

Active 55+

Bay Street Active Living Centre
Northern Community Centre 55+

Printed 5 September 2025



**SAULT
STE.MARIE**

Ontario



Active 55+ Recreation Guide

Fall 2025

FALL PROGRAM REGISTRATION

TUESDAY SEPTEMBER 2, 2025 10:00AM

Doors will open at 9:00 am on registration day. **Please refrain from lining up earlier.**

ONLINE:

View and register for programs online at
<https://saultstemarie.ca/active55activities>

Or scan this QR code:



IN PERSON:

Bay Street Active Living Centre (BALC)

619 Bay St

Northern Community Centre 55+ (NCC)

556 Goulais Ave

***PHONE REGISTRATION WILL NOT OPEN UNTIL
TUESDAY SEPTEMBER 2ND AT 1:00 PM:**

(705) 254 - 6474 BALC

(705) 759 - 5377 NCC

Please note - leaving a message will not guarantee you a spot in a program. You must speak to a staff member and pay to ensure you are registered. Phone calls are returned in the order they are received.

Note: Registrants can only register themselves and household members

Fees and Important Information

REFUNDS

General Policy:

- Full refunds are available only if cancellation occurs before the first class of a program.
- No refunds will be issued once the session has begun.

Exceptions:

- Dinner/Dances, Special Events & Field Trips:
- Cancellations must be made at least 1 week before the event for a full refund.
- If cancelled 3-7 days before, refunds will only be issued if a waiting list participant can take the spot.

Extreme circumstances will be reviewed on a case-by-case basis.

Classes with Provided Supplies:

- Cancellations must be made at least 3 business days before the first class to receive a refund.

For questions or special circumstances, please contact 705-254-6474.

CANCELLATIONS

You will be contacted when a program is cancelled.

OH No! You CANCELLED IT?

Sometimes, excellent courses are cancelled due to low registration. Please register early to avoid disappointment

VOLUNTEER JOBS

Volunteers assist in the operation of many programs, classes, special events and the daily operations at our Active 55+ sites. Ask the front desk how you can contribute/volunteer.

PARKING

Parking at the Bay Street Active Living Centre is located at the rear of the building, off of Russ Ramsay Way.

Parking at the front of the building is not available. Those spots are reserved for our neighbouring tenants.

ZOOM

Active 55+: 279 271 6167

*Please note that Zoom is only available if stated.

PAY AS YOU GO FEES

Our 2025 Pay As You Go Fee is \$2.50. In the activity charts it is called **\$2.50 PAYG**. This means that each time you attend a PAYG program, you pay \$2.50.

Summer Program Highlights

Bird Watching



Cycling Without Age



Forever Fabulous Fashion Show



Grandkid & Me DrumFit



Fitness at the Pavillion



Level	Fitness Program Intensity Guide
Low Intensity	<ul style="list-style-type: none"> • Suitable for beginners or those with limited mobility. • Focuses on gentle movements and light resistance. Movements are seated or standing with optional support.
Moderate Intensity	<ul style="list-style-type: none"> • Involves standing periods without support and breaks as needed. • Increases heart rate and breathing rate moderately. Provides a balance of challenge and safety.
High Intensity	<ul style="list-style-type: none"> • Requires consistent standing movements for 45-60 minutes. • Ability to move in all directions and incorporates more complex movements. • Involves faster paced movements significantly increasing heart rate and breathing.
All Abilities	<ul style="list-style-type: none"> • Accommodates varying fitness levels and physical capabilities, ensuring everyone feels valued and supported. • Offers adjustments or advancements tailored to each participant's fitness level. Whether someone is a beginner or more experienced, the program provides options to ensure everyone can participate safely and effectively.

MULTI-COMPONENT FITNESS:

(Programs that include a mix of strength, stretch, and cardio elements.)

Egyptian Yoga and Dance for Flexibility and Harmony: During these classes you will practise the Ancient Egyptian System of Yoga, the very earliest form of physical exercise and dance. You will learn up to 27 poses such as sphinx pose, mummy pose, victory pose, throne pose, goddess pose, cobra pose, and more. These poses, along with Egyptian dance and movement sequences will offer strength and flexibility to your body and harmony and joy to your mind and spirit! **Moderate Intensity.**

Dance Inspired Yogalates: Blending dance, yoga, and Pilates, this fun class promotes functional movement and whole-body health. Includes a dynamic warm-up, gentle cardio, strength and core work, dance conditioning, and a soothing yoga cool-down. Option to use props such as bands and light weights. Equipment is provided. **Moderate Intensity.**

DrumFit: Find your beat in this drumming workout! DrumFit is a great music-infused social fitness program that encourages participants to move together to a beat using drumsticks and an inflatable ball. **All Abilities.**

CARDIO & ENERGY BOOST:

“Come & Try” Fit on Your Feet: Come join this one-time class to see what it’s all about! This full-body exercise class begins with a light aerobic warm-up followed by balancing and light resistance exercises to increase core strength and flexibility. All exercises are completed in a standing position with emphasis on healthy and stable posture. Light dumbbells are provided. Pre-Registration is required. **Moderate Intensity.**

“Come & Try” Zumba: Come join this one-time class to see what it’s all about! Experience this energetic class with Latin-inspired music and easy-to-follow dance moves. Improve cardiovascular health, flexibility, and coordination while having fun. Pre-Registration is required. **High Intensity.**

Cardio LIIT/HIIT: This class offers a mix of Low Intensity Interval Training or High Intensity Interval Training to match your fitness level. Alternate between exercise and rest for an effective workout that boosts metabolism and delivers lasting benefits. **Moderate to High Intensity.**

Dance Blast! Same great class—brand new name! Dance Blast (formerly DANCEPL3Y) brings the energy with upbeat music, fun moves, and an inclusive vibe that gets everyone dancing. With simple, follow-along choreography inspired by various styles, this class is all about joy, movement, and confidence. No dance experience needed—just show up, let loose, and blast into a good time! **Moderate to High Intensity.**

Fit On Your Feet: This full-body exercise class begins with a light aerobic warm-up followed by balancing and light resistance exercises to increase core strength and flexibility. All exercises are completed in a standing position with emphasis on healthy and stable posture. Light dumbbells are provided. **Moderate Intensity.**

Step Right Up!: A fun and energizing step fitness class designed with older adults in mind! Step your way to better balance, coordination, and cardio health with simple step movements and motivating music. This class is easy to follow, adjustable for all fitness levels, and beginners are welcome. Great for staying active, social, and strong—one step at a time! **Moderate to High Intensity.**

Zumba: Experience this energetic class with Latin-inspired music and easy-to-follow dance moves. Improve cardiovascular health, flexibility, and coordination while having fun. **High Intensity.**

Intermediate Line Dancing: Designed for dancers with at least one year of experience. This class features rows of participants following the leader’s steps learning and practicing choreographed routines. **Moderate to High Intensity.**

Learn to Line Dance: Join this fun, beginner-friendly class where you’ll follow a leader’s steps in rows. It’s a great way to exercise both your brain and body while learning choreographed dances. **Moderate to High Intensity.**

Learn to Pole Walk: Discover the benefits of pole walking in this beginner-friendly program! Learn proper technique, posture, and rhythm while using Nordic walking poles to improve balance, increase endurance, and engage your upper body. This low-impact activity is great for joint health and overall fitness. Poles will be provided for use during the program or bring your own. Meet at the Bay Street Active Living Center. **Low to Moderate Intensity.**

MIND-BODY WELLNESS:

Drumming Circle: Enjoy the numerous benefits and fun social interaction of our weekly meditative drumming group. Follow the lead of our experienced drummer and join the rhythm! **All Abilities.**

Healing Sound with Singing Bowls: Experience the calming tones of Crystal Singing Bowls in our sound meditation class—a therapeutic session promoting relaxation and regulating an overwhelmed system to promote a sense of calm and well-being. Bring your own bowl if you have one; otherwise, we have plenty to share. Dress comfortably in loose clothing.

Mindfulness for the Daily Life: Join Anne to explore ways to care for yourself with kindness and enhance your mental and emotional well-being. In this supportive group, open to everyone, you'll learn stress-reduction techniques, build resilience, and practice simple mindfulness strategies for everyday life. In Person or Zoom option available. Please use Zoom Meeting code.

Tai Chi: Inspired by ancient Chinese martial arts, features a series of slow, focused movements. Join us to enhance balance, strength, memory, flexibility, and overall mood. **Low to Moderate Intensity.**

Qi Gong: Discover the ancient art of Qi Gong, a gentle practice combining movement, breathing, and meditation to enhance balance, flexibility, and inner calm. This class promotes overall wellness and reduces stress through mindful, flowing exercises. **Low to Moderate Intensity.**

STRENGTH & STABILITY:

55+ Women's Strength: Using light dumbbells and bodyweight exercises, this class focuses on building strength, improving balance, and increasing overall fitness in a supportive environment. Equipment is provided. **Moderate to High Intensity.**

Strength with Bands: Stay strong, steady, and energized with this full-body fitness class designed for ages 55+. Using resistance bands and compound exercises, we'll focus on strength, balance, and mobility. Equipment is provided. **All Abilities.**

Wise Weights + Cardio: Strengthen, tone, and energize your body. This full-body workout blends strength training using weights and resistance bands with cardio. **Moderate to High Intensity.**

Wise Weights + Balance: Build strength, improve stability, and enhance coordination with this full-body workout that combines low-impact strength training using weights and resistance bands with gentle balance exercises. **Moderate Intensity.**

How To Strength Train: Strength training is vital for a healthy life. Learn the fundamentals and key exercises to build a sustainable routine. Each week focuses on different muscle groups, with active sessions in weeks 2, 3, and 4 to practice proper form and technique. In the final week, you'll create a personalized plan to safely strength train at home! Equipment is provided. **Moderate to High Intensity.**

Resistance Training Foundations: Build strength safely with a focus on proper form and alignment. This beginner-friendly class covers the basics of resistance training to help you move with confidence and reduce the risk of injury. Perfect for those new to strength workouts or looking to refresh their technique. Equipment provided. **Moderate Intensity.**

Stability Ball Strength: Build strength, balance, and core stability in this low-impact class designed for older adults. Using the stability ball as a central tool, we'll incorporate gentle strength training with light dumbbells, resistance bands, and bodyweight movements. Exercises can be done seated or standing, with modifications for all fitness levels. Improve posture, coordination, and confidence in a fun, supportive environment! **Moderate Intensity.**

SEATED & SUPPORTED FITNESS:

Gentle Chair Yoga: Breathe, move and mobilize your joints in a soothing way that leaves your body feeling lighter and freer. This is a great place to start your yoga journey. Zoom available. **Low Intensity.**

Accessible Stretch and Strength: This exercise class focuses on improving functional strength, mobility, coordination, and balance through gentle, low-impact movements seated or using a chair for assistance. Exercises are tailored to make everyday activities easier, promoting a healthier, active lifestyle. Equipment provided. **Low Intensity.**

Introduction to Gentle Yoga with Chair Options: Discover the benefits of gentle yoga in a supportive and accessible environment. This beginner-friendly workshop focuses on improving flexibility, mobility, and relaxation through slow, mindful stretches. Chair options are available for added support, making it suitable for all abilities. Mats, blocks, and straps are provided—please bring a small cushion or blanket for extra comfort. No experience necessary. **All Abilities.**

GENTLE MOVEMENT & STRETCH:

Movement & Mobility: Improve your flexibility, balance, and overall mobility in this gentle, low-impact class designed to help you stay active and improve your range of motion. Exercises are seated or standing, with a focus on improving posture, joint health, and functional strength to support daily activities. Ideal for those with limited mobility, balance concerns, or anyone seeking a relaxed yet effective approach to maintaining physical health. **Low to Moderate Intensity.**

VON - Seniors Maintaining Active Roles Together (SMART): This gentle fitness program enhances strength, balance, and mobility through low-impact exercises at your own pace. Stay active and maintain independence with both seated and standing options. **Low to Moderate Intensity.**

Stretch and Strength: Experience a gentle total body workout aimed at enhancing functional strength, mobility, balance, and coordination. Tailored to improve your everyday activities. Safely learn proper form and technique for exercises and stretches to support your daily life. This inclusive program features a combination of seated and standing exercises with optional resistance. Equipment is provided. **Low to Moderate Intensity.**

Yoga For Vitality: Connect body and mind through breathing, mindful movement, and meditation. Suitable for those comfortable getting up and down from the mat. Equipment provided. **Moderate Intensity.**

Yoga Tools for Caregivers 55+: Caring for others can be rewarding—but also draining. This gentle yoga class offers simple stretches, calming breath work, and easy meditations to help you recharge. No experience or flexibility needed. Includes light movement and group discussion to support your body and mind. **All Abilities.**

Yoga Flow & Sculpt: Combine the mindful movement of yoga with light strength training in this dynamic class designed to build both flexibility and muscle tone. Flow through energizing yoga sequences and incorporate resistance exercises using light weights or body weight to strengthen your entire body. Perfect for those looking to enhance their yoga practice with a sculpting boost. **All Abilities.**

Learn Sun Salutation Variations for All: Explore the foundational flow of yoga in a way that works for every body. In this accessible workshop, you'll learn multiple variations of Sun Salutations (Surya Namaskar), including standing, mat-based, and chair-supported sequences. Equipment provided. **All Abilities.**

Gentle Yoga: Improve flexibility with gentle stretches, with chair modifications available. Mats, blocks, and straps provided; bring a small cushion or blanket for added comfort. **All Abilities.**

Holiday-themed Yoga & Social: Celebrate the season with a gentle holiday-inspired yoga session followed by festive treats and good company. Enjoy relaxing movement, joyful music, and time to connect with others. Holiday spirit is encouraged! **All Abilities.**

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Yoga For Vitality	Shirling	M	Sep 8	4	10:15 AM-11:15 AM	BALC	\$40	22603
		M	Oct 6	3	10:15 AM-11:15 AM	BALC	\$30	22604
		M	Nov 3	4	10:15 AM-11:15 AM	BALC	\$40	22605
Tai Chi	Donna	M	Sep 8	12	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	22538
Egyptian Yoga & Dance for Flexibility and Harmony	Sarah	M	Sep 8	3	11:15 AM-12:00 PM	NCC	\$12	23155
		M	Oct 6	3	11:15 AM-12:00 PM	NCC	\$12	23156
		M	Nov 3	4	11:15 AM-12:00 PM	NCC	\$16	23158
		M	Dec 1	3	11:15 AM-12:00 PM	NCC	\$12	23160
Step Right Up!	Marianne	M	Sep 8	3	11:30 AM-12:15 PM	BALC	\$15	23162
		M	Oct 6	3	11:30 AM-12:15 PM	BALC	\$15	23163
		M	Nov 3	4	11:30 AM-12:15 PM	BALC	\$20	23164
Gentle Chair Yoga	Shirling	M	Sep 8	4	2:00 PM-3:00 PM	BALC	\$40	22597
		M	Oct 6	3	2:00 PM-3:00 PM	BALC	\$30	22598
		M	Nov 3	4	2:00 PM-3:00 PM	BALC	\$40	22599
Movement & Mobility	Cynthia	M	Oct 6	3	9:30 AM-10:30 AM	NCC	\$30	23252
		M	Nov 3	4	9:30 AM-10:30 AM	NCC	\$40	23253
		M	Dec 1	3	9:30 AM-10:30 AM	NCC	\$30	23254
Wise Weights + Cardio	Denise	T	Sep 9	3	9:15 AM-9:45 AM	NCC	\$24	23242
		T	Oct 7	4	9:15 AM-9:45 AM	NCC	\$32	23243
		T	Nov 4	3	9:15 AM-9:45 AM	NCC	\$24	23244
Gentle Yoga	Denise	T	Sep 9	3	10:00 AM-11:00 AM	NCC	\$30	22546
		T	Oct 7	4	10:00 AM-11:00 AM	NCC	\$40	22547
		T	Nov 4	3	10:00 AM-11:00 AM	NCC	\$30	22548
VON - SMART	Nicole	T,F	Sep 5	16	12:30 PM-1:15 PM	NCC	FREE	22601
DrumFit	Eva	T	Sep 9	3	12:30 PM-1:15 PM	BALC	\$12	23550
Qi Gong	Heidi	T	Sep 9	3	1:30 PM-3:00 PM	BALC	\$2.50 PAYG	23543
		T	Oct 14	3	1:30 PM-3:00 PM	BALC		23544
		T	Nov 6	3	1:30 PM-3:00 PM	BALC		23545
		T	Dec 4	3	1:30 PM-3:00 PM	BALC		23546
Cardio LIIT/HIIT	Angela	T	Sep 9	3	5:15 PM-5:45 PM	BALC	\$15	23195
		T	Oct 7	4	5:15 PM-5:45 PM	BALC	\$20	23196
		T	Nov 4	3	5:15 PM-5:45 PM	BALC	\$15	23197
		T	Dec 2	3	5:15 PM-5:45 PM	BALC	\$15	23198

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
55+ Women's Strength	Angela	T	Sep 9	3	6:00 PM-6:30 PM	BALC	\$15	23199
		T	Oct 7	4	6:00 PM-6:30 PM	BALC	\$20	23200
		T	Nov 4	3	6:00 PM-6:30 PM	BALC	\$15	23201
		T	Dec 2	3	6:00 PM-6:30 PM	BALC	\$15	23202
Fit On Your Feet	Barbara	T	Oct 7	4	11:30 AM-12:15 PM	BALC	\$40	23191
		T	Nov 4	3	11:30 AM-12:15 PM	BALC	\$30	23192
		T	Dec 2	3	11:30 AM-12:15 PM	BALC	\$30	23193
Accessible Stretch and Strength	Barbara	T	Oct 7	4	12:30 PM-1:15 PM	BALC	\$16	23223
		T	Nov 4	3	12:30 PM-1:15 PM	BALC	\$12	23224
		T	Dec 2	3	12:30 PM-1:15 PM	BALC	\$12	23225
Dance Blast!	Cathy	T	Oct 14	3	10:15 AM-11:00 AM	BALC	\$15	22874
		T	Nov 4	3	10:15 AM-11:00 AM	BALC	\$15	22875
		T	Dec 2	3	10:15 AM-11:00 AM	BALC	\$15	22876
Yoga For Vitality	Shirling	W	Sep 3	4	10:15 AM-11:15 AM	BALC	\$40	22567
			Oct 1	5	10:15 AM-11:15 AM	BALC	\$50	22568
			Nov 5	4	10:15 AM-11:15 AM	BALC	\$40	22569
DrumFit	Eileen	W	Sep 10	3	10:30 AM-11:15 AM	NCC	\$12	22534
		W	Oct 1	4	10:30 AM-11:15 AM	NCC	\$16	22535
		W	Nov 5	4	10:30 AM-11:15 AM	NCC	\$16	22536
		W	Dec 3	3	10:30 AM-11:15 AM	NCC	\$12	22537
Drumming Circle	Bonnie	W	Sep 10	3	10:30 AM-11:30 AM	BALC	\$15	22607
		W	Oct 1	5	10:30 AM-11:30 AM	BALC	\$25	22608
		W	Nov 5	4	10:30 AM-11:30 AM	BALC	\$20	22609
		W	Dec 3	3	10:30 AM-11:30 AM	BALC	\$15	22610
Strength with Bands	Denise	W	Sep 3	4	12:30 PM-1:00 PM	NCC	\$32	23261
		W	Oct 1	5	12:30 PM-1:00 PM	NCC	\$40	23262
		W	Nov 5	4	12:30 PM-1:00 PM	NCC	\$32	23265
Gentle Chair Yoga	Shirling	W	Sep 3	4	2:00 PM-3:00 PM	BALC	\$40	22593
		W	Oct 1	5	2:00 PM-3:00 PM	BALC	\$50	22594
		W	Nov 5	4	2:00 PM-3:00 PM	BALC	\$40	22595
Wise Weights + Balance	Denise	Th	Sep 4	4	9:15 AM-9:45 AM	NCC	\$32	23246
		Th	Oct 2	5	9:15 AM-9:45 AM	NCC	\$40	23247
		Th	Nov 6	4	9:15 AM-9:45 AM	NCC	\$32	23248

PROGRAM		DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Gentle Yoga	Denise	Th	Sep 4	4	10:00 AM-11:00 AM	NCC	\$40	22585
		Th	Oct 2	5	10:00 AM-11:00 AM	NCC	\$50	22586
		Th	Nov 6	4	10:00 AM-11:00 AM	NCC	\$40	22587
Qi Gong	Heidi	Th	Sep 4	4	10:15 AM-11:45 AM	BALC	\$2.50 PAYG	22563
		Th	Oct 2	5	10:15 AM-11:45 AM	BALC		22564
		Th	Nov 6	4	10:15 AM-11:45 AM	BALC		22565
		Th	Dec 4	3	10:15 AM-11:45 AM	BALC		22566
Stretch and Strength	Eileen	Th	Sep 11	3	10:15 AM-11:00 AM	BALC	\$12	22625
		Th	Oct 2	5	10:15 AM-11:00 AM	BALC	\$20	22626
		Th	Nov 6	4	10:15 AM-11:00 AM	BALC	\$16	22627
		Th	Dec 4	3	10:15 AM-11:00 AM	BALC	\$12	22628
DrumFit	Eileen	Th	Sep 11	3	11:15 AM-12:00 PM	BALC	\$12	22631
			Oct 2	5	11:15 AM-12:00 PM	BALC	\$20	22632
			Nov 6	4	11:15 AM-12:00 PM	BALC	\$16	22633
			Dec 4	3	11:15 AM-12:00 PM	BALC	\$12	22634
Learn to Line Dance	Joan	Th	Sep 11	3	12:30 PM-1:30 PM	BALC	\$9	22577
		Th	Oct 2	5	12:30 PM-1:30 PM	BALC	\$15	22578
		Th	Nov 6	4	12:30 PM-1:30 PM	BALC	\$12	22579
		Th	Dec 4	2	12:30 PM-1:30 PM	BALC	\$6	23294
Intermediate Line Dancing	Joan	Th	Sep 11	3	1:30 PM-3:30 PM	BALC	\$9	22581
		Th	Oct 2	5	1:30 PM-3:30 PM	BALC	\$15	22582
		Th	Nov 6	4	1:30 PM-3:30 PM	BALC	\$12	22583
		Th	Dec 4	2	1:30 PM-3:30 PM	BALC	\$6	23295
How To Strength Train	Angela	Th	Sep 4	4	5:30 PM-6:30 PM	BALC	\$40	22574
Healing Sound with Singing Bowls	Bonnie	Th	Sep 11	3	2:30 PM-3:30 PM	BALC	\$15	23217
		Th	Oct 2	5	2:30 PM-3:30 PM	BALC	\$25	23218
		Th	Nov 6	4	2:30 PM-3:30 PM	BALC	\$20	23219
		Th	Dec 4	3	2:30 PM-3:30 PM	BALC	\$15	23220
Yoga Tools for Caregivers 55+	Angela	Th	Oct 2	2	5:30 PM-7:00 PM	BALC	\$20	23221
Yoga Flow & Sculpt	Denise	Th	Oct 16	3	6:30 PM-7:30 PM	BALC	\$30	23284
		Th	Nov 6	4	6:30 PM-7:30 PM	BALC	\$40	23287

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Learn to Pole Walk	Marianne	F	Sep 5	4	12:00 PM-12:45 PM	BALC	\$12	23148
Stability Ball Strength	Marianne	F	Sep 5	3	1:00 PM-1:45 PM	BALC	\$15	23144
		F	Oct 3	5	1:00 PM-1:45 PM	BALC	\$25	23145
		F	Nov 7	4	1:00 PM-1:45 PM	BALC	\$20	23146
Dance Inspired Yogalates	Sarah	F	Sep 5	4	11:15 AM-12:00 PM	NCC	\$20	23154
		F	Oct 3	5	11:15 AM-12:00 PM	NCC	\$25	23157
		F	Nov 7	4	11:15 AM-12:00 PM	NCC	\$20	23159
		F	Dec 5	3	11:15 AM-12:00 PM	NCC	\$15	23161
Mindfulness for the Daily Life	Anne	F	Sep 12	15	10:15 AM-11:15 AM	Zoom	\$15	23235
		F	Sep 12	15	10:15 AM-11:15 AM	BALC	\$2.50 PAYG	23194
Tai Chi	Donna	F	Sep 12	14	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	22539
Introduction to Gentle Yoga with Chair Options	Denise	F	Sep 19	1	2:00 PM-3:30 PM	NCC	\$10	23276
"Come & Try" Zumba	Barbara	F	Sep 26	1	10:30 AM-11:15 AM	BALC	\$5	23186
"Come & Try" Fit on Your Feet	Barbara	F	Sep 26	1	11:30 AM-12:15 PM	BALC	\$5	23182
Zumba	Barbara	F	Oct 3	5	10:30 AM-11:15 AM	BALC	\$50	23187
		F	Nov 7	4	10:30 AM-11:15 AM	BALC	\$40	23188
		F	Dec 5	3	10:30 AM-11:15 AM	BALC	\$30	23189
Fit On Your Feet	Barbara	F	Oct 3	5	11:30 AM-12:15 PM	BALC	\$50	23183
		F	Nov 7	4	11:30 AM-12:15 PM	BALC	\$40	23184
		F	Dec 5	3	11:30 AM-12:15 PM	BALC	\$30	23185
Dance Blast!	Cathy	F	Oct 17	3	9:30 AM-10:15 AM	NCC	\$15	22590
		F	Nov 7	4	9:30 AM-10:15 AM	NCC	\$20	22591
		F	Dec 5	3	9:30 AM-10:15 AM	NCC	\$15	22592
Learn Sun Salutation Variations for All	Denise	F	Oct 17	1	2:00 PM-3:30 PM	NCC	\$10	23277
Resistance Training Foundations	Denise Bell	F	Nov 21	1	2:00 PM-3:30 PM	NCC	\$10	23278
Holiday-themed Yoga & Social	Denise	F	Dec 12	1	2:00 PM-3:30 PM	NCC	\$12	23281



Pickleball: A fast-paced paddle sport combining elements of tennis, badminton, and ping-pong, played on a smaller court with a perforated plastic ball. Equipment is available. **Intensity Level: Moderate to High.**

Bilingual Pickleball: A community initiative where French and English speakers can participate in their preferred language in a supportive environment.

Social Pickleball: A more relaxed setting for socializing and playing pickleball. Suitable for beginners and experienced players.

Learn to Play Pickleball: New to pickleball? This beginner-friendly program is perfect for those looking to learn the rules, basic skills, and strategies of the game in a fun and welcoming environment. Each session focuses on building confidence and competence on the court with guided instruction and practice time. Participants may register for a maximum of two Learn to Play sessions.

Pickleball: For more frequent games with no instruction. Prior experience is strongly recommended for optimal participation. Equipment is provided.

“Dink the Halls” Holiday Pickleball Tournament: Serve up some holiday cheer this Christmas break! Grab a partner (register separately) or we’ll match you up for a day full of laughter, friendly rallies, and festive fun. Prizes for winners & Best-Dressed Festive Duo! Lunch & equipment provided. Limited spots – first come, first served. **Moderate to High Intensity**—but 100% about good times and great company!

Shuffleboard: Played on floor courts, this classic activity combines strategy, precision, and light physical activity. Whether you’re a seasoned player or a beginner, join us for friendly competition and socializing. Equipment provided. **All Abilities.**

Bocce: Roll into fun with our social Bocce group! Bocce is an easy-to-learn game where players take turns tossing balls, aiming to land closest to the small target ball called the pallino. Played on indoor turf, this relaxed group is all about friendly competition, light activity, and great conversation. No experience needed—all levels welcome! All equipment provided. **All Abilities.**

Darts: Join this social group that meets weekly to play darts on a round target board. Bring your own darts. **All Abilities.**

Soccer: Play pick-up soccer on the indoor turf. **Moderate to High Intensity.**

Washer Toss: Come and play this fun lawn game at the Northern Community Centre Turf. Equipment is provided. **All Ages and Abilities welcome.**



PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Soccer	--	M,Th	Oct 2	12	1:00 PM-3:30 PM	NCC	\$2.50 PAYG	22025
Washer Toss	--	M	Sep 8	14	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	22410
Darts	--	T	Sep 9	16	6:30 PM-8:00 PM	BALC	\$2.50 PAYG	21174
Learn to Play Pickleball	Alyson	T	Sep 9	3	2:00 PM-4:00 PM	BALC	\$7.5	23228
		T	Oct 7	4	2:00 PM-4:00 PM	BALC	\$10	23229
		T	Nov 4	3	2:00 PM-4:00 PM	BALC	\$7.5	23230
Social Pickleball	--	T	Sep 9	3	4:00 PM-8:00 PM	BALC		22615
		T	Oct 7	4	4:00 PM-8:00 PM	BALC	\$2.50	22616
		T	Nov 4	3	4:00 PM-8:00 PM	BALC	PAYG	22617
		T	Dec 2	3	4:00 PM-8:00 PM	BALC		22618
Pickleball Tournament	Miia	T	Dec 30	1	10:00 AM-3:00 PM	BALC	\$10	23538
Bocce	--	W	Sep 10	14	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	23296
Social Pickleball	--	Th	Sep 4	4	4:00 PM-8:00 PM	BALC		22611
		Th	Oct 2	5	4:00 PM-8:00 PM	BALC	\$2.50	22612
		Th	Nov 6	4	4:00 PM-8:00 PM	BALC	PAYG	22613
		Th	Dec 4	3	4:00 PM-8:00 PM	BALC		22614
Bilingual Pickleball	--	F	Sep 5	4	10:15 AM-12:15 PM	BALC	\$10	22542
			Oct 3	5	10:15 AM-12:15 PM	BALC	\$12.5	22543
			Nov 7	4	10:15 AM-12:15 PM	BALC	\$10	22544
			Dec 5	3	10:15 AM-12:15 PM	BALC	\$7.5	22545
Shuffleboard	--	F	Sep 5	16	1:00 PM-2:30 PM	BALC	\$2.50 PAYG	22650
Shuffleboard	--	F	Sep 5	16	2:30 PM-4:00 PM	BALC	\$2.50 PAYG	22651
Pickleball	--	Sa	Sep 6	4	9:15 AM-1:00 PM	BALC	\$10	23231
		Sa	Oct 4	4	9:15 AM-1:00 PM	BALC	\$10	23232
		Sa	Nov 1	5	9:15 AM-1:00 PM	BALC	\$12.50	23233
		Sa	Dec 13	2	9:15 AM-1:00 PM	BALC	\$5	23234



CARDS, GAMES, HOBBIES, TECH

Music:

Contemporary Crooners' Ensemble and Vocal Lessons: Are you ready to take your singing to the next level? Contemporary Crooners' Ensemble and Vocal Lessons offers a unique opportunity to develop your vocal technique, expand your repertoire, and connect with a vibrant community of singers. Whether you're a shower superstar or a seasoned singer, vocal instructor Nick offers comprehensive vocal training in a supportive and inspiring environment to hone your skills. Discover the joy of singing and the camaraderie of our ensemble!

Piano Lessons: One-on-one piano lessons on an upright piano. For beginners all the way to Grade 8 piano.

Intermediate Guitar Lessons: These guitar lessons are for folks who know some basic chords but want to take the next step in their guitar journey. In this class, we will learn about the Circle of Fifths, the chords in all the major keys, common chord progressions and the Nashville Number System and many more types and techniques, so you can jam with other musicians. Handouts will be provided.

Jam Session: Always wanted to play with others but felt unsure? These relaxed, one-hour sessions are perfect for beginners to experienced players. Bring your guitar or other instruments (harmonica, fiddle, mandolin, shakers, etc.) and join in on easy 3-4 chord songs. You can bring your own songs or choose from lyric and chord charts provided. A great way to build confidence, improve skills, and have fun making music together!

Senior Singers: If you have a love of music, enjoy singing and meeting other seniors, join this choir. The group meets Tuesday mornings and will visit local seniors' homes in December. Registration for the choir is open for the month of September only.

Cards/Games:

Social Cribbage: Enjoy a friendly game of Cribbage and socializing!

Contract Bridge: Practice your card trickery skills for an afternoon.

French Club Cards: This group meets weekly to play card games. Rejoignez le Plaisir.

Texas Hold'em: Join the most played poker game in the world!

Social Cards: Come down to socialize while playing various card games such as Hand and Foot, Lucky 13 & Canasta.

Duplicate Bridge: This group meets every Wednesday and Friday to play. A bridge partner is always guaranteed. All levels welcome.

Snooker and Evening Snooker: Snooker is a strategic cue sport where precision meets skill. It is played on a rectangular table covered with green cloth, aiming to score points by potting balls in a specific order.

Saturday Social Cards & Games: Join our Saturday Social Cards and Games Group for Seniors 55+! Enjoy a fun and relaxed Saturday playing your favorite card games and board games with friends, old and new. Whether you're a seasoned player or new to the games, everyone is welcome. Come for the games, stay for the company!

Technology:

Every Day Digital Skills For Seniors: Get one-on-one help with your phone, tablet, or laptop. Bring your charged device and any necessary logins.

Hobbies:

Stamp Collecting Club: Meet monthly to discover and discuss the world through the beauty of postage, one stamp at a time.

HAM Radio: This group meets weekly to talk to other operators around the world on HAM radios.

Creative Writing: Forget school essays—this class is about writing for you! Whether it's memoir, poetry, stories, or thoughts you need to express, you'll explore fun prompts, creative techniques, and quiet time to write. No grammar checks, just your authentic voice. Guided by Linda Zeppa.

RC Auto & Aircraft: Fly or drive your own battery powered vehicle or aircraft on the indoor turf. Your aircraft may not exceed a wingspan greater than 40 inches. Join anytime.

Rock Tumbling: Turn rough rocks into polished gems in this hands-on, beginner-friendly group. Learn each stage of the tumbling process with guidance and support. Bring your own 1–2.5 inch rocks—everything else is provided. Tumble at your own pace and check in weekly to share tips and track progress together.

WoodBee Carvers: This group of wood carvers meets weekly. Bring your own tools/wood and other supplies. Everyone is welcome.

Clock Repair Workshop: Tick-tock, don't stop! Learn to adjust and maintain mechanical clocks in this FREE hands-on, 3-part beginner workshop. Topics include clock types, strike and beat setting, cleaning, oiling, and simple adjustments. Bring your own clock and gain the confidence to get it

Grand Parent & Me: Journey Through Space Take a trip across the stars with your grandchild! Join astronomy enthusiast Dan for an engaging journey through the night sky, designed to spark curiosity across generations. Explore stunning space images and discover the stories behind them—from our home planet seen from the Moon to faraway galaxies. A fun and inspiring way to learn about the universe, side by side. Great for beginners and space lovers alike. All ages welcome... the sense of wonder is the same at 8 or 80!

Nebulae & October Skies: Join astronomy enthusiast Dan for an engaging journey through the night sky this October! Explore the stunning beauty of nebulae—vast clouds of gas and dust where stars are born—and discover the celestial events unique to this month like the Orionids meteor shower and the appearance of iconic constellations. Experience the wonder of the cosmos and learn how to spot these amazing sights in the October night sky. Perfect for beginners and space lovers alike!

Novel Book Club: This group of avid readers meets monthly to review and discuss books. The reading list is created as a group. Guided discussion from 1:30-3:00 PM with an optional open discussion 2:30-3:00 PM. September - The Wicked Boy (Author: Kate Summerscale); October - Garbo Laughs (Author: Elizabeth Hayes); November - The Cat's Table (Author: Michael Ondaatje); December - The Secret Book of Flora Lea (Author: Patti Callahan Henry).

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Snooker	--	M-F Sa	Ongoing Sept 6	Daily 16	10:00 AM-4:00 PM 9:30 AM-1:00 PM	BALC BALC	\$2.50 PAYG	21504
French Club Cards	--	M	Ongoing	Weekly	1:00 PM-4:00 PM	BALC	\$2.50 PAYG	21505
Nebulae & October Skies	Daniel	M	Oct 20	1	1:30 PM-3:30 PM	BALC	\$2.50 PAYG	23274
Stamp Collecting Club	--	M	Sep 8 Oct 6 Nov 10 Dec 8	12	1:30 PM-4:30 PM	NCC	\$2.50 PAYG	21869
Piano Lessons	Kathy	T	Sep 9	13	12:45 PM-1:15 PM	NCC	\$130	23173
		T	Sep 9	13	1:30 PM-2:00 PM	NCC	\$130	23174
		T	Sep 9	13	2:15 PM-2:45 PM	NCC	\$130	23175
		T	Sep 9	13	3:00 PM-3:30 PM	NCC	\$130	23177
		T	Sep 9	13	3:45 PM-4:15 PM	NCC	\$130	23178
Evening Snooker	--	T,Th	Sept 2	45	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	21506
Senior Singers	Sonya	T	Sep 9	10	10:30 AM-12:00 PM	BALC	\$20	23136
WoodBee Carvers	--	T	Sep 9	13	6:00 PM-8:00 PM	BALC	\$2.50 PAYG	23290
Intermediate Guitar Lessons	Brian	T	Nov 4	6	4:00 PM-5:00 PM	BALC	\$90	23279
Novel Book Club	Lillian	T	Sept 16 Oct 21 Nov 18 Dec 16	1 1 1 1	1:30 PM-3:00 PM	NCC	\$2.50 PAYG	21862
RC Auto & Aircraft	--	T	Ongoing	Weekly	11:00 AM-1:00 PM	NCC	\$2.50 PAYG	21494
Social Cribbage	--	T	Ongoing	Weekly	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	21507
Duplicate Bridge	--	W	Ongoing	Weekly	12:30 PM-4:00 PM	BALC	\$2.50 PAYG	22003
Texas Hold'em	Gayle	W	Sep 3	16	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	21508
Contemporary Crooners' Ensemble and Vocal Lessons	Nicholas	W	Sep 10	3	11:00 AM-12:00 PM	NCC	\$30	23255
		W	Oct 1	5	11:00 AM-12:00 PM	NCC	\$50	23256
		W	Nov 5	4	11:00 AM-12:00 PM	NCC	\$40	23257
		W	Dec 3	3	11:00 AM-12:00 PM	NCC	\$30	23258

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
'Everyday Digital Skills For Seniors' Drop-In	Wendy	W	Sep 10	15	1:00 PM-4:00 PM	BALC	Free	23302
Creative Writing	Linda	W	Oct 8	4	1:30 PM-3:30 PM	BALC	\$48	23071
		W	Nov 5	4	1:30 PM-3:30 PM	BALC	\$48	23072
HAM Radio	--	Th	Ongoing	Weekly	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	21509
Social Cards	--	Th	Ongoing	Weekly	2:00 PM-4:00 PM	BALC	\$2.50 PAYG	21510
Clock Repair Workshop	Bruce	Th	Oct 9	3	5:30 PM-7:30 PM	BALC	Free	23293
Jam Session	Brian	Th	Nov 13	1	5:30 PM-6:30 PM	BALC	\$8	23168
		Th	Nov 20	1	5:30 PM-6:30 PM	BALC	\$8	23169
		Th	Nov 27	1	5:30 PM-6:30 PM	BALC	\$8	23170
Contract Bridge	--	F	Ongoing	Weekly	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	21511
Duplicate Bridge	--	F	Ongoing	Weekly	12:30 PM-4:00 PM	BALC	\$2.50 PAYG	21512
Rock Tumbling	--	F	Sep 19	8	1:30 PM-2:30 PM	BALC	\$15	23286
Saturday Social Cards & Games	--	Sa	Sept 6	16	9:30 AM-12:30 PM	BALC	\$2.50 PAYG	21832
Grand Parent & Me: Journey Through Space	Daniel	Sa	Oct 18	1	10:30 AM-12:30 PM	BALC	\$2.50 PAYG per adult	23275

Active 55+ Presents: FALL Events

Last Wednesday
Of the months

Morning Bingos & Dance Matinees

22 September
Monday

Frauds & Scams Presentation

1 October
Wednesday

Seniors Active Living Fair

Fall Fling Dinner Dance
Sponsored By:

8 October
Wednesday

Fall Fling Dinner Dance

WP

Windsor Place
retirement residence

22 October
Wednesday

Senior Showcase

3 November
Monday

Falls Prevention Month Presentation

12 November
Wednesday

**Holiday Treasures Craft Show
& Dessert Tea**

3 December
Wednesday

Christmas Song & Lunch

Stay tuned for more Holiday Activities to be announced



Support generously provided by:



Need Tech Help?

Get help with your phone, tablet, email, texting, social media, etc.



Remember - there is no such thing as a "stupid" question! Be sure to bring your fully charged device any relevant user-names and passwords.



Bay Street Active Living Centre

Technology Help

Every Day Digital Skills for Seniors

Wednesdays

1:00pm - 4:00pm

Drop-In

Active 55+ Fall Closures:

Truth & Reconciliation Day | Sept 30th

Thanksgiving | Oct 13

Remembrance Day | Nov 11

Christmas | Dec 23 - 28

Active 55+ Fall Hours:

Bay Street Active Living Centre:

Mon/Wed/Fri 10:00am - 5:00pm

Tues/Thurs 10:00am - 8:00pm

Sat 9:00am - 1:00pm

Northern Community Centre:

Mon - Fri 10:00am-5:00pm

*Please note that we are only able to take phone calls during business hours.

NEEDLECRAFT & QUILTING



Applique: This group meets monthly to work on applique quilting skills. They sometimes have group challenges. New members are given instruction on various types of applique. All sewers are welcome.

Beading: Necklace Pendant: Create a beautiful handmade necklace pendant in this beginner-friendly beading class! Learn basic techniques and work step-by-step to design a unique piece you'll be proud to wear or gift. All materials provided. Please note that the beads and needle are very small and require good hand dexterity and may be hard to see.

Christmas Cheer: This group meets weekly to knit, crochet mitts, hats, and other items to be given to the Christmas Cheer Depot in December! We supply yarn but bring your favourite pattern and needles!

Quilt Club: This group of avid quilters works on quilting projects together. They focus on hand quilting and antique quilt repair.

Learn to Quilt: In this hands-on class, you'll learn the fundamentals of quilting—from selecting fabrics and using essential tools to cutting fabric and piecing together a quilt top. If time allows, we'll also cover how to "sandwich" your quilt by layering the top, batting, and backing. We have sewing machines available, but you're welcome to bring your own. Please come prepared with a notebook and pen, scissors or thread snips, and pins. Participants should have basic sewing knowledge and know how to thread and operate a sewing machine.

Comfort Quilts: This group meets monthly to create lap quilts for local charities. Everyone with an interest is welcome to come out and assist. You do not need to be a guild member to participate.

Open Needlecraft: This group of needlecrafters meet weekly to socialize and work on their own needlecraft projects. There is no instructor, bring your own supplies. Pattern swap table is available. All forms of needlework are welcome.

Traditional Rug Hooking: This is the ultimate craft for recycling wool clothing and other fabrics. Make your project into a wall hanging, coaster, rug or item of your choice. An instructor will be available to assist. Bring all your own supplies. This group meets bi-weekly.

Sew Much Fun Quilters Club: Join us monthly for a relaxed session of sewing, quilting, and socializing! Bring your own projects, materials, and machine. Share ideas, get tips, and enjoy creating with fellow crafters. Registration required.

Sewing 101: Want to learn or relearn the skill of sewing? Join us for 4 weeks to learn the basics and make a few easy projects to make you feel more confident. Sewing machines available for use.

Sewing 201: Continuing the fun from Sewing 101, join us for sewing 201. Learn more sewing skills while making a tote bag and a pair of flannel pj bottoms. Learn how to use a sewing pattern and more about basic non-stretch fabrics. A basic knowledge of the machine is an asset. Five weeks of fun for this session. Once you sign up, instructor Diane will contact you to let you know what materials you will need to purchase. Sewing machines are available but you can bring your own if you prefer.

Sewing 301 Clothing Making: You learned the basics in Sewing 101 and 201, now learn how to make your own clothes. Starting with simple items in woven fabrics, we will be making our own clothing items. Come and learn a new skill or rediscover a hobby from your past. You will need fabric for your projects. The teacher will contact you before the class to organize that.

Japanese Bunka: Discover this beautiful form of embroidery and share ideas and patterns. Bring your own supplies; the instructor can assist with information on where to find supplies.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Open Needlecraft	--	M	Ongoing	Weekly	1:30 PM-3:30 PM	BALC	\$2.50 PAYG	21476
Sew Much Fun Quilters Club	--	M	Sept 8 Oct 6 Nov 10 Dec 8	Monthly	10:00 AM-3:00 PM	NCC	\$2.50 PAYG	21874
Quilt Club	Sandy	T	Ongoing	Weekly	1:30 PM-3:30 PM	NCC	\$2.50 PAYG	21501
Traditional Rug Hooking	Betty	T	Sept 9, 23 Oct 14, 28 Nov 4, 18 Dec 2, 16	Bi- Weekly	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	21496
Christmas Cheer	--	W	Ongoing	Weekly	10:00 AM-12:00 PM	BALC	Free	21497
Comfort Quilts	Kim	W	Sept 10 Oct 15 Nov 19 Dec 10	Monthly	10:15 AM-3:00 PM	BALC	\$2.50 PAYG	21473
Sewing 301 Clothing Making	Diane	W	Sep 10	4	1:00 PM-4:00 PM	NCC	\$70	23205
	Diane	W	Oct 8	4	1:00 PM-4:00 PM	NCC	\$70	23206
	Diane	W	Nov 5	4	1:00 PM-4:00 PM	NCC	\$70	23207
Applique	Sandra	Th	Sept 4 Oct 2 Nov 6	Monthly	10:00 AM-2:00 PM	NCC	\$2.50 PAYG	21495
Beading: Necklace Pendant	Samantha	Th	Sep 18	4	1:00 PM-3:00 PM	BALC	\$50	23260
Sewing 101	Diane	Th	Sep 18	4	1:00 PM-3:00 PM	NCC	\$60	23203
Sewing 201	Diane	Th	Oct 16	4	1:00 PM-3:00 PM	NCC	\$60	23204
Learn to Quilt	Nancy	Th	Nov 13	6	1:00 PM-3:00 PM	NCC	\$45	23227
Japanese Bunka	Anna	F	Ongoing	Weekly	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	21499



ARTS & CRAFTS

'A Forest Path' Painting with Taimi: Using Acrylics, Oils or Water-Soluble Oils - with the aid of photos we will paint 'a forest path' observing shapes, colours and textures using various tools and painting mediums.

'Architecture in the Landscape' Painting with Taimi: Using Acrylics, Oils or Water-Soluble Oils - Integrating built structures into the natural environment, we will learn about perspective & design elements.

Abstract Painting Workshop Inspired By Masters: Alma Thomas: "Alma Woodsey Thomas (1891–1978) was an African American artist and art teacher who is now recognized as a major American painter of the 20th century. She was the first African American woman to have her work included in the White House's permanent art collection."

Abstract Painting Workshop Inspired By Masters: Gustav Klimt: "Session 2: Gustav Klimt (1862–1918) was an Austrian Symbolist painter and a leading figure in the Vienna Art Nouveau movement. He is best known for his use of gold leaf and his focus on the female form."

Abstract Painting Workshop Inspired By Wassily Kandinsky: "Session 3: Wassily Kandinsky (1866–1944) was a Russian painter and art theorist. He is widely regarded as one of the pioneers of abstract art in the Western world."

Autumn Wooden Sign Workshop: Create a custom fall-themed wood sign using pre-cut stencils, ribbons, and seasonal decorations. No experience needed—all supplies included. Perfect for your home or as a gift!

Card Embroidery: Also known as paper embroidery or card stitching, this craft involves stitching beautiful designs onto card stock to create unique, handmade greeting cards. You'll prick holes in the card following a pattern, then use embroidery floss or thread to bring the design to life. All supplies included—no experience needed!

Cricut - Christmas Labels & Gift Tags: Add a personal touch to your holiday wrapping with custom-made labels and gift tags! In this Cricut workshop, you'll design and cut festive tags and stickers perfect for gifts, treat bags, and more. A great way to get crafty and organized for the holidays. All materials provided.

Cricut - Christmas Ornament: Get into the festive spirit and create personalized Christmas ornaments using the Cricut! In this hands-on workshop, you'll learn how to design, cut, and assemble beautiful holiday decorations—perfect for your tree or as heartfelt gifts. All supplies are provided, and no experience is necessary.

Cricut - Explosion Box: Turn paper into a delightful surprise! In this workshop, you'll use the Cricut to craft an explosion box - unique, foldable project that bursts open with layers perfect for photos, messages, or small gifts. Assemble each section and add your own unique touches along the way. A fun and meaningful keepsake to make and share. All materials included.

Cricut - Reverse Canvas Sign: Learn how to turn a plain canvas into a stylish framed sign! In this hands-on project, we'll remove the canvas from its frame, add a custom vinyl design using the Cricut Machine, and reattach it to create a polished, finished look. A fun and creative way to make personalized home décor! All materials included.

Cricut - Shadow Box: Create a stunning 3D scene inside a shadow box for a beautiful display! Design and cut layered pieces using the Cricut machine, then assemble them inside a framed box. Perfect for adding unique home décor or gifting something personalized. All supplies provided.

Hand Made Greeting Cards: Get creative and crafty as you design and make two festive Christmas cards and one fun Halloween card. All materials are provided—just bring your imagination! Perfect for beginners.

Handmade Christmas Cards: Get festive and creative by making your own unique Christmas cards! This class guides you through fun techniques to design and decorate cards perfect for sharing holiday cheer. All supplies provided—great for all skill levels!

Holiday Wood Sign Workshop: Create a festive holiday wood sign using pre-cut stencils, ribbons, and seasonal embellishments. Choose from a variety of holiday-themed decorations and pre-cut stencil designs to craft your own handmade sign — perfect for your home, front porch, or as a heartfelt gift. No experience necessary. All supplies are included.

Iris Folding Cards: Discover the art of iris folding—a card-making technique where you layer strips of paper behind a cutout shape, following a printed template. The result is a beautiful swirling pattern that resembles the iris of a camera lens. Fun, easy, and perfect for creating eye-catching handmade cards. All supplies included!

Macrame Holiday Wreath Ornaments: Learn to create beautiful macrame wreath ornaments! Perfect for beginners, this class will guide you step-by-step to craft 3 festive, handmade decorations. All materials provided. Add a personal touch to your holiday décor and learn a new skill with these unique wreath ornaments!

Thanksgiving Wooden Blocks Craft: Paint and decorate wooden blocks to create your own Thanksgiving-themed pumpkin, turkey, or scarecrow—or make all three! A great way to get creative and add a personal touch to your fall décor. No experience necessary. All supplies provided.

Mosaic Candle Holder: Create a beautiful, one-of-a-kind mosaic candle holder using glass pieces and grout. This hands-on class will guide you through the basics of mosaic art, and you'll leave with a glowing piece perfect for your home or as a gift. All supplies included!

Neurographic Inspired Art: Neurographic art is a simple way to work with the subconscious mind through drawing. The result is an awareness and mindfulness that helps turn stress into calm. This artwork is unique to each artist. Bring watercolour or mixed media paper, a black pen, pencil and coloured pencils. Each month will focus on a different theme. Everyone is welcome.

Open Studio with Taimi: In this class, using acrylics or oils, you can bring an ongoing project or start a new one, with expert guidance on design, composition, color choices, and techniques. Led by an experienced instructor, this class is not recommended for total beginners.

Paper Quilling Bird: Learn the art of paper quilling as you create a charming bird design using coiled, shaped, and arranged paper strips. This beginner-friendly class provides step-by-step guidance and all supplies needed to make a colourful and detailed paper bird—perfect for framing or gifting!

Paper Quilling Butterfly: Learn the delicate art of paper quilling as you create a beautiful butterfly design using coiled and shaped paper strips. This beginner-friendly class includes all supplies and step-by-step instruction to help your creation take flight!

Pinecone Glitter Jar Centerpiece: Add a touch of rustic holiday charm to your décor with this beautiful DIY pinecone centerpiece! Paint and glitter pine cones in festive colors, then arrange them in a decorative jar or vase to create a sparkling holiday display. Perfect for your table, mantel, or as a handmade gift. All supplies are included.

PD Day Craft Event: Mason Jar Leaf Lanterns

Craft: Join us for a delightful craft activity designed for grandparents and grandchildren to create beautiful mason jar leaf lanterns together. Perfect for all skill levels, this activity encourages teamwork, fine motor, hand-eye coordination and creative problem-solving skills, making it an ideal way to spend quality time while crafting lasting memories which result in a practical gift to illuminate your home with the warm glow of your handmade lantern!

PD Day Craft Event: Popsicle Stick Scarecrow

Craft: We are excited to invite you to a Popsicle Stick Scarecrow craft workshop, where generations come together to create something special to beautify our homes and gardens. Get ready to make unique scarecrows that will brighten up your Autumn season!

Pyramid Advent Calendar: Create a unique twist on a holiday tradition with this Pyramid Advent Calendar! Using paper crafting techniques, you'll assemble a 3D pyramid-shaped calendar featuring 24 numbered compartments—perfect for filling with small treats, messages, or surprises. A festive and fun project to help count down the days to Christmas. All supplies included!

Ribbon Embroidery Brooch: Create a beautiful, textured brooch using ribbon embroidery techniques. Learn how to stitch delicate ribbon flowers and leaves onto fabric to craft a unique accessory you'll be proud to wear or gift. All materials included—no experience needed!

Scrap Booking Class: This group meets monthly to work on scrap book albums, catch up with friends and share ideas. A new idea/design will be presented each month. Scrap booking tools provided. Some experience is required, bring your own supplies.

Wood Burning: Learn the art of wood burning in this hands-on class using a pyrography pen. Create personalized designs and bring your wooden masterpiece to life! Please make sure to bring a wooden item to burn.

Stained Glass - Sunflower: Create a beautiful sunflower-themed stained glass panel in this beginner-friendly class. Learn to foil, and solder glass pieces as you bring your sunflower to life. All tools and materials provided.

Stained Glass: Two more stained glass classes to come, Nov 17 and Dec 8. Details available soon.

Water Colour Painting - Winter Scene: Capture the beauty of a snowy landscape in this relaxing watercolour painting class. Learn techniques for painting winter skies, trees, and snow-covered ground. No experience needed and all supplies are included!

Watercolour Landscape Painting: Explore the beauty of nature as you learn to paint stunning landscapes with watercolours. This class covers techniques for skies, trees, water, and more—perfect for beginners and all skill levels. All supplies included!

Watercolour Techniques Class: Dive into the mesmerizing world of watercolors! Unleash your creativity when you learn the 12 techniques of watercolour. Whether you're a novice or an aspiring maestro, this artistic adventure promises to be a thrilling exploration of color, technique, and boundless imagination!

Wine Glass Snowman Candle: Craft a charming snowman candle using an up-cycled wine glass! Learn how to decorate and assemble your snowman with festive touches, creating a cozy holiday centerpiece or gift. All materials included—no experience needed!

Pottery - Hand-Building Leaf Tray: Discover the joy of pottery with Paint and Decor Studios in this two-part hand-sculpting workshop. In Part One, you'll shape your own unique catch-all tray using hand-building techniques. Two weeks later, return for Part Two to glaze your piece and add the finishing touches. The price includes all materials, tools, firing, and glazing.

Quilted No-Sew Ornament: Learn how to make a beautiful quilted-look ornament without any sewing! Using a foam ball, fabric squares, and straight pins, you'll fold and layer the fabric to create a textured, quilt-like pattern. This fun and easy project is perfect for all skill levels and makes a great holiday decoration or handmade gift. All supplies included.

Open Painting: Join our Open Painting sessions! Whether you use watercolors, oils, acrylics, or any other medium, you're invited to bring your own supplies and work on your painting project in a supportive environment. Enjoy the freedom to create at your own pace while connecting with fellow artists. All skill levels are welcome!

Medicine Pouch Workshop: Create a traditional leather medicine pouch with Anishinaabe artist Lucia Laford (Waawaaskone Qwe). Learn hand-sewing techniques—dexterity required—and take home a meaningful keepsake. All materials provided. Ages 18+.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Neurographic Inspired Art	Victoria	M	Sep 15	1	10:15 AM-12:45 PM	BALC	\$5	23149
		M	Oct 27	1	10:15 AM-12:45 PM	BALC	\$5	23150
		M	Nov 24	1	10:15 AM-12:45 PM	BALC	\$5	23151
Autumn Wooden Sign Workshop	Eileen	M	Sep 22	1	10:30 AM-1:00 PM	NCC	\$15	23226
Stained Glass - Inukshuk with Northern Lights	Stephanie	M	Sep 22	1	12:00 PM-3:00 PM	BALC	\$48	23298
Thanksgiving Wooden Blocks Craft	Eileen	M	Sep 29	1	10:30 AM-1:00 PM	NCC	\$10	23303
Stained Glass - Sunflower	Stephanie	M	Sep 29	1	12:00 PM-3:00 PM	BALC	\$59	23299
Cricut - Shadow Box	Paola	M	Oct 20	1	10:30 AM-1:00 PM	NCC	\$20	23267
Macrame Holiday Wreath Ornaments	Christine	M	Nov 17	1	10:30 AM-12:30 PM	BALC	\$15	23241
Cricut - Explosion Box	Paola	M	Nov 17	1	10:30 AM-1:00 PM	NCC	\$10	23268
Cricut - Reverse Canvas Sign	Paola	M	Nov 24	1	10:30 AM-1:00 PM	NCC	\$15	23269
Cricut - Christmas Ornament	Paola	M	Dec 1	1	10:30 AM-1:00 PM	NCC	\$10	23270
Pinecone Glitter Jar Centerpiece	Eileen	M	Dec 8	1	10:30 AM-1:00 PM	NCC	\$5	23264
Water Colour Painting - Winter Scene	Anna	T	Sep 9	1	10:30 AM-3:30 PM	BALC	\$20	22891

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Hand Made Greeting Cards	Anna	T	Sep 16	1	10:30 AM-3:30 PM	BALC	\$20	22892
Scrap Booking Class	Lanny	T	Sep 16	1	10:30 AM-3:30 PM	BALC	\$15	21557
		T	Oct 21	1	10:30 AM-3:30 PM	BALC	\$15	21558
		T	Nov 18	1	10:30 AM-3:30 PM	BALC	\$15	21559
		T	Dec 16	1	10:30 AM-3:30 PM	BALC	\$15	21560
Wood Burning	Anna	T	Sep 23	1	10:30 AM-3:30 PM	BALC	\$20	22889
		T	Nov 25	1	10:30 AM-3:30 PM	BALC	\$20	22890
Quilted No-Sew Ornament	Anna	T	Oct 7	1	10:30 AM-3:30 PM	BALC	\$20	22893
Iris Folding Cards	Anna	T	Oct 14	1	10:30 AM-3:30 PM	BALC	\$20	22894
Pottery - Hand-Building Leaf Tray	Eve	T	Oct 14	2	11:00 AM-1:00 PM	Paint & Decor	\$48	23539
Pyramid Advent Calendar	Anna	T	Oct 21	1	10:30 AM-3:30 PM	BALC	\$20	22895
Paper Quilling Bird	Anna	T	Oct 28	1	10:30 AM-3:30 PM	BALC	\$20	22896
Ribbon Embroidery Brooch	Anna	T	Nov 4	1	10:30 AM-3:30 PM	BALC	\$20	22897
Handmade Christmas Cards	Anna	T	Nov 18	1	10:30 AM-3:30 PM	BALC	\$20	22898
Open Painting	--	W		Weekly	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	21474
Abstract Painting Workshop Inspired By Masters: Alma Thomas	Victoria	W	Sep 10	1	1:30 PM-4:00 PM	BALC	\$10	23208
Cricut - Reverse Canvas Sign	Paola	W	Sep 24	1	1:30 PM-4:30 PM	NCC	\$15	23305
Abstract Painting Workshop Inspired By Masters: Gustav Klimt	Victoria	W	Oct 22	1	1:30 PM-4:00 PM	NCC	\$10	23209
Abstract Painting Workshop Inspired By Wassily Kandinsky	Victoria	W	Nov 26	1	1:30 PM-4:00 PM	NCC	\$10	23210

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Holiday Wood Sign Workshop	Eileen	W	Dec 3	1	1:30 PM-4:00 PM	NCC	\$15	23272
Cricut - Christmas Labels & Gift Tags	Paola	W	Dec 10	1	1:30 PM-4:00 PM	NCC	\$10	23271
Open Painting	--	Th	Ongoing	Weekly	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	21475
Watercolour Techniques Class	Nora	Th	Sep 4	4	11:00 AM-1:00 PM	BALC	\$12.5	23011
Wood Burning	Anna	Th	Sep 11	1	10:30 AM-3:30 PM	NCC	\$20	22886
		Th	Oct 16	1	10:30 AM-3:30 PM	NCC	\$20	22888
		Th	Nov 13	1	10:30 AM-3:30 PM	NCC	\$20	22887
Mosaic Candle Holder	Anna	Th,F	Sep 18	1	10:30 AM-1:30 PM	NCC	\$20	22904
Paper Quilling Butterfly	Anna	Th	Sep 25	1	10:30 AM-3:30 PM	NCC	\$20	22903
'A Forest Path' Painting with Taimi	Taimi	Th	Oct 2	5	10:00 AM-12:00 PM	BALC	\$80	22984
Open Studio with Taimi	Taimi	Th	Oct 2	5	12:00 PM-1:30 PM	BALC	\$80	22986
		Th	Nov 6	4	12:00 PM-1:30 PM	BALC	\$70	22987
Card Embroidery	Anna	Th	Oct 9	1	10:30 AM-3:30 PM	NCC	\$20	22902
Watercolour Landscape Painting	Anna	Th	Oct 30	1	10:30 AM-3:30 PM	NCC	\$20	22901
'Architecture in the Landscape' Painting with Taimi	Taimi	Th	Nov 6	4	10:00 AM-12:00 PM	BALC	\$70	22985
Medicine Pouch Workshop	Lucia	Th	Nov 13	1	5:30 PM-8:00 PM	BALC	TBD	23535
		Th	Nov 20	1	5:30 PM-8:00 PM	BALC	TBD	23536
Iris Folding Cards	Anna	Th	Nov 20	1	10:30 AM-3:30 PM	NCC	\$20	22899
Wine Glass Snowman Candle	Anna	Th	Nov 27	1	10:30 AM-3:30 PM	NCC	\$20	22900
PD Day Craft Event:Popsicle Stick Scarecrow Craft	Sarah	F	Sep 26	1	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	23211
PD Day Craft Event: Mason Jar Leaf Lanterns Craft	Sarah	F	Nov 7	1	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	23212

EVENTS & TALKS



Live Music:

Dance Matinee with Frank Musso and Silver Strings: Join us for a fun-filled dance matinee featuring Frank Musso. Live music that will keep you on your feet all afternoon! Come to dance or sit and enjoy the music.

Dance Matinee with Forty Creek Country: Join us for a fun-filled dance matinee featuring Forty Creek Country. Live music that will keep you on your feet all afternoon! Come to dance or sit and enjoy the music.

'Stompin Tom': Celebrating a Canadian Icon: Stompin' Tom Connors is one of Canada's greatest patriots. His music has been a part of our cultural landscape for decades. Brian Tremblay will be back with his duo performing some of Stompin' Tom's greatest hits acoustically. He's also prepared some great old country classics to round out the 90-minute music program. Enjoy snacks and refreshments.

Fall Fling Dinner Dance: Join us for a delightful evening at the Fall Fling Dinner Dance, featuring live music by band Crossroads **sponsored by Windsor Place Retirement Residence.** Enjoy a delicious fall feast with turkey, stuffing, mashed potatoes, carrots, gravy, cranberry sauce, and pumpkin squares with whipped cream. Come for a night of fun, friendship, dancing and fantastic entertainment!

Christmas Song and Lunch: Join us for a festive Christmas Lunch and Song event! Enjoy a delightful meal while the Senior Singers fill the room with the joyous sounds of classic Christmas songs. It's the perfect way to celebrate the season with friends, family, and wonderful music! Menu: Ham, Perogies, Garden Salad and Cake.

Christmas Cafe and Carols: Join us at the Christmas Cafe and Carols for an afternoon of festive cheer, where you can enjoy delicious coffee, tea, and Christmas cookies while singing your favourite holiday carols with friends and family.

Lunches: \$7.00 lunch. Monthly menus are posted at BALC and on Facebook.

Cooking Classes:

Cooking Class - Fresh Pasta: Learn to make delicious fresh pasta from scratch in this hands-on cooking class! From mixing and kneading the dough to rolling and shaping, you'll create pasta that's perfect for any sauce. No experience needed—just come ready to cook and enjoy! All ingredients provided.

Cooking Class - Italian Peaches: Discover how to make Italian Peaches—delightful pastry treats filled with cream and rolled in sugar to look like real peaches. This hands-on class will guide you through each step, from baking to assembling these beautiful and delicious desserts. All ingredients provided.

Cooking Class - Pumpkin Lasagna Roll Ups with Crispy Sage: Celebrate fall flavors with this cozy, hands-on class! Learn to make creamy pumpkin lasagna roll-ups topped with crispy sage—perfect for a comforting autumn meal.

Cooking Class - Yorkshire Pudding: Enjoy a cozy and delicious culinary demonstration where we'll show you how to make perfectly puffed Yorkshire puddings. Then, watch as we assemble a beautifully curated brunch board featuring the puddings, flavourful spread, and smoked fish.

Cooking Class: Famous Singapore Dish: Hainan Chicken Rice: Hainan Chicken Rice is one of the most popular classic dish in Singapore. The cooked chicken is incredibly silky and delicious! But the rice is really the star—cooked in the broth from poaching the chicken, served with a trio of condiments. You will learn the cooking method, enjoy a delicious meal, and take home a recipe.

Cooking Class: Pork Adobo, Philippine's National Dish: We will cook delicious pork Adobo, mixed vegetables, crispy Lumpia (spring roll) and sticky rice. Adobo involves simmering meat, fish, or chicken with vegetables, in a mixture of vinegar, soy sauce, garlic and spices. You will learn the cooking method, enjoy a very tasty and savoury meal, and take home a recipe.

Events:

'BINGO':Join us for a relaxed and enjoyable bingo session, where you can play, chat with friends, and have a chance to win some great prizes.

Halloween BINGO: Join us for a relaxed and enjoyable bingo session, where you can play, chat with friends, and have a chance to win some great prizes.

Holiday Treasures Craft Show and Dessert Tea: Discover the perfect holiday gifts at our festive craft show, featuring a variety of unique creations from local artisans. After shopping, relax and connect with friends over a delightful dessert tea in a warm, seasonal atmosphere.

Holiday Treasures Craft Show Vendor Table: Reserve your table at the Bay Street Active Living Centre's Holiday Treasures Craft Show to showcase and sell your Arts and Please note that this is for 1 table only.

Senior Showcase: Celebrate the creativity and talent of local seniors at our Senior Showcase! Enjoy beautiful displays of artwork and textiles, then sit back and be entertained by a live variety show — all performed by talented seniors in our community. Join us for an inspiring evening of artistry, expression, and fun!

Paws & Relax - An Afternoon with Therapy Dogs: Relax and enjoy some furry company! Drop by the Bay Street Active Living Centre for a special visit from St. John Ambulance Therapy Dogs. Meet certified therapy dogs, learn about the program, and discover the benefits of pet therapy. Come for the cuddles, stay for the comfort!

Festive 55+ Christmas Lights Tour: Join us Monday, December 15th for a festive evening! Enjoy hot chocolate and cookies at the Bay Street Active Living Centre at 5:30 PM, then hop on the bus at 6:00 PM for a guided tour of Sault Ste. Marie's best holiday lights. Return by 8:00 PM. Spots are limited—register early!

Senior Showcase Auditions: Calling all performers aged 55+! Do you sing, dance, play an instrument, tell jokes, or have a unique talent to share? We're holding auditions for this year's Seniors Showcase variety show and want to see what you've got! Whether you're a seasoned performer or trying something new, this is your chance to shine on stage and be part of a fun, uplifting event that celebrates senior talent. All acts welcome!

SSM Active 55+ Active Living Fair: Join us for our annual Active Living Fair, open to adults 55+. Discover local vendors, community services, and helpful resources to support healthy, active aging. This event promotes social connection, mental well-being, and independence. Family members and caregivers welcome! This event is brought to you by the Older Adult Centres' Association of Ontario (OACAO) and the Ministry for Seniors and Accessibility (MSAA).

Talks and Workshops:

Age Well Essentials Workshop: This workshop is for adults 55+ who want to stay strong, independent, and engaged. Learn 8 key areas for healthy aging, explore meaningful goals, and start building your personalized aging plan. Includes a 6-page workbook and practical takeaways to inspire your next chapter.

Living Your Retirement Plan: You're invited to attend a seminar on Living Your Retirement Plan. We'll explore these key topics:• What retirement means to you• Where your retirement money could come from• How to protect your retirement savings and prepare your legacy. Led by Sun Life Advisor, Jared.

Weight Management Solutions: Explore strategies for gaining, maintaining, or losing weight with practical, goal-focused advice in this solutions-based session.

Algoma Hearing Lunch and Learn: Enjoy lunch while you learn from Algoma Hearing about: Dementia and Hearing Loss, Hearing and Technology and Noisy Environments, Styles of Hearing Aid Accessories and Bluetooth.

Bone Health 101: Learn the basics of osteoporosis, fracture risk, and how to maintain strong bones through nutrition, physical activity, and fall prevention strategies from Osteoporosis Canada via a virtual presentation.

Falls Prevention Talk – Hosted by Algoma Public Health: Join Algoma Public Health for a helpful session on reducing fall risks and staying independent. Learn how staying active, managing meds, and improving balance can make a big difference—plus, why falling isn't a normal part of aging. A great talk for anyone wanting to stay safe and informed.

Strategies for being Happy, Healthy, and Moving While Aging: This hands-on workshop will provide strategies for achieving or maintaining personal happiness, optimal health, and physical activity to enhance your quality of life.

Healthy Eating While Menu Planning: This workshop will share strategies for optimizing your nutrition and hydration by choosing foods and drinks you enjoy—based on seasonal availability and cost.

Frauds & Scams: Ontario Securities Commission Presentation: Learn how to spot and avoid common scams targeting older adults in this session from the Ontario Securities Commission. Get practical tips, learn warning signs, and protect yourself and your finances. Stay informed and stay safe.

Understanding Dementia Presentation: Join the Alzheimer's Society for an informative session on dementia and Alzheimer's. Learn about risk factors, early signs, and ways to promote brain health. Discover local resources and support for individuals, families, and caregivers.

Beyond Stroke: Talk with Author David Leblanc: Stroke survivor and author David Leblanc shares his recovery journey and the stories of 23 others in his book Beyond Stroke. This uplifting talk offers hope, insight, and connection for anyone affected by stroke. A local Stroke Community Navigator will also be on site with resources.

Never Stop Learning: Prepping Your Yard & Home for Winter: Get a head start on winter with this practical and informative workshop designed for older adults. Learn how to prepare your home, yard, and outdoor tools for the colder months with simple, step-by-step guidance. Glenn will walk through common maintenance tasks, safety tips, and simple routines that help you stay safe, warm, and worry-free all season long.

Exit Life Cafe: An Exit Café is a way of beginning a conversation about death – it's a group discussion rather than a grief support or counselling.

PROGRAM	INSTRUCTOR	DAY	START	TIME	CENTRE	FEE	CODE
Cooking Class - Italian Peaches	Silvana	M	Sep 15	10:15 AM-12:15 PM	BALC	\$10	22908
Cooking Class - Fresh Pasta	Silvana	M	Sep 22	10:15 AM-12:15 PM	BALC	\$10	22909
Frauds & Scams: Ontario Securities Commission Presentation	Ontario Securities Commission	M	Sep 22	10:30 AM-11:30 AM	BALC	Free	23289

PROGRAM	INSTRUCTOR	DAY	START	TIME	CENTRE	FEE	CODE
Beyond Stroke: Talk with Author David Leblanc	David	M	Sep 29	11:00 AM-12:00 PM	NCC	Free	23297
Senior Showcase Auditions	Taryn	M	Oct 6	10:00 AM-12:00 PM	BALC	Free	23179
Cooking Class - Yorkshire Pudding	Taryn	M	Oct 27	10:15 AM-12:15 PM	BALC	\$8	23172
Cooking Class - Pumpkin Lasagna Roll Ups with Crispy Sage	Taryn	M	Nov 3	10:15 AM-12:15 PM	BALC	\$8	23171
Understanding Dementia Presentation	Alzheimer's Society	M	Nov 3	11:00 AM-12:00 PM	BALC	Free	23181
Falls Prevention Talk – Hosted by Algoma Public Health	Algoma Public Health	M	Nov 3	1:00 PM-2:00 PM	NCC	Free	23288
Festive 55+ Christmas Lights Tour	--	M	Dec 15	5:30 PM-8:00 PM	BALC	\$15	23135
Weight Management Solutions Workshop	Irene	T	Sep 16	10:30 AM-12:00 PM	BALC	\$5	23237
Never Stop Learning: Prepping Your Yard & Home for Winter	Glenn	T	Oct 7	2:00 PM-4:00 PM	BALC	\$10	23285
Healthy Eating While Menu Planning	Irene	T	Oct 21	10:30 AM-12:00 PM	BALC	\$5	23238
Strategies for being Happy, Healthy, and Moving While Aging	Irene	T	Nov 25	10:30 AM-12:00 PM	BALC	\$5	23239
Lunch		W	Sep 10	12:00 PM-12:45 PM	BALC	\$7	23000
		W	Sep 17	12:00 PM-12:45 PM	BALC	\$7	23001
		W	Sep 24	12:00 PM-12:45 PM	BALC	\$7	23002
		W	Oct 15	12:00 PM-12:45 PM	BALC	\$7	23003
		W	Oct 22	12:00 PM-12:45 PM	BALC	\$7	23004
		W	Oct 29	12:00 PM-12:45 PM	BALC	\$7	23005
		W	Nov 5	12:00 PM-12:45 PM	BALC	\$7	23006
		W	Nov 12	12:00 PM-12:45 PM	BALC	\$7	23007
		W	Nov 19	12:00 PM-12:45 PM	BALC	\$7	23008
		W	Nov 26	12:00 PM-12:45 PM	BALC	\$7	23009
		W	Dec 10	12:00 PM-12:45 PM	BALC	\$7	23010
Exit Life Cafe		W	Sep 3	12:30 PM-2:00 PM	BALC	Free	23044

PROGRAM	INSTRUCTOR	DAY	START	TIME	CENTRE	FEE	CODE
Cooking Class: Pork Adobo, Philippine's National Dish	Victoria	W	Sep 3	1:00 PM-4:00 PM	BALC	\$15	22905
BINGO	--	W	Sep 24	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	22877
Halloween BINGO		W	Oct 29	10:15 AM-12:00 PM	BALC		22878
BINGO		W	Nov 26	10:15 AM-12:00 PM	BALC		22879
BINGO		W	Dec 17	10:15 AM-12:00 PM	BALC		22881
'Stompin Tom' Celebrating a Canadian Icon	Brian	W	Sep 10	7:00 PM-8:30 PM	BALC	\$10	23167
Dance Matinee with Forty Creek Country	Forty Creek Country	W	Sep 24	2:00 PM-3:00 PM	BALC	\$2.50 PAYG	22882
		W	Nov 26	2:00 PM-3:00 PM	BALC		22884
SSM Active 55+ Active Living Fair	OACAO	W	Oct 1	11:00 AM-3:00 PM	BALC	Free	23041
Cooking Class: Famous Singapore Dish: Hainan Chicken Rice	Victoria	W	Oct 8	10:15 AM-12:45 PM	BALC	\$15	22906
Living Your Retirement Plan	Jared	W	Oct 8	10:30 AM-11:30 AM	NCC	Free	23259
Fall Fling Dinner Dance	Crossroads	W	Oct 8	5:30 PM-8:30 PM	BALC	\$20	21513
Algoma Hearing Lunch and Learn	Algoma Hearing	W	Oct 22	10:00 AM-12:00 PM	BALC	Free	23125
Senior Showcase	--	W	Oct 22	6:00 PM-8:00 PM	BALC	\$10	23042
Age Well Essentials Workshop	Lou	Th	Oct 23	1:30 PM-3:00 PM	BALC	\$2.50 PAYG	23292
Dance Matinee with Frank Musso and Silver Strings	Frank Musso and Silver Strings	W	Oct 29	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	22883
		W	Dec 17	1:00 PM-3:00 PM	BALC		22885
Bone Health 101	Osteoporosis Canada	W	Nov 5	11:00 AM-12:00 PM	BALC	Free	23043
Paws & Relax - An Afternoon with Therapy Dogs	St. John's Ambulance	W	Nov 5	1:00 PM-2:00 PM	BALC	Free	23240
Holiday Treasures Craft Show and Dessert Tea	--	W	Nov 12	10:00 AM-2:00 PM	BALC	\$5	21514
Holiday Treasures Craft Show Vendor Table		W	Nov 12	10:00 AM-2:00 PM	BALC	\$10	2354
Christmas Lunch and Song	Senior Singers	W	Dec 3	12:00 PM-2:00 PM	BALC	\$15	22880
Christmas Cafe and Carols	Taryn	Th	Dec 11	1:00 PM-3:00 PM	NCC	\$5	22917

My Program Wish List

Participant Name: _____
(First) (Last)

Program	Code	Registered
EX/DrumFit	1234	YES! / Waitlisted