

Active 55+ Phone-In & Online Recreational Programs

For details and to register call the Drop-In Centre 705-254-6474 or email active55+@cityssm.on.ca

Monday	Tuesday	Wednesday	Thursday	Friday
<div>3</div> <div>Civic Holiday No Programs Today</div> <div></div> <div>Stay Safe, Have Fun!</div>	<div>4</div> <div><u>Low Impact</u> <u>Aerobics/Stretching</u> <u>with Lan</u> (online) 10:45 am – 11:30 am <u>Cooking with Karen</u> (online) 2:00 pm– 3:00 pm</div>	<div>5</div> <div><u>Fitness with Ainsley</u> (online) 10:00 am – 10:30 pm <u>BINGO!</u> (phone) 2:00 pm – 3:30 pm</div>	<div>6</div> <div><u>Laughter Yoga</u> (online) 11:30 am – 12:00 pm <u>Low Impact</u> <u>Aerobics /Stretching</u> <u>with Lan</u> (online) 1:30 pm–2:15 pm</div>	<div>7</div> <div><u>Mindfulness</u> <u>for the Daily Life</u> (online) 10:00 am – 11:00 am <u>Japanese Bunka</u> (phone) 10:30 am – 11:30 am</div>
<div>10</div> <div><u>Journal with</u> <u>Vicky & Rita</u> (online) 11:00 am – 12:00 pm <u>Fitness with Ainsley</u> (online) 1:30 pm – 2:00 pm</div>	<div>11</div> <div><u>Low Impact</u> <u>Aerobics/Stretching</u> <u>with Lan</u> (online) 10:45 am – 11:30 am</div>	<div>12</div> <div><u>Fitness with Ainsley</u> (online) 10:00 am – 10:30 pm <u>BINGO!</u> (phone) 2:00 – 3:30 pm</div>	<div>13</div> <div><u>Laughter Yoga</u> (online) 11:30 am – 12:00 pm <u>Low Impact</u> <u>Aerobics /Stretching</u> <u>with Lan</u> (online) 1:30 pm–2:15 pm</div>	<div>14</div> <div><u>Mindfulness</u> <u>for the Daily Life</u> (online) 10:00 am – 11:00 am <u>Japanese Bunka</u> (phone) 10:30 am – 11:30 am <u>Baking with Brooke</u> (online) 2:00 pm – 3:00 pm</div>
<div>17</div> <div><u>Journal with</u> <u>Vicky & Rita</u> (online) 11:00 am – 12:00 pm <u>Fitness with Ainsley</u> (online) 1:30 pm – 2:00 pm</div>	<div>18</div> <div><u>Low Impact</u> <u>Aerobics/Stretching</u> <u>with Lan</u> (online) 10:45 am – 11:30 am <u>Cooking with Karen</u> (online) 2:00 pm – 3:00 pm</div>	<div>19</div> <div><u>Fitness with Ainsley</u> (online) 10:00 am – 10:30 pm <u>Walking for Health</u> <u>Talk</u> (online) 11:00 am – 12:00 pm <u>BINGO!</u> (phone) 2:00 – 3:30 pm</div>	<div>20</div> <div><u>Laughter Yoga</u> (online) 11:30 am – 12:00 pm <u>Low Impact</u> <u>Aerobics /Stretching</u> <u>with Lan</u> (online) 1:30 pm–2:15 pm</div>	<div>21</div> <div><u>Mindfulness</u> <u>for the Daily Life</u> (online) 10:00 am – 11:00 am <u>Japanese Bunka</u> (phone) 10:30 am – 11:30 am <u>Baking with Brooke</u> (online) 2:00 pm – 3:00 pm</div>
<div>24</div> <div><u>Journal with</u> <u>Vicky & Rita</u> (online) 11:00 am – 12:00 pm <u>Cooking with Lan</u> (online) 12:30 pm – 1:30 pm <u>Fitness with Ainsley</u> (online) 1:30 pm – 2:00 pm</div>	<div>25</div> <div><u>Low Impact</u> <u>Aerobics/Stretching</u> <u>with Lan</u> (online) 10:45 am – 11:30 am <u>Summertime</u> <u>Charcuterie Board</u> (online) 2:00 pm – 3:00 pm</div>	<div>26</div> <div><u>Fitness with Ainsley</u> (online) 10:00 am – 10:30 pm <u>BINGO!</u> (phone) 2:00 – 3:30 pm</div>	<div>27</div> <div><u>Laughter Yoga</u> (online) 11:30 am – 12:00 pm <u>Low Impact</u> <u>Aerobics /Stretching</u> <u>with Lan</u> (online) 1:30 pm–2:15 pm</div>	<div>28</div> <div><u>Mindfulness</u> <u>for the Daily Life</u> (online) 10:00 am – 11:00 am <u>Japanese Bunka</u> (phone) 10:30 am – 11:30 am <u>Baking with Brooke</u> (online) 2:00 pm – 3:00 pm</div>
<div>31</div> <div><u>Journal with</u> <u>Vicky & Rita</u> (online) 11:00 am – 12:00 pm <u>Fitness with Ainsley</u> (online) 1:30 pm – 2:00 pm</div>				

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Free Cooking Classes

Recipe Exchange – Email us your favorite recipes active55+@cityssm.on.ca. We plan to compile them into a booklet to share. Submit all recipes by Monday, August 31.

Cooking with Karen – Tuesday, August 4 (online)

Learn to make homemade bagels. Gluten free baking will be discussed.

Cooking with Karen – Tuesday, August 18 (online)

Learn to make a chicken quinoa salad bowl.

Baking with Brooke – Fridays, August 14 -28 (online)

Each week Brooke will share a new cookie recipe and discuss baking tips via zoom.

Cooking with Lan – Monday, August 24 (online)

Learn the technique of making wontons.

Summertime Charcuterie Board with Brooke– Tuesday, August 25 (online)

Learn ideas to make a fun and tasty cheese board.

Free Fitness & Exercise Classes

Low Impact Aerobics/Stretching with Lan – Tuesdays/Thursdays, August 4 -27 (online)

Join Lan from the comfort of your home as she starts with 15 minutes of low impact aerobics followed by stretching and strengthening exercises that will help keep you limber and build strength. No equipment required. Can be done sitting or standing with many modifications available!

Fitness with Ainsley- Mondays & Wednesdays, August 10 - 31 (online)

Move through a variety of exercises to improve your functional fitness – endurance, strength, flexibility and balance. Suitable for all fitness levels.

Laughter Yoga-Thursdays, August 6 - 27 (online)

Now's the best time to get your bellies' laughing. Join Allyne in laughter and breathing exercises.

Free Healthy Living Programs

Mindfulness for the Daily Life – Fridays, August 7 - 28 (online)

Anne will discuss how to take care of yourself with kindness and explore simple practices that can be used in everyday life!

Journal with Vicky & Rita – Mondays, August 10 – 31 (online)

Not only can journaling be fun but the benefits of this self-reflection tool can boost memory and inspire creativity. Sign up & receive a free journal and pens to get started.

Walking for Health Talk – Wednesday, August 19 (online)

Walking is a great way to improve or maintain your overall health. Learn tips that can increase your cardiovascular fitness, bone strength and endurance.

Host: Amanda Lambert – Strong Minds

Free Arts & Crafts

Japanese Bunka – Fridays, August 7 – 28 (phone-in)

This group of embroidery enthusiasts, call in and chat while working on their projects together.

Free Games

BINGO – Wednesdays, August 5 - 26 (phone-in)

Play bingo with fellow enthusiasts. Sign up and bingo sheets will be dropped off to you. Phone-in bingo can be played with a cell or land-line phone. Gift card prizes to be won.

Get Involved!

Do you have an idea for a classes that you would like to share with fellow seniors?

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