

Active 55+ Recreation Programs

JUNE 2021

Northern Community Centre Active 55+

Bay Street Active Living Centre 55+

NCC

BALC

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*Funding for June programming is supported by;
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New Horizons Seniors Program Grant.*

June is Seniors Month.

To show our appreciation for you, all programming is free this month!
We encourage you to take advantage of this and try something new,
or invite a 55+ friend to register & join with you.

ALL JUNE PROGRAMMING IS AVAILABLE ON ZOOM
REGISTRATION IN ADVANCE IS REQUIRED FOR ALL PROGRAMS

BREAKING NEWS

We are planning to offer introductory programming on Shaw Spotlight TV (channel 10). This is exciting news for seniors who do not have access to our Zoom programming or are not tech savvy. More information to follow.

SPECIAL EVENTS

Art Gallery of Algoma Virtual Tour / Art Demonstration: (Kyrstiana) ID: 946 4779 9874 711897 Passcode: 711897

The Art Gallery of Algoma will take you on a virtual (Zoom) exhibition tour and a demonstration of an art activity inspired by one artwork in the exhibition. Join us and get inspired.

Date: Thursday, June 10th **Time:** 1–2 PM

Bugs! Bugs! Bugs! Virtual Tour Entomica: (Ciara Latendresse) ID: 976 9254 1106 Passcode: 814295

Listen and watch a short introduction/tour of Entomica's lab and exhibits. Ciara and fellow bug wranglers will then showcase each of their many species of exotic insects.

Date: Friday, June 11th **Time:** 2-3 PM

History & Artifacts: (Kevin Meraglia - S.S.M. Public Library) ID: 979 5404 2198 Passcode: 437403

Kevin will show & discuss the history of an artifact from the Sault Ste. Marie Public Library archives. As well, Kevin will show you old photos relating to our community.

Date: Friday, June 25th **Time:** 10:30-11:30 AM

FUN FACTS

Did You Know Sunday, June 27th is international Sunglasses Day.

Wear your sunglasses and protect your eyes!



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POSITIVE MENTAL HEALTH

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

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

Date: Friday, June 18th **Time:** 2-3 PM **ID:** 914 4232 9094 **Passcode:** 958187

MEDITATION CLASSES

Summer Meditation - Information Session: (Bill Tomlinson) ID: 971 6360 3607 Passcode: 824568

Bill has made a daily practice of meditating for the last 50 years, he studied in Japan and shares his skill & knowledge with others. Today Bill will be zooming to us from Bellville Ontario, to discuss his upcoming classes this summer starting in July. **Date:** Monday, June 21st **Time:** 10-10:30 AM **Note:** Beginners welcome

Laughter Yoga: (Allyne Leonard) ID: 952 4609 2123 Passcode: 281765

This class combines meditation & breathing with a healthy dose of laughter. "Laughter is the best Medicine".

Date: Mondays, June 7th-28th **Time:** 2-2:30 PM

Gratitude from Chaos: (Bonnie Baranski) ID: 930 8785 1051 Passcode: 072559

Date: Thursdays, June 3rd-24th (4wks) **Time:** 10:30-11:30 AM

Mindfulness for the Daily Life: (Ann O'Connor) ID: 986 7698 9448 Passcode: 362265

Anne will discuss how to take care of yourself with kindness and explore simple practices that can be used in everyday life! **Note:** at this time, this class is unable to add beginners.

Date: Fridays, June 4th-25th (4wks) **Time:** 10-11 AM

GAMES

We are "BOARD "Game Afternoon: ID: 973 4963 3197 Passcode: 401224

Join us for an afternoon of fun games played on zoom (Pictionary, Hangman & Trivial Pursuit)

Date: Fridays, June 4th & 18th **Time:** 1:30-2:30 PM

Canada Trivia Afternoon: Sponsored by Club 235 ID: 983 8809 3344 Passcode: 962 802

Join in the fun as we have a friendly trivia challenge. Gift cards as prizes will be awarded to top players.

Date: Wednesday, June 30th **Time:** 2-3:30 PM

FITNESS

30 Day Fitness Activity Challenge:

We challenge you to be active every day in the month of June. Journal your activities and the feedback from your body and spirit. Our summer students will call you once weekly to check in and encourage you along the way.

This 30 day challenge is meant to encourage good healthy habits. All participants who complete the challenge will receive a "drop-in" program pass worth \$10. All fitness activities count; registered programs or not.

Check in Dates: Fridays, June 4th-25th **Note:** consider using the following link to a "physical activity readiness assessment". It is meant to assist you in making your fitness. **Link:** <http://eparmedx.com/>

Outdoor Fitness Centre:

Situated in Clergue Park is our cities outdoor fitness center. This is designed for all types of users, from absolute beginners to experts. This is a great option if you are participating in our 30 Day Fitness Challenge.

We encourage you to check it out! Please practice covid safety protocol.

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Pilates on a Mat: (Lan Gao) ID: 932 5951 0660 **Passcode:** 530111

Pilates is a method of exercise that consists of low-impact flexibility, muscular strength and endurance movements that emphasizes proper postural alignment, core strength and muscle balance. This is a beginner level class.

Date: Mondays, June 7th-28th **Time:** 11:30-12 PM **Note:** you will need a mat as this class is floor based

Stretching & Strengthening: (Lan Gao) ID: 998 2921 0226 **Passcode:** 920096

The exercises movements are taught with the aid of a chair. Light weights are used.

Start Date: Tuesdays & Thursdays, June 1st -29th **Time:** 11-11:30 AM

Pilates on a Chair: (Lan Gao) ID: 931 6408 1373 **Passcode:** 063039

This low impact, chair based class emphasizes proper postural alignment, core strength and muscle balance.

Date: Tuesdays, June 1st-29th **Time:** 12:30-1 PM

Drum Fit: (Summer Student) ID: 931 3160 0964 **Passcode:** 545226

Cardio drumming gets us moving to music, regardless of your ability or mobility. This program will exercise your arms & core muscles. You can participate from a seated or standing position. Let's get loud and move together!

Note: call 705-254-6474 to borrow a set of drum sticks for the month

Date: Tuesdays & Thursdays, June 1st-29th **Time:** 2:30-3 PM

Gentle Yoga for the Mind and Body: (Shirling Kao) ID: 929 3792 7496 **Passcode:** 923483

This is a class designed to bring your mind into your body through slow paced movement and mindful guidance, leaving you feeling calm, stretched 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, June 2nd-30th **Time:** 10:30-11:30 AM

Low Impact Dance Fitness: (Summer Student) ID: 972 3224 8968 **Passcode:** 868633

Learn simple dance routines. You will leave this class filled with positive energy & positive thoughts.

Date: Wednesdays, June 2nd-30th **Time:** 1-1:30 PM

Zumba: (Ildiko Horvath) ID: 941 1816 1570 **Passcode:** 520735

Zumba is a Latin inspired, easy to follow calorie burning fitness class.

Date: Fridays, June 4th-25th **Time:** 11:30 AM–12:30 PM

Gentle Stretch: (Summer Student) ID: 985 3366 3410 **Passcode:** 314764

Gently stretch the muscles and joints in your body. This calm and meditative stretching class is the ideal way to start and end your week.

Date: Fridays & Mondays, June 4th–28th **Time:** 10:30-11 AM

Motown Party on a Chair: (Summer Student) ID: 975 8782 1288 **Passcode:** 563840

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.

This class is suitable for all. **Date:** Fridays, June 4th-25th **Time:** 2-2:30 PM

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ARTS & CRAFTS

Origami - Be Part of Our Community: (Summer Student) ID: 964 1827 5807 Passcode: 750365

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. **Note:** materials will be delivered.

Instruction Zoom Session: Mondays, June 7th-29th **Time:** 10–11 AM

Needlecraft Chat Group: (Summer Student) ID: 998 0255 6810 Passcode: 365706

Work on your own needlecraft projects while chatting with friends.

Date: Tuesdays, June 1st-29th **Time:** 1:30-2:30 PM

Open Painting Group: (Summer Student) ID: 955 2202 0994 Passcode: 845770

Paint, craft and chat with fellow enthusiasts.

Date: Thursdays, June 3rd-24th **Time:** 10:30-12:30 PM

Wine Cork Craft: (Summer Student) ID: 978 6368 2673 Passcode: 600254

Learn to make some simple, quick and easy fun crafts using wine corks.

Date: Monday, June 21st **Time:** 2–3 PM

EDUCATION

Anti-Fraud Talk: (S.S.M. Police - Detective Constable W. Taylor) ID: 979 0211 3627 Passcode: 913521

Learn strategies to avoid being a victim of fraud.

Date: Thursday, June 24th **Time:** 10:30-11:30 AM

Tour of Vegas Fabrics & Gifts: (Bonnie Corbett) ID: 979 0211 3627 Passcode: 913521

Take a tour of Vegas Fabrics and Gifts, a family owned store located in Blind River. Learn about their famous fleece sheets, upholstery and wide fabrics. Bonnie will also show you there bamboo battings.

Date: Friday, June 25th **Time:** 2-3 PM

Zoom Tutoring: (Summer Students)

If you are interested in a one-on-one tutoring session with a summer student, call 705-254-6474 to set up a telephone appointment.

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.

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JUST 4 FUN

Circle of Chat: (Summer Student) ID: 960 7080 7684 **Passcode:** 408925

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

Date: Wednesdays, June 2nd-30th **Time:** 3-4 PM

Meet the Summer Students: ID: 968 4451 7858 **Passcode:** 969306

Zoom in & get to know our summer students who will be assisting with Active 55+ programming June, July & August. If you have any suggesting for programming, let them know.

Date: Monday, June 7th **Time:** 1-2 PM

CULINARY CLASSES

Cooking with Karen: (Karen Gallivan)

Menu: Black Bean & Corn Summer Salad **Date:** Monday, June 14th **Time:** 1-2 PM

ID: 915 9252 0045 **Passcode:** 017750

Menu: Vegetable & Fusilli Pasta Salad (Weight Watchers) **Date:** Monday, June 28th **Time:** 11-12 PM

ID: 983 6526 8178 **Passcode:** 052234

Cooking Classes from our friends at Algoma Family Services:

The following videos were created locally by Algoma Family Services staff.

To view, copy and paste the link into your google bar.

One Pan Steak and Veggie <https://youtu.be/qiLSHImOkCA>

Chicken Burrito Bowl https://youtu.be/_rmiSo1m62A

Tomato Feta Pasta https://youtu.be/QVbh_um8yHI

Southwest Quinoa Bowl https://youtu.be/STVo_oU4ncE

PEN & PAPER

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

ID: 990 6294 7630 **Passcode:** 798060

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:** Wayne Dyer

Date: Thursday, June 17th **Time:** 1-2 PM

Novel Book Club ID: 943 8419 4569 **Passcode:** 051113

This group meets monthly. **Junes' book:** Nicholas Nickleby **Author:** Charles Dickens

Date: Monday, June 28th **Time:** 1:30-2:30 PM

Summer Journal Group: (Summer Student) ID: 915 2974 7407 **Passcode:** 385617

All you need is a pad of paper, a pen and flowing thoughts! Journaling reduces stress, keeps your memory sharp, and boosts your mood. This group meets weekly to inspire each other.

Date: Thursdays, June 3rd-24th **Time:** 2:30-3:30 PM

Pen Pal Club:

This is a great way to meet someone new! We have reached out to Seniors Active Living Centre's across Canada looking for those who want a pen pal. Register and we will pair you up with someone.