

Active 55+ Recreation Programs

May 2021

Northern Community Centre Active 55+
NCC
556 Goulais Ave.
705-759-5377
active55+@cityssm.on.ca



Bay Street Active Living Centre 55+
BALC
619 Bay Street
705-254-6474
active55+@cityssm.on.ca

May Programming - Zoom

Please note: Advanced registration is required for all programs



ATTENTION: Both Active 55+ Living Centers are closed Monday, May 24 for Victoria Day.

SPECIAL EVENTS

Mother's Day Wishes to you from all Active 55+ Staff: ID: 990 0053 7853 Passcode: 239701

Join us on zoom as we wish you a heartfelt Happy Mother's Day and entertain you.

Date: Friday, May 7th **Time:** 10:30–11:30 PM **Cost:** Free

Published Local Author: (Tammy Deans) ID: 924 9504 7629 Passcode: 975521

Tammy Deans is a local published author, psychic and spiritual advisor. Join us as Tammy explains some of her abilities, experiences and shares a review of her books.

Date: Friday, May 7th **Time:** 2-3 PM **Cost:** Free

International Sharing Dance Day Celebration: (Anna Lefave, Leslie Smith, Ildiko Horvath & Lan Gao)

ID: 922 1618 0313 **Passcode:** 570260

This is a worldwide dance celebration to share the power of dancing within our communities. The music soundtrack is inspiring, this will surely be a fun event for all. Dress comfortably, wear running shoes.

Date: Friday, May 21st **Time:** 2-3:30 PM **Cost:** Free

GAMES

We are "BOARD "Game Afternoon: ID: 936 6337 3769 Passcode: 921657

Join us for an afternoon of fun games played on zoom (Pictionary, hangman & trivial pursuit)

Date: Fridays, May 14th & 28th (2 wks) **Time:** 1:30-2:30 PM **Cost:** Free

Trivia Afternoon: ID: 999 9381 0717 Passcode: 150017

Join in the fun as we have a friendly trivia challenge of our College/University student's vs our seniors.

Gift cards as prizes will be awarded to top players. Sponsored by Club 235.

Date: Tuesday, May 25th **Time:** 2-3:30 PM **Cost:** Free

Advanced registration is required for all programs

POSITIVE MENTAL HEALTH

NEW Stress Management Presentation: (Aubrey Millard) ID: 916 5741 0225 **Passcode:** 925573

There are four classes to this stress management presentation, each will build on the previous one, and each will end with a deep relaxation and imagery exercise. Each session can be enjoyed without having attended any of the previous ones. Topics will include definitions of stress, sources of stress and the physiological aspects of stress and relaxation techniques. Relaxation techniques would include breathing exercises, imaging, progressive muscle relaxation and forms of positive self-suggestions.

Note: Aubrey is a retired registered psychologist, teacher and guidance counsellor. He is an avid sailor and has sailed the world. **Date:** Tuesdays, May 4th-25th (4wks) **Time:** 10:30-11:30 AM **Cost:** Free

NEW Get Real About How You Feel Talk: (Edwina Duguay R.N – Seniors Mental Health Services)

ID: 962 7185 8458 **Passcode:** 629612

Has Covid-19 affected your mental health? Learn what are the warning signs are and what to do about it.

Date: Monday, May 10th **Time:** 11:30-12:30 PM **Cost:** Free

MEDITATION CLASSES

Morning Meditation Class: (Katie Rutledge) ID: 941 9323 5119 **Passcode:** 915163

This class is intended to lower your stress level & set the tone for a calm & peaceful day.

Date: Mondays, May 3rd-31st (4wks) **Time:** 10-10:45 AM **Cost:** \$8

Note: no class May 24th

“Tap” Away Your Pain: (Donna Coulter) ID: 957 4421 7235 **Passcode:** 451867

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 your 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, May 5th-26th (4 wks) **Time:** 1–2 PM **Cost:** \$60

Gratitude from Chaos: (Bonnie Baranski) ID: 974 5042 2985 **Passcode:** 426474

Date: Thursdays, May 6th-27th (4wks) **Time:** 10:30-11:30 AM **Cost:** \$20

Mindfulness for the Daily Life: (Ann O’Connor) ID: 927 2078 6116 **Passcode:** 420954

Date: Fridays, May 7th-28th (4wks) **Time:** 10-11 AM **Cost:** \$8

Note: at this time, this class is unable to add beginners.

FITNESS CLASSES

Laughter Yoga: (Allyne Leonard) ID: 915 5405 3778 **Passcode:** 479823

Date: Mondays, May 3rd-31st (4 wks) **Time:** 2-2:30 PM **Cost:** \$8

Note: no class May 24th

Dynamic Joints: (Ainsley Glassford) ID: 955 1858 5952 **Passcode:** 233588

This low impact, high energy cardio class has a great sound track to get you moving!

Date: Tuesdays, May 4th-25th (4 wks) **Time:** 9:45-10:15 AM **Cost:** \$8

Pilates on a Chair: (Lan Gao) ID: 958 7702 6367 **Passcode:** 889594

Date: Tuesdays, May 4th-25th (4wks) **Time:** 12:30-1 PM **Cost:** \$8

Advanced registration is required for all programs

NEW Gentle Yoga for the Mind and Body: (Shirling Kao) ID: 943 1574 3054 Passcode: 711901

This is a class designed to bring your mind into your body through slow paced movement and mindful guidance, leaving you feeling calm, stretching out, strong and balanced. Pick a quiet place in your home to put down a mat, and keep a cushion and blanket around. **Date:** Wednesdays May 5th–26th (4wks) **Time:** 10-11 AM **Cost:** \$40

Low Impact Dance Fitness: (Lan Gao) ID: 910 8225 0820 Passcode: 159039

Learn simple dance routines. You will leave this class filled with positive energy & positive thoughts. **Date:** Wednesdays, May 5th–26th (4 wks) **Time:** 10:30-11 AM **Cost:** \$8

Chair Fitness: (Lan Gao) ID: 934 1448 5259 Passcode: 493446

This class combines chair yoga & chair Pilates. You will work out from a seated position. **Date:** Wednesdays, May 5th–26th (4wks) **Time:** 11:30 AM–12 PM **Cost:** \$8

NEW Motown Party on a Chair: (Lan Gao) ID: 914 3052 8863 Passcode: 084065

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 for the whole body, with a focus on the core.

This class is suitable for all. **Date:** Wednesdays, May 5th–26th (4 wks) **Time:** 2-2:30 PM **Cost:** \$8

Stretching & Strengthening: (Lan Gao) ID: 955 8065 6469 Passcode: 680097

Start Date: Tuesday, May 4th (4 wks) **Time:** 1:30-2 PM

Date: Thursdays (4wks) **Time:** 11-11:30 AM **Cost:** \$8

Note: this class meets twice a week (8 sessions)

Low Impact Cardio Workout: (Lan Gao) ID: 982 1745 0506 Passcode: 757257

Date: Thursdays, May 6th–27th (4wks) **Time:** 12:30-1 PM **Cost:** \$8

Zumba: (Ildiko Horvath) ID: 989 2796 8102 Passcode: 051705

Date: Fridays, May 7th–28th (4wks) **Time:** 11:30 AM–12:30 PM **Cost:** \$40

ARTS & CRAFTS

NEW Community Art Project: (Vicky)

You might not imagine a garbage can as “community art”, but that’s exactly what we are planning. For details call 705-759-5377 for more information.

NEW Origami - Be Part of Our Community: ID: 990 5529 6737 Passcode: 601840

Origami is the Japanese art of paper folding that allows you to create anything that your heart desires! The Active 55+ Living Centers are looking for volunteers to help fold 1,000 paper cranes as part of a new hanging mobile art project. Materials and instruction will be provided. Participants will be eligible for a weekly gift card draw.

Instruction Zoom Session: Mondays, May 3rd – 31st **Time:** 10-11 AM **Cost:** Free

Note: materials will delivered to the address of the volunteers.

Advanced registration is required for all programs

Needlecraft Chat Group: ID: 929 3620 5957 **Passcode:** 016507

Work on your own needlecraft projects while chatting with friends.

Date: Tuesdays **Time:** 1:30-2:30 PM **Cost:** Free

Open Painting Group: ID: 988 9605 5933 **Passcode:** 197212

Paint, craft and chat with fellow enthusiasts.

Date: Thursdays **Time:** 10:30-12:30 PM **Cost:** Free

EDUCATION

NEW **How to Cut Your Own Hair at Home: (Katie Rutledge)**

ID: 973 7000 4082 **Passcode:** 165977

While staying home and staying safe, our hair is growing. Have you thought about cutting your own hair, trimming your bangs or touching up your colour? Katie is not a professionally trained hair stylist but has experimented with her own hair. Hear what she has to share in this fun talk.

Date: Thursday, May 13th **Time:** 2-3 PM **Cost:** Free

NEW **Sewing Machine Repair Talk: (Bryan Wilson) ID:** 930 5674 2086 **Passcode:** 156853

Bryan from the "Creative Basket" in Thessalon, is a certified sewing machine repair technician. In today's talk you will learn general maintenance tips to help keep your sewing machine running smoothly.

wilsonsewingmachinerepair@gmail.com

Date: Friday, May 14th **Time:** 2-3 PM **Cost:** Free

NEW **How to Care for Your Heirloom Jewellery: (Nick Rosset/Savoy's Jewellers Staff)**

ID: 975 9915 7934 **Passcode:** 477054

Learn the dos and don'ts of caring for your precious jewellery.

Date: Friday, May 28th **Time:** 2-3 PM **Cost:** Free

NEW **Energy Affordability Program Talk: (Michael Tomassi- Greensaver Outreach Staff)**

ID: 937 7040 8055 **Passcode:** 645739

This program provides free energy-efficient upgrades to Ontarian residences at no cost, which can lower your utility bill. Learn what it takes to be eligible, learn the facts.

Date: Friday, May 21st **Time:** 2-3 PM **Cost:** Free

CULINARY CLASSES

Cooking with Cathie: (Cathie Bishop) ID: 971 3503 6278 **Passcode:** 613648

Menu: Beef Pot Pie with Drop Biscuits & Broccoli Salad **Date:** Monday, May 10th **Time:** 12:30-1:30 PM **Cost:** \$5

Dessert Sushi (Lan Gao) ID: 958 5834 0599 **Passcode:** 632093

These recipes give Sushi a non-conventional twist! Change it up by using fresh fruit to make a sweet summer dessert.

Menu: Strawberry & Kiwi Roll, Banana Jelly Roll, Rice Crispy Fruit & Candy Roll, Fruit Sushi Roll

Date: Monday, May 17th **Time:** 1-2 PM **Cost:** \$5

What I Learned to Cook at College/University: (Summer Students) ID: 950 7050 2550 **Passcode:** 518703

Meet our summer students as they show you what they learned to cook while away at school.

Menu: To Be Announced **Date:** Thursday, May 27th **Time:** 2-3 PM **Cost:** Free

Advanced registration is required for all programs

READING

Books & Authors that have the Power to Change Your Life: (Tiana Pollari: Avid Reader/Lifelong Learner)

ID: 977 7982 3332 **Passcode:** 082436

Join this discussion group as we review and discuss various authors & books that have the power to change your life and the way you choose to live it.

This Month's Author: Louise Hay **Date:** Tuesday, May 18th **Time:** 2-3 PM **Cost:** Free

Savvy Book Chat: (Jennifer Misener/SSM Public Library Staff) **ID:** 937 5243 1457 **Passcode:** 571589

Share your favorite book, poem or movie to discuss.

Date: Tuesday, May 25th **Time:** 2:30-3:30 PM **Cost:** Free

Novel Book Club **ID:** 983 8823 2293 **Passcode:** 756642

This group meets monthly. **April's book:** "Me Before You" **Author:** Jojo Moyes

Date: Monday, May 31st **Time:** 1:30-2:30 PM **Cost:** Free

JUST 4 FUN

Five Roses Drawers: (Wayne S. Morgan)

This tune will surely put a smile on your face. Type this link into your google bar & enjoy.

<http://gestsongs.com/26/fiveroses.htm> .

Circle of Chat: (Katie Rutledge) **ID:** 946 6589 0557 **Passcode:** 468005

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

Date: Wednesdays, May 5th-26th (4wks) **Time:** 3-4 PM **Cost:** Free

FUN FACTS

Did You Know the 3rd of May is World laughter Day.

Knock! Knock! Who's there? Scold. Scold who? Scold outside, let me in!

YOUR INPUT MATTERS

The City of Sault Ste. Marie invites seniors input on voting methods. The review will explore how residents may cast their ballot in the 2022 municipal election. If you would like to fill out the 5 minute survey please visit

surveyMonkey.com/r/SZMDNPR . More information can be found at

www.saultstemarie.ca/election .

We appreciate your feedback. Note: this survey ends May 15th.

ALGOMA PUBLIC HEALTH

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

