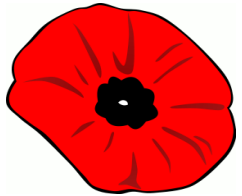




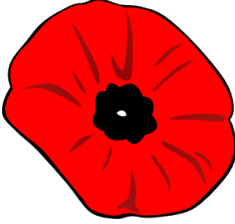
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10:30 AM- 12PM Tai Chi 1 - 3 PM Knitting/Sewedish Weave	11-11:30 AM Stretching and Strengthening 12:30 - 1 PM Pilates on the Chair 4-8 PM Pickle Ball 6:30-8:30 PM Wood Bee Carvers 7-9 PM Darts	10:15 AM - 12:15 PM Open Painting 10:30 - 11:45 AM Christmas Cheer 10:30 AM - 12:30 PM Knitted Socks/Newfie Mitts 10:30 AM-12 PM- Tai Chi	10:30 -11:30 AM Yoga for Vitality 12:30 – 1 PM Low Impact Cardio 1:30 -2 PM Stretching & Strengthening 4 – 6 PM Pickle Ball	10:15 AM – 12 PM Crochet 10:30 AM - 12:30 PM Acrylics Landscape/Field Grasses/Flowers 10:30 AM-12:30 PM Wii Bowling 10:30 -11:30 AM Zumba 1:30 – 3:30 PM Shuffleboard
9	10	11	12	13
10:30 AM – 12 PM Tai Chi 1 – 3 PM Knitting/Swedish Weave	10:15 AM - 12PM Traditional Hand Rug Hooking 11 – 11:30 AM Stretching & Strengthening 12:30 – 1 PM Pilates on the Chair 4– 8 PM Pickle Ball 6:30-8:30 PM Wood Bee Carvers 7 – 9 PM Darts	CLOSED FOR REMEMBRANCE DAY! 	10:30 -11:30 AM Yoga for Vitality 10:30 AM - 4 PM Paper Quilling Poinsetta Memory Ball 10:30 AM 12:30 PM Shading with a Shapie Workshop 12:30 – 1 PM Low Impact Cardio 1:30-2 PM Stretching & Strengthening 4 – 6 PM Pickle Ball	10:15 AM – 12 PM Crochet 1:00 - 4 PM Quilting Oh Christmas Tree Wall Hanging 10:30 AM-12:30 PM Wii Bowling 10:30 – 11:30 AM Zumba 10:30 AM - 3:30 PM Watercolour Cards 1:30 – 3:30 PM Shuffleboard
16	17	18	19	20
10:30 AM -12 PM- Tai Chi 1- 3PM Knitting/Swedish Weave 1 - 4 PM Comfort Dolls	11 – 11:30 AM Stretching & Strengthening 12:30 – 1 PM Pilates on the Chair 10:30 AM - 4 PM Photo Scrapbooking 2:30 -3:30 PM Recipe Club 4– 8 PM Pickle Ball 6:30-8:30 PM Wood Bee Carvers 7 –9 PM Darts	10:15 AM - 12:15 PM Open Painting 10:30 AM - 4 PM Quilling Reindeer Table Runner 10:30 – 11:45 AM Christmas Cheer 10:30 AM – 12 PM Tai Chi 10:30 AM - 12:30 PM Knitted Socks/Newfie Mitts	10:30 -11:30 AM Yoga for Vitality 10:30am -12:30pm Paper Quilling "Snowflakes" 10:30AM - 12:30PM Shading with a Sharpie Workshop 12:30 – 1 PM Low Impact Cardio 1:30 -2 PM Stretching & Strengthening 4 – 6 PM Pickle Ball	10:15 AM – 12 PM Crochet 10:30 AM-12:30 PM Wii Bowling 10:30 – 11:30 AM Zumba 1:30 – 3:30 PM Shuffleboard
23	24	25	26	27
10:30 AM – 12 PM Tai Chi 10:30 AM- 4 PM Quilting Star Paper Piecing Block 1 – 3 PM Knitting/Swedish Weave 1:30 - 3:30 PM Fused Glass "Snowman"	10:15 AM - 12PM Traditional HandRug Hooking 11 – 11:30 AM Stretching & Strengthening 12:30 – 1 PM Pilates on the Chair 2:30 -3:30 PM Savvy Senior Book Chat 4– 8 PM Pickle Ball 5:00 - 7:00 PM How to Use a Cricut Machine 6:30-8:30 PM Wood Bee Carvers 7 –9 PM Darts	10:15 AM - 12:15 PM Open Painting 10:30 AM - 12:30 PM Knitted Socks/Newfie Mitts 10:30 – 11:45 AM Christmas Cheer 10:30 AM – 12 PM Tai Chi 10:30 AM - 4 PM Paper Quilling Falling Leaves 10:30 AM - 4 PM Quilted Reindeer Table Runner 2-3:30 PM Bingo	10:30 -11:30 AM Yoga for Vitality 12:30 – 1 PM Low Impact Cardio 1:00 - 4 PM Hug a Tree, Knit a Scarf 1:30 -2 PM Stretching & Strengthening 4 – 6 PM Pickle Ball	10:15 AM – 12 PM Crochet 10:30 – 11:30 AM Zumba 10:30 AM-12:30 PM Wii Bowling 1:30 – 3:30 PM Shuffleboard
30				
10:30 AM – 12 PM Tai Chi 11 AM - 12:30 PM Apron Strings Talk and Snack 1 – 3 PM Knitting/Swedish Weave				

Drop-In Centre 619 Bay Street

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



ZOOM PROGRAMMING

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p><u>Laughter Yoga</u> 1:30 to 2 PM</p>	<p>3</p> <p><u>Stretching & Strengthening</u> 11 – 11:30 AM</p> <p><u>Pilates on the Chair</u> 12:30 – 1 PM</p>	<p>4</p>	<p>5</p> <p><u>Yoga for Vitality</u> 10:30 -11:30 AM</p> <p><u>Low Impact Cardio</u> 12:30 – 1 PM</p> <p><u>Stretching & Strengthening</u> 1:30-2 PM</p>	<p>6</p> <p><u>Mindfulness for the Daily Life</u> 10-11 AM</p> <p><u>Zumba</u> 10:30 – 11:30 AM</p>
<p>9</p> <p><u>Laughter Yoga</u> 1:30 to 2 PM</p> <p><u>Fancy Desserts Made Easy</u> 2:30 to 3:30 p.m.</p>	<p>10</p> <p><u>Stretching & Strengthening</u> 11 – 11:30 AM</p> <p><u>Pilates on the Chair</u> 12:30 – 1 PM</p>	<p>11</p> <p>CLOSED FOR REMEMBRANCE DAY</p> 	<p>12</p> <p><u>Yoga for Vitality</u> 10:30 -11:30 AM</p> <p><u>Low Impact Cardio</u> 12:30 – 1 PM</p> <p><u>Stretching & Strengthening</u> 1:30-2 PM</p>	<p>13</p> <p><u>Mindfulness for the Daily Life</u> 10-11 AM</p> <p><u>Zumba</u> 10:30 – 11:30 AM</p>
<p>16</p>	<p>17</p> <p><u>Stretching & Strengthening</u> 11 – 11:30 AM</p> <p><u>Pilates on the Chair</u> 12:30 – 1 PM</p> <p><u>Recipe Club</u> 2:30 to 3:30 PM</p>	<p>18</p> <p><u>Meditation in the 2020 World/Coping with Covid Stress</u> 10:30 AM- 12 PM</p>	<p>19</p> <p><u>Yoga for Vitality</u> 10:30 -11:30 AM</p> <p><u>Low Impact Cardio</u> 12:30 – 1 PM</p> <p><u>Stretching & Strengthening</u> 1:30-2 PM</p>	<p>20</p> <p><u>Mindfulness for the Daily Life</u> 10 – 11 AM</p> <p><u>Zumba</u> 10:30 – 11:30 AM</p>
<p>23</p> <p><u>Side with Me Cooking Class</u> 1-2 PM</p>	<p>24</p> <p><u>Stretching & Strengthening</u> 11 - 11:30 AM</p> <p><u>Pilates on the Chair</u> 12:30 – 1PM</p>	<p>25</p> <p><u>Speaking of Bones Osteoporosis Talk</u> 2-3 PM</p>	<p>26</p> <p><u>Yoga for Vitality</u> 10:30 -11:30 AM</p> <p><u>Low Impact Cardio</u> 12:30 – 1 PM</p> <p><u>Stretching & Strengthening</u> 1:30-2 PM</p>	<p>27</p> <p><u>Mindfulness for the Daily Life</u> 10 – 11 AM</p> <p><u>Zumba</u> 10:30 – 11:30 AM</p>
<p>30</p>				

Active 55+ Recreational Programs**Drop-In Centre 619 Bay Street**

To register call 705-254-6474 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 for fitness programs.

Zoom programs for the month of November are supported by the New Horizons Seniors Program Grant.

Active Healthy living**Low Impact Cardio Workout: Drop in Centre & Zoom –Begins November 5th (Lan Gao)**

This 30 minute workout is an effective way to exercise the whole body without stress, this class presents a well-choreographed walking routine through different movements building cardio endurance, coordination and strength. Running shoes are needed.

Cost: Free Duration: 4 weeks

Stretching & Strengthening: Drop in Centre & Zoom- Begins November 3rd (Lan Gao)

Designed to increase strength, flexibility, balance, improve posture and activities of daily living. This 30 minute class is good for all fitness levels. Chairs are used for seated exercise and standing support, light weights and stretch bands are used for various flexibility exercises.

Cost: Free Duration: 4 weeks/ 8 sessions.

Yoga for Vitality: Drop in Centre & Zoom- Begins November 5th (Shirling Kao)

Tone and stretch through yoga poses, while incorporating meditation and breathing exercises. This class is executed from the floor. Please bring your own yoga mat.

Cost: Free Duration: 4 weeks

Zumba: Drop in Centre & Zoom- Begins November 13th (Ildiko Horbath)

Zumba is a Latin dance inspired, easy to follow, calorie burning fitness program. Zumba borrows movement patterns from Latin and other cultural dances.

Cost: Free Duration: 4 weeks

Tai Chi: Drop in Centre- on going program

Tai Chi is an ancient Chinese martial form and uses a series of movements performed in a slow focused manner. Join the practice to improve balance, strength, memory, flexibility and overall mood.

Cost: \$2.00 Drop in pass

Laughter Yoga: Zoom- Session is in progress (Allyne Leonard)

Join Allyne in laughter and breathing exercises that are suitable for everyone. Get fit through laughter!

Duration: 4 weeks

Pilates on the Chair: Drop in Centre & Zoom- Begins November 3rd (Lan Gao)

With a focus on breathing and alignment, slow and precise movement are designed to develop long and lean muscles which increase flexibility, improve posture and provide better mobility. This exercise is performed on a chair to make it accessible for all.

Cost: Free Duration: 4 weeks

Mindfulness for the Daily Life: Zoom- Begins November 13th (Anne O'Connor)

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

Cost: Free Duration: 4 weeks

Shuffleboard: Drop in Centre- on going program

This game is played on the floor courts. You must call in to pre-register for your time slot.

Cost: \$2.00 Drop in pass

Darts: Drop in Centre- on going program

An evening of darts. You must call in to pre-register for your time slot. Bring your own darts.

Cost \$2.00 Drop in pass

Pickle Ball: Drop in Centre- on going program

A fun game to play! This hybrid sport is a mix of badminton, tennis and table tennis. Please bring your own paddles.

Cost: \$2.00 Drop In Pass

Wii Bowling: Drop In Centre – on going program

Call and register your time slot for this fun sport played with Wii remotes on the TV screen.

Cost: \$2.00 Drop In Pass

Arts & Crafts**Knitted Socks/Newfie Mitts (Bev Breathat)**

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

Cost \$5.00 plus supplies Duration 3 weeks

Knitting/Swedish Weaving/Crochet - on going program

This group meets weekly to work on individual projects. You must come with all your own supplies.

Cost: \$2.00 Drop in pass

Open Painting: Drop in Centre – on going program

Work on your own individual painting project. Must bring all your own supplies.

Cost: \$2.00 Drop in pass

Watercolour Cards: (Taimi Poldmaa)

Learn how to easily make all occasion greeting cards using watercolour techniques. Some painting experience required. Cost \$20.00 plus supplies

Paper Quilling “Snowflakes” (Anna Lefave)

Come out and try this craft great project! Display your snowflake in a picture frame to hang or table display. This snowflake won't melt away!

Cost \$23.00 includes kit

Creative Memories Photo Scrapbooking: (Lanny Clarke)

Let's get creative and organized through scrapbooking. Lanny will be here to guide you through steps in creating your memorable pages. Please bring all your own supplies.

Cost: \$15.00, bring your own supplies

Christmas Cheer - on going program

This group of ladies meet weekly to work on various projects that will be donated to Christmas Cheer. The centre supplies yarn, please bring your favourite pattern and needles. This is a free program.

Comfort Dolls- monthly

This group of volunteers come to knit, crochet or stuff dolls. Projects are then donated to the Sault Area Hospital Volunteer Resource Centre. Yarn and patterns are supplied. Please bring a set of 4.5mm needles. Call to register.

Hug a Tree, Knit a Scarf - monthly

Knit, crochet these scarfs in various colours and sizes. These scarfs will hug a tree at Clerque Park and other outdoor skating parks. Yarn is supplied. Bring your own needles.

Shading with a Sharpie Workshop (Melanie Johns)

Learn to use a sharpie to texture and shade your drawing. You will discover the many ways to use your sharpie as a drawing medium. All levels welcome.

Cost \$10.00 plus supplies

Traditional Hand Rug Hooking (Betty Currie) bi weekly

Using recycled wool cloth and other fabrics, complete a rug hooking project.

Cost \$2.00 Drop in Pass

Paper Quilling Poinsettia Ball (Ann Lefave)

For this class you will need to bring a dozen pictures to choose from for your Christmas Ball. What a great way to display family photo. Cost \$25.00 includes kit

Quilting “O Christmas Tree Wall Hanging” (Joan Davis)

Get started on a new decoration to display over the holiday season. This fun to make project is also great for beginners. Cost \$7.00 plus supplies

Quilting “Reindeer Table Runner” (Nancy Sachro)

This reindeer table runner is fused raw edges applique machine sewn and quilted project made with one background fabric and one fabric for the reindeer. Optional patterns will be available for placemats or a throw cushion.

Cost \$7.00 plus supplies Duration: 2 days

Quilting “Star Paper Piecing Block” (Susie Kainula)

Learn this block to make either a runner or quilt. Sewing and quilting knowledge is an asset.

Cost \$7.00 plus supplies

Fused Glass Snowman (Tiffany Runge)

Everyone loves snowman – make this one to hang on a tree or window. Fun and easy to make.

Cost: \$21.00 includes kit

Learn to Use a Cricut Machine (Shannon Maki)

Find out how to work a cricut machine. Join Shannon as she demonstrates the features of this machine while making a Christmas themed project. Learn about the endless possibilities of the cricut machine.

Cost: \$5.00

Wood Bee Carvers: on – going program

Join this group & work independently on individual projects. Must bring all your own supplies.

Cost: \$2.00 Drop in pass.

Education**Zoom Zoom Zoom: Drop In Centre**

Get online using the free app “Zoom”. Call and make an appointment. Brooke will take you through the steps in getting you connected.

Call 705-254-6474 or email active55+@citssm.on.ca.

Savvy Senior Book Chat: Drop In Centre

A representative from the Sault Ste. Marie Public Library will be hosting a book chat for all seniors. A great way to share your favourite book, poem or movie. Cost: \$2.00 Drop In pass

Cooking Fancy Desserts Made Easy: Zoom (Cathie Bishop)

Learn to make a Chocolate Trifle and a Mock French Pastry.

Cost: Free

Meditation in the 2020 World/Coping with Covid Stress: Zoom (Bonnie Baranski)

This session will begin with a short meditation and discussion about the ways meditation helps with daily life. Learn how to keep in touch with your Chakras and apply a checklist for calmness in your daily life.

Cost: Free

Side with Me Cooking Class: Zoom (Ildiko Horvath)

Learn how to make a traditional Hungarian potato salad and pickled cabbage.

Cost: Free

Speaking of Bones Talk: Zoom

Register for this talk and learn about osteoporosis; learn the risk factors associated with osteoporosis and how it can be diagnosed. Discussions on what to do to maintain healthy bones and how to live well with osteoporosis. This talk is presented to you by Osteoporosis Canada. This is a free course.

Apron Strings Talk: Drop in Centre (Myril Lynn Brason-Lediatt)

The history, story and uses of the apron. Myril Lynn is here for show and tell about aprons of years past. Enjoy a snack following the talk. Limited spots register early.

Cost: \$5.00

Recipe Club: Drop in Centre and Zoom (Mary Piraino)

Share a favourite recipe, a memory or story to accompany your recipe. Visit, eat, and laugh! Feel free to bring your own snack or drink. Due to COVID no sharing please.

Cost: \$2.00 Drop In Pass

Games**Bingo: Drop in Centre**

Play bingo with fellow enthusiasts. Bingos are on the 2nd and 4th Wednesdays of each month. Limited seating call 705-254-6474 to reserve your seat.

Cost: \$2.00 Drop in pass

Snooker: Drop in Centre

To play a game of snooker please call 705-254-6474 to register your time slot. Please bring your own pool cue.

Cost: \$2.00 Drop in pass.