

# Active 55+ Recreation Programs

April 2021

Northern Community Centre Active 55+

Bay Street Active Living Centre 55+

NCC

BALC

556 Goulais Ave.

705-759-5377

active55+@cityssm.on.ca



**SAULT STE. MARIE**

619 Bay Street

active55+@cityssm.on.ca

**Attention:** Both Active Living Centers are closed Friday, April 2 and Monday, April 5 for Easter.

## Reminder: Our centres are scent free

### **Special Event**– REGISTRATION IN ADVANCE IS REQUIRED

The following Special Events are offered on Zoom.

#### **Spotlight on Local Artist “Isabelle Michaud”:**

Join the Sault Ste. Marie Museum for a virtual tour and artist talk with Isabelle Michaud, our inaugural artist-in-residence. Isabelle will discuss her artwork and research on local and regional Francophone history, identity, as well as the challenges and successes of finding community and connection to Francophone culture in Northern Ontario. Her culminating exhibition is titled “Walking French Town/Une Balade a French Town”.

**Date:** Friday, April 16<sup>th</sup> **Time:** 1–2 PM **Cost:** \$2 **ID:** 992 3698 9645 **Passcode:** 432078

#### **Exhibit of Police History and Local Medical History:**

You are welcome to join the Sault Ste. Marie Museum for a virtual guide through our Skylight Gallery, which features local history from pre-European settlement through recent history. Our newest featured exhibits in Skylight Gallery include exhibits on local Police history and local medical history.

**Date:** Friday, April 30<sup>th</sup> **Time:** 1 – 2 PM **Cost:** \$2 **ID:** 965 0328 6763 **Passcode:** 648211

### **Active Healthy living** – REGISTRATION IN ADVANCE IS REQUIRED

**Osteoporosis Moving Lecture:** (Ainsley Glassford) This lecture is available in-person or on zoom.

Dress comfortably and be prepared to move your body as you learn osteoporosis friendly techniques to properly engage in activities of daily living as well as how to get down to and up from the floor safely.

A mat is recommended. This class is taught by a Bone Fit trained instructor (Wear running shoes).

**Date:** Tuesday, April 13<sup>th</sup> **Time:** 11-12 PM **Cost:** Free **Location:** NCC **ID:** 993 6746 3001 **Passcode:**

### **Meditation Classes**

The following meditation classes are offered in-person or on Zoom.

**Gratitude from Chaos:** (Bonnie Baranski) ID: 919 2174 0255 **Passcode:** 142291

**Date:** Thursdays, April 1<sup>st</sup>-29<sup>th</sup> (4wks) **Time:** 10:30-11:30 AM **Cost:** \$20 **Location:** BALC

**Morning Meditation:** (Katie Rutledge) 993 5795 1101

**Date:** Mondays, April 5<sup>th</sup>-26<sup>th</sup> (4wks) **Time:** 10-10:45 AM **Cost:** \$8 **Location:** NCC

### **Fun Facts**

**Did You Know** Wednesday, April 7<sup>th</sup> is “green shirt day”. Wear a Green Shirt in support of organ donation awareness and registration across Canada. For more information visit <https://greenshirtday.ca/>

**“Tap” Away Your Pain: (Donna Coulter) ID: 929 2793 2146 Passcode: 161230**

Scientific research finds that focused awareness combined with needleless acupuncture-points tapping significantly reduces pain and aids the body’s natural healing abilities. Join Donna as she guides you to use our own hands to tap on these points and feel the difference it can make.

Donna is an accredited, certified Emotional Freedom Technique Practitioner.

Tapping is not a cure all. By participating in this program, you agree to take full responsibility for your health.

**Date:** Wednesdays, April 7<sup>th</sup> – 28<sup>th</sup> (4wks) **Time:** 1–2 PM **Cost:** \$15 **Location:** BALC

**Mindfulness for the Daily Life: (Ann O’Connor) ID: 937 2473 5049 Passcode: 311061**

**Date:** Fridays, April 9<sup>th</sup>–30<sup>th</sup> (4wks) **Time:** 10-11 AM **Cost:** \$8 **Location:** BALC

### **Fitness Classes: – REGISTRATION IN ADVANCE IS REQUIRED**

Classes with Zoom ID and Passcodes are offered both in-house and on Zoom

**Low Impact Cardio Workout: (Lan Gao) ID: 997 8118 5284 Passcode: 199718**

**Date:** Thursdays, April 1<sup>st</sup>–29<sup>th</sup> (5wks) **Time:** 12:30-1 PM **Cost:** \$10 **Location:** BALC

**Dynamic Joints: (Ainsley Glassford) ID:**

**Date:** Tuesdays, April 6<sup>th</sup>-27<sup>th</sup> (4 wks) **Time:** 10-10:30 AM **Cost:** \$8 **Location:** NCC

**Stretching & Strengthening: (Lan Gao) ID: 998 9404 6500 Passcode: 184164**

**Date:** Thursdays, April 1<sup>st</sup> to 29<sup>th</sup>(5wks) **Time:** 1:30-2 PM

**Date:** Tuesdays, April 6<sup>th</sup> – 29<sup>th</sup> (4wks) **Time:** 11-11:30 AM **Cost:** \$10 **Location:** BALC

**Note:** this class meets twice a week (9 sessions)

**Pilates on a Chair: (Lan Gao) ID: 994 6570 4890 Passcode: 869348**

**Date:** Tuesdays, April 6<sup>th</sup>–27<sup>th</sup> (4wks) **Time:** 12:30-1 PM **Cost:** \$8 **Location:** BALC

**Yoga for Vitality: (Shirling Kao) ID: Passcode: 793788**

**Date:** Tuesdays, April 6<sup>th</sup>-27 **Time:** 1:30-2:30PM **Cost:** \$40 **Location:** BALC

**Low Impact Dance Fitness: (Lan Gao) ID: 913 7465 8092 Passcode: 584269**

**Date:** Wednesdays, April 7<sup>th</sup>-28<sup>th</sup> (4 wks) **Time:** 10:30 -11 AM **Cost:** \$8 **Location:** NCC

**Chair Fitness: (Lan Gao) ID: 917 1651 9982 Passcode:**

**Date:** Wednesdays, April 7<sup>th</sup>-28<sup>th</sup> (4wks) **Time:** 11:30 AM–12 PM **Cost:** \$8 **Location:** NCC

**Line Dance: (Joan Walls)**

**Date:** Wednesday, April 7<sup>th</sup> & April 21<sup>st</sup> **Time:** 2–4 pm **Cost:** \$2 **Location:** BALC

Registration for Each Class is required!

**Gentle Yoga: (Shirling Kao) ID:**

**Date:** Fridays, April 9<sup>th</sup>-30<sup>th</sup> (4wks) **Time:** 10:30-11:30 AM **Cost:** \$40 **Location:** NCC

**Zumba: (Ildiko Horvath) ID: 918 0768 5869 Passcode: 802588**

**Date:** Fridays April 9<sup>th</sup>-30<sup>th</sup> (4wks) **Time:** 11:30 AM–12:30 PM **Cost:** \$40 **Location:** BALC

**Laughter Yoga: (Allyne Leonard) ID: 968 8220 5160 Passcode: 822220**

**Date:** Mondays, April 12<sup>th</sup> (3wks) **Time:** 2-2:30 PM **Cost:** \$6 **Location:** BALC

**NEW Motown Dance Party on a Chair: (Lan Gao) ID: 986 7033 1322 Passcode: 5pBg7w**

Try this new fitness class for free. This exhilarating cardio dance class to great Motown music uses easy to follow choreography, combines Motown moves and fitness to tone and sculpt your body while burning calories. The whole class can be done entirely on a chair. It's a great work out with focus on core and whole body without stress on feet or lower body. This class is suitable for all.

**Date:** Wednesday, April 14<sup>th</sup> **Time:** 2-2:30 PM **Cost:** Free **Location:** NCC

## Games— REGISTRATION IN ADVANCE IS REQUIRED

**We are "BOARD "Game Afternoon: ID: 944 2007 2307 Passcode: 523933**

**Date:** Friday, April 9<sup>th</sup> & 23<sup>rd</sup> **Time:** 1:30-2:30 PM **Location:** BALC

## Arts & Crafts— REGISTRATION IN ADVANCE IS REQUIRED

**Needlecraft Chat Group: ID: 978 6442 3545 Passcode: 807160**

**Date:** Tuesdays, April 6<sup>th</sup> **Time:** 3 -4 PM **Cost:** Free **Location:** BALC

Work on your own needlecraft projects while sharing time with friends

### Open Painting Group:

Paint, craft and chat with fellow enthusiasts. This program is available in-person and also on zoom Thursdays.

**Date:** Thursdays **Time:** 10:30 AM-12:30 PM **Cost:** FREE **Location:** NCC **ID:**

## Education— REGISTRATION IN ADVANCE IS REQUIRED

### Personal Safety

**Emergency Preparedness Talk: (Naomi Thibaut/Sault Ste. Marie Fire Services)**

Learn strategies & tips to ensure you are prepared for an emergency during a global pandemic.

**Date:** Friday, April 9<sup>th</sup> **Time:** 1:30-2:30 PM **Cost:** Free **Location:** NCC **ID:** **Passcode:**

This class is available both in-person & on zoom.

### Technology

Learn to use the free online "Zoom" app. We will guide you step by step.

Call 705-759-5377 or email [active55+@cityssm.on.ca](mailto:active55+@cityssm.on.ca) to make your free "one on one" appointment.

**Appointments are available Mondays; April 12<sup>th</sup>, 19<sup>th</sup> or Tuesdays; April 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> between 11:00 AM & 1:00 PM.**

Bring your fully charged electronic device (example: smart phone, iPad or tablet).

### Culinary Classes

All Culinary classes are offered on ZOOM only.

**Cultures of India: (Paul Immanuel) ID: 939 2558 5699 Passcode: 006480**

Learn the cultures of India, their festivals, traditions, language, food and traditional wears

**Date:** Wednesday, April 7<sup>th</sup> **Time:** 2:30–3:30 PM **Cost:** Free

**Cooking with Karen: (Karen Gallivan)**

**Menu:** Asparagus Delight Casserole **Date:** Monday, April 12<sup>th</sup> **Time:** 1:30-2:30 PM **Cost:** \$5

**ID:**

**Menu:** Hot Cross Buns **Date:** Monday, April 19<sup>th</sup> **Time:** 1:30-2:30 PM **Cost:** \$5

**Cooking with Cathie: (Cathie Bishop) ID:** 944 6634 1411 **Passcode:** 005247

**Menu:** Cream Puff Cake **Date:** Monday, April 26<sup>th</sup> **Time:** 12:30-1:30 PM **Cost:** \$5

**Recipe Club: (Mary Piraino) ID** 921 4455 3097 **Passcode** 650657

Share one of your favorite recipes.

**Date:** Monday, April 26<sup>th</sup> **Time:** 3–4 PM **Cost:** \$2 **Location:** BALC

**Sushi 4 Ways: (Lan Gao) ID:** 925 9935 8216 **Passcode:** 306727

**Menu:** Cream Cheese Bacon Sushi, Shrimp Maki Roll, Veggie Roll, California Roll

A Fresh, delicious and healthy way to eat. We will show you the basics of making rice, cutting vegies and roll the sushi!

**Date:** Friday, April 30<sup>rd</sup> **Time:** 1:30 -2:30 PM **Cost:** \$5

## Reading

**Novel Book Club ID:**

This group meets monthly. **April's book:** "His Whole Life" **Author:** Elizabeth Hav

**Date:** Monday, April 26<sup>th</sup> **Time:** 1:30-2:30 PM

**Savvy Book Chat: (Jennifer Misner/SSM Public Library Staff) ID:** 912 9976 8471 **Passcode:** 628256

Share your favorite book, poem or movie to discuss.

**Date:** Tuesday, April 27<sup>th</sup> **Time:** 2:30-3:30 PM **Cost:** \$2 **Location:** BALC

## Just 4 Fun— REGISTRATION IN ADVANCE IS REQUIRED

Chat with friends, meet new people. The topic of conversation changes weekly.

**Date:** Wednesdays, April 7<sup>th</sup>-28<sup>th</sup> (4wks) **Time:** 3-4 PM **Cost:** Free

## Algoma Public Health:

To find current Co-vid 19 information, including vaccine clinics near you go to <http://www.algomapublichealth.com/> or call 705-541-2332.

