


Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Morning Meditation 10-10:45 AM Walking on the Indoor Turf/Seniors Only 1-3PM Washer Toss 1-3 PM  Yoga For All 5:30 -6:15 PM	Fitness with Ainsley 10-10:30 AM Quilt Club 1 -3:30 PM Model Aircraft Flyers 1:30 - 3 PM Craft & Crochet 2 -3:30 PM	Low Impact Dance Fitness 10:30-11 AM Chair Fitness 11:30 -12 PM Walk, Stretch & Cardio Fitness 12-1 PM  Bingo 1:15-3:30 PM	Open Painting 10:30 - 11:30 AM Walking on the Indoor Turf/Seniors Only 1-3 PM Bocce 1-3 PM Acrylic Paint Class "Snowbound" 1-3PM Soccer 1:30-3:30 PM Circle of Friends 2-3:30 PM	Gentle Yoga 10:30 - 11:30 AM Japanese Bunka 11-12:30 PM Ping Pong 1-3 PM Virtual Art Lessons 1:30-3:30 PM
9	10	11	12	13
Morning Meditation 10-10:45 AM Walking on the Indoor Turf/Seniors Only 1-3PM Washer Toss 1-3 PM  Yoga For All 5:30 -6:15 PM	Fitness with Ainsley 10-10:30 PM Quilt Club 1 -3:30 PM Model Aircraft Flyers 1:30 - 3 PM Craft & Crochet 2 -3:30 PM	CLOSED FOR REMEMBRANCE DAY 	Open Painting 10:30 - 11:30 AM Walking on the Indoor Turf/Seniors Only 1-3 PM Bocce 1-3 PM Acrylic Paint Class "Snowbound" 1-3PM Soccer 1:30-3:30 PM Craft in a Bag- Handmade Christmas Cards 2-3PM	Gentle Yoga 10:30 - 11:30 AM Japanese Bunka 11-12:30 PM Ping Pong 1-3 PM Virtual Art Lessons 1:30-3:30 PM
16	17	18	19	20
Morning Meditation 10-10:45 AM Walking on the Indoor Turf/Seniors Only 1-3PM Washer Toss 1-3 PM  Yoga For All 5:30 -6:15 PM	Fitness with Ainsley 10-10:30 PM Quilt Club 1 -3:30 PM Model Aircraft Flyers 1:30 - 3 PM Craft & Crochet 2 -3:30 PM	Low Impact Dance Fitness 10:30-11 AM Knitting Mittens with Bev 11:30-12:30 PM Chair Fitness 11:30 -12 PM Walk, Stretch & Cardio Fitness 12-1 PM  Bingo 1:15 - 3:30 PM	Open Painting 10:30 - 11:30 AM Walking on the Indoor Turf/Seniors Only 1-3 PM Bocce 1-3 PM Acrylic Paint Class "Snowbound" 1-3PM Soccer 1:30-3:30 PM	Gentle Yoga 10:30 - 11:30 AM Japanese Bunka 11-12:30 PM Ping Pong 1-3 PM Virtual Art Lessons 1:30-3:30 PM Harvest Quilt Class 1-4 PM
23	24	25	26	27
Morning Meditation 10-10:45 AM Walking on the Indoor Turf/Seniors Only 1-3 PM Washer Toss 1-3 PM  Yoga For All 5:30 -6:15 PM	Fitness with Ainsley 10-10:30 PM Quilt Club1 -3:30 PM Model Aircraft Flyers 1:30 - 3 PM Craft & Crochet 2 -3:30 PM	Low Impact Dance Fitness 10:30-11 AM Paper Quilling "Falling Leaves"10:30AM-4PM Knitting Mittens with Bev 11:30-12:30 PM Chair Fitness 11:30 -12 PM Walk, Stretch & Cardio Fitness 12-1 PM	Open Painting 10:30 - 11:30 AM Walking on the Indoor Turf/Seniors Only 1-3 PM Bocce 1-3 PM Acrylic Paint Class "Snowbound" 1-3PM Soccer 1:30-3:30 PM	Gentle Yoga 10:30 - 11:30 AM Japanese Bunka 11-12:30 PM Ping Pong 1-3 PM Virtual Art Lessons 1:30-3:30 PM Harvest Quilt Class 1-4 PM
30				
Morning Meditation 10-10:45 AM Walking on the Indoor Turf/Seniors Only 1-3 PM Washer Toss 1-3 PM Novel Book Club 1:30 - 3 PM  Yoga For All 5:30 -6:15 PM				

NOVEMBER  
IN-PERSON PROGRAMMING

# Active 55+ Recreational Programs

November 2020



**Northern Community Centre 556 Goulais Ave.**

**SAULT STE. MARIE**

To register call 705-759-5377 or email [active55+@cityssm.on.ca](mailto: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 November 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 each morning 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: 5 weeks. Instructor: Katie Rutledge. Begins Monday, November 2<sup>nd</sup>

**NEW Yoga for All: offered at the Northern Community Centre & on Zoom.**

This class is a fun and healthy activity to do with a family member. The first member registers and pays \$5. Their guest signs in upon arrival and pays \$2 per visit. Begins Monday, November 2<sup>nd</sup>  
Cost: \$50. Duration: 5 weeks. Instructor: Bree Bennett.

**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: 4 weeks Instructor: Ainsley Glassford. Begins Tuesday, November 3<sup>th</sup>

**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. Begins Wednesday, November 4<sup>th</sup>

**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. Begins Wednesday, November 4<sup>th</sup>

**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.

Begins Wednesday November 4<sup>th</sup>.

**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: 4 weeks. Instructor: Shirling Kao. Begins Friday, November 6<sup>th</sup>.

**FREE 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 times: 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

## **Active Healthy living**

### **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.

## **Arts & Crafts**

### **NEW Acrylic Painting Class “Snowbound”: Begins Thursday, November 5<sup>th</sup>**

Using a variety of brush strokes, learn how to paint a snowbound cabin at dusk. Some painting experience is required. Cost \$5 plus supplies. Duration: 4 weeks. Instructor: Ann Lalonde

### **NEW Oil Painting Class “Christmas Window”: Begins Tuesday, November 10<sup>th</sup>**

Using oil paints, learn step by step how to paint a Christmas Window. This class is suitable for all painting levels.

Cost: \$5 plus supplies. Duration: 4 weeks. Instructor: Anna Lefave.

### **NEW Craft in a Bag – Northern Community Center & Zoom – Tuesday, November 17<sup>th</sup>**

Make handmade greeting cards. Pick up your craft bag at the service desk.

Cost: \$12 includes all supplies to make 12 cards.

### **NEW Knitted Socks/Newfie Mitts: Northern Community Centre – Begins Wednesday, November 18<sup>th</sup>**

These knitted socks and mitts will make great gifts for the whole family. Have you taken the class before & need a refresher or want a new pattern, join Bev as she guides you through the pattern. Knitting knowledge is required.

Cost: \$5 plus supplies. Duration: 3 weeks. Instructor: Bev Brethat

### **NEW Quilting Class “Harvest Star”: Begins Fridays, November 20<sup>th</sup>**

Learn how to sew a “Harvest Star” quilt block.

Cost: \$7 plus supplies. Duration: 2 weeks. Instructor: Sandy Marshall

### **NEW Paper Quilling “Falling Leaves”: Northern Community Centre –Wednesday, November 25<sup>th</sup>**

Learn the art of paper quilling.

Cost: \$23 all supplies are provided. Bring a paper bag lunch for yourself. Instructor: Anna Lefave.

### **Quilt Club:**

This group of avid quilters meets every Tuesday afternoon to work on quilting projects together.

Contact the Centre for details. Tuesdays.

### **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. Tuesdays.

### **Open Painting:**

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

### **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. Thursdays.

### **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. Fridays.

### **NEW Virtual Art Lessons:**

Together we will watch virtual art classes on the big screen, then enjoy an afternoon of painting, creating and conversation. There is no instructor. Bring your watercolour or acrylic paint kit & all supplies you may need.

Cost: \$2 per visit. Fridays.

Education

**FREE Cooking with Karen: offered on Zoom – Monday, November 9<sup>th</sup>**

Learn to make hearty homemade beef soup.

Instructor: Karen Gallivan

**FREE Cooking with Karen: offered on Zoom – Monday, November 16<sup>th</sup>**

Learn to make salsa to suits your taste pallet.

Instructor: Karen Gallivan

**FREE Cooking Around the World: offered on Zoom - Wednesday, November 18<sup>th</sup>**

Using Won Ton Wrappers, learn to make a variety of freezable hors d’oeuvres.

Instructor: Andy Benson

**FREE Cooking Latin American Food: offered on Zoom – Friday, November 20<sup>th</sup>**

Veronica will demonstrate how to make two different Latin American dishes. Chicken with Papas Chorreadas and a delicious Arequipe dessert. Some ingredients may be new to you and can be ordered and delivered right to your door. To view Veronicas online market go to [www.elcanastolatinmarket.com](http://www.elcanastolatinmarket.com)

Instructor: Veronica Mejia Valle

**Novel Book Club: Offered at the Northern Community Centre – next meeting Monday, November 30<sup>th</sup>**

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

**FREE Zoom Zoom Zoom:**

Get online using the free app “Zoom”. Call and make an appointment. Vicky will take you through the steps in getting you connected. Call 705-759-5377 or email [active55+@cityssm.on.ca](mailto:active55+@cityssm.on.ca) to make your free “one on one” appointment.

Games

**NEW 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 your 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 now available to borrow.  
We ask that you only touch what you plan to take.  
Returned books are isolated for 4 days before re-bundling



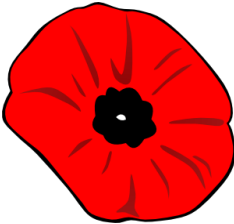
**“Drop-in” program pass cards are available at the service desk.**

Pass cards can be used at the Northern Community Centre  
and at the Drop-In Centre for all \$2 programs.

5 pass	\$10.00
10 pass	\$20.00
15 pass	\$30.00
20 pass	\$40.00
25 pass	\$50

For details and to register call 705-759-5377 or email [active55+@cityssm.on.ca](mailto:active55+@cityssm.on.ca)

**ZOOM PROGRAMMING**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b><u>Morning Meditation</u></b> 10 -10:45 AM <b><u>Yoga for All</u></b> 5:30 – 6:15 PM	<b>3</b> <b><u>Fitness with Ainsley</u></b> 10-10:30 AM	<b>4</b> <b><u>Low Impact Dance</u></b> <b><u>Fitness</u></b> 10:30 -11 PM <b><u>Chair Fitness</u></b> 11:30 – 12 PM <b><u>Bingo</u></b> 1:15 -3:30 PM	<b>5</b>	<b>6</b> <b><u>Gentle Yoga</u></b> 10:30 - 11:30 AM
<b>9</b> <b><u>Morning Meditation</u></b> 10 -10:45 AM <b><u>Cooking with Karen</u></b> 1:30-2:30 PM <b><u>Yoga for All</u></b> 5:30 – 6:15 PM	<b>10</b> <b><u>Fitness with Ainsley</u></b> 10-10:30 AM	<b>11</b> <b>CLOSED FOR REMEMBRANCE DAY</b> 	<b>12</b>	<b>13</b> <b><u>Gentle Yoga</u></b> 10:30 - 11:30 AM
<b>16</b> <b><u>Morning Meditation</u></b> 10 -10:45 AM <b><u>Cooking with Karen</u></b> 1:30-2:30 PM <b><u>Yoga for All</u></b> 5:30 – 6:15 PM	<b>17</b> <b><u>Fitness with Ainsley</u></b> 10-10:30 AM <b><u>Craft in a Bag</u></b> Handmade Greeting Cards 2:30 – 3:30 PM	<b>18</b> <b><u>Low Impact Dance</u></b> <b><u>Fitness</u></b> 10:30 -11 PM <b><u>Chair Fitness</u></b> 11:30 – 12 PM <b><u>Bingo</u></b> 1:15 -3:30 PM <b><u>Cooking Around the</u></b> <b><u>World</u></b> 1:30-2:30 PM	<b>19</b>	<b>20</b> <b><u>Gentle Yoga</u></b> 10:30 - 11:30 AM <b><u>Cooking</u></b> <b><u>Latin American Food</u></b> 3-4 PM
<b>23</b> <b><u>Morning Meditation</u></b> 10 -10:45 AM <b><u>Yoga for All</u></b> 5:30 – 6:15 PM	<b>24</b> <b><u>Fitness with Ainsley</u></b> 10-10:30 AM	<b>25</b> <b><u>Low Impact Dance</u></b> <b><u>Fitness</u></b> 10:30 -11 PM <b><u>Chair Fitness</u></b> 11:30 – 12 PM	<b>26</b>	<b>27</b> <b><u>Gentle Yoga</u></b> 10:30 - 11:30 AM
<b>30</b> <b><u>Morning Meditation</u></b> 10 -10:45 AM <b><u>Yoga for All</u></b> 5:30 – 6:15 PM				

**How to sign up for Zoom:**

Visit the website <https://www.zoom.us/>  
Click on **sign up, it’s free button**.

**How to register for Active 55+ programming:**

Choose one of the following options that suits you best.

\*visit the city of Sault Ste. Marie web page <https://saultstemarie.ca/>

Go to “popular pages” choose “register for activities”

\*call 705-759-5377

\*stop by the service desk at the Northern Community Centre – 556 Goulais Ave.

\*email [active55+@cityssm.on.ca](mailto:active55+@cityssm.on.ca)