23012
		M	Aug 11	3	11:15 AM-12:00 PM	NCC	\$9	23013
Full Body Fitness	Jaelyn	M	Jul 7	3	10:15 AM-11:00 AM	BALC	\$12	23053
		M	Aug 11	3	10:15 AM-11:00 AM	BALC	\$12	23054
Morning Movement Club	Kayla	M	Jul 7	7	10:15 AM-11:15 AM	NCC	Free	22976
VON - Seniors Maintaining Active Roles Together	Nicole	T,F	Jul 4	9	12:30 PM-1:15 PM	NCC	Free	22602
Cycling Without Age - Big Bike Rides	Summer Students	T	Jul 8	All Summer	45 min Rides from: 10:00 AM - 2:00 PM	BALC	Free	--
DanceFit	Jaelyn	T	Jul 8	3	11:15 AM-12:00 PM	BALC	\$12	23057
		T	Aug 5	4	11:15 AM-12:00 PM	BALC	\$16	23058
Foundations of Foot Health	BioPed	T	Jul 15	1	1:00 PM-2:30 PM	BALC	Free	23065
Gentle Yoga - at the Pavilion!	Denise	T	Jul 15	3	11:00 AM-12:00 PM	Roberta Bondar Pavilion	\$30	22972
		T	Aug 5	3	11:00 AM-12:00 PM	Roberta Bondar Pavilion	\$30	22973
Healthy Steps: Foot & Gait Assessments	BioPed	T	Jul 29	1	1:00 PM-4:30 PM	BALC	Free	23059
Mood Walks	Taryn, Eileen & Lou	T	Jul 8	7	10:00 AM-11:00 AM	Bellevue Park	Free	22988
Strength & Mobility	Jaelyn	T	Jul 8	3	10:15 AM-11:00 AM	BALC	\$12	23055
		T	Aug 5	4	10:15 AM-11:00 AM	BALC	\$16	23056
Strength with Bands - at the Pavilion!	Denise	T	Jul 15	3	10:15 AM-10:45 AM	Roberta Bondar Pavilion	\$24	22913
		T	Aug 5	3	10:15 AM-10:45 AM	Roberta Bondar Pavilion	\$24	22971
Stretch & Sculpt	Kayla	T	Jul 8	8	10:15 AM-11:15 AM	NCC	\$2.50 PAYG	23066

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Strength & Mobility	Jaelyn	W	Jul 2	4	10:30 AM-11:15 AM	NCC	\$16	23049
		W	Aug 6	4	10:30 AM-11:15 AM	NCC	\$16	23050
Accessible Stretch and Strength	Nicole	W	Jul 2	5	12:00 PM-12:45 PM	BALC	\$20	22978
		W	Aug 6	4	12:00 PM-12:45 PM	BALC	\$16	22997
DanceFit	Jaelyn	W	Jul 2	4	9:30 AM-10:15 AM	NCC	\$16	23052
		W	Aug 6	4	9:30 AM-10:15 AM	NCC	\$16	23051
DANCEPL3Y - at the Pavilion!	Cathy	W	Jul 16	1	10:30 AM-11:15 AM	Roberta Bondar Pavilion	\$5	22638
		W	Aug 6	1	10:30 AM-11:15 AM		\$5	22873
Grandparent & Me DrumFit	Eva	W	Aug 6	1	12:30 PM-1:30 PM	BALC	\$6	23123
DrumFit - at the Pavilion!	Eva	W	Aug 20	1	1:30 PM-2:15 PM	Roberta Bondar Pavilion	\$5	22970
Dance Inspired Yogalates	Sarah	Th	Jul 3	5	12:30 PM-1:15 PM	BALC	\$25	23047
		Th	Aug 7	4	12:30 PM-1:15 PM	BALC	\$20	23046
DrumFit	Eileen	Th	Jul 3	5	11:15 AM-12:00 PM	BALC	\$20	22629
		Th	Aug 7	4	11:15 AM-12:00 PM	BALC	\$16	22630
Gentle Yoga	Denise	Th	Jul 17	6	11:00 AM-12:00 PM	NCC	\$60	22700
Qi Gong	Heidi	Th	Jul 3	5	10:15 AM-11:45 AM	BALC	\$2.50 PAYG	22557
		Th	Aug 7	4	10:15 AM-11:45 AM	BALC		22562
Stretch and Strength	Eileen	Th	Jul 3	5	10:15 AM-11:00 AM	BALC	\$20	22623
		Th	Aug 7	4	10:15 AM-11:00 AM	BALC	\$16	22624
Wise Weights	Denise	Th	Jul 17	6	10:15 AM-10:45 AM	NCC	\$48	22701
Dance Inspired Yogalates	Sarah	F	Jul 4	4	11:15 AM-12:00 PM	NCC	\$20	22782
		F	Aug 1	5	11:15 AM-12:00 PM	NCC	\$25	22783
Fit On Your Feet	Barbara	F	Jul 4	3	11:30 AM-12:15 PM	BALC	\$30	22959
Morning Movement Club	Kayla	F	Jul 4	8	10:15 AM-11:15 AM	NCC	Free	23073
Zumba	Barbara	F	Jul 4	3	10:30 AM-11:15 AM	BALC	\$30	22695
Qi Gong	Heidi	F	Jul 4	4	10:15 AM-11:45 AM	BALC	\$2.50 PAYG	22559
		F	Aug 1	5	10:15 AM-11:45 AM	BALC		22560



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

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

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

Pickleball Tournament: Join the fun! Choose Competitive or Leisurely division (partners required; register separately). Prizes for winners and best-dressed team—so get creative with outfits! Lunch and equipment provided. **Please note this tournament is organized purely for fun and friendly competition. Let's focus on enjoyment, good sportsmanship and building community.*

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 lets you explore the water in a kayak, tandem kayak, canoe, or stand-up paddleboard. Basic safety instructions will be provided before each session. After paddling, relax and connect with fellow participants over a cup of coffee—on us! **Moderate to High Intensity.**

Bocce in the Park: Join this social group to come and play Bocce outside in Clergue Park! Meet at Bay Street Active Living Center. **All Abilities.**

Disc Golf in the Park: Join this fun and social group to play Disc Golf outdoors in Clergue Park! Meet at the Bay Street Active Living Centre and head out together to walk a beginner-friendly course at your own pace. Instructions will be provided, and all levels are welcome. If you know what a Frisbee is, you're already halfway there — players throw Frisbee-like discs into wire baskets, following rules similar to ball golf. Wear comfortable clothing for outdoor play and proper footwear for walking. No special golf shoes required. A great way to stay active, learn something new, and connect with others — come give it a try! All Abilities. **All Abilities.**

Indoor Curling: Fun, friendly, and no ice required! Join this easy-to-learn, low-impact game played on smooth flooring with rolling stones. Indoor Curling encourages light movement, teamwork, and lots of laughs. All equipment is provided. No experience needed. Everyone welcome! **All Abilities.**

Learn to Play Badminton: Get moving and learn how to play Badminton! This beginner-friendly class focuses on simple skills, game rules, and having fun while staying active. Great for those new to the sport or looking to build confidence on the court. Equipment is provided. **Moderate to High Intensity.**

Learn to Play Mōlkky (Finnish Lawn Bowling): Discover the fun and strategy of Mōlkky, a popular Finnish throwing game that's easy to learn and great for all ages! Using numbered wooden pins, players aim to score exactly 50 points without going over. It's a fantastic way to enjoy the outdoors, sharpen your mental math skills, and enjoy friendly competition. No experience necessary—this session will cover the rules, demonstrate gameplay, and give you plenty of time to practice and play. **All Abilities.**

Shuffleboard: Played on floor courts, this classic activity combines strategy, precision, and light physical activity. Whether you're a seasoned player or a beginner, join us for friendly competition and socializing. Equipment provided. **All Abilities.**

PROGRAM	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Learn to Play Badminton	M	Jul 7	4	10:15 AM-12:15 PM	BALC	\$10	22664
	M	Aug 11	3	10:15 AM-12:15 PM	BALC	\$7.50	22665
Pickleball Tournament	T	Aug 12	1	10:00 AM-6:00 PM	BALC	\$10	23023
Shuffleboard	T	Jul 8	7	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	22977
Silver Paddle Society - CANOE - KAYAK - TANDEM KAYAK	T	Jul 8	4	8:45 AM-9:45 AM	WAC	\$72	22447
	T	Jul 8	4	8:45 AM-9:45 AM	WAC	\$72	22448
	T	Jul 8	4	8:45 AM-9:45 AM	WAC	\$72	22445
Social Pickleball	T	Jul 8	4	2:00 PM-5:00 PM	BALC	\$2.50 PAYG	22654
	T	Aug 5	3	2:00 PM-5:00 PM	BALC		22655
Indoor Curling	W	Jul 2	1	10:15 AM-11:45 AM	BALC	\$2.50 PAYG	22998
	W	Aug 6	1	10:15 AM-11:30 AM	BALC		23063
	W	Aug 20	1	10:15 AM-11:45 AM	BALC		23064
Learn to Play Mölkky (Finnish Lawn Bowling)	Th	Jul 3	1	11:00 AM-12:30 PM	NCC	\$2.50 PAYG	23075
	Th	Jul 24	1	10:30 AM - 12:00 PM	NCC		23122
Social Pickleball	Th	Jul 3	5	2:00 PM-5:00 PM	BALC	\$2.50 PAYG	22652
	Th	Aug 7	4	2:00 PM-5:00 PM	BALC		22653
Bilingual Pickleball	F	Jul 4	4	10:15 AM-12:15 PM	BALC	\$10	22540
		Aug 1	5	10:15 AM-12:15 PM	BALC	\$12.50	22541
Bocce in the Park	F	Aug 15	2	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	22619
Disc Golf in the Park	F	Jul 4	4	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	22621
Shuffleboard	F	Jul 4	9	1:00 PM-2:30 PM	BALC	\$2.50 PAYG	22648
	F	Jul 4	9	2:30 PM-4:00 PM	BALC		22649
Learn to Play Mölkky (Finnish Lawn Bowling)	F	Aug 1	2	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	23121



CARDS, GAMES, HOBBIES, TECH

Music:

Beginner Group Ukulele Lessons: Join our Beginner Group Ukulele Lessons for a fun and collaborative musical journey. Our instructor will guide the group through the basics of hands-on lessons while fostering a supportive environment for learning and jamming together. Bring your own Ukulele.

Intermediate Ukulele Lessons: Join our 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.

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

Technology:

Tech Club: Connect, share, and learn with others 55+ in this friendly group focused on all things tech—no experience needed!

Tech Time: Get one-on-one help with your phone, tablet, or laptop from our summer student Dean. Bring your charged device and any necessary logins.

Hobbies:

Stamp Collecting Club: Meet monthly 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.

Bird Watching & Nature Walk: Join Sault Naturalist Val for a peaceful, one-hour walk on Whitefish Island. Spot birds, learn about local plants and wildlife, and enjoy the outdoors at a gentle pace. Bring binoculars if you have them and dress for the weather and wear sturdy shoes. Meet at the lower parking lot off Canal Drive.

Summer Skies: Stars, Comets & Cosmic Photography: Explore summer constellations, comets, and the Milky Way with astronomy enthusiast Dan. Learn the basics of astrophotography using a smartphone or DSLR, and see a live demo of pro gear. Perfect for beginners and space lovers!

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!

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 Wednesday and Friday to play. A bridge partner is always guaranteed. All levels welcome.

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.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Snooker	No Instructor	M-F	Ongoing	50	10:00 AM-4:00 PM	BALC	\$2.50 PAYG	21504
French Club Cards	No Instructor	M	Ongoing	Weekly	1:00 PM-4:00 PM	BALC	\$2.50 PAYG	21505
Stamp Collecting Club	No Instructor	M	Jul 14	1	1:30 PM-4:30 PM	NCC	\$2.50 PAYG	21869
		M	Aug 11	1	1:30 PM-4:30 PM	NCC		
Summer Skies: Stars, Comets & Cosmic Photography	Daniel	T	Jul 29	1	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	23061
Piano Lessons	Kathy	T	Jul 8	6	12:45 PM-1:15 PM	NCC	\$66	22791
	Kathy	T	Jul 8	6	1:30 PM-2:00 PM	NCC	\$66	22792
	Kathy	T	Jul 8	6	2:15 PM-2:45 PM	NCC	\$66	22793
	Kathy	T	Jul 8	6	3:00 PM-3:30 PM	NCC	\$66	22794
	Kathy	T	Jul 8	6	3:45 PM-4:15 PM	NCC	\$66	22795
Social Cribbage	No Instructor	T	Ongoing	Weekly	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	21507
Beginner Group Ukulele Lessons	Nicholas	W	Jul 2	5	1:30 PM-2:30 PM	NCC	\$50	22980
Beginner Group Ukulele Lessons	Nicholas	W	Aug 6	4	1:30 PM-2:30 PM	NCC	\$40	22982
Bird Watching & Nature Walk	Valerie	W	Jul 16	1	9:30 AM-11:00 AM	Whitefish Island	Free	23060
Duplicate Bridge	No Instructor	W	Ongoing	Weekly	12:30 PM-4:00 PM	BALC	\$2.50 PAYG	22003
Intermediate Ukulele Lessons	Nicholas	W	Jul 2	5	3:00 PM-4:00 PM	NCC	\$50	22981
Intermediate Ukulele Lessons	Nicholas	W	Aug 6	4	3:00 PM-4:00 PM	NCC	\$40	22983
HAM Radio	No Instructor	Th	Ongoing	Weekly	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	21509
Social Cards	No Instructor	Th	Ongoing	Weekly	2:00 PM-4:00 PM	BALC	\$2.50 PAYG	21510
Contract Bridge	No Instructor	F	Ongoing	Weekly	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	21511
Duplicate Bridge	No Instructor	F	Ongoing	Weekly	12:30 PM-4:00 PM	BALC	\$2.50 PAYG	21512

PROGRAM	INSTRUCTOR	DAY	START	TIME	CENTRE	FEE	CODE
Tech Time (45 min appointments)	Dean	W	Jul 4	1:00 2:00 3:00	NCC	\$2.50 PAYG per appt.	22932 22933 22934
		W	Jul 18	1:00 2:00 3:00	NCC		22938 22939 22940
		W	Jul 25	1:00 2:00 3:00	NCC		22941 22942 22943
		W	Aug 1	1:00 2:00 3:00	NCC		22944 22945 22946
		W	Aug 8	1:00 2:00 3:00	NCC		22947 22948 22949
		W	Aug 15	1:00 2:00 3:00	NCC		22950 22951 22952
		W	Aug 22	1:00 2:00 3:00	NCC		22953 22954 22955
		W	Aug 29	1:00 2:00 3:00	NCC		22956 22957 22958



OLG PRESENTS:

2025 SUMMER CONCERT SERIES

**Roberta Bondar
Pavilion**

July 4, 8-10pm *Free!*

July 8, 15, 22, 24, 29, 31

August 5, 7, 12, 19, 21

Concerts are 7:00 – 9:00 PM Unless
Otherwise Stated
Stay Tuned for Band Announcement!





Active 55+ Presents: Summer Events

Tuesdays All Summer

Cycling Without Age

Various Fridays

Ice Cream Social

9 July
Wednesday

‘Forever Fabulous’ Fashion Show and Tea

Tuesdays &
Wednesdays

Fitness under the Pavillion:

Gentle Yoga, Strength with Bands, DrumFit & DANCEPL3Y

16 July
Wednesday

Golden Games Carnival

6 August
Wednesday

Lights, Camera, Questions! Movie Trivia

12 August
Tuesday

Pickleball Tournament

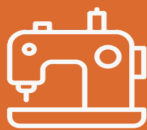
13 August
Wednesday

A Luau To Die For - Murder Mystery

20 August
Wednesday

Single Mingle Speed Dating

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.

Beaded Lanyard Workshop: Create a beautiful and functional beaded lanyard in this hands-on class! You'll learn basic beading techniques while working with very small beads and needles to craft a personalized accessory perfect for keys or ID badges. Fine motor skills and good eyesight or magnification are recommended due to the small size of materials. All supplies included to create one wristlet and one long cord.

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!

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.

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

Open Needlecraft: This group 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.

Paws & Stitches: Join us for a free sewing event where you'll create cat kicker toys for the Humane Society! If you have basic sewing machine skills that is an asset, but you can help out either way. All supplies will be provided, and everything you make will be donated to help local cats. Come sew, chat, and make a difference!

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.

Crochet Critters - Dinosaur: Have fun creating this crocheted prehistoric project! Designed for those who already have a good grasp of basic crochet techniques, this workshop will guide you through the steps to create your very own adorable dinosaur. You'll learn how to shape and assemble your creations with clear, step-by-step instructions. All materials will be provided. Bring your enthusiasm and enjoy in a fun, social setting!

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Beaded Lanyard Workshop	Cynthia	M	Jul 14	2	2:00 PM-4:00 PM	BALC	\$28	23039
Forget-Me-Not Quilters	No Instructor	M M	Jul 28 Aug 25	1 1	11:00 AM-4:30 PM	NCC	Free	21498
Open Needlecraft	No Instructor	M	Ongoing	Weekly	1:30 PM-3:30 PM	BALC	\$2.50 PAYG	21476
Sew Much Fun Quilters Club	No Instructor	M	July 14 Aug 11	1 1	10:00 AM-3:00 PM	NCC	\$2.50 PAYG	21874
Crochet Critters - Dinosaur	Ashlyn	T	Aug 5	1	11:00 AM-3:00 PM	BALC	\$19	23020
Quilt Club	Sandy	T	Ongoing	Weekly	1:30 PM-3:30 PM	NCC	\$2.50 PAYG	21501
Christmas Cheer	No Instructor	W	Ongoing	Weekly	10:00 AM-12:00 PM	BALC	Free	21497
Applique	Sandra	T T	July 3 Aug 7	1 1	10:00 AM-2:00 PM	NCC	\$2.50 PAYG	21495
Paws & Stitches	Taryn	T	Jul 10	1	10:30 AM-12:30 PM	NCC	Free	22962
Japanese Bunka	Anna	F	Ongoing	Weekly	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	21499



Active 55+ Summer Closures

Canada Day | July 1

Civic Holiday | August 4

Labour Day | September 1



ARTS & CRAFTS

Cricut - Design Your Own T-Shirt: Design and create your own one-of-a-kind T-shirt using our Cricut machine! Bring your own plain shirt, and we'll provide the tools, vinyl, and guidance to help bring your vision to life. No experience needed — just your creativity!

Diamond Art Class: Discover the sparkling world of diamond painting in our beginner-friendly Diamond Art Class, where you'll create a dazzling masterpiece—no experience needed, all supplies included, but be mindful that the tiny diamonds may be hard to see.

Flower Pounding with Ashlyn: Join our beginner-friendly flower pounding class and turn natural blooms into beautiful art—perfect for cards, décor, or gifts. All supplies included!

Leaf Collection Series: Celebrate the rich biodiversity of Algoma by building your own leaf collection! In this 3-part series, you'll learn how to identify common deciduous and coniferous tree species, gather and preserve leaves, and create a personalized collection. Perfect for nature lovers, naturalists, and anyone curious about local ecology. All supplies provided, just dress for light outdoor exploration.

The Crafty Corner: Join us at The Crafty Corner for a fun and relaxed crafting session! Work on your own creative project or try out our Craft with guidance from our friendly summer students. From painting and paper crafts to seasonal décor and more, there's always something new to try. All skill levels are welcome!

Cricut - Design Your Own Apron: Create a custom apron that's as unique as you! Choose your favourite design and use our Cricut machine to personalize your apron. We provide the apron and all supplies, no experience needed.

Lino Block Printing Workshop: Get creative and carve your own lino block in this fun and accessible printmaking workshop. You'll learn the basics of design transfer, carving techniques, and printing onto paper. Leave with a set of custom prints and your carved block for future creations. Great for beginners and seasoned artists alike!

Natural Dye T-Shirt Workshop: Discover the beauty of natural dyeing in this hands-on workshop where we'll create custom-designed t-shirts using leaves, copper, onion skins, and other natural materials. Learn about the history and techniques of botanical dyeing while designing your own shirt with patterns inspired by nature. Shirts will be prepped in advance based on your selected size and will be ready for pickup within 2–3 days after the dye sets. All materials are included. - Includes t-shirt, dyeing materials, instruction, and post-workshop care of garments.

Cricut - Personalized Wood Sign: Create a custom wood sign for your cottage, patio, garden, or porch using our Cricut machine! Choose your size, add a personal touch with vinyl or stencils. Enjoy step-by-step guidance—no experience needed. All supplies included!

Cricut - Custom Greeting Cards: Make beautiful, personalized greeting cards using the Cricut machine! You can either design your own or choose from a variety of pre-cut designs to create one-of-a-kind cards for any occasion. All materials and guidance are provided.

Rock Painting: Get creative and unwind in our Rock Painting Class! Whether you're a beginner or a seasoned crafter, this fun, hands-on activity lets you transform simple stones into colourful works of art. Use them as garden décor, paperweights, or heartfelt gifts. All supplies are provided—just bring your imagination!

Summer Wood Sign: Design your own 12" round wood sign adorned with a cheerful summer, lake, beach, or sunshine theme to brighten your home, cottage, or yard! Use ready-made stencils to paint your design onto the wooden round. Add other fun embellishments—perfect for creating a unique, seasonal touch. No crafting experience required—this activity is open to all skill levels. All supplies are provided.

Cricut - Flower Display: Create a beautiful flower display that never wilts! In this fun Cricut workshop, you'll craft your own paper flower bouquet and decorate a jar to use as a vase. Perfect as a gift or a stunning piece of home décor to brighten up any space! This program is perfect for crafters of all experience levels. All supplies provided — no Cricut experience necessary!

Learn Watercolour Basics: Discover the joy of painting with watercolours in this relaxed, beginner-friendly class. No prior experience is needed—just a willingness to explore your creativity! We'll cover the essentials, including brush techniques, colour mixing, simple washes, and other beginner-friendly techniques, all at a comfortable pace. All materials are provided.

Make and Take Bath Bombs: Create personalized, fragrant bath bombs. You'll craft three unique bath bombs and take them home for a luxurious soak! All supplies included.

Pour Painting: Discover the magic of pour painting in this fun and beginner-friendly class! Sometimes called "fluid art", this expressive painting technique involves pouring, tilting, and swirling paint to create vibrant, abstract masterpieces—no brushes or experience needed. You'll be guided through the basics step by step, with all materials provided. It's a relaxing, creative experience, and you'll leave with your very own unique artwork and a great introduction to the world of fluid art!

Watercolour Landscape Painting: Build on your watercolor skills and explore the beauty of landscape painting in this guided class. Ideal for those with a bit of basic knowledge, each session offers step-by-step instruction to help you create your own scenic artworks. Learn techniques for layering, perspective, and capturing realistic colours, all in a friendly and encouraging environment. Materials will be provided.

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.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Make and Take: Bath Bombs	Dean	M	Aug 18	1	1:30 PM-3:00 PM	BALC	\$8	23015
Cricut - Design Your Own T-Shirt	Paola	M	Aug 18	1	10:30 AM-12:30 PM	NCC	\$10	23029
Cricut-Personalized Wood Sign	Eileen	M	Jul 21	1	10:30 AM-1:30 PM	NCC	\$15	22657
Summer Wood Sign	Eileen	M	Jul 7	1	10:30 AM-1:30 PM	NCC	\$15	22656
The Crafty Corner	Summer Students	M	Jul 7, 28 Aug 11, 25	4	2:00 PM-4:00 PM	BALC	\$2.50 PAYG	22785
Flower Pounding with Ashlyn	Ashlyn	T	Aug 12	1	11:00 AM-1:00 PM	BALC	\$5	23021
Leaf Collection Series	Raquel	T T T	Jul 15 July 22 Aug 5	1 1 1	10:30 AM-11:30 AM	BALC	\$65 (for all 3 dates)	23035
Learn Watercolour Basics	Ashlyn	T	Jul 8	1	10:30 AM-12:00 PM	BALC	\$5	23016
Handmade Watercolour Cards	Ashlyn	T	Jul 15	1	11:00 AM-1:00 PM	BALC	\$5	23017
Rock Painting	Ashlyn	T	Jul 22	1	11:00 AM-1:00 PM	BALC	\$5	23018
Watercolour Landscape Painting	Ashlyn	T	Jul 29	1	11:00 AM-1:00 PM	BALC	\$5	23019
Pour Painting	Ashlyn	T	Aug 19	1	11:00 AM-1:00 PM	BALC	\$5	23022
Diamond Art Class	Dean	W	Jul 2	1	1:30 PM-4:30 PM	BALC	\$8	23014
Lino Block Printing Workshop	Raquel	Th	Jul 31	1	10:00 AM-12:00 PM	NCC	\$37.50	23033
The Crafty Corner	Summer Students	Th	Jul 10, 24 Aug 14, 28	4	1:00 PM-3 :00 PM	NCC	\$2.50 PAYG	22784

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Handmade Watercolour Cards	Ashlyn	Th	Jul 17	1	1:00 PM-3:00 PM	NCC	\$5	23031
Watercolour Landscape Painting	Ashlyn	Th	Jul 31	1	1:00 PM-3:00 PM	NCC	\$5	23032
Rock Painting	Ashlyn	Th	Aug 7	1	1:00 PM-3:00 PM	NCC	\$5	23036
Pour Painting	Ashlyn	Th	Aug 21	1	1:00 PM-3:00 PM	NCC	\$6	23037
Cricut - Design Your Own Apron	Ashlyn	F	Aug 22	1	10:15 AM-1:15 PM	BALC	\$15	23027
Cricut - Custom Greeting Cards	Ashlyn	F	Jul 25	1	10:15 AM-1:15 PM	BALC	\$10	23028
Cricut - Flower Display	Paola	F	Aug 8	1	10:30 AM-1:30 PM	BALC	\$10	23030
Natural Dye T-Shirt Workshop	Raquel	F	Aug 15	1	10:00 AM-12:00 PM	BALC	\$32.50	23034
Summer Wood Sign	Ashlyn	F	Jul 11	1	10:15 AM-1:15 PM	BALC	\$15	23026

Active 55+ Summer Hours:
Bay Street Active Living Centre:
 Mon - Fri 10:00AM - 5:00PM
Northern Community Centre:
 Mon - Fri 10:00AM-4:30PM

*Please note that we are only able to take phone calls during business hours.

EVENTS & TALKS



Live Music:

Dance Matinee with Frank Musso and Silver Strings: 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.

Lunches: \$7.00 lunch. Monthly menus are posted at BALC and on Facebook.

Cooking Classes:

Cooking Class - Simple Summer Cabbage Salads: Learn to make the viral dumpling salad and a simple cabbage salad—fresh, flavourful dishes perfect for BBQs or easy eating all week!

Cooking Class - Sweet Corn Recipes: Discover how to make crispy vegan chickpea sweetcorn fritters and a flavour-packed Mexican street corn slaw. These easy, make-ahead recipes are perfect for warm-weather meals, potlucks, or prepping lunches for the week. Fresh, fun, and full of plant-based goodness!

Events:

Fire Extinguisher Training: Public Education Officer Aaron Gravelle from Sault Ste. Marie Fire Services will cover the basics of fire extinguisher use, types, and safety tips. Learn when and how to use an extinguisher to stay prepared and fire safe.

Golden Games Day Carnival: Unleash your inner child at the Golden Game Day Carnival! Play fun games solo or with friends, win sweet prizes, and enjoy a tasty treat—popcorn, cotton candy, or an ice cream sandwich—with your free coupon. Hungry for more? Extra treat coupons are just \$2 on carnival day. Come for the games, stay for the fun!

'Forever Fabulous' Fashion Show and Tea: 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 lunch of tea sandwiches and dessert as you watch your friends strut the runway.

A Luau To Die For - Murder Mystery: Step into an afternoon of intrigue and suspense at our 'Luau to Die For, Murder Mystery' party. Enjoy an afternoon of delicious food and mystery as you and your friends become detectives at a thrilling Luau. Lunch Buffet will include BBQ Pulled Pork, Buns, a variety of Salads and Pineapple Upside-down Cake.

Lights, Camera, Questions! Movie Trivia: Test your film knowledge with questions spanning every genre, decade, and cinematic classic. From iconic quotes to behind-the-scenes facts, this movie trivia will put movie fans to the test!

Single Mingle Speed Dating: Join us for a fun and friendly senior speed dating event, where singles aged 55+ can enjoy brief, meaningful conversations in a relaxed setting. It's a great opportunity to make new connections, share stories, and maybe even spark a little romance! Coffee and tea will be provided.

Queen of Hearts BINGO: Join us for a royally fun afternoon of bingo, prizes, and playful elegance—crowns, red attire, and royal flair encouraged!

Christmas in July BINGO: Celebrate summer with festive bingo, holiday cheer, and themed prizes—wear your Santa hats, flip-flops, or festive red and green!

Ice Cream Social: Enjoy a sweet afternoon at the Ice Cream Social with a build-your-own ice cream bar and classic lawn games. Weather permitting, the event will take place outdoors for a fun and festive atmosphere.

IceCreamSocialNCC: Enjoy a sweet afternoon at the Ice Cream Social with a build-your-own ice cream bar and catch up with friends.

Talks and Workshops:

Age Well Essentials Workshop: This workshop is for adults 55+ who want to stay strong, independent, and engaged. Learn 8 key areas for healthy aging, explore meaningful goals, and start building your personalized aging plan. Includes a 6-page workbook and practical takeaways to inspire your next chapter.

Living Your Retirement Plan: You're invited to attend a seminar on Living Your Retirement Plan. We'll explore these key topics:• What retirement means to you• Where your retirement money could come from• How to protect your retirement savings and prepare your legacy. Led by Sun Life Advisor, Jared.

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!

Weight Management Solutions: Explore strategies for gaining, maintaining, or losing weight with practical, goal-focused advice in this solutions-based session.

Movie Matinees - Included is a popcorn and a drink.

80 for Brady: Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl.

Carry-On: A young airline security guard is blackmailed by a mysterious passenger who threatens to smuggle a dangerous package onto a plane on Christmas Eve.

Conclave: Cardinal Lawrence has one of the world's most secretive and ancient events, participating in the selection of a new pope. Surrounded by powerful religious leaders in the halls of the Vatican, he soon uncovers a trail of deep secrets that could shake the very foundation of the Roman Catholic Church.

Fly Me to the Moon: Sparks fly between a marketing executive and a NASA official as he makes preparations for the Apollo 11 moon landing.

Gladiator 2: Years after witnessing the death of Maximus at the hands of his uncle, Lucius must enter the Colosseum after the powerful emperors of Rome conquer his home. With rage in his heart and the future of the empire at stake, he looks to the past to find the strength and honor needed to return the glory of Rome to its people.

Last Breath: The true story of seasoned deep-sea divers who battle the raging elements to rescue a crewmate who's trapped hundreds of feet below the ocean's surface.

Nonnas: Join us for the Nonnas movie matinee: After losing his beloved mother, a man risks everything to honour her by opening an Italian restaurant with actual Nonnas -- grandmothers, as the chefs.

Snow White: In this Live Action Remake, Snow White, fleeing from the Evil Queen, finds refuge with Dopey, Bashful, Grumpy, Sneezy, Happy, Doc and Sleepy. When the palace guards embark on a mission to bring her back, a commoner and his group of woodland bandits band together to protect her.

You're Cordially Invited: Join us for the You're Cordially Invited movie matinee: A woman planning her sister's ideal wedding and the father of a bride-to-be discover their destination weddings at a remote resort are double-booked. When both parties decide to share the small venue, chaos ensues, and disaster awaits.

Webinar Series (Pre-recorded):

Balancing Act: Managing Focus, Time & Capacity: Feeling overwhelmed? Habit Coach Valentina Kibedi shares practical tips to improve focus, energy, and productivity in this engaging session from OACAO.

Cooking for One: Join Emily Richards as she prepares an easy, delicious meal for one—Baked Fish & Fries with Kale Slaw—perfect for solo cooking and quick clean-up. Presented by Osteoporosis Canada.

Eat Well on a Budget: Learn budget-friendly grocery tips and nutritious meal ideas from Emily Richards in this webinar by Osteoporosis Canada and Canada Beef. Presented by Osteoporosis Canada.

Protein & Fragility: Discover how protein supports bone, muscle, and overall health in aging. Experts Dr. Ward and Dr. Churchward-Venne share key insights. Presented by Osteoporosis Canada.

Streaming Music & Movies: Learn the basics of streaming, its benefits, and how to access music and movies across devices in this tech-focused session by OACAO.

What to Expect After a Hip Fracture: Dr. Jenny Thain explains what happens after a hip fracture—from surgery to recovery—and how to prevent future injuries. Presented by Osteoporosis Canada.

PROGRAM	INSTRUCTOR	DAY	START	TIME	CENTRE	FEE	CODE
Cooking Class - Simple Summer Cabbage Salads	Taryn	M	Jul 14	10:15 AM-12:15 PM	BALC	\$5	22963
Cooking Class - Sweet Corn Recipes	Taryn	M	Aug 18	10:15 AM-12:15 PM	BALC	\$5	22964
Never Stop Learning - Automotive	Glenn	M	Jul 21	2:00 PM-4:00 PM	BALC	\$5	22961
Never Stop Learning - Household Maintenance	Glenn	M	Jul 14	2:00 PM-4:00 PM	BALC	\$5	22960
Webinar Series: Protein and Fragility	Osteoporosis Canada	M	Jul 21	11:00 AM-12:15 PM	BALC	\$2.50 PAYG	22990
Webinar Series: Streaming Music & Movies	OACAO	M	Jul 7	11:00 AM-12:15 PM	BALC	\$2.50 PAYG	22989
Webinar: Balancing Act: Managing Focus, Time, & Capacity	OACAO	M	Aug 11	11:00 AM-12:15 PM	BALC	\$2.50 PAYG	22991
Webinar Series: What to Expect After A Hip Fracture	Osteoporosis Canada	M	Aug 25	11:00 AM-12:15 PM	BALC	\$2.50 PAYG	22992
Age Well Essentials Workshop	Lou	T	Jul 8	1:00 PM-2:30 PM	BALC	\$2.50 PAYG	23040

PROGRAM	INSTRUCTOR	DAY	START	TIME	CENTRE	FEE	CODE
A Luau To Die For - Murder Mystery	Dean	W	Aug 13	11:30 AM-2:00 PM	BALC	\$16	22910
Christmas in July BINGO	Dean	W	Jul 30	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	22786
'Forever Fabulous' Fashion Show and Tea	--	W	Jul 9	12:00 PM-2:00 PM	BALC	\$15	22679
Queen of Hearts BINGO	Dean	W	Aug 27	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	22787
Dance Matinee with Frank Musso and Silver Strings	Frank	W	Jul 30	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	22788
		W	Aug 27	1:00 PM-3:00 PM	BALC		22789
Fire Extinguisher Training	Sault Fire	W	Jul 23	11:00 AM-12:00 PM	BALC	Free	22678
Golden Games Day	Summer Students	W	Jul 16	1:00 PM-3:30 PM	BALC	\$5	22974
Lights, Camera, Questions! Movie Trivia	Dean	W	Aug 6	2:00 PM-4:00 PM	BALC	\$3	22975
Living Your Retirement Plan	Jared	W	Jul 16	1:30 PM-2:30 PM	NCC	Free	22832
Single Mingle Speed Dating	Miia	W	Aug 20	1:00 PM-3:00 PM	BALC	\$5	23025
Lunch		W	Jul 2	12:00 PM-12:45 PM	BALC	\$7	22774
		W	Jul 16	12:00 PM-12:45 PM	BALC	\$7	22775
		W	Jul 23	12:00 PM-12:45 PM	BALC	\$7	22776
		W	Jul 30	12:00 PM-12:45 PM	BALC	\$7	22777
		W	Aug 6	12:00 PM-12:45 PM	BALC	\$7	22778
		W	Aug 13	12:00 PM-12:45 PM	BALC	\$7	22779
		W	Aug 20	12:00 PM-12:45 PM	BALC	\$7	22780
		W	Aug 27	12:00 PM-12:45 PM	BALC	\$7	22781

PROGRAM	INSTRUCTOR	DAY	START	TIME	CENTRE	FEE	CODE
Movie Matinee - Fly Me to the Moon	Dean	Th	Jul 3	1:30 PM-4:30 PM	BALC	\$5	22765
Movie Matinee - Nonnas	Dean	Th	Jul 10	1:30 PM-4:30 PM	BALC	\$5	22766
Movie Matinee - 80 for Brady	Dean	Th	Jul 17	1:30 PM-4:30 PM	BALC	\$5	22767
Movie Matinee - You're Cordially Invited	Dean	Th	Jul 24	1:30 PM-4:30 PM	BALC	\$5	22768
Movie Matinee - Snow White	Dean	Th	Jul 31	1:30 PM-4:30 PM	BALC	\$5	22769
Movie Matinee - Carry-On	Dean	Th	Aug 7	1:30 PM-4:30 PM	BALC	\$5	22770
Movie Matinee - Conclave	Dean	Th	Aug 14	1:30 PM-4:30 PM	BALC	\$5	22771
Movie Matinee - Gladiator 2	Dean	Th	Aug 21	1:30 PM-4:30 PM	BALC	\$5	22772
Movie Matinee - Last Breath	Dean	Th	Aug 28	1:30 PM-4:30 PM	BALC	\$5	22773
Webinar Series: Balancing Act: Managing Focus, Time, & Capacity	OACAO	Th	Jul 31	1:30 PM-2:45 PM	NCC	\$2.50 PAYG	22994
Webinar Series: Cooking for One Demo	Osteoporosis Canada	Th	Jul 17	1:30 PM-2:45 PM	NCC	\$2.50 PAYG	22993
Webinar Series: Eat Well On A Budget	Osteoporosis Canada	Th	Aug 7	1:30 PM-2:45 PM	NCC	\$2.50 PAYG	22995
Webinar Series: Streaming Music & Movies	OACAO	Th	Aug 21	1:30 PM-2:45 PM	NCC	\$2.50 PAYG	22996
Weight Management Solutions Workshop	Irene	Th	Aug 14	11:00 AM-12:30 PM	BALC	\$5	23048
Ice Cream Social	Summer Students	F	Jul 4	1:30 PM-3:30 PM	BALC	\$3	23068
Ice Cream Social	Summer Students	F	Aug 15	1:30 PM-3:30 PM	BALC	\$3	23069
Ice Cream Social	Summer Students	F	Jul 11	1:30 PM-3:30 PM	NCC	\$3	23070

My Program Wish List

Participant Name: _____
(First) (Last)

Program	Code	Registered
EX/Drumfit	1234	YES! / Waitlisted