

Active 55+ Zoom Recreation Programs

February 2021

Northern Community Centre Active 55+

556 Goulais Ave.

705-759-5377

active55+@cityssm.on.ca



SAULT STE. MARIE

Bay Street Active Living Centre 55+

619 Bay Street

705-254-6474

active55+@cityssm.on.ca

For more details and to register call or email either Centre. Payment over the phone by credit card.

February's program fees supported by

Employment and Social Development Canada- New Horizons for Seniors Program.

Active Healthy living

Meditation— YOU MUST REGISTER FOR ALL PROGRAMS TO PARTICIPATE

Morning Meditation: (Katie Rutledge) ID 954 9934 1547 Passcode 414511

Date: Mondays, February 1st (3wks) **Time:** 10-10:45 AM **Cost:** \$2 **Note:** no class on February 15th/Family Day

NEW Gratitude from Chaos Talk (Bonnie Baranski) ID 983 5655 2331 Passcode 185876

Spend an afternoon meditating & sharing on all the positive experiences that can come to you, in the midst of a pandemic. Our meditations will be a welcome respite as we slow right down & sit in awareness. Take this time for yourself. **Date:** Wednesdays, February 3rd (4wks) **Time:** 3-4 PM **Cost:** \$2

Mindfulness for the Daily Life (Ann O'Connor) ID 995 4412 2233 Passcode 849 622

Date: Fridays, February 5th (4wks) **Time:** 10-11 AM **Cost:** Free

Fitness Classes— YOU MUST REGISTER FOR ALL PROGRAMS TO PARTICIPATE

NEW Fitness for "2" (Lan Gao) ID 989 0834 6592 Passcode 630510

Grab a partner in your "bubble" and learn some new fitness moves.

Date: Friday, February 12th **Time:** 1:30-2 PM **Cost:** \$2

Zumba: (Ildiko Horvath) ID 990 1012 5336 Passcode 631722

Date: Mondays, February 1st (3wks) **Time:** 11:45 AM – 12:45 PM **Cost:** \$2 **Note:** no class on February 15th/Family Day

Laughter Yoga (Allyne Leonard) ID 917 2104 1264 Passcode 015609

Date: Mondays, February 1st (3wks) **Time:** 2-2:30 PM **Cost:** \$2 **Note:** no class on February 15th/Family Day

Dynamic Joints: (Ainsley Glassford) ID 985 1790 1984 Passcode 120017

Date: Tuesdays, February 2nd (4wks) **Time:** 10-10:30 AM **Cost:** \$2

Better Bones: (Ainsley Glassford) ID 932 3344 2258 Passcode 043202

Date: Tuesdays, February 2nd (4wks) **Time:** 11-11:45 AM **Cost:** \$2

Stretching & Strengthening: (Lan Gao) ID 950 5850 0786 Passcode 559668

Date: Tuesdays, February 2nd (4wks) **Time:** 11-11:30 AM

Date: Thursdays, February 4th (4wks) **Time:** 1:30-2 PM **Cost:** \$2 **Note:** this class meets twice a week (8 sessions)

Pilates on a Chair: (Lan Gao) ID 975 5201 6835 Passcode 033440

Date: Tuesdays, February 2nd (4wks) **Time:** 12:30-1 PM **Cost:** \$2

Low Impact Dance Fitness: (Lan Gao) ID 955 9368 6246 Passcode 623873

Date: Wednesdays, February 3rd (4wks) **Time:** 10:30 -11 AM **Cost:** \$2

Chair Fitness: (Lan Gao) ID 948 6295 1975 Passcode 751220

Date: Wednesdays, February 3rd (4wks) **Time:** 11:30 AM – 12 PM **Cost:** \$2

Low Impact Cardio Workout: (Lan Gao) ID 914 8171 8503 Passcode 092018

Date: Thursdays, February 4th (4wks) **Time:** 12:30-1 PM **Cost:** \$2

Gentle Yoga: (Shirling Kao) ID 953 8351 4087 Passcode 579632

Date: Fridays, January 5th (4wks) **Time:** 10:30-11:30 AM **Cost:** \$2

Games— YOU MUST REGISTER FOR ALL PROGRAMS TO PARTICIPATE

We are "BOARD "Game Afternoon: Join us for an afternoon of fun games played on zoom. Time: 1:30-2:30 PM

Date: Friday, Feb. 5th ID 920 6307 3553 Passcode 978231 **Cost:** Free

Date: Friday, Feb. 19th ID 928 4213 7317 Passcode 041051 **Cost:** Free

**REGISTRATION
IN ADVANCE
IS REQUIRED**

Arts & Crafts— YOU MUST REGISTER FOR ALL PROGRAMS TO PARTICIPATE

NEW Needlecraft Chat Group: ID 952 5512 1628 Passcode 79143

Work on your own needlecraft project with friends.

Date: Tuesdays, February 2nd (4wks) **Time:** 1:30-2:30 PM **Cost:** Free

NEW Open Painting: ID 962 5157 1425 Passcode 093958

Paint, craft and chat with fellow enthusiasts. **Date:** Thursdays, February 4th (4wks) **Time:** 10:30-11:30 AM **Cost:** Free

NEW Loom Knitting Demonstration: (Rick Wark) ID 992 6917 4306 Passcode 200351

Date: Wednesday, February 10th **Time:** 3-4 PM **Cost:** Free

Calligraphy Demonstration (Lan Gao) ID 939 9680 9737 Passcode 746826

Date: Thursday, February 11th **Time:** 2:30-3:30 PM **Cost:** Free

Education

Talks— YOU MUST REGISTER FOR ALL PROGRAMS TO PARTICIPATE

NEW Exercise for Healthy Bones Talk (Osteoporosis Canada staff) ID 953 4793 6890 Passcode 371540

Date: Wednesday, February 17th **Time:** 2-3 PM **Cost:** Free

NEW Learn How Stress Effects Your Body & Health Talk (Allyne Leonard) Stress is endemic these days. How successfully you deal with stress determines your quality of life. Learn simple ways to alleviate your stress levels.

Date: Thursday, February 25th **Time:** 2-3 PM **Cost:** Free ID 939 7881 3062 **Passcode** 085392

Culinary— YOU MUST REGISTER FOR ALL PROGRAMS TO PARTICIPATE

NEW Vegetarian Cooking Made Easy (Ainsley Glassford)

Menu: Lentil "Meat" Loaf with Vegetarian Gravy **Date:** Wednesday, February 3rd **Time:** 1:30-2:30 PM **Cost:** Free

ID 985 3737 5993 **Passcode** 852013

Menu: Vegan Cheese Cake **Date:** Wednesday, February 10th **Time:** 1:30-2:30 PM **Cost:** Free

ID 938 2736 3392 **Passcode** 679365

Cooking with Karen: (Karen Gallivan)

Menu: Classic Spicy Meatloaf **Date:** Monday, February 8th **Time:** 1:30-2:30 PM **Cost:** Free

ID 926 2449 9771 **Passcode** 885986

Menu: Candy-cane Danish **Date:** Tuesday, February 16th **Time:** 1:30-2:30 PM **Cost:** Free

ID 992 6781 2688 **Passcode** 786165

NEW Biscoti 101: (Rick Borean) ID 992 6917 4306 **Passcode** 200351

Menu: Toffee Mandelscottti **Date:** Thursday, February 18th **Time:** 2-3 PM **Cost:** Free

New Chinese Cooking Demonstration (Lan Gao) ID 930 3155 5237 **Passcode** 436344

Menu: Chinese Dumplings **Date:** Wednesday, February 24th **Time:** 1-2 PM **Cost:** Free

Recipe Club: (Mary Piraino) "Appetizers" ID 913 7667 0735 **Passcode** 550345

Date: Monday, February 22nd **Time:** 2:45-3:45 PM **Cost:** Free

Reading— YOU MUST REGISTER FOR ALL PROGRAMS TO PARTICIPATE

Novel Book Club: This group of avid readers meets monthly. February's book: "The Secrets of Midwives" - S.Hepworth

Date: Monday, February 22nd **Time:** 1:30-2:30 PM **Cost:** Free ID 976 9696 7791 **Passcode** 266123

Savvy Book Chat: (Jennifer Misener) ID 917 4988 5762 **Passcode** 022257

Join friends and share a book, poem or movie. **Date:** Tuesday, February 23rd **Time:** 2:30-3:30 PM **Cost:** Free

JUST 4 FUN— YOU MUST REGISTER FOR ALL PROGRAMS TO PARTICIPATE

NEW Movie on Zoom with Friends: ("When Harry met Sally") This is a romantic comedy film.

Date: Friday, February 12th **Time:** 1:30 – 3 PM **Cost:** Free ID 955 9866 9291 **Passcode** 486577

NEW Vision Board (Vicky & Rita) **Date:** Friday, February 26th **Time:** 1:30-2:30 PM **Cost:** Free

ID 936 1915 3046 **Passcode** 066178

NEW Declutter and Organize Your Closets: (Katie Rutledge) Tips, tricks and something to think about.

Date: Friday, February 19th **Time:** 3-4 PM **Cost:** Free ID 939 1722 6342 **Passcode** 325223

**REGISTRATION
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ACTIVE 55+ ZOOM RECREATION PROGRAMS-FEBRUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Morning Meditation 10-10:45 AM Zumba 11:45 AM -12:45 PM Laughter Yoga 2-2:30 PM	Dynamic Joints 10-10:30 AM Better Bones 11-11:45 AM Stretching & Strengthening 11-11:30 AM Pilates on a Chair 12:30-1 PM Needlecraft & Chat Group 1:30-2:30 PM	Low Impact Dance Fitness 10:30-11 AM Chair Fitness 11:30-12PM Vegetarian Cooking Made Easy 1:30-2:30 PM Gratitude from Chaos Talk 3-4 PM	Open Painting 10:30-11:30 AM Low Impact Cardio 12:30-1 PM Stretching & Strenthening 1:30-2 PM	Mindfulness for the Daily Life 10-11 AM Gentle Yoga 10:30-11:30 AM We are "BOARD " Game Afternoon 1:30-2:30 PM
8	9	10	11	12
Morning Meditation 10-10:45 AM Zumba 11:45 AM -12:45 PM Cooking with Karen 1:30-2:30 PM Laughter Yoga 2-2:30 PM	Dynamic Joints 10-10:30 AM Better Bones 11-11:45 AM Stretching & Strengthening 11-11:30 AM Pilates on a Chair 12:30-1 PM Needlecraft & Chat Group 1:30-2:30 PM	Low Impact Dance Fitness 10:30-11 AM Chair Fitness 11:30-12PM Vegetarian Cooking Made Easy 1:30-2:30 PM Loom Knitting-Demonstration 3-4 PM Gratitude from Chaos Talk 3-4 PM	Open Painting 10:30-11:30 AM Low Impact Cardio 12:30-1 PM Stretching & Strenthening 1:30-2 PM Calligraphy Demonstration 2:30-3:30 PM	Mindfulness for the Daily Life 10-11 AM Gentle Yoga 10:30-11:30 AM Fitness for "2" 1:30-2:30 PM A Movie with Friends 1:30-3 PM
15	16	17	18	19
CLOSED FOR FAMILY DAY	Dynamic Joints 10-10:30 AM Better Bones 11-11:45 AM Stretching & Strengthening 11-11:30 AM Pilates on a Chair 12:30-1 PM Needlecraft & Chat Group 1:30-2:30 PM Cooking with Karen 1:30-2:30 PM	Low Impact Dance Fitness 10:30-11 AM Chair Fitness 11:30-12PM Exercise for Healthy Bones Talk 2-3 PM Gratitude from Chaos Talk 3-4 PM	Open Painting 10:30-11:30 AM Low Impact Cardio 12:30-1 PM Stretching & Strenthening 1:30-2 PM Biscoti 101 2-3 PM	Mindfulness for the Daily Life 10-11 AM Gentle Yoga 10:30-11:30 AM We are "BOARD " Game Afternoon 1:30-2:30 PM Declutter & Organize Talk & Tips 3-4 PM
22	23	24	25	26
Morning Meditation 10-10:45 AM Zumba 11:45 AM -12:45 PM Novel Book Club Meeting 1:30-2:30 PM Laughter Yoga 2-2:30 PM Recipe Club 2:45-3:45 PM	Dynamic Joints 10-10:30 AM Better Bones 11-11:45 AM Stretching & Strengthening 11-11:30 AM Pilates on a Chair 12:30-1 PM Needlecraft & Chat Group 1:30-2:30 PM Savvy Book Chat 2:30-3:30 PM	Low Impact Dance Fitness 10:30-11 AM Chair Fitness 11:30-12PM Chinese Cooking Demonstration 1-2 PM Gratitude from Chaos Talk 3-4 PM	Open Painting 10:30-11:30 AM Low Impact Cardio 12:30-1 PM Stretching & Strenthening 1:30-2 PM Learn How Stress Effects Your Body & Health Talk 2-3 PM	Mindfulness for the Daily Life 10-11 AM Gentle Yoga 10:30-11:30 AM Vision Board Talk 1:30-2:30 PM