

Active 55+

Bay Street Active Living Centre
Northern Community Centre 55+

Printed December 24



**SAULT
STE. MARIE**

Ontario



Active 55+ Recreation Guide

Winter 2024

WINTER PROGRAM REGISTRATION

THURSDAY DECEMBER 19, 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 THURSDAY DECEMBER 19 AT 1:00PM:**

(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

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

*Please note that Zoom is only available if stated.

PAY AS YOU GO FEES

Our 2024 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.

To save money, purchase one of our quick passes and receive a discount on the 10 or 25 pass cards! The more you buy the more you save!

PAY AS YOU GO - QUICK PASSES

Pay As You Go Passes	Discount	Total Price	Discounted Price	Savings
Buy 25	Save 25%	\$62.50	\$47.00	\$15.62
Buy 10	Save 15%	\$25.00	\$21.25	\$3.75

OH No! You CANCELLED IT?

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

VOLUNTEER JOBS

Volunteers assist in the operation of many programs, classes, special events and the daily operations at our Active 55+ sites. 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.

CANCELLATIONS

You will be contacted when a program is cancelled.

Fall Program Highlights



Fall Dinner Dance



Rock Talk



Miss Marie

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

Cardio LIIT/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.**

Body Tools to Ease Stress & Anxiety: Work with your body instead of being at the mercy of habitual responses to stress and anxiety. You will learn from a Registered Occupational Therapist how to use easy body and mind-based tools in response to stress and help you relax. **Low 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.**

Accessible DrumFit: Join the beat in this seated exercise class! Combining music, movement, drumsticks, and an inflatable ball, participants enjoy a fun, low-intensity workout in a supportive environment. Improve coordination, rhythm, and mobility while staying active and social! **Low Intensity.**

Pain Management: Take control of your well-being with techniques to manage pain naturally. This hands-on workshop introduces Tapping, a method inspired by acupuncture that uses your hands instead of needles. Learn simple, effective practices to feel better everyday. **All Abilities.**

Rediscovering Joy and Meaning of Life: Guided by an Occupational Therapist, engage in discussions, reflective exercises, and meaningful connections all within a supportive group. Together, we'll explore what truly fulfills you, find your purpose, and reignite your passions to bring more happiness to your everyday life. **All Abilities.**

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.**

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.**

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.**

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. 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.**

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.**

How To Strength Train: Strength training is vital for a healthy life. Learn the fundamentals and key exercises to build a sustainable routine. Each week focuses on different muscle groups, with active sessions in weeks 2, 3, and 4 to practice proper form and technique. In the final week, you'll create a personalized plan to safely strength train at home! Equipment is provided. **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.**

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.**

Grief and Loss Workshop: In this supportive workshop, we'll explore the nature of grief, its signs, myths, and cultural expectations. Together, we will learn yoga-based techniques such as breathing exercises, meditation, movement, affirmations, journaling to help navigate and manage overwhelming emotions. All supplies are provided. **All Abilities.**

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.**

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.**

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.**

Stress Management: Discover stress relief techniques in this 4-week program consisting of mindfulness, relaxation exercises, and coping strategies. Each session includes 10-15 minutes of rejuvenating movement or calming meditation. Join us to unwind, recharge and reclaim your peace and balance amidst life's challenges. **All Abilities.**

Vital Moves: This fitness class focuses on maintaining strength, balance, and flexibility for healthy aging. Stay active, improve mobility, and enhance overall well-being in a fun supportive environment using a variety of equipment. Equipment is provided. **Moderate to High Intensity.**

Indigenous Yoga: Discover the healing power of movement and mindfulness in this unique yoga class that integrates Indigenous traditions and teachings. This practice emphasizes connection to the land, community, and spirit while promoting physical and mental well-being. This class invites participants to honour their journey in a culturally inclusive space. **All Abilities**

Powwow Fit in a Chair Enjoy the vibrant energy of Powwow Fit from the comfort of a chair! This seated class brings the rhythm of traditional Indigenous dance to a low-impact workout, combining cardio, movement, and culture. **All Abilities.**

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.**

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Movement & Mobility	Cynthia	M	Jan 6	4	9:30 AM-10:30 AM	NCC	\$40	21971
			Feb 3	3			\$30	21972
			Mar 3	4			\$40	21973
DrumFit	Donna	M	Jan 6	6	10:30 AM-11:15 AM	NCC	\$24	21563
			Mar 17	3	11:00 AM-11:45 AM		\$12	21565
Yoga For Vitality	Shirling	M	Jan 6	4	10:30 AM-11:30 AM	BALC	\$40	21543
			Feb 3	3			\$30	21544
			Mar 3	4			\$40	21545
Tai Chi	Donna	M	Jan 6	10	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	21154
Pain Management	Donna	M	Jan 6	6	11:30 AM-12:30 PM	NCC	\$60	21922
Gentle Chair Yoga	Shirling	M	Jan 6	4	2:00 PM-3:00 PM	BALC	\$40	21132
			Feb 3	3			\$30	21133
			Mar 3	4			\$40	21134

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Powwow Fit in a Chair	Tracie	M	Feb 3	1	4:00 PM-5:00 PM	BALC	\$2.50 PAYG	21840
Wise Weights	Denise	T	Jan 7	4	9:15 AM-9:45 AM	NCC	\$32	21547
		T	Feb 4	4			\$32	21833
		T	Mar 4	4			\$32	21549
Gentle Yoga	Denise	T	Jan 7	4	10:00 AM-11:00 AM	NCC	\$40	21142
		T	Feb 4	4			\$40	21143
		T	Mar 4	4			\$40	21144
DANCEPL3Y	Cathy	T	Jan 7	4	10:15 AM-11:00 AM	BALC	\$20	21114
		T	Feb 4	4			\$20	21115
		T	March 4	4			\$20	21116
Fit On Your Feet	Barbara	T	Feb 4	4	11:30 AM-12:15 PM	BALC	\$40	21530
		T	Mar 4	4			\$40	21531
VON - Seniors Maintaining Active Roles Together	Nicole	T&F	Jan 7	12	12:30 PM-1:15 PM	NCC	Free	21830
Accessible DrumFit	Eileen	T	Jan 7	4	12:30 PM-1:15 PM	BALC	\$16	21117
		T	Feb 4	4			\$16	21118
		T	Mar 4	4			\$16	21119
Accessible Stretch and Strength	Eileen	T	Jan 7	4	1:30 PM-2:15 PM	BALC	\$16	21151
		T	Feb 4	4			\$16	21152
		T	Mar 4	4			\$16	21153
Restorative Yoga	Sylvie	T	Jan 7	4	2:30 PM-3:30 PM	BALC	\$40	21879
		T	Feb 4	4			\$40	21880
		T	Mar 4	4			\$40	21881
Body Tools to Ease Stress & Anxiety	Heidi	T	Mar 4	4	4:00 PM-5:00 PM	BALC	\$35	21904
Powwow Fit in a Chair	Tracie	T	Mar 4	1	4:00 PM-5:00 PM	BALC	\$2.50 PAYG	21841
Cardio LIIT/HIIT	Angela	T	Jan 7	3	5:15 PM-5:45 PM	BALC	\$15	21108
		T	Feb 4	4			\$20	21109
		T	Mar 4	4			\$20	21110

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
55+ Women's Strength	Angela	T	Jan 7	3	6:00 PM-6:30 PM	BALC	\$15	21515
		T	Feb 4	4			\$20	21106
		T	Mar 4	4			\$20	21107
Yoga For Vitality	Shirling	W	Jan 8	4	10:30 AM-11:30 AM	BALC	\$40	21520
		W	Feb 5	4			\$40	21521
		W	Mar 5	3			\$30	21522
DrumFit	Donna	W	Jan 8	4	10:30 AM-11:15 AM	NCC	\$16	21568
		W	Feb 5	3			\$12	21569
		W	Mar 5	3			\$12	21570
Drumming Circle	Bonnie	W	Jan 8	4	10:30 AM-11:30 AM	BALC	\$20	21129
			Feb 5	4			\$20	21130
			Mar 5	4			\$20	21131
Vital Moves	Lou	W	Mar 5	4	12:00 PM-12:45 PM	BALC	\$30	21866
Rediscovering Joy and Meaning of Life	Heidi	W	Jan 8	5	1:00 PM-2:00 PM	BALC	\$40	21903
Gentle Chair Yoga	Shirling	W	Jan 8	4	2:00 PM-3:00 PM	BALC	\$40	21135
		W	Feb 5	4			\$40	21137
		W	Mar 5	3			\$30	21138
Powwow Fit in a Chair	Tracie	W	Jan 22	1	4:00 PM-5:00 PM	BALC	\$2.50 PAYG	21839
Wise Weights	Denise	Th	Jan 9	6	9:15 AM-9:45 AM	NCC	\$48	21516
		Th	Mar 6	3			\$24	21518
Gentle Yoga	Denise	Th	Jan 9	6	10:00 AM-11:00 AM	NCC	\$60	21139
		Th	Mar 6	3			\$30	21141
Qi Gong	Heidi	Th	Jan 9	4	10:15 AM-11:45 AM	BALC	\$2.50 PAYG	21897
Stretch and Strength	Eileen	Th	Jan 9	4	10:15 AM-11:00 AM	BALC	\$16	21148
		Th	Feb 6	4			\$16	21149
		Th	Mar 6	4			\$16	21150
Indigenous Yoga	Candace	Th	Feb 6	4	10:15 AM-11:15 AM	BALC	\$28	21913
		Th	Mar 6	4			\$28	21914
DrumFit	Eileen	Th	Jan 9	4	11:15 AM-12:00 PM	BALC	\$16	21120
		Th	Feb 6	4			\$16	21121
		Th	Mar 6	4			\$16	21122

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	Fee	CODE
Learn to Line Dance	Joan	Th	Jan 9	4	12:30 PM-1:30 PM	BALC	\$12	21127
		Th	Feb 6	4			\$12	21124
		Th	Mar 6	4			\$12	21128
Intermediate Line Dancing	Joan	Th	Jan 9	4	1:30 PM-3:30 PM	BALC	\$12	21123
		Th	Feb 6	4			\$12	21126
		Th	Mar 6	4			\$12	21125
Gentle Mat Pilates	Sylvie	Th	Jan 9	4	2:15 PM-3:00 PM	BALC	\$40	21876
		Th	Feb 6	4			\$40	21877
		Th	Mar 6	4			\$40	21878
Healing Sound with Singing Bowls	Bonnie	Th	Jan 9	4	4:00 PM-5:00 PM	BALC	\$20	21208
		Th	Feb 6	4			\$20	21209
		Th	Mar 6	4			\$20	21210
How To Strength Train	Angela	Th	Jan 9	4	5:30 PM-6:30 PM	BALC	\$40	21550
Stress Management	Angela	Th	Feb 6	4	5:30 PM-6:30 PM	BALC	\$35	20825
DANCEPL3Y	Cathy	F	Jan 10	3	10:15 AM-11:00 AM	NCC	\$15	21111
		F	Feb 7	4			\$20	21112
		F	Mar 7	3			\$15	21113
Mindfulness for the Daily Life - Zoom	Anne	F	Jan 10	12	10:15 AM-11:15 AM	Zoom	\$20	20426
Mindfulness for the Daily Life: In- Person	Anne	F	Jan 10	12	10:15 AM-11:15 AM	BALC	\$2.50 PAYG	21145
Tai Chi	Donna	F	Jan 10	12	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	21157
Zumba	Barbara	F	Feb 7	4	10:30 AM-11:15 AM	BALC	\$40	21527
		F	Mar 7	4			\$40	21528
Dance Inspired Yogalates	Sarah	F	Jan 10	3	11:15 AM-12:00 PM	NCC	\$15	21813
		F	Feb 7	4			\$20	21814
		F	Mar 7	3			\$15	21815
Fit On Your Feet	Barbara	F	Feb 7	4	11:30 AM-12:15 PM	BALC	\$40	21533
		F	Mar 7	4			\$40	21534
Grief and Loss Workshop	Angela	F	Jan 10	3	1:30 PM-2:30 PM	BALC	\$30	21561



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.

Learn to Play Pickleball: For beginners seeking instruction to learn the rules & fundamentals of pickleball. **Participants are allowed to sign up for a maximum of 3 Learn to Play sessions.**

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

Pickleball: For more frequent games with no instruction. Prior experience is strongly recommended.

Pickleball & Potluck: All registered pickleball participants at the 55+ center are welcome to attend the potluck. Bring your favourite dish to enjoy together and play some casual pickleball games. Dinner will begin at 4pm, with casual games played until 8pm.

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. Whether you're a seasoned player or a beginner, join us for friendly competition and socializing. Registered participants are welcome to socialize between 1:00–4:30 PM but may only play during their registered time slot (1:00–2:30 OR 3:00–4:30) 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.**

PROGRAM	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Soccer	M,Th	Jan 6	13	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	21577
Washer Toss	M	Jan 6	12	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	21178
Learn to Play Pickleball	T	Jan 7	4	2:00 PM-4:00 PM	BALC	\$10	21523
Learn to Play Pickleball	T	Feb 4	4	2:00 PM-4:00 PM	BALC	\$10	21524
Learn to Play Pickleball	T	Mar 4	4	2:00 PM-4:00 PM	BALC	\$10	21525
Pickleball & Potluck	T	Feb 11	1	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	21576

PROGRAM	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Social Pickleball	T	Jan 7	4	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	21160
	T	Feb 4	4				21571
	T	Mar 4	4				21572
Darts	T	Jan 7	38	6:30 PM-8:00 PM	BALC	\$2.50 PAYG	21174
Pickleball	W	Jan 8	4	4:00 PM-7:00 PM	BALC	\$2.50 PAYG	21166
	W	Feb 5	4				21167
	W	Mar 5	3				21168
Social Pickleball	Th	Jan 9	4	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	21573
	Th	Feb 6	4				21574
	Th	Mar 6	3				21575
Bilingual Pickleball	F	Jan 10	4	10:15 AM-12:15 PM	BALC	\$10	21181
	F	Feb 7	4			\$10	21182
	F	Mar 7	4			\$10	21183
Shuffleboard	F	Jan 10	12	1:00 PM-2:30 PM	BALC	\$2.50 PAYG	21175
	F	Jan 10	12	3:00 PM-4:30 PM			21921
Pickleball		Jan 11	3	9:30 AM-1:30 PM	BALC	\$7.50	21169
	Sa	Feb 1	4			\$10	21170
		Mar 1	4			\$10	21171

Did you know that you may qualify for a free exercise program?

STAND UP! *Is a community exercise and information program that helps to improve older adults quality of life. This program is designed to increase confidence in managing falls and to encourage older adults to stay physically active. This 12 week program consists of three components: group exercise, exercises at home, and discussion sessions on fall prevention.*

This program is provided by Victorian Order of Nurses. To register, please contact Darren at 705-358-5995.



CARDS, GAMES, HOBBIES, TECH

Music:

Beginner Group Ukulele Lessons: Join our 4-week 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 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 will learn the basics from local musician Brian Tremblay. Including how to tune your guitar, play simple chords, and strum along to popular songs. With regular practice, you'll be able to play your first tune 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.

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 all local seniors' homes in the Spring. Registration for the choir is open until January 31st ONLY.

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. January - Where the Heart Is (Author: Billy Letts); February - The it Girl (Author: Ruth Ware); March - The Maid (Author: Rita Prose).

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!

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 favorite 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.

Hobbies:

Rock Tumbling: Learn the art and science of rock tumbling and transform your own rocks into polished gems! Participants are able to tumble 3 of their appropriate 1-2.5 inch rocks. Check in weekly on your rocks to clean and transfer to next stage. Perfect for beginners, everyone is welcome!

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.

Tik Tok Viral Dance Class: Learn the latest trending TikTok dances and perfect your moves in a fun, upbeat environment! This class will break down viral choreography step-by-step, so anyone can join in and shine online or on the dance floor. No Tik Tok or dance experience necessary.

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.

Technology:

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

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.

Technology Workshops: *Small group setting.*

Organizing and Sharing Digital Photos: Learn tips and techniques for sorting, categorizing, and backing up your photo collection, as well as how to easily share your images with friends, family, or on social media.

Security for Phone/Tablets: Join to learn best practices for keeping your devices and accounts secure, including setting up strong passwords, using two-factor authentication and avoiding password reuse. This workshop will provide you with the tools and knowledge to stay safe in the digital world.

Windows 11: Join us for an informative and interactive workshop that will guide you through the process of upgrading from Windows 10 to Windows 11. Learn how to perform the upgrade, troubleshoot common issues, and explore the key features of Windows 11.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Snooker	No Instructor	M-Sa	Jan 6	50	10:00 AM-1:00 PM	BALC	\$2.50 PAYG	21504
Tik Tok Viral Dance Class	Brooklyn	M	Feb 3	3	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	21906
French Club Cards	No Instructor	M	Jan 6	44	1:00 PM-4:00 PM	BALC	\$2.50 PAYG	21505
Stamp Collecting Club	No Instructor	M	Jan 13 Feb 10 Mar 10	4	1:30 PM-4:30 PM	NCC	\$2.50 PAYG	21869
Senior Singers	Sonya	T	Jan 14	11	10:30 AM-12:00 PM	BALC	\$15	21535
RC Auto & Aircraft	No Instructor	T	Jan 7	39	11:00 AM-1:00 PM	NCC	\$0	21494
Piano Lessons	Kathy	T	Jan 7	12	12:45 PM-1:15 PM	NCC	\$120	21482
		T	Jan 7	12	1:30 PM-2:00 PM		\$120	21483
		T	Jan 7	12	2:15 PM-2:45 PM		\$120	21484
		T	Jan 7	12	3:00 PM-3:30 PM		\$120	21485
Social Cribbage	No Instructor	T	Jan 7	47	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	21507
Novel Book Club	Lillian	T	Jan 21 Feb 18 Mar 18	10	1:30 PM-3:00 PM	NCC	\$2.50 PAYG	21862
Beginner Guitar Lessons	Brian	T	Feb 4	6	2:00 PM-3:00 PM	NCC	\$120	21872
Evening Snooker	No Instructor	T-Th	Jan 7	50	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	21506
WoodBee Carvers	No Instructor	T	Jan 7	17	6:00 PM-8:00 PM	BALC	\$2.50 PAYG	21831
Tech Workshop - Organizing and sharing digital photos	Wendy	W	Feb 12	1	10:00 AM-12:00 PM	BALC	\$10	21975
Tech Workshop - Security for phone/tablets	Wendy	W	Mar 12	1	10:00 AM-12:00 PM	BALC	\$10	21976
Tech Workshop - Windows 11	Wendy	W	Jan 15	1	10:00 AM-12:00 PM	BALC	\$10	21974
Texas Hold'em	Gayle	W	Jan 8	25	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	21508
Tech Club	No Instructor	W	Jan 8 Feb 5 Mar 5	3	11:00 AM-12:00 PM	BALC	\$2.50 PAYG	21864

PROGRAM		DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Creative Writing	Linda	W	Feb 12	3	1:00 PM-3:00 PM	BALC	\$36	21486
Beginner Group Ukulele Lessons	Nicholas	W	Jan 8	4	2:00 PM-3:00 PM	NCC	\$40	21915
Beginner Group Ukulele Lessons	Nicholas	W	Feb 5	4	2:00 PM-3:00 PM	NCC	\$40	21916
Intermediate Ukulele Lessons	Nicholas	W	Jan 8	4	3:00 PM-4:00 PM	NCC	\$40	21917
		W	Feb 5	4	3:00 PM-4:00 PM	NCC	\$40	21918

PROGRAM	INSTRUCTOR	DAY	START	TIME	CENTRE	FEE	CODE
Personalized Help with Digital Devices	Wendy	W	Jan 8	1:00 2:00 3:00	BALC	\$5	21933 21934 21935
			Jan 15	1:00 2:00 3:00		\$5	21936 21937 21938
			Jan 22	1:00 2:00 3:00		\$5	21939 21940 21941
			Jan 29	1:00 2:00 3:00		\$5	21942 21943 21944
			Feb 5	1:00 2:00 3:00		\$5	21945 21946 21947
			Feb 12	1:00 2:00 3:00		\$5	21948 21949 21951
			Feb 19	1:00 2:00 3:00		\$5	21952 21953 21954
			Feb 26	1:00 2:00 3:00		\$5	21955 21956 21957
			Mar 5	1:00 2:00 3:00		\$5	21958 21959 21960
			Mar 12	1:00 2:00 3:00		\$5	21961 21962 21963
			Mar 19	1:00 2:00 3:00		\$5	21964 21965 21966
Mar 26	1:00 2:00 3:00	\$5	21967 21968 21969				

PROGRAM		DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
HAM Radio	No Instructor	Th	Jan 9	50	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	21509
Social Cards	No Instructor	Th	Jan 9	50	2:00 PM-4:00 PM	BALC	\$2.50 PAYG	21510
Rock Tumbling	Eileen	F	Jan 10	6	10:30 AM-12:30 PM	BALC	\$5	21806
		F	Feb 21	6	2:00 PM-4:00 PM	BALC	\$5	21898
Duplicate Bridge	No Instructor	F	Jan 10	49	12:30 PM-4:00 PM	BALC	\$2.50 PAYG	21512
Contract Bridge	No Instructor	F	Jan 10	49	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	21511
Saturday Social Cards & Games	No Instructor	Sa	Jan 11	50	9:30 AM-12:30 PM	BALC	\$2.50 PAYG	21832

Active 55+ Presents: Art & Events

9 January
Thursday

Woodland Art

Discover Woodland Art with local Anishinaabe artist Lucia Laford (Waawaaskone Qwe) in this vibrant 4-week class, where bold lines, bright colors, and spiritual symbolism bring stories of people, animals, and plants to life!

27 January
Monday

Metis Beading

Learn the art of traditional Métis bead work in this class, where you'll master floral design techniques and create your own stunning flower pattern inspired by Métis culture!

10 February
Monday

Sweethearts Dinner Dance

Celebrate Valentine's Day with us at the Sweethearts Dinner Dance, featuring live music by "Just the Two of Us," a delicious roast beef dinner, and a night of dancing and classic tunes!

12 February
Wednesday

Bon Soo Cribbage Tournament

Stay tuned for more information! Registration will open January 8.

5 March
Wednesday

An Evening with Hank Williams

Singer/songwriter Brian Tremblay presents a special concert blending Hank Williams hits with his own classic cowboy songs and poetry. This memorable night includes, refreshments, and a cash bar.

10 March
Monday

Indigenous Quilling

Master the intricate art of porcupine quilling and craft a stunning canvas design with authentic quills in this hands-on class perfect for detail-loving crafters!

19 March
Wednesday

Dream Catcher Workshop


Learn to weave intricate webs, decorate with beads and feathers, and create a unique dream catcher that reflects your creativity and style in this interactive workshop steeped in rich history.

25 March
Tuesday

Gilbertson's Pancake House Tour & Brunch Bus Trip

Join us for a delightful outing to Gilbertson's Pancake House, featuring a deluxe brunch, bus transportation from BALC, a guided facility tour, and a scenic tractor ride through the sugar bush.

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.

Beading Workshop - Red Dress Pin: Join us for a meaningful beading class to create Red Dress Pins, a symbol of remembrance and awareness. Please note that this craft uses very small needles and beads and can be hard to see and requires hand dexterity. "The REDress movement was created by artist Jamie Black which highlights the epidemic of violence against Indigenous women. The color red has become a symbol for MMIW across North America. Black's REDress Project has clearly played a big role in red becoming the official MMIW campaign color, though many wearers also say red is the only color that spirits can see. They wear it so that the souls of those they've lost can be with them." (Trailblazing Beads)

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

Comfort Quilts: This group meets monthly to create lap quilts for local charities. Everyone with an interest is welcome to come out and assist. You do not need to be a guild member to participate.

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

Indigenous Quilling: Discover the art of porcupine quilling as you create a unique design on canvas using authentic quills. This hands-on class requires dexterity with tweezers and needles, making it a rewarding experience for detail-oriented crafters.

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.

Knit Knacks: Join our welcoming, self-led knitting and needlecraft group, open to all skill levels! Share stitches, patterns, and project ideas with fellow crafters in a relaxed, social setting. Bring your materials and enjoy creating together!

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.

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.

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: Continuing the fun from Sewing 101, join us for sewing 201. Learn more sewing skills while making a tote bag and a pair of flannel pj bottoms. Learn how to use a sewing pattern and more about basic non-stretch fabrics. A basic knowledge of the machine is an asset. Five weeks of fun for this session. Once you sign up, instructor Diane will contact you to let you know what materials you will need to purchase. Sewing machines are available but you can bring your own if you prefer.

Sewing 301 Clothing Making: You learned the basics in Sewing 101 and 201, now learn how to make your own clothes. Starting with simple items in woven fabrics, we will be making our own clothing items. Come and learn a new skill or rediscover a hobby from your past. You will need fabric for your projects. The teacher will contact you before the class to organize that.

'Sew'cial Circle: Join our friendly sewing group to work on your own projects in good company! All skill levels are welcome to stitch, chat, and share tips in a relaxed setting. Bring your sewing machines, supplies, creativity, and love of sewing!

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.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Sew Much Fun Quilters Club	No Instructor	M	Jan 13	10	10:00 AM-3:00 PM	NCC	\$2.50 PAYG	21874
Indigenous Quilling	Cynthia	M	Mar 10	1	10:30 AM-2:30 PM	BALC	\$10	21905
Forget-Me-Not Quilters	Sabina	M	Jan 27	10	11:00 AM-4:30 PM	NCC	Free	21498
Metis Beading	Samantha	M	Jan 27	3	1:00 PM-3:00 PM	BALC	\$15	21465
Open Needlecraft	No Instructor	M	Jan 6	49	1:30 PM-3:30 PM	BALC	\$2.50 PAYG	21476
Traditional Rug Hooking	Betty	T	Jan 14, 28 Feb 11, 25 Mar 11, 25	20	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	21496

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Quilt Club	Sandy	T	Jan 7	47	1:30 PM-3:30 PM	NCC	\$2.50 PAYG	21501
Christmas Cheer	No Instructor	W	Jan 8	50	10:00 AM-12:00 PM	BALC	Free	21497
Comfort Quilts	Susan	W	Jan 8 Feb 5 Mar 12	10	10:15 AM-3:00 PM	BALC	\$2.50 PAYG	21473
Sewcial Circle	No Instructor	W	Jan 8, 22 Feb 12, 26 Mar 12, 26	6	1:00 PM-4:00 PM	NCC	\$2.50 PAYG	21562
Applique	Sandra	Th	Jan 9 Feb 6 Mar 6	11	10:00 AM-2:00 PM	NCC	\$2.50 PAYG	21495
Knit Knacks	No Instructor	Th	Jan 9	12	12:00 PM-2:00 PM	NCC	\$2.50 PAYG	21566
Sewing 101	Diane	Th	Jan 9	4	1:00 PM-3:00 PM	NCC	\$60	21857
Sewing 201	Diane	Th	Feb 20	5	1:00 PM-3:00 PM	NCC	\$75	21858
Japanese Bunka	Anna	F	Jan 10	49	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	21499
Beading Workshop - Red Dress Pin	Cynthia	F	Feb 14	1	1:00 PM-4:00 PM	NCC	\$15	21860
Sewing 301 Clothing Making	Diane	F	Jan 10	5	1:00 PM-3:00 PM	NCC	\$75	21929
Sewing 301 Clothing Making	Diane	F	Feb 21	5	1:00 PM-3:00 PM	NCC	\$75	21930



ARTS & CRAFTS

Alcohol Ink - 3D Painting: Explore the vibrant world of alcohol ink art in this creative workshop! Learn to layer inks on alcohol paper to craft a stunning 3D effect in your custom artwork.

Alcohol Ink on Acrylic: Discover the magic of alcohol ink in this engaging workshop! Create a dynamic design on acrylic, showcasing vibrant colors and stunning effects.

Alcohol Ink On Leather: Unleash your creativity with alcohol inks in this unique workshop! Design a vibrant masterpiece on leather, blending colors for a stunning effect.

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.

Dream Catcher Workshop: Immerse yourself in the rich tradition of dream catcher making in this interactive workshop. Learn how to weave the intricate web, decorate with beads and feathers, and create a personalized piece that reflects your style and creativity. Whether you're crafting for yourself or as a gift, this hands-on experience is both meaningful and fun!

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!

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 - Landscape: Dive into the serenity of nature in this guided oil painting class, where you'll create a stunning landscape. Ideal for all skill levels, bring the beauty of water to life on canvas!

Oil Painting - St. Joe's Bridge: Capture the beauty of the iconic St. Joe's Bridge in this guided oil painting class. Perfect for all skill levels, you'll create a timeless piece of art to treasure! Please note that supplies are not included in the class.

Oil Painting - Sunset: Immerse yourself in the vibrant colors of a sunset in this guided oil painting class. Perfect for all skill levels, you'll create a stunning masterpiece to cherish! Please note that supplies are not included in this class.

Open Card Making: Create your own unique and personalized greeting cards for any occasion, from Valentine's to birthdays, thank-you notes to sympathy cards. No instruction provided—just bring your creativity and design a card that is truly one of a kind! All supplies are provided while they last.

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.

Open Studio with Taimi: In this class, using acrylics or oils, you can bring an ongoing project or start a new one, with expert guidance on design, composition, color choices, and techniques. Led by an experienced instructor, this class is not recommended for total beginners.

Painting Landscapes - Shorelines: Artist Taimi will help you explore your creativity as we paint studies inspired by rocky outcrops, sandy beaches, and grassy banks, capturing the beauty of nature in every brushstroke.

Paper Quilled Greeting Cards: Create beautiful paper quilled greeting cards in this hands-on workshop. Learn the art of rolling, shaping, and gluing paper strips to craft unique designs perfect for any occasion!

Repurposing Picture Frames: Give your old picture frames and mats a fresh new look in this creative and practical workshop! Bring in your own frames and learn techniques to transform them with paint, embellishments, and other artistic touches.

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 - Polar Bear: Create a stunning polar bear design in this beginner-friendly stained glass class. Learn the basics of cutting, soldering, and assembling glass to craft your own beautiful piece.

Stained Glass - Heart: Craft a stunning stained glass heart in this beginner-friendly workshop! Learn to solder glass pieces into a beautiful keepsake or gift.

Stained Glass - Cardinal: Create a vibrant stained glass cardinal using beautiful red glass in this beginner-friendly workshop. Learn soldering techniques to bring this iconic bird to life!

Handmade Greeting Cards: Get creative in this fun workshop where you'll design and craft a variety of unique greeting cards. Perfect for any occasion, your handmade cards will add a personal touch!

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

Watercolour Painting - Seascape: Relax and enjoy a watercolor class where you'll paint a peaceful seascape. Perfect for all skill levels, you'll learn simple techniques to bring water and sky to life.

Watercolour Painting - Sunset: Explore the beauty of watercolors in this guided class, where you'll paint a stunning sunset scene. Perfect for beginners and experienced painters alike, learn techniques to bring vibrant colors and serene skies to life!

Watercolour Painting - Birch Trees: Capture the beauty of birch trees in this relaxing watercolor painting class. Learn techniques to create textured bark and vibrant foliage, perfect for artists of all levels.

Woodland Art: 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!

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Open Card Making	No Instructor	M	Jan 20	1	10:30 AM-3:30 PM	NCC	\$8	21461
Neurographic Inspired Art	Victoria	M	Jan 27	1	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	21540
		M	Feb 10	1				21541
		M	Mar 31	1				21542
Stained Glass - Polar Bear	Stephanie	M	Jan 20	1	1:00 PM-4:00 PM	BALC	\$36	21871
Stained Glass - Heart	Stephanie	M	Feb 24	1	1:00 PM-4:00 PM	BALC	\$36	21882
Stained Glass - Cardinal	Stephanie	M	Mar 24	1	1:00 PM-4:00 PM	BALC	\$47	21883
Alcohol Ink On Leather	Anna	T	Feb 11	1	10:30 AM-3:30 PM	BALC	\$20	21844
Alcohol Ink - 3D Painting	Anna	T	Mar 4	1	10:30 AM-3:30 PM	BALC	\$20	21847
Handmade Greeting Cards	Anna	T	Jan 21	1	10:30 AM-3:30 PM	BALC	\$20	21842
Handmade Greeting Cards	Anna	T	Feb 25	1	10:30 AM-3:30 PM	BALC	\$20	21846
Oil Painting - Landscape	Anna	T	Jan 28	1	10:30 AM-3:30 PM	BALC	\$20	21843
Oil Painting - Sunset	Anna	T	Mar 11	1	10:30 AM-3:30 PM	BALC	\$20	21848
Paper Quilled Greeting Cards	Anna	T	Mar 25	1	10:30 AM-3:30 PM	BALC	\$20	21849
Scrap Booking Class	Lanny	T	Jan 21	1	10:30 AM-3:30 PM	BALC	\$15	21551
			Feb 18	1				21552
			Mar 18	1				21553
Watercolour Painting - Sunset	Anna	T	Feb 4	1	10:30 AM-3:30 PM	BALC	\$20	21845
Wood Burning	Anna	T	Jan 14	1	10:30 AM-3:30 PM	BALC	\$20	21838

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Open Painting	No Instructor	W	Jan 8	50	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	21474
Dream Catcher Workshop	Jasmine	W	Mar 19	1	1:00 PM-3:00 PM	BALC	\$8	21859
Alcohol Ink on Acrylic	Anna	Th	Jan 30	1	10:30 AM-3:30 PM	NCC	\$20	21855
Oil Painting - St. Joe's Bridge	Anna	Th	Feb 20	1	10:30 AM-3:30 PM	NCC	\$20	21853
Open Painting	No Instructor	Th	Jan 9	50	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	21475
Watercolour Painting - Birch Trees	Anna	Th	Jan 16	1	10:30 AM-3:30 PM	NCC	\$20	21856
Painting Landscapes - Shorelines	Taimi	Th	Mar 6	4	10:30 AM-12:30 PM	BALC	\$80	21835
Paper Quilled Greeting Cards	Anna	Th	Feb 27	1	10:30 AM-3:30 PM	NCC	\$20	21854
Repurposing Picture Frames	Anna	Th	Mar 27	1	10:30 AM-3:30 PM	NCC	\$20	21870
Watercolour Painting - Seascape	Anna	Th	Mar 20	1	10:30 AM-3:30 PM	NCC	\$20	21850
Wood Burning	Anna	Th	Feb 13	1	10:30 AM-3:30 PM	NCC	\$20	21852
Wood Burning	Anna	Th	Mar 13	1	10:30 AM-3:30 PM	NCC	\$20	21851
Watercolour Techniques Class	Nora	Th	Feb 6	4	1:00 PM-3:00 PM	BALC	\$12	21919
Open Studio with Taimi	Taimi	Th	Mar 6	4	1:00 PM-3:00 PM	BALC	\$80	21836
Woodland Art	Lucia	Th	Jan 9	4	1:00 PM-3:00 PM	BALC	\$20	21464
Cricut Club	No Instructor	F	Jan 31	11	1:00 PM-4:00 PM	BALC	\$2.50 PAYG	21546

EVENTS & TALKS



Live Music:

An Evening With Hank Williams: Singer/songwriter Brian Tremblay presents a special concert of classic country music featuring the music of Hank Williams hits like Your Cheatin' Heart, Cold, Cold Heart and Jambalaya alongside his original and classic cowboy songs and Cowboy Poetry. With worldwide play and Australian chart success, Brian's music promises a memorable night of timeless country sounds. Snacks and refreshments will be served, as well as a cash bar.

Sweetheart Dinner Dance: Join us for a fun Sweethearts Dinner Dance with live music from "Just the Two of Us." Whether you're with a partner or friends, enjoy a delicious menu of roast beef, potatoes, carrots, bread and butter, and cake, along with a night of dancing and classic tunes!

Just The Two of Us - Dance Matinee: Join us for a fun-filled dance matinee featuring the band Just the Two of Us, with live music that will keep you on your feet all afternoon! Come to dance or sit and enjoy the music.

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

Jan 8 - Minestrone Soup with Grilled Ham & Cheese Sandwich

Jan 15 - Pea Soup with a Ham Wrap

Jan 22 - Lentil and Spinach Soup with Tuna Salad on Croissant

Jan 29: Potato Bacon Soup with Egg Salad on Whole Wheat

Cooking Classes:

Cooking Class - Budget Bites: Join our Budget Bites cooking class and learn how to make a delicious vegan winter lentil stew and skillet sweet potato cornbread, all with affordable ingredients. This class will keep your belly and wallet full!

Cooking Class - Chinese Dumplings: Get hands-on in this fun and interactive Chinese dumpling class! Learn how to prepare, fill, and fold dumplings from scratch, then enjoy your delicious creations.

Cooking Class - Dough Makeover: Give traditional yeast dough a healthy twist by learning to create high-protein Greek yogurt dough! In this hands-on class, you'll master the art of making versatile, easy-to-work dough and use it to prepare delicious homemade calzones and bagels.

Cooking Class - Irish Fish Chowder & Soda Bread: Celebrate St. Patrick's Day with a taste of Ireland! In this festive class, you'll learn to make a hearty Irish fish chowder and a traditional soda bread. Discover the rich flavors and simple techniques behind these classic dishes, perfect for bringing a bit of Irish charm to your table.

Cooking with Grandkids: Join us with a grandchild ages 7-12 to make mini pizzas, fruit kabobs with sweet yogurt dip and energy balls.

Events:

Coffeehouse: Start your morning with coffee, conversation, and music! Join us in a relaxed, friendly atmosphere to connect with others at our Coffeehouse social. A monthly music schedule, based on requests, will set the perfect tone—come solo or with friends! This program will occur bi-weekly.

Irish Step Dance Class: "Up ye git!" On St. Patrick's Day to learn basic step dancing to lively Irish tunes such as jigs and reels. Laced shoes, running shoes, hard soled shoes and tap shoes are all welcome.

Italian for Travellers: Ciao!! Immerse yourself in the beauty of the Italian language with our “Italian for Travellers” course! This engaging class, taught by Silvana Carlascio, covers basic Italian and essential phrases for navigating Italy and includes fun cooking and baking classes where you’ll create authentic Italian dishes. Ideal for travelers eager to connect with Italy’s language and cuisine. Buon appetito and buon viaggio!

Rainbow Tea Talk: Join us for Rainbow Tea Talk, a welcoming and inclusive gathering where everyone is invited to share, listen, and connect in a safe, open environment. Whether you’re part of the LGBTQIA+ community or an ally, this is a space for candid conversation, support, and community building. Everyone is welcome.

Sunny Floral Centerpieces: Brighten your space with vibrant creations in our Sunny Floral Centerpieces Workshop! Guided by instructor Riley Greco, learn to design stunning arrangements featuring seasonal flowers, perfect for adding a cheerful touch to any table or occasion.

Gilbertson’s Pancake House Tour & Brunch: Join us for a delightful outing to Gilbertson’s Pancake House for a deluxe brunch and tour! Enjoy a delicious meal featuring your choice of pancake, French toast, or Norwegian pancake with sausages, beans or eggs, and a beverage. This experience includes bus transportation from BALC, a guided facility tour, and a scenic tractor tour of the sugar bush. Dress appropriately for the outdoor tour!

Gentle Yoga and Candle Painting Workshop: This workshop combines a gentle yoga practice with a creative candle-painting session. You’ll start with a calming and gentle yoga flow, and then decorate your own personalized candle. Choose between acrylic paint for a vibrant, non-flammable design, or colored wax for a beautiful, meltable masterpiece. Open to all ages!

Alzheimer’s Society Presentation: Join the Alzheimer’s Society for an informative session on Dementia and Alzheimer’s disease. Discover risk factors, early warning signs, brain health tips, and available support for individuals, families, and caregivers. Gain valuable insights and resources to navigate the journey.

Bon Soo Cribbage Tournament: Please stay tuned for more information on the tournament format and game day details! Registration will open January 8 at 10:00 am.

Stay Safe with Your Smartphone: Medical Alert & Emergency: Join us for a hands-on workshop where you’ll learn how to set up important medical alert information and emergency contacts on your smartphone. You will learn to store critical health details, enable SOS features, and make your emergency contacts easily accessible—even when your phone is locked. This easy-to-follow session is designed for seniors, ensuring you’re prepared and safe in case of an emergency. No tech experience needed—just bring your smartphone and get ready to stay connected and protected!

Kiwanis BINGO: Calling all Bingo players! Join us for an afternoon of social bingo. Coffee, tea and cake included. Bingo prizes awarded to bingo winners. This is an event sponsored by the Kiwanis Club of Lakeshore.

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.

Fort Creek Walk and Talk: Join Raquel, owner of Restore Yoga & Wellness, for a guided Walk & Talk at Fort Creek. Enjoy an hour-long hike along the packed trail as you explore the local flora, fauna, and animal tracks. Wrap up this refreshing experience with tea and a light snack. Please dress for the weather.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Italian for Travellers	Silvana	M	Jan 6	4	10:30 AM-12:00 PM	BALC	\$10	21489
Cooking Class - Irish Fish Chowder & Soda Bread	Taryn	M	Mar 17	1	10:30 AM-12:30 PM	BALC	\$10	21901
Irish Step Dance Class	Sarah	M	Mar 17	1	1:00 PM-2:00 PM	BALC	\$4	21920
Sweetheart Dinner Dance	Just The Two of Us	M	Feb 10	1	5:30 PM-8:30 PM	BALC	\$25	21471
Coffeehouse	Students	T	Jan 7, 21 Feb 4, 18 Mar 4, 18	6	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	21567
Gilbertson's Pancake House Tour & Brunch	N/A	T	Mar 25	1	9:00 AM-1:00 PM	Bus Tour meet @ BALC	\$10	21924
Stay Safe with Your Smartphone: Medical Alert & Emergency C	Students	T	Jan 14	1	11:00 AM-12:00 PM	BALC	Free	21977
		T	Feb 11	1				21978
		T	Mar 11	1				21979
BINGO	N/A	W	Jan 29	1	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	21826
		W	Feb 26	1				21827
		W	Mar 26	1				21828
Sunny Floral Centerpieces	Riley	W	Feb 19	1	10:30 AM-12:30 PM	BALC	\$48	21932
Bon Soo Cribbage Tournament	N/A	W	Feb 12	1	10:30 AM-2:30 PM	BALC	\$5	21457
Dance Matinee	Just The Two of Us	W	Jan 29	1	12:30 PM-2:30 PM	BALC	\$2.50 PAYG	21829
		W	Feb 26	1				21867
		W	Mar 19	1				21868
Kiwanis BINGO	Kiwanis Club of Lakeshore	W	Jan 15	1	1:00 PM-3:00 PM	BALC	Free	21472

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Lunch		W	Jan 8	1	12:00 PM-12:45 PM	BALC	\$7	21884
		W	Jan 15	1			\$7	21885
		W	Jan 22	1			\$7	21886
		W	Jan 29	1			\$7	21887
		W	Feb 5	1			\$7	21888
		W	Feb 12	1			\$7	21889
		W	Feb 19	1			\$7	21890
		W	Feb 26	1			\$7	21891
		W	Mar 5	1			\$7	21892
		W	Mar 12	1			\$7	21893
		W	Mar 19	1			\$7	21894
W	Mar 26	1	\$7	21895				
Cooking Class - Budget Bites	Taryn	W	Feb 26	1	1:30 PM-3:30 PM	BALC	\$10	21896
Cooking Class - Chinese Dumplings	Victoria	W	Jan 8	1	1:30 PM-4:00 PM	BALC	\$12	21923
Cooking Class - Dough Makeover	Taryn	W	Jan 22	1	1:30 PM-3:30 PM	BALC	\$10	21900
An Evening With Hank Williams	Brian	W	Mar 5	1	7:00 PM-9:00 PM	BALC	\$15	21463
Rainbow Tea Talk	Students	Th	Jan 9	12	10:30 AM-12:00 PM	BALC	\$0	21834
Alzheimer's Society Presentation	Alzheimer's Society	Th	Feb 6	1	2:00 PM-3:00 PM	NCC	\$0	21539
Cooking with Grandkids	Taryn	F	Mar 14	1	1:30 PM-3:30 PM	NCC	\$10	21899
Fort Creek Walk and Talk	Raquel - Restore Yoga & Wellness	F	Jan 10	1	10:00 AM-11:00 AM	Fort Creek Hub Trail	\$15	21925
		Jan 24	1	10:00 AM-11:00 AM	\$15		21926	
		Feb 7	1	10:00 AM-11:00 AM	\$15		21927	
		Feb 21	1	10:00 AM-11:00 AM	\$15		21928	
Gentle Yoga and Candle Painting Workshop	Raquel - Restore Yoga & Wellness	Sa	Feb 1	1	10:00 AM-12:00 PM	BALC	\$35	21985

My Program Wish List

Participant Name: _____
(First) (Last)

Program	Code	Registered
EX/Drumfit	1234	YES! / Waitlisted

Active 55+ Winter Closures
New Years Day | January 1
Family Day | February 17