

Active 55+ Recreational Programs

December 2020



SAULT STE. MARIE

Northern Community Centre 556 Goulais Ave.

To register call 705-759-5377 or email active55+@cityssm.on.ca

Note: An Active 55+ "Drop-in Program Pass" is now available for all \$2 programs. Purchase your pass at the service desk. Food items are not allowed at this time. Please bring a personal water bottle to fitness programs.

Zoom Programming for the month of December is supported
by the New Horizons Seniors Program Grant.

Active Healthy living

FREE Morning Meditation: offered at the Northern Community Centre & on Zoom.

Join us Monday mornings to meditate with Katie. Studies suggest meditation combats depression and anxiety. This class is intended to lower your stress level and set the tone for a calm & peaceful day. Dress comfortably. Bring a water bottle. Duration: 2 weeks. Instructor: Katie Rutledge.

FREE Fitness with Ainsley: offered at the Northern Community Centre & on Zoom.

Move through a variety of exercises to improve your functional fitness, endurance, strength, flexibility and balance. Suitable for all levels. Duration: 2 weeks Instructor: Ainsley Glassford. Begins Tuesday, December 8th

FREE Walk, Stretch & Cardio Fitness: offered at the Northern Community Centre.

Exercise is one of the best things you can do to promote prostate health. Join this new fitness class; walk on the indoor turf from 12:00 – 12:30 PM followed by a fitness class from 12:30 – 1:00 PM.

Bring a yoga mat & water bottle. Duration: 3 weeks. Instructor: Lan Gao.

FREE Low Impact Dance Fitness: offered at the Northern Community Centre & on Zoom.

Learn a simple dance routine that focuses on coordination & balance. This class is designed to increase your joint movement. You will leave this class filled with a positive energy and positive thoughts. Wear running shoes. Bring a water bottle. Duration: 3 weeks Instructor: Lan Gao.

FREE Chair Fitness: offered at the Northern Community Centre & on Zoom.

This class combines chair yoga and chair Pilates. You will work out from a sitting position which reduces the pressure on your; feet, hips, knees and lower back. This class is perfect for those who cannot stand for long periods of time but want to exercise their whole body. Light weights and Thera bands are used for various exercises. Wear running shoes. Bring a water bottle. Duration: 3 weeks. Instructor: Lan Gao.

FREE Gentle Yoga: offered at the Northern Community Centre & on Zoom.

This class is designed to help you become more mindful and aware of your mind and body through yoga poses, breathing exercises and final relaxation. Through slow paced movement and well-rounded sequence, we will stretch and tone the whole body and feel relaxed. You will need: a mat, small pillow, light blanket and a water bottle. Duration: 3 weeks. Instructor: Shirling Kao.

Walking on the Indoor Turf/Seniors Only: Northern Community Centre.

This walking program is for those 55 years and older. Due to Covid 19, registration is required and numbers are limited. Walking bubbles: 1:00 –1:45 PM or 2:15 -3:00 PM. Mondays & Thursdays.

Washer Toss: Northern Community Centre.

Washer Toss is played on the indoor turf. Join anytime. Cost: \$2 per visit. Mondays.

Ping Pong & Shuffleboard: Northern Community Centre.

Call to reserve your ping pong table or the table top shuffle board game. Cost: \$2 per visit

Model Aircraft Flyers:

We have opened up both indoor soccer fields for this flying group. Bring your own electric, battery or self-propelled model aircraft and join in the fun. Everyone is welcome. Cost: \$5 per visit. Tuesdays.

Soccer:

Soccer is played on the indoor turf. Change rooms are not available at this time. Join anytime. Cost: \$2 per visit. Mondays.

Bocce:

Bocce is played on the indoor turf. Everyone is welcome. Cost: \$2 per visit. Thursdays.

Due to Covid 19

Our “program calendar” has changed. Check dates & times. Arrive no more than 10 minutes prior to the start of your program. Masks are mandatory. Use hand sanitizer upon entry. If you are unwell, stay home. Practice social distancing. Call 705-254-6474 or email active55+@cityssm.on.ca for details.
Thank-you for your understanding and co-operation.

Arts & Crafts**Quilt Club:**

This group of avid quilters meets every Tuesday afternoon to work on quilting projects together. Contact the Centre for details.

Craft & Crochet:

This group meets weekly to work on their own craft and needlework projects. Bring your own needlework project & supplies. Cost: \$2 per visit.

Open Painting:

This group meets weekly and works on individual projects. Ideas & conversations are shared. Bring your own supplies. Cost: \$2 per visit.

Circle of Friends:

This needlecraft group meets weekly to work on their own projects while enjoying a relaxing afternoon. Bring your own needlework project & supplies. Cost: \$2 per visit.

Japanese Bunka:

Japanese Bunka is a beautiful form of embroidery. This group meets weekly to work on Bunka projects. The instructor will be on hand to assist & guide you as needed.
Cost: \$2 per class (plus supplies). Instructor: Aline Mooney.

Craft in a Bag - Christmas Ornaments: Make 3 different Christmas ornaments. This class is offered both on Zoom and in person. Limited spaces. Cost: \$12.

Education**FREE Cooking with Karen: offered on Zoom – Monday, December 14th**

Are you wondering what to do with leftover turkey? The answer is “turkey tetrazzini”. This one dish wonder will surely be a hit with entire the family.

Instructor: Karen Gallivan

FREE Cooking around the World: offered on Zoom - Wednesday, December 9th

This class is all about the *mini cheesecake*. Learn to make; chocolate raspberry, strawberry sensation and no bake cheesecakes. Instructor: Andy Benson

Novel Book Club: Offered at the Northern Community Centre – next meeting Monday, December 14th

This group of avid readers meets monthly to review and discuss books. Join anytime. Cost: \$2 per visit.

This month’s book is: “The Affair” by Lee Childs.

Technology**FREE Zoom Zoom Zoom:**

Get online using the free app “Zoom”. We will take you through the steps in getting you connected. Call 705-759-5377 or email active55+@cityssm.on.ca to make your free “one on one” appointment. Appointments are available Monday, December 7th & Tuesday 8th between 11:00 AM & 1:00 PM.

Games**Bingo: offered at the Northern Community Centre & on Zoom & Telephone Call In.**

Bingo players have two options. You can play “in-person” bingo. Participant numbers are limited and you will need to call 705-759-5377 to reserve a seat in advance. Or you can play “zoom” bingo on video or phone. Phone number, passcode and ID number will be provided upon payment.

All bingo cost: \$2 per visit. Every participant will be entered into a draw for a chance to win the door prize.

Thank-you to Club 235 for sponsoring the bingo prizes this month.

Northern Community Centre Book Swap Update



Book bundles are available to borrow.

We ask that you only touch what you plan to take.

Returned books are isolated for 4 days before re-bundling



For details and to register call 705-759-5377 or email active55+@cityssm.on.ca

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <u>Quilt Club</u> 1-3:30 PM <u>Model Aircraft Flyers</u> 1:30 – 3 PM <u>Craft & Crochet</u> 2-3:30 PM	2 <u>Zoom or in-person Low Impact Dance Fitness</u> 10:30 -11 PM <u>Zoom or in-person Chair Fitness</u> 11:30 – 12 PM <u>Walk, Stretch & Cardio</u> 12-1 PM <u>Zoom or in-person Bingo</u> 1:15 -3:30 PM	3 <u>Open Painting</u> 10:30-11:30 AM <u>Walking on the Indoor Turf/Seniors Only</u> 1-2 PM & 2-3 PM <u>Bocce</u> 1-3 PM <u>Circle Of Friends</u> 2-3:30 PM	4 <u>Zoom or in-person Gentle Yoga</u> 10:30 - 11:30 AM <u>Japanese Bunka</u> 11-12:30 PM <u>Ping Pong</u> 1-3 PM
	7 <u>Zoom or in-person Morning Meditation</u> 10 -10:45 AM <u>Technology</u> Call 705-759-5377 11 – 1 PM <u>Walking on the Indoor Turf/Seniors Only</u> 1-2 PM & 2-3 PM <u>Soccer</u> 1:30 – 3:30 PM <u>Zoom or in-person Morning Meditation</u> 10 -10:45 AM	8 <u>Zoom or in-person Fitness with Ainsley</u> 10-10:30 AM <u>Technology</u> Call 705-759-5377 11 – 1 PM <u>Quilt Club</u> 1-3:30 PM <u>Model Aircraft Flyers</u> 1:30 – 3 PM <u>Craft & Crochet</u> 2-3:30 PM	9 <u>Zoom or in-person Low Impact Dance Fitness</u> 10:30 -11 PM <u>Zoom or in-person Chair Fitness</u> 11:30 – 12 PM <u>Walk, Stretch & Cardio</u> 12-1 PM <u>Zoom</u> <u>Cooking Around the World</u> 1:30-2:30 PM	10 <u>Open Painting</u> 10:30-11:30 AM <u>Walking on the Indoor Turf/Seniors Only</u> 1-2 PM & 2-3 PM <u>Bocce</u> 1-3 PM <u>Circle Of Friends</u> 2-3:30 PM
14 <u>Zoom or in-person Morning Meditation</u> 10 -10:45 AM <u>Walking on the Indoor Turf/Seniors Only</u> 1-2 PM & 2-3 PM <u>Soccer</u> 1:30 – 3:30 PM <u>Zoom</u> <u>Cooking with Karen</u> 1:30-2:30 PM <u>Novel Book Club Meeting</u> 1:30-3:30 PM	15 <u>Zoom or in-person Fitness with Ainsley</u> 10-10:30 AM <u>Quilt Club</u> 1-3:30 PM <u>Model Aircraft Flyers</u> 1:30 – 3 PM <u>Craft & Crochet</u> 2-3:30 PM	16 <u>Zoom or in-person Low Impact Dance Fitness</u> 10:30 -11 PM <u>Zoom or in-person Chair Fitness</u> 11:30 – 12 PM <u>Walk, Stretch & Cardio</u> 12-1 PM <u>Zoom or in-person Bingo</u> 1:15 -3:30 PM	17 <u>Open Painting</u> 10:30-11:30 AM <u>Walking on the Indoor Turf/Seniors Only</u> 1-2 PM & 2-3 PM <u>Bocce</u> 1-3 PM <u>Circle Of Friends</u> 2-3:30 PM	18 <u>Zoom or in-person Gentle Yoga</u> 10:30 - 11:30 AM <u>Japanese Bunka</u> 11-12:30 PM <u>Ping Pong</u> 1-3 PM 

Senior Services will be closed December 24th through to January 1st.

We will re-open for programming on Monday, January 4th.

**Senior Services would like to wish everyone a Happy,
Safe Holiday Season and a Happy New Year!**