

ACTIVE 55+

BAY STREET ACTIVE LIVING CENTRE

NORTHERN COMMUNITY CENTRE 55+

Printed Dec 11, 2023



Active 55+ Recreation Guide

Winter 2024

PROGRAM REGISTRATION

WEDNESDAY JANUARY 3RD, 2024 10:00AM

ONLINE:

View and register for programs online at

<https://saultstmarie.ca/active55activities>

IN PERSON OR BY PHONE:

Bay Street Active Living Centre (BALC)

619 Bay St

(705) 254 - 6474

Northern Community Centre 55+ (NCC)

556 Goulais Ave

(705) 759 - 5377

PHONE:

Please note - leaving a message will not guarantee you a spot in a program. You must speak to a staff member and pay to ensure you are registered. Phone calls are returned in the order they are received.

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

Fees and Important Information

REFUNDS

When refunds are approved, they will be issued to your original payment method or onto your ActiveNET account to be used towards another program.

ZOOM

BALC: 621 655 4895
NCC: 222 137 7398

PAY AS YOU GO FEES

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

For a chance to save some change purchase one of our quick passes you will receive a discount if you purchase 15 or 25 passes! The more you buy the more you save!

PAY AS YOU GO - QUICK PASSES

Pay As You Go Passes	Discount	Total Price	Discounted Price	Savings
Buy 25	Save 25%	62.50	46.88	15.62
Buy 15	Save 15%	37.50	31.88	5.62

OH NO! YOU CANCELLED IT?

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

VOLUNTEER JOBS

Volunteers assist in the operation of many programs, classes, special events and the daily operations at our Active 55+ sites. We invite you to volunteer and feel the rewards of being a “special member” of our Active 55+ family.

PARKING

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

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

CANCELLATIONS

You will be contacted when a program is cancelled.

Program Highlights

This year our BALC Christmas Cheer group donated 1344 pieces/sets to Sault Ste. Marie Christmas Cheer. Congratulations to all the ladies on your hard work. The families of Sault Ste. Marie will be grateful for all the time, effort and love you put into it for them.



Our Drumming Circle group performed at our Transportation and Information Fair. Thank you for your courage to come out and perform, it was a great show!



Participants Wanted: Tech Explorers Club

Are you ready to embark on a digital adventure and connect with others who are intrigued with the world of technology? Let us know if you are interested in joining a Tech Explorers Club designed exclusively for our 55+ community, where learning is fun and tech-savvy friendships flourish!

Who Should Join:

- **Tech-Curious Seniors:** Whether you're new to technology or looking to expand your digital skills, our club welcomes all seniors eager to explore the digital realm.
- **Stay-Connected Enthusiasts:** Stay in touch with family and friends through video calls, messaging apps, and social media. We'll show you the ropes or you can show us!
- **Inquiring minds:** Stay up on the latest awesome apps, gadgets and tech-world events; keep current on important internet safety issues and tips, exchange info about your favourite YouTube videos and websites.

Walking Facilities

Track is open
during building
hours.

Monday - Friday

8:30 AM - 4:30 PM



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

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

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

Check the city website for closures at saultstemarie.ca.



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

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

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

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

French Pilates: Venez essayer un cours débutant de Pilates au sol de 45 minutes, adapté à tous les niveaux de condition physique. Travaillez pour renforcer et tonifier votre centre, améliorer votre flexibilité et augmenter votre bien-être physique et mental global. Profitez d'un exercice ludique, relaxant et à faible impact tout en procurant de nombreux avantages significatifs sur le plan physique et mental. Le Pilates a été développé par Joseph Pilates au début du 20^e siècle et a depuis acquis une popularité mondiale. Les exercices sont conçus pour solliciter les muscles du centre, appelé le "powerhouse", comprenant les muscles de l'abdomen, du bas du dos, des hanches et des fessiers. En mettant l'accent sur la force du centre, le Pilates vise à améliorer la posture, l'équilibre et la stabilité tout en réduisant le risque de blessures.

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

Gentle Mat Pilates: Come try a 45-minute beginner mat Pilates class suitable for all fitness levels. Enjoy a fun, relaxing and low impact exercise workout to experience many additional physical and mental benefits. The exercises are designed to engage the core muscles, known as the "powerhouse," which includes the muscles of the abdomen, lower back, hips, and buttocks. By emphasizing core strength, Pilates aims to improve posture, balance, and stability while reducing the risk of injury. 6-week program. Equipment is provided. **All abilities welcome.**

Belly Dancing: Learn basic Belly Dancing movements each week. These low-impact moves will be put together at the end of the program for a fun choreographed dance. No experience necessary. **Participants can expect to stand and move in different directions for 60 minutes.**

Restorative Yoga: Experience a deeper relaxation in a 60-min Restorative Yoga class created uniquely with the intention of calming the nervous system. Alternatively, from the usual yoga practice, in restorative we hold poses between 5 to 10 minutes and sometimes longer. This practice is progressive with the support of props, bolsters, and blankets to deepen your practice. Surrender yourself and shed all the stressors of daily living by transitioning slowly in and out of poses. Pause in between to nurture your body and mind. You'll leave feeling refreshed and centered. 6-week program. Equipment is provided. **All abilities welcome.**

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

Stretch and Strength: This class features a gentle total body workout using resistance bands and light weights. Modifications are available. In-person only. **Beginner level.**

Tai Chi: This class is inspired by the ancient Chinese martial art form by using a series of movements performed in a slow, focused manner. Join the practice to improve memory, balance, strength, flexibility and overall mood. In-person only. **All levels.**

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

Pilates: Experience a 6-week soothing and rejuvenating Pilates class, designed to enhance flexibility, improve posture, and promote overall well-being. Embrace mindful movement and controlled exercises in a relaxed atmosphere, suitable for **all fitness levels.**

Indigenous Yoga: Indigenous Yoga provides culturally-rooted yoga and Indigenous-led wellness practices to all people in the community. All abilities welcome. Equipment is provided. This is offered in two 6-week sessions in the morning or evening. **All levels.**

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

Intermediate Line Dancing: This class is for those with one year of experience in line dancing. Dancers line up in rows following the leader's steps and create a choreographed dance. This class is a great way to exercise the brain and the body.

Yoga For Vitality: Help connect your body and mind using breath work, physical postures and meditation. Mats, blocks and straps are available. To make your practice more comfortable bring your own small cushion or blanket. In-person only. **'All levels' and 'Intermediate level' classes available.**

Pole Walking: Join this outdoor social pole walking group for a full-body workout. By incorporating poles into your walking routine you'll take stress off your knees, hips, and back while working out your core, arms, and shoulders. Poles provided or bring your own.

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

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Gentle Chair Yoga	Shirling	M	Jan 8	4	2:15 PM-3:15 PM	BALC	\$40	19429
			Feb 5	3			\$30	19430
			Mar 4	4			\$40	19431
Pilates	Cynthia	M	Jan 15, 22 Feb 5, 12 Mar 4, 18	7	10:30 AM-11:30 AM	NCC	\$60	19822
Tai Chi	Donna	M	Jan 8	4	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	19435
			Feb 5	3				19436
			Mar 4	4				19437
Yoga For Vitality - All Levels	Shirling	M	Jan 8	4	10:30 AM-11:30 AM	BALC	\$40	19441
			Feb 5	3			\$30	19442
			Mar 4	4			\$40	19443
VON - Seniors Maintaining Active Roles Together	Nicole	T & F	Jan 9	12	12:30 PM-1:15 PM	NCC	Free	19464
55+ Women's Strength	Angela	T	Jan 9	4	6:00 PM-6:30 PM	BALC	\$20	19825
			Feb 6	4			\$20	19829
			Mar 5	4			\$20	19830
Cardio LIIT/HIIT	Angela	T	Jan 9	4	5:15 PM-5:45 PM	BALC	\$30	19826
			Feb 6					19827
			Mar 5					19828
Drumfit	Eileen	T	Jan 9	4	12:30 PM-1:15 PM	BALC	\$12	19447
			Feb 6	4			\$12	19450
			Mar 5	4			\$12	19451
Gentle Mat Pilates	Sylvie	T	Jan 9	6	11:30 AM-12:15 PM	BALC	\$72	19806
			Feb 20	6			\$72	19804

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Gentle Yoga	Denise	T	Jan 16	3	10:30 AM-11:30 AM	NCC	\$30	19458
			Feb 6	4			\$40	19459
			Mar 5	4			\$40	19460
Stretch and Strength	Eileen	T	Jan 9	4	1:30 PM-2:15 PM	BALC	\$12	19465
			Feb 6	4			\$12	19466
			Mar 5	4			\$12	19467
Drumming Circle	Bonnie	W	Jan 10	4	10:30 AM-11:30 AM	BALC	\$20	19471
			Feb 7	4			\$20	19472
			Mar 6	4			\$20	19473
Gentle Chair Yoga	Shirling	W	Jan 10	4	2:00 PM-3:00 PM	BALC	\$40	19432
			Feb 7	4			\$40	19433
			Mar 6	4			\$40	19434
Yoga For Vitality - Intermediate	Shirling	W	Jan 10	4	10:30 AM-11:30 AM	BALC	\$40	19446
			Feb 7	4			\$40	19445
			Mar 6	4			\$40	19444
Pole Walking	Pamela	W	Jan 10	3	11:00 AM-11:45 AM	NCC	\$7.50	19838
			Feb 7	4			\$10	19839
			Mar 6	4			\$10	19840
Drumfit	Eileen	Th	Jan 11	3	11:15 AM-12:00 PM	BALC	\$9	19452
			Feb 1	5			\$15	19453
			Mar 7	4			\$12	19454
French Pilates	Sylvie	Th	Jan 11	6	12:30 PM-1:15 PM	BALC	\$12	19519
			Feb 22	6			\$12	19802
Gentle Yoga	Denise	Th	Jan 18	2	10:30 AM-11:30 AM	NCC	\$20	19705
			Feb 1	5			\$50	19788
			Mar 7	4			\$40	19789
Indigenous Yoga - Evenings	Candace	Th	Jan 11	6	6:30 PM-7:30 PM	BALC	\$12	19518

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	Fee	CODE
Indigenous Yoga - Mornings	Candace	Th	Jan 11	6	10:30 AM-11:30 AM	BALC	\$12	19517
Learn to Line Dance	Joan	Th	Jan 11	3	12:30 PM-1:30 PM	BALC	\$9	19482
			Feb 1	5			\$15	19483
			Mar 7	4			\$12	19484
Intermediate Line Dancing	Joan	Th	Jan 11	3	1:30 PM-3:30 PM	BALC	\$9	19485
			Feb 1	5			\$15	19486
			Mar 7	4			\$12	19487
Restorative Yoga	Sylvie	Th	Jan 11	6	1:30 PM-2:30 PM	BALC	\$72	19803
			Feb 22	6			\$72	19805
Stretch and Strength	Eileen	Th	Jan 11	3	10:15 AM-11:00 AM	BALC	\$9	19468
			Feb 1	5			\$15	19469
			Mar 7	4			\$12	19470
Belly Dancing	Anna	Th	Mar 7	4	10:30 AM-11:30 AM	BALC	\$22	19837
Mindfulness for the Daily Life	Anne	F	Jan 5	13	10:00 AM-11:00 AM	Zoom	\$26	19481
Tai Chi	Donna	F	Jan 12	3	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	19481
			Feb 2	4				19439
			Mar 1	5				19440
Stretch & Strength	Pamela	F	Jan 12	3	10:30 AM-11:15 AM	NCC	\$9	19841
			Feb 2	4			\$12	19842
			Mar 1	4			\$12	19843



Community Running Group:

Run on the indoor turf. Showers and change rooms are available. Mondays, Wednesdays & Fridays. Registration is mandatory. No age restrictions with this program. **All levels.**

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

French Pickleball: Do you speak French and want to join the fastest growing sport in North America? Play social Pickleball on our indoor court amongst other Francophones. Beginners welcome! Equipment available. **All levels.**

Pickleball: Pickleball for all levels. 2 hour time slots for more frequent games. Equipment is available.

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

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

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

Social Pickleball: Come play and watch social Pickleball on our indoor court. Beginners welcome! Equipment available. **All levels.**

Washer Toss: Come and play this fun lawn game at the Northern Community Centre Turf. This is a fun-first program. **All ages and abilities welcome.**



Winter Pickleball Potluck will be held Tuesday Feb 13! All Pickleballers are welcome. Please register with Heather.

PROGRAM	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Community Running Group	M,W,F	Jan 8	12	7:30 AM-9:00 AM	NCC	\$40	19344
Soccer	M & Th	Jan 8	12	1:00 PM-3:30 PM	NCC	\$2.50 PAYG	19480
French Pickleball	M	Jan 8	3	5:00 PM-8:00 PM	BALC	\$6	19833
		Feb 5	2			\$4	19832
		Mar 4	3			\$6	19831
Washer Toss	M	Jan 8	17	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	19449
Darts	T	Jan 9	12	6:30 PM-8:00 PM	BALC	\$2.50 PAYG	19488
Social Pickleball	T	Jan 9	4	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	19489
		Feb 6	4				19490
		Mar 5	4				19491
Pickleball	W	Jan 10	4	4:00 PM-6:00 PM	BALC	\$10	19738
		Feb 7	4			\$10	19743
		Mar 6	4			\$10	19744
Pickleball	W	Jan 10	4	6:00 PM-8:00 PM	BALC	\$10	19741
		Feb 7	4			\$10	19742
		Mar 6	4			\$10	19745
Putting & Chipping	W	Mar 6	4	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	19834
Social Pickleball	Th	Jan 4	4	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	19492
		Feb 1	4				19493
		Mar 7	4				19494
French Pickleball	F	Jan 5	4	10:30 AM - 12:30 PM	BALC	\$8	19495
		Feb 2	4			\$8	19496
		Mar 1	4			\$8	19497
Shuffleboard	F	Jan 5	12	1:30 PM - 3:30 PM	BALC	\$2.50 PAYG	19498

CARDS, GAMES, & HOBBIES



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

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

BINGO: Join us for an exciting afternoon of BINGO! Indulge in the sweet success of a win with a delectable chocolate bar prize!

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

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

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

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

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

Senior Singers: If you have a love of music, enjoy singing and meeting other seniors, join this choir. The group meets Tuesday mornings and will visit local seniors' homes occasionally. Registration for the choir is open in January and runs until May.

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

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

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

Intergenerational Cribbage: Register and play cribbage with fellow enthusiasts. No age restriction. Prizes awarded to top players. Doors open at 5:30 PM. Card play starts at 6:00 PM. \$2.50 Pay As You Go fee plus \$10.00 to Club 235 at the door. This program is sponsored by Club 235.

Novel Book Club: This group of avid readers meets monthly to review and discuss books. Call the center to find out the book of the month at (705) 759-5377.

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

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

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

Snooker: A strategic cue sport where precision meets skill, played on a rectangular table covered with green cloth, aiming to score points by potting balls in a specific order. Available throughout the week, please see schedule.

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

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

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

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

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

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Snooker	No Instructor	M - F	Jan 4	13	10:00 AM-4:00 PM	BALC	\$2.50 PAYG	19404
Evening Snooker	No Instructor	M - Th	Jan 4	13	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	19406
French Club Cards	No Instructor	M	Jan 8	12	1:00 PM-4:00 PM	BALC	\$2.50 PAYG	19410
Stamp Collecting Club	No Instructor	M	Jan 8	3	1:30 PM-4:30 PM	NCC	\$2.50 PAYG	19501
Bridge Lessons	David & Peter	T	Jan 16	9	10:15 AM-12:15 PM	BALC	\$2.50 PAYG	19500
Novel Book Club	No Instructor	T	Jan 16	3	1:30 PM-3:00 PM	NCC	\$2.50 PAYG	18659
Piano Lessons	Kathy	T	Jan 9	4	12:45 PM-4:15 PM	NCC	\$40	19420
			Feb 6	4			\$40	19421
			Mar 5	4			\$40	19422
RC Auto and Aircraft	No Instructor	T	Jan 9	12	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	18720
Savvy Book Chat	Jennifer	T	Jan 30				\$2.50 PAYG	
			Feb 27	3	2:30 PM-4:00 PM	Library		19418
			Mar 26					
Social Cribbage	No Instructor	T	Jan 9	12	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	19411
Senior Singers	Sonia	T	Jan 9	21	10:30 AM-12:00 PM	BALC	\$15	19836

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
WoodBee Carvers	No Instructor	T	Jan 9	12	6:00 PM-8:00 PM	BALC	\$2.50 PAYG	19412
500	Linda	W	Jan 10	12	1:00 PM-4:00 PM	NCC	\$2.50 PAYG	19777
BINGO	Dean	W	Jan 31	1	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	19784
			Feb 28	1				19785
			Mar 27	1				19786
Group Guitar Lessons	Nicholas	W	Jan 17	8	6:00 PM-7:00 PM	BALC	\$32	19823
Group Piano Lessons	Kathy	W	Jan 10	4	1:30 PM-3:00 PM	BALC	\$8	19407
			Feb 7	4				19408
			Mar 6	4				19409
Texas Hold'em	Gayle	W	Jan 10	12	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	19428
Group Ukulele Lessons	Nicholas	Th	Jan 18	10	1:00 PM-2:30 PM	NCC	\$38	19502
HAM Radio	No Instructor	Th	Jan 4	13	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	19413
Intergenerational Cribbage	No Instructor	Th	Jan 11	6	5:30 PM-8:00 PM	BALC	\$2.50 PAYG	19824
Social Cards	No Instructor	Th	Jan 4	13	2:00 PM-4:00 PM	BALC	\$2.50 PAYG	19414
Bid Euchre	Linda	F	Jan 12	11	1:30 PM-4:30 PM	NCC	\$2.50 PAYG	19778
Duplicate Bridge	No Instructor	F	Jan 5	13	12:30 PM-4:00 PM	BALC	\$2.50 PAYG	19415
Contract Bridge	No Instructor	F	Jan 5	13	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	19416
Piano Lessons	Kathy	F	Jan 5	4	12:45 PM-4:15 PM	NCC	\$40	19423
			Feb 2	4				\$40
			Mar 1	5				\$50

NEEDLECRAFT

& QUILTING



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

Christmas Cheer: This group meets weekly to knit, crochet mitts, hats, and other items to be given to the Christmas Cheer Depot in December! We supply yarn but bring your favorite pattern and needles!

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

Forget-Me-Not Quilters: Join the Forget-Me-Not Quilters and sew fidget mats and lap quilts for our local Alzheimer Society. Bring a paper bag lunch and your sewing machine. Donation of scrap fabrics and old zippers are welcome. Free.

Japanese Bunka: Discover this beautiful form of embroidery and share ideas and patterns. Bring your own supplies; the instructor can assist with information on where to find supplies.

Needlework, Craft, Crochet and Create: Come for a fun social afternoon in a relaxing atmosphere to work on your own needlework, crafts or crochet projects. There is no instructor. Join anytime.

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

Quilt Class - Modern Dresden: In this class you will put a modern spin on the traditional Dresden Plate block. Use some small pieces of coordinating fabrics and a background fabric to make a pillow, wall quilt, table topper or the first block towards a quilt. This class is intended for experienced quilter/sewers. Bring your own sewing machine & lunch. Supply list provided. See samples at BALC.

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

Traditional Rug Hooking: This is the ultimate craft for recycling wool clothing and other fabrics. Make your project into a wall hanging, coaster, rug or item of your choice. An instructor will be available to assist. Bring all your own supplies. This group occurs bi-weekly.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Forget-Me-Not Quilters	Sabina	M	Jan 29 Feb 26 Mar 25	3	10:30 AM-4:00 PM	NCC	Free	19783
Open Needlecraft	No Instructor	M	Jan 8	11	1:30 PM-3:30 PM	BALC	\$2.50 PAYG	19733
Quilt Club	Diane	T	Jan 9	12	1:30 PM-3:30 PM	NCC	\$2.50 PAYG	19732
Traditional Rug Hooking	Betty	T	Jan 9	6	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	19719
Christmas Cheer	No Instructor	W	Jan 10	12	10:15 AM-12:15 PM	BALC	Free	19730
Comfort Quilts	Susan	W	Jan 10 Feb 14 Mar 13	3	10:15 AM-3:00 PM	BALC	\$2.50 Drop In	19031
Needlework, Craft, Crochet and Create	No Instructor	W	Jan 10	10	1:30 PM-3:30 PM	NCC	\$2.50 PAYG	19787
Applique	Sandra	Th	Jan 11 Feb 1 Mar 7	3	10:30 PM-3:00 PM	NCC	\$2.50 PAYG	19729
Japanese Bunka	Anna	F	Jan 12	11	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	19728
Quilt Class - Modern Dresden	Nancy	F	Feb 9	1	10:30 AM-3:30 PM	BALC	\$10	19720

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

Bee on a Flower Watercolour Painting: Paint a beautiful Bumble Bee on a Flower using watercolour paints. This class is offered three times, each class is a different project. All supplies are included.

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

Crepe Paper Flowers: Craft Blooms - Create Your Own Stunning Crepe Paper Flowers! Join us and craft two charming carnations and two elegant roses in this delightful hands-on class. All supplies included.

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

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

Handmade Valentines Cards: Create a loved one a Valentine's Day Card. In this class you will create 1 3D card and 2 regular cards. All supplies included.

Hummingbird on a Flower Watercolour Painting: Paint a beautiful Hummingbird on a Flower using watercolour paints. This class is offered three times, each class is a different project. All supplies are included.

Medicine Hearts: Hand stitch medicine hearts for Valentines Day and learn about the 4 traditional Indigenous medicines with Cynthia McCutcheon, Health Promoter with Maamwesying. Supplies included.



ARTS & CRAFTS

Landscape Painting - Acrylics: Continued learning of essential studies. - Shape, Composition and Colour (Not suitable for total beginner)

Landscape Painting - Colour Grouping: The technique Colour Grouping is a way of achieving harmony with limited colours. (not suitable for total beginners)

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

Oil Painting - Lightning Storm: Paint a Lightning Storm using oil paint colours. Bring your own supplies and a canvas size you prefer.

Oil Painting - Northern Lights: Paint the Northern Lights using oil paint colours. Bring your own supplies and a canvas size you prefer.

Oil Painting - Waterfall: Paint a Waterfall using oil paint colours. Bring your own supplies. Bring your own canvas. Whatever size you like.

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

Pen & Ink Drawing: Using Dip Pens, Markers and Technical Pens, basic techniques will be taught through pen control exercises leading to sketching.

Scrap Booking Class: This group meets monthly to work on scrap book albums. Instruction is provided. Everyone is welcome. Bring a paper bag lunch. Use of scrap booking tools provided. New participants will receive a call from the instructor prior to the start of the class

Soft Pastels: Learn the techniques of soft pastels to create drawings in your favourite subject.

Wood Burning: Using a pyrography pen, burn a wooden item creating a design of your choice. Bring a wooden item to work on. Pyrography pens will be available to borrow.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Neurographic Inspired Art	Victoria	M	Jan 15	3	10:30 AM-1:00 PM	NCC	\$2.50 PAYG	19713
			Feb 12					
			Mar 25					
Alcohol Ink Tiles	Anna	T	Mar 5	1	1:00 PM-4:00 PM	BALC	\$20	19757
Chickadee Stained Glass Workshop	Stephanie	T	Feb 27	1	12:00 PM-3:00 PM	BALC	\$45	19736
Crepe Paper Flowers	Anna	T	Jan 16	1	10:30 AM-3:30 PM	BALC	\$20	19792
			Jan 30	1		NCC	\$20	19800
Handmade Birthday Cards	Anna	T	Mar 12	1	10:30 AM-3:30 PM	BALC	\$20	19791
			Mar 26	1		NCC	\$20	19797
Handmade Easter & Birthday Cards	Anna	T	Feb 27	1	10:30 AM-3:30 PM	NCC	\$20	19796
Handmade Valentines Cards	Anna	T	Jan 23	1	10:30 AM-3:30 PM	BALC	\$20	19782
Oil Painting - Lightning Storm	Anna	T	Feb 20	1	10:30 AM-3:30 PM	BALC	\$20	19793
Oil Painting - Northern Lights	Anna	T	Mar 19	1	10:30 AM-3:30 PM	BALC	\$20	19794
Pen & Ink Drawing	Taimi	T	Jan 9	4	10:30 AM-12:30 PM	NCC	\$160	19706
Scrap Booking Class	Lanny	T	Jan 16	1	10:30 AM-3:30 PM	BALC	\$15	19716
			Feb 20	1			\$15	19717
			Mar 19	1			\$15	19718
Soft Pastels	Taimi	T	Mar 5	4	10:30 AM - 12:30 PM	NCC	\$160	19708

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE	
Wood Burning	Anna	T	Jan 9	1	10:30 AM-3:30 PM	BALC	\$20	19753	
			Feb 6	1			\$20	19762	
Alcohol Ink Tiles	Anna	W	Feb 14	1	1:00 PM-4:00 PM	BALC	\$20	19754	
			Feb 21	1			NCC	\$20	19764
			Mar 20	1			NCC	\$20	19758
Hummingbird on a Flower Watercolour Painting	Anna	W	Mar 13	1	10:30 AM-3:30 PM	BALC	\$20	19759	
Oil Painting - Waterfall	Anna	W	Feb 28	1	10:30 AM-3:30 PM	NCC	\$20	19801	
Medicine Hearts	Cynthia	W	Feb 14	1	1:00 PM - 3:00 PM	BALC	Free	19835	
Open Painting	No Instructor	W	Jan 10	12	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	18685	
Wood Burning	Anna	W	Mar 6	1	10:30 AM-3:30 PM	BALC	\$20	19766	
			Mar 27	1			\$20	19765	
Bee on a Flower Watercolour Painting	Anna	Th	Feb 8	1	10:30 AM-3:30 PM	BALC	\$20	19799	
Handmade Easter & Birthday Cards	Anna	Th	Feb 15	1	10:30 AM-3:30 PM	BALC	\$20	19790	
Handmade Valentines Cards	Anna	Th	Jan 18	1	10:30 AM-3:30 PM	NCC	\$20	19795	
Hummingbird on a Flower Watercolour Painting	Anna	Th	Feb 22	1	10:30 AM-3:30 PM	NCC	\$20	19767	
Landscape Painting - Colour Grouping	Taimi	Th	Mar 7	4	10:30 AM-12:30 PM	BALC	\$160	19709	
Open Painting	No Instructor	Th	Jan 4	13	10:15 AM-12:15 PM	BALC	\$2.50 PAYG	19710	
Wood Burning	Anna	Th	Jan 25	1	10:30 AM-3:30 PM	NCC	\$20	19761	
			Feb 29	1			\$20	19763	
Landscape Painting- Acrylics	Taimi	Th	Jan 11	4	10:30 AM- 12:30 PM	BALC	\$160	19704	

EVENTS



& TALKS

Agatha Christie Movie Matinee Month:

Join us for a movie matinee featuring works from Agatha Christie who was an English detective novelist and playwright. Included is popcorn and a drink.

“A Haunting In Venice”: Now retired and living in self-imposed exile in the world’s most glamorous city, Poirot reluctantly attends a séance at a decaying, haunted palazzo. He soon gets thrust into a sinister world of shadows and secrets when one of the guests is murdered.

“Death On The Nile”: Belgian sleuth Hercule Poirot’s Egyptian vacation aboard a glamorous river steamer turns into a terrifying search for a murderer when a picture-perfect couple’s idyllic honeymoon is tragically cut short.

“Murder On The Orient Express”: A lavish trip through Europe quickly unfolds into a race against time to solve a murder aboard a train. When an avalanche stops the Orient Express dead in its tracks, the world’s greatest detective -- Hercule Poirot -- arrives to interrogate all passengers and search for clues before the killer can strike again.

Black History Month Movie Matinees:

Join us for a movie matinee celebrating Black History month. Included is popcorn and a drink.

“Green Book”: Dr. Don Shirley is a world-class African American pianist, who is about to embark on a concert tour in the Deep South in 1962. In need of a driver and protection, Shirley recruits Tony Lip, a tough-talking bouncer from an Italian American neighbourhood in the Bronx. Despite their differences, the two men soon develop an unexpected bond while confronting racism and danger in an era of segregation.

“Harriet”: From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, the story of heroic abolitionist Harriet Tubman is told.

“Hidden Figures”: Three brilliant African American women at NASA -- Katherine Johnson, Dorothy Vaughan and Mary Jackson -- serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation’s confidence, turned around the Space Race and galvanized the world.

March Musical Movie Matinees:

Grease: Experience the friendships, romances and adventures of a group of high school kids in the 1950s. Welcome to the singing and dancing world of “Grease,” the most successful movie musical of all time. A wholesome exchange student (Olivia Newton-John) and a leather-clad Danny (John Travolta) have a summer romance, but will it cross clique lines?

Mamma Mia: Donna (Meryl Streep), an independent hotelier in the Greek islands, is preparing for her daughter’s wedding with the help of two old friends. Meanwhile Sophie, the spirited bride, has a plan. She secretly invites three men from her mother’s past in hope of meeting her real father and having him escort her down the aisle on her big day.

The Prom: Down-on-their-luck Broadway stars shake up a small Indiana town as they rally behind a teen who wants to go to the prom with her girlfriend.

Cooking for One: Ready to elevate your solo dining experience? Sign up for Cooking for One and embark on a delicious journey of culinary discovery – because cooking for one should be a joy, not a chore!

Espresso Yourself Café: Come join us for coffee, tea, sweet treats, and a chat. Get to know new people in the programs or catch up with old friends. Mondays 6:30-8:30pm and Fridays 2:00-5:00pm open to all 55+ participants.

Japanese Bento Box Class: Let's craft a healthy Japanese Bento Box. This versatile lunch box is perfect for a scenic picnic or crafting adorable Kawaii bento boxes for your grandchildren to bring to school. A bento box can include an array of components such as rice, noodles, along with fish, meat, or eggs, paired with seasonal vegetables. This is a hands-on class.

Technology Talks:

Navigating “the Cloud”: Join us for a discussion on using online storage and backup. This talk will focus mainly on Microsoft 365 OneDrive, Google Drive and other online storage options such as Drop Box and SYNC.

Online Safety and Security: Join us for a discussion on online security. Learn how to choose better passwords and managing passwords, 2 and multi-factor authentication and using Passkeys when available.

Accessibility Setting on Devices: Join us for a discussion on using Accessibility setting on phone, tablets or computers. We will show you how to increase font type and size, use dark mode, use voice-to-text and text-to voice features, use assistants such as Siri or Google assistant and use read-aloud feature built into many online apps.

Vietnamese Rice Paper Rolls: Participate in our workshop to craft personalized Vietnamese Rice Paper Rolls with your choice of Prawn, Tofu, and fresh herbs. These dishes are known for their refreshing flavors, abundant herbs, greens, and a hint of protein, all wrapped in rice paper. You'll also learn to prepare an authentic peanut dipping sauce.

Quick Bread Class: Learn how to make a variety of simple and quick breads with culinary enthusiast Andy. Stop 'loafing' around and join us!

Air Fryer Demonstration and Tasting: This will highlight the precision and efficiency of their cutting-edge cooking technology in preparing a mouthwatering chicken shawarma. Attendees will savor the succulent, perfectly seasoned meat with a delightful blend of Middle Eastern spices, a true culinary masterpiece.

Air Fryer Demonstration and Tasting: This will showcase the precision and efficiency of their cutting-edge cooking technology in preparing a delectable soup and sandwich pairing. Attendees will savor the rich flavors of quick roasted red pepper soup and the perfectly crafted brie and apple grilled sandwich, a delightful culinary experience.

Murder Mystery Dinner Party: Step into a night of intrigue and suspense at our Murder Mystery Dinner Party. Immerse yourself in an evening of delicious cuisine and thrilling plot twists as you become a detective, working with friends to unravel the secrets and solve the mystery lurking beneath the surface of an unforgettable dining experience.

Musical Cafe featuring ‘Just The Two Of Us’: Join us for a fun afternoon with “Just The Two Of Us,” a fantastic musical duo, as they play your favorite tunes. Sip on some coffee, chat with friends, and let the good vibes roll!

Personalized Help with Digital Devices: Get ready for a tech TLC! In our one-on-one support session, our experienced and patient instructor, Wendy, will help you understand and get more from your devices whether you are a beginner or a more advanced user. Remember - there is no such thing as a “stupid” question! Call 705-254-6474 to schedule a 45-minute appointment. Be sure to bring your fully charged device any relevant user-names and passwords if they have them to your session. When you register, let us know the brand or model of the device and if possible how old it is.

Healthy Eating Behaviour Talk: Does the New Year have you thinking about healthy lifestyle changes? Join an Algoma Public Health dietitian for a workshop on eating behaviors to support your health goals. Learn about healthy eating habits, how the environment influences our food choices, and how to set yourself up for success with sustainable goal setting.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Espresso Yourself Cafe	No Instructor	M F	Jan 8	7	6:30 PM-8:30 PM 2:00 PM-5:00 PM	BALC	\$2.50 PAYG	19818
Air Fryer Demonstration and Tasting	Karen	M	Jan 8	1	11:00 AM-1:00 PM	BALC	\$10	19734
Air Fryer Demonstration and Tasting	Karen	M	Mar 11	1	11:00 AM-1:00 PM	BALC	\$10	19735
Cooking for One	Alexandra	M	Mar 25	1	10:30 AM-12:30 PM	BALC	\$10	19748
Healthy Eating Behaviour Talk	Sarah	M	Jan 15	1	2:00 PM-3:30 PM	NCC	Free	19751
Quick Bread Class	Alexandra	M	Feb 26	1	10:30 AM-12:30 PM	BALC	\$10	19747
Vietnamese Rice Paper Rolls	Victoria	M	Jan 22	1	10:30 AM-1:00 PM	BALC	\$10	19714
Musical Cafe featuring 'Just The Two Of Us'	Just The Two Of Us	W	Jan 22	1	2:00 PM-3:00 PM	BALC	\$2.50 PAYG	19780

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Personalized Help with Digital Devices	Wendy	W	Jan 10	1	1:00 PM-4:00 PM	BALC	\$5	19807
			Jan 17	1			\$5	19781
			Jan 24	1			\$5	19808
			Feb 7	1			\$5	19810
			Feb 14	1			\$5	19811
			Feb 21	1			\$5	19812
			Mar 6	1			\$5	19814
			Mar 13	1			\$5	19815
			Mar20	1			\$5	19816
Technology Talk - Navigating "the Cloud"	Wendy	W	Jan 31	1	11:00 AM-12:00 PM	BALC	\$2.50 PAYG	19819
Technology Talk - Online Safety and Security	Wendy	W	Mar 27	1	11:00 AM-12:00 PM	BALC	\$2.50 PAYG	19821
Technology Talk - Using Accessibility Setting on Devices	Wendy	W	Feb 28	1	11:00 AM-12:00 PM	BALC	\$2.50 PAYG	19820
Agatha Christie Movie Matinee: A Haunting In Venice	Dean	Th	Jan 11	1	3:00 PM-5:00 PM	BALC	\$5	19768
Agatha Christie Movie Matinee: Death On The Nile	Dean	Th	Jan 18	1	3:00 PM-5:00 PM	BALC	\$5	19769
Agatha Christie Movie Matinee: Murder On The Orient Express	Dean	Th	Jan 25	1	3:00 PM-5:00 PM	BALC	\$5	19770

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Black History Month Movie Matinee: Green Book	Dean	Th	Feb 15	1	3:00 PM-5:00 PM	BALC	\$5	19772
Black History Month Movie Matinee: Harriet	Dean	Th	Feb 22	1	3:00 PM-5:00 PM	BALC	\$5	19773
Black History Month Movie Matinee: Hidden Figures	Dean	Th	Feb 8	1	3:00 PM-5:00 PM	BALC	\$5	19771
March Musical Movie Matinee: Grease	Dean	Th	Mar 21	1	3:00 PM-5:00 PM	BALC	\$5	19776
March Musical Movie Matinee: Mamma Mia	Dean	Th	Mar 7	1	3:00 PM-5:00 PM	BALC	\$5	19774
March Musical Movie Matinee: The Prom	Dean	Th	Mar 14	1	3:00 PM-5:00 PM	BALC	\$5	19775
Japanese Bento Box Class	Victoria	F	Feb 16	1	10:30 AM-1:00 PM	BALC	\$10	19715
Murder Mystery Dinner Party	Dean	F	Mar 22	1	5:00 PM-10:00 PM	BALC	\$30	19419

Active 55+ Winter 2024 Closures:

New Year's Day - Monday January 1

Family Day - Monday February 19

Good Friday - Friday March 29

My Program Wish List

Program	Code	Registered
EX/Drumfit	1234	YES!