

Active 55+

Bay Street Active Living Centre
Northern Community Centre 55+

Printed 12 December 2025



**SAULT
STE. MARIE**

Ontario



Active 55+ Recreation Guide

Winter 2025

WINTER PROGRAM REGISTRATION

THURSDAY DECEMBER 18, 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
THURSDAY DECEMBER 18 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.

This is a Scent-Free Facility

Thank you for not wearing any scented products. This helps protect individuals with severe allergies and sensitivities.

Fall Program Highlights

Grandkid & Me PD Day Craft



Anna's Handmade Card Class



Elvis, live at the Holiday Treasures Craft Show & Tea



Comfort Quilters



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: 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:

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!: Move, groove, and have fun to energizing music with easy-to-follow dance steps. This class focuses on staying active, boosting energy, and building confidence—no dance experience required. Come ready to laugh, step to the beat 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.**

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.**

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.**

Step Fitness: This step class introduces simple movements using a raised step to improve balance, coordination, and endurance. Enjoy upbeat music and easy-to-follow routines designed for all fitness levels. No experience necessary! **Moderate to High 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.**

Beginners Snowshoeing at Bellevue Park: Join Anne for a fun and active introduction to snowshoeing at Bellevue Park! Learn the basics and explore winter trails at a comfortable pace. Snowshoes are provided, or you're welcome to bring your own. Please dress for the weather and wear warm, waterproof boots. Meet in Bellevue Park's northwest parking lot on Churchill Avenue. **Low to Moderate Intensity.**

Intermediate Snowshoeing at Finn Hill Hub Trail: Take your snowshoeing skills to the next level with this guided intermediate outing on the trails around Finn Hill section of the Hub Trail. Enjoy a moderately challenging pace and varied terrain while building endurance and confidence on the snow. Snowshoes are provided, or you're welcome to bring your own. Please dress for the weather and wear warm, waterproof boots. Meet at the Finn Hill parking lot off of Black Road. Participants should have some prior snowshoeing experience. **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.**

MIND-BODY WELLNESS:

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.**

Drumming Circle: Follow the lead of our experienced drummer in this meditative drumming circle. No experience is needed—learn simple patterns, join in group rhythms, and feel the calming, energizing effects of sound. Drums are provided, or bring your own. Leave feeling connected, refreshed, and inspired. **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.**

STRENGTH & STABILITY:

Wise Weights + Cardio: Strengthen and energize your body with this fun full-body workout that blends guided strength training using weights and resistance bands with low-impact 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.**

Yoga Core Strength: Build strength, stability, and balance through a yoga practice that focuses on your core—the foundation of all movement. This class blends traditional yoga poses with targeted core exercises to help improve posture, support your back, and enhance overall body awareness. Suitable for all fitness levels, modifications will be offered throughout. **Moderate Intensity.**

Stronger Longer: Build strength safely in this guided muscle-conditioning class using dumbbells. Learn proper form, alignment, and controlled movements while targeting all major muscle groups. Each session offers clear demos, technique coaching, and low-impact exercises to improve strength, posture, balance, and stability. Ideal for adults 55+ seeking a supportive environment. **Moderate Intensity.**

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 with the optional use of a chair for support. Equipment is provided. **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.**

Sit & Strengthen: Build strength, improve posture, and boost confidence – all from the comfort of a chair! This gentle, full-body workout uses light weights, resistance bands, and bodyweight movements to increase muscle strength, balance, and mobility. Perfect for those who prefer or require a seated option. All fitness levels welcome. **Low Intensity.**

ONE TIME EVENTS:

“Come & Try” Accessible Stretch and Strength: Come join this one-time class to see what it’s all about! 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.**

“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.**

Bon Soo Chair Yoga: Celebrate the Bon Soo Winter Carnival with a relaxing and social Chair Yoga session! Join our instructor, Shirling, for a 45-minute gentle yoga class designed to improve flexibility, balance, and relaxation—all from the comfort of a chair. After class, enjoy 15 minutes of herbal chai tea and conversation, a perfect way to warm up and connect with others. Wear red and white to show your Bon Soo spirit! **Bon Soo Button is Required.** All abilities welcome. **Low Intensity.**

Bon Soo DrumFit: Celebrate the Bon Soo Winter Carnival with this upbeat, music-filled drumming workout! DrumFit combines rhythm, movement, and fun as participants use drumsticks and an exercise ball to move together to the beat. Wear your red and white and join the celebration! **Bon Soo Button is required. All Abilities.**

Just a Tiny Chair Dance: Take a seat, and let the rhythm take control! Our chair dance sessions play with very basic moves; perfect for the first timer. It is the ideal way to get moving, grooving, and will certainly generate a mini mood boost. So come on down, and let’s get this chair party started! FREE! **Low Intensity.**

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.**

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.**

Stretch and Strength: This gentle full-body class is designed to improve functional strength, mobility, balance, and coordination to support your everyday activities. Learn safe and effective techniques for exercises and stretches, with a focus on proper form. The program includes a mix of seated and standing movements, with optional resistance. Equipment is provided. **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.**

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.**

Ageless Flow: Move with confidence and ease in this flow-based yoga class. Expect gentle Sun Salutations, standing strength and balance work, and deep, nourishing stretches—offering just the right amount of challenge while keeping things enjoyable. Some prior yoga experience is helpful, and variations are always provided. There's no judgment or competition here—just a supportive community where we move, laugh, and grow together. **Moderate Intensity.**

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Movement & Mobility	Cynthia	M	Jan 5	4	9:30 AM-10:30 AM	NCC	\$40	23879
		M	Feb 2	3	9:30 AM-10:30 AM	NCC	\$30	23880
		M	Mar 2	5	9:30 AM-10:30 AM	NCC	\$50	23881
Yoga For Vitality	Shirling	M	Jan 5	4	10:15 AM-11:15 AM	BALC	\$40	23713
		M	Feb 2	3	10:15 AM-11:15 AM	BALC	\$30	23714
		M	Mar 2	5	10:15 AM-11:15 AM	BALC	\$50	23715
DrumFit	Mary	M	Jan 5	4	11:00 AM-11:45 AM	NCC	\$16	24329
		M	Feb 2	3	11:00 AM-11:45 AM	NCC	\$12	24330
		M	Mar 2	4	11:00 AM-11:45 AM	NCC	\$16	24331
Egyptian Yoga and Dance	Sarah	M	Jan 5	4	11:15 AM-12:00 PM	NCC	\$16	23924
		M	Feb 2	3	11:15 AM-12:00 PM	NCC	\$12	23925
		M	Mar 2	4	11:15 AM-12:00 PM	NCC	\$16	23926
Gentle Chair Yoga	Shirling	M	Jan 5	4	2:00 PM-3:00 PM	BALC	\$40	23729
		M	Feb 2	3	2:00 PM-3:00 PM	BALC	\$30	23730
		M	Mar 2	5	2:00 PM-3:00 PM	BALC	\$50	23731
Tai Chi	Donna	M	Jan 12	10	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	23751
Step Right Up!	Marianne	M	Mar 2	5	11:30 AM-12:15 PM	BALC	\$25	24334

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Wise Weights + Cardio	Denise	T	Jan 6	4	9:15 AM-9:45 AM	NCC	\$32	23976
		T	Feb 3	4	9:15 AM-9:45 AM	NCC	\$32	23983
		T	Mar 3	5	9:15 AM-9:45 AM	NCC	\$40	23992
Gentle Yoga	Denise	T	Jan 6	4	10:00 AM-11:00 AM	NCC	\$40	23803
		T	Feb 3	4	10:00 AM-11:00 AM	NCC	\$40	23804
		T	Mar 3	5	10:00 AM-11:00 AM	NCC	\$50	23805
Dance Blast!	Cathy	T	Jan 6	3	10:15 AM-11:00 AM	BALC	\$15	23928
		T	Feb 3	4	10:15 AM-11:00 AM	BALC	\$20	23929
		T	Mar 3	4	10:15 AM-11:00 AM	BALC	\$20	23930
Gentle Yoga	Denise	T	Jan 6	4	11:15 AM-12:00 PM	NCC	\$32	23977
		T	Feb 3	4	11:15 AM-12:00 PM	NCC	\$32	23993
		T	Mar 3	5	11:15 AM-12:00 PM	NCC	\$40	23994
VON - Seniors Maintaining Active Roles Together	Nicole	T,F	Jan 6	13	12:30 PM-1:15 PM	NCC NCC NCC	Free	23875
DrumFit	Eva	T	Jan 6	4	12:30 PM-1:15 PM	BALC	\$16	23959
		T	Feb 3	4	12:30 PM-1:15 PM	BALC	\$16	23960
		T	Mar 3	5	12:30 PM-1:15 PM	BALC	\$20	23961
Qi Gong	Heidi	T	Jan 6	4	1:30 PM-3:00 PM	BALC	\$2.50 PAYG	23909
		T	Feb 3	4	1:30 PM-3:00 PM	BALC		23910
		T	Mar 3	5	1:30 PM-3:00 PM	BALC		23911
Cardio LIIT/HIIT	Angela	T	Jan 6	4	5:15 PM-5:45 PM	BALC	\$20	23967
		T	Feb 3	4	5:15 PM-5:45 PM	BALC	\$20	23968
		T	Mar 3	5	5:15 PM-5:45 PM	BALC	\$25	23969
55+ Women's Strength	Angela	T	Jan 6	4	6:00 PM-6:30 PM	BALC	\$20	23970
		T	Feb 3	4	6:00 PM-6:30 PM	BALC	\$20	23971
		T	Mar 3	5	6:00 PM-6:30 PM	BALC	\$25	23972
Beginners Snowshoeing at Bellevue Park	Anne	T	Jan 13	1	1:30 PM-2:30 PM	BALC	Free	24337
Intermediate Snowshoeing at Finn Hill	Anne	T	Feb 10	1	1:30 PM-2:30 PM	BALC	Free	24338
"Come & Try" Fit on Your Feet	Barbara	T	Feb 24	1	11:30 AM-12:15 PM	BALC	\$5	23938

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
"Come & Try" Accessible Stretch and Strength	Barbara	T	Feb 24	1	12:30 PM-1:15 PM	BALC	\$5	24326
Fit On Your Feet	Barbara	T	Mar 3	5	11:30 AM-12:15 PM	BALC	\$50	23939
Accessible Stretch and Strength	Barbara	T	Mar 3	5	12:30 PM-1:15 PM	BALC	\$20	24325
Ageless Flow	Denise	W	Jan 7	4	9:30 AM-10:30 AM	NCC	\$40	23978
		W	Feb 4	4	9:30 AM-10:30 AM	NCC	\$40	23984
		W	Mar 4	4	9:30 AM-10:30 AM	NCC	\$40	23985
Yoga For Vitality	Shirling	W	Jan 7	4	10:15 AM-11:15 AM	BALC	\$40	23710
		W	Feb 4	4	10:15 AM-11:15 AM	BALC	\$40	23711
		W	Mar 4	4	10:15 AM-11:15 AM	BALC	\$40	23712
Drumming Circle	Bonnie	W	Jan 7	4	10:30 AM-11:30 AM	BALC	\$20	23784
		W	Feb 4	4	10:30 AM-11:30 AM	BALC	\$20	23785
		W	Mar 4	4	10:30 AM-11:30 AM	BALC	\$20	23786
Gentle Yoga	Denise	W	Jan 7	4	10:45 AM-11:45 AM	NCC	\$40	23979
		W	Feb 4	4	10:45 AM-11:45 AM	NCC	\$40	23986
		W	Mar 4	4	10:45 AM-11:45 AM	NCC	\$40	23987
Strength with Bands	Denise	W	Jan 7	4	12:00 PM-12:30 PM	NCC	\$32	23980
		W	Feb 4	4	12:00 PM-12:30 PM	NCC	\$32	23988
		W	Mar 4	4	12:00 PM-12:30 PM	NCC	\$32	23990
VON - Seniors Maintaining Active Roles Together	Nicole	W	Jan 7	12	12:00 PM-12:45 PM	BALC	Free	23973
Gentle Chair Yoga	Shirling	W	Jan 7	4	2:00 PM-3:00 PM	BALC	\$40	23732
		W	Feb 4	4	2:00 PM-3:00 PM	BALC	\$40	23733
		W	Mar 4	4	2:00 PM-3:00 PM	BALC	\$40	23734
Bon Soo DrumFit	Eva	W	Feb 18	1	1:30 PM-2:15 PM	NCC	\$4 + Bon Soo Button	23957

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Wise Weights + Balance	Denise	Th	Jan 8	4	9:15 AM-9:45 AM	NCC	\$32	23982
		Th	Feb 5	4	9:15 AM-9:45 AM	NCC	\$32	23995
		Th	Mar 5	4	9:15 AM-9:45 AM	NCC	\$32	23996
Gentle Yoga	Denise	Th	Jan 8	4	10:00 AM-11:00 AM	NCC	\$40	23794
		Th	Feb 5	4	10:00 AM-11:00 AM	NCC	\$40	23795
		Th	Mar 5	4	10:00 AM-11:00 AM	NCC	\$40	23796
Qi Gong	Heidi	Th	Jan 8	4	10:15 AM-11:45 AM	BALC	\$2.50 PAYG	23707
		Th	Feb 5	4	10:15 AM-11:45 AM	BALC		23708
		Th	Mar 5	4	10:15 AM-11:45 AM	BALC		23709
Stretch and Strength	Eileen	Th	Jan 8	4	10:15 AM-11:00 AM	BALC	\$16	24440
		Th	Feb 5	4	10:15 AM-11:00 AM	BALC	\$16	23704
		Th	Mar 5	4	10:15 AM-11:00 AM	BALC	\$16	23703
DrumFit	Eileen	Th	Jan 8	4	11:15 AM-12:00 PM	BALC	\$16	23705
		Th	Feb 5	4	11:15 AM-12:00 PM	BALC	\$16	23706
		Th	Mar 5	4	11:15 AM-12:00 PM	BALC	\$16	23774
Sit & Strengthen	Denise	Th	Jan 8	4	11:15 AM-12:00 PM	NCC	\$32	23981
		Th	Feb 5	4	11:15 AM-12:00 PM	NCC	\$32	23997
		Th	Mar 5	4	11:15 AM-12:00 PM	NCC	\$32	23998
Learn to Line Dance	Joan	Th	Jan 8	4	12:30 PM-1:30 PM	BALC	\$12	23907
		Th	Feb 5	4	12:30 PM-1:30 PM	BALC	\$12	23943
		Th	Mar 5	4	12:30 PM-1:30 PM	BALC	\$12	23944
Intermediate Line Dancing	Joan	Th	Jan 8	4	1:30 PM-3:30 PM	BALC	\$12	23948
		Th	Feb 5	4	1:30 PM-3:30 PM	BALC	\$12	23949
		Th	Mar 5	4	1:30 PM-3:30 PM	BALC	\$12	23950
Healing Sound with Singing Bowls	Bonnie	Th	Jan 8	4	2:30 PM-3:30 PM	BALC	\$20	24436
		Th	Feb 5	4	2:30 PM-3:30 PM	BALC	\$20	24437
		Th	Mar 5	4	2:30 PM-3:30 PM	BALC	\$20	24439
Step Fitness	Angela	Th	Jan 8	4	5:00 PM-5:30 PM	BALC	\$20	24242
		Th	Feb 5	4	5:00 PM-5:30 PM	BALC	\$20	24252
		Th	Mar 5	4	5:00 PM-5:30 PM	BALC	\$20	24253
Yoga Core Strength	Angela	Th	Jan 8	4	5:45 PM-6:15 PM	BALC	\$20	24251
		Th	Feb 5	4	5:45 PM-6:15 PM	BALC	\$20	24254
		Th	Mar 5	4	5:45 PM-6:15 PM	BALC	\$20	24255

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Bon Soo Chair Yoga	Shirling Kao	Th	Feb 19	1	2:00 PM-3:00 PM	BALC	\$5 + Bon Soo Button	23958
Dance Blast!	Cathy	F	Jan 9	3	9:30 AM-10:15 AM	NCC	\$15	23866
			Feb 6	4	9:30 AM-10:15 AM	NCC	\$20	23867
			Mar 6	4	9:30 AM-10:15 AM	NCC	\$20	23868
Mindfulness for the Daily Life - Zoom	Anne	F	Jan 9	12	10:15 AM-11:15 AM	Zoom	\$12	23963
Mindfulness for the Daily Life: In- Person	Anne	F	Jan 9	11	10:15 AM-11:15 AM	BALC	\$2.50 PAYG	23962
Step Right Up!	Marianne	F	Jan 9	4	10:30 AM-11:15 AM	BALC	\$20	24335
		F	Feb 6	4	10:30 AM-11:15 AM		\$20	24336
Dance Inspired Yogalates	Sarah	F	Jan 9	4	11:15 AM-12:00 PM	NCC	\$20	24355
		F	Feb 6	2	11:15 AM-12:00 PM	NCC	\$10	23923
		F	Mar 6	4	11:15 AM-12:00 PM	NCC	\$20	23921
Stronger Longer	Marianne	F	Jan 9	4	11:30 AM-12:15 PM	BALC	\$20	24332
		F	Feb 6	4	11:30 AM-12:15 PM		\$20	24333
Tai Chi	Donna	F	Jan 16	10	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	23754
Just a Tiny Chair Dance	Eva	F	Jan 23	1	1:00 PM-1:30 PM	BALC	Free	24346
Zumba	Barbara	F	Mar 6	4	10:30 AM-11:15 AM	BALC	\$40	23896
Fit On Your Feet	Barbara	F	Mar 6	4	11:30 AM-12:15 PM	BALC	\$40	23902

STAND UP! Is a community exercise and information program that helps to improve older adults quality of life. This program is designed to increase confidence in managing falls and to encourage older adults to stay physically active. This 12 week program consists of three components: group exercise, exercises at home, and discussion.

This program is provided by Victorian Order of Nurses. To register, sessions on fall prevention please contact Darren at 705-358-5995.

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.

Pickleball & Potluck: All registered pickleball participants at the 55+ center are welcome to attend the potluck. Bring your favorite dish to enjoy together and play some casual pickleball games. Dinner will begin at 4pm, with casual games played until 8pm.

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: Stay active and have fun with low-pressure scrimmages of pick-up soccer on the indoor turf. This program is all about movement, teamwork, and connecting with other fellow soccer players. Come out, kick the ball around, and enjoy the game at your own pace. **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.**

Ping Pong: Ping pong (also known as table tennis) is an easy-to-learn game that helps improve coordination, focus, and reflexes. This fun-first, social program welcomes all skill levels. Players take turns rotating through games on a single table, keeping things lighthearted and engaging. Equipment is provided. Registration is required. **Low Intensity.**

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Soccer	--	M,Th	Jan 5	13	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	23812
Washer Toss	--	M	Jan 5	12	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	23716
Learn to Play Pickleball	Alyson	T	Jan 6	4	2:00 PM-4:00 PM	BALC	\$10	23954
		T	Feb 3	4			\$10	23955
		T	Mar 3	5			\$12.50	23956
Social Pickleball	--	T	Jan 6	4	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	23735
		T	Feb 3	4	4:00 PM-8:00 PM	BALC		23736
		T	Mar 3	5	4:00 PM-8:00 PM	BALC		23737
Darts	--	T	Jan 6	Weekly	6:30 PM-8:00 PM	BALC	\$2.50 PAYG	23591
Pickleball & Potluck		T	Feb 10	1	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	23953
Bocce	--	W	Jan 7	12	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	23815
Social Pickleball	--	Th	Jan 8	4	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	23741
		Th	Feb 5	4	4:00 PM-8:00 PM	BALC		23742
		Th	Mar 5	4	4:00 PM-8:00 PM	BALC		23743
Ping Pong	--	Th Sa	Jan 22	10	4:00 PM-7:00 PM 9:30 AM-12:30 PM	BALC	\$2.50 PAYG	23927
Bilingual Pickleball	--	F	Jan 9	4	10:15 AM-12:15 PM	BALC	\$10	23818
		F	Feb 6	4	10:15 AM-12:15 PM	BALC	\$10	23819
		F	Mar 6	4	10:15 AM-12:15 PM	BALC	\$10	23820
Shuffleboard	--	F	Jan 9	12	1:00 PM-2:30 PM	BALC	\$2.50 PAYG	23757
Shuffleboard	--	F	Jan 9	12	2:30 PM-4:00 PM	BALC	\$2.50 PAYG	23761
Pickleball	--	Sa	Jan 3	5	9:15 AM-1:00 PM	BALC	\$12.50	23748
		Sa	Feb 7	4	9:15 AM-1:00 PM	BALC	\$10	23749
		Sa	Mar 7	4	9:15 AM-1:00 PM	BALC	\$10	23750

**Support the Canadian
Olympians; wear red & white!**
Feb 6 - 22, 2026



CARDS, GAMES, HOBBIES, TECH

Music:

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

Intermediate Guitar Lessons: These lessons are for folks who can confidently play a few basic chords but want to take the next step in learning the guitar. In this series of classes, we will learn the Circle of Fifths, chords in all the major keys, common chord progressions for many songs, the Nashville Number System, alternating bass and other strumming techniques. These classes will help you play along to the song, make a chart, and help you to play along with other guitar players and musicians. Handouts will be provided.

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 May. Registration for the choir is open for the month of January only.

Ukelele Jam: Bring your ukelele, some previous knowledge and experience in strumming a few chords and songs and join the fun! Over the course of the sessions, we will refresh our skills, play familiar 60's and 70's tunes from The Beatles, CCR, John Denver, Tom Petty, etc. as well as popular classics and learn a few new songs. Previous lessons/experience at the Beginner-Intermediate level is recommended.

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.

Technology:

Increase your online security: In this workshop, learn some tips and tricks to stay safe digitally. You'll learn to create better passwords as well as set up and use multi factor authentication. Please bring your device fully charged and any relevant log-in information/passwords to access your device and account.

Get to know your Android Phone/Tablet: Using your Android device doesn't have to feel confusing! In this relaxed, hands-on workshop, explore the essentials step-by-step. Whether you're brand-new or just want a refresher, you'll learn how to use your phone or tablet comfortably and make everyday tasks easier. Please bring your device fully charged and any relevant log-in information/passwords to access your device and account.

Get to know your iPhone/iPad: Whether you're new to using your iPhone/iPad, or you just want a refresher, this hands-on session will guide you through the essentials at a comfortable pace. Explore the most useful features, practice everyday tasks, and learn simple tips that can make your device easier and more enjoyable to use. Please bring your device fully charged and any relevant log-in information/passwords to access your device and account.

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.

Winter Sowing & Native Seeds - All Ages: Think you can't garden in winter? Think again! Join us to learn how to start beautiful, bee- and butterfly-friendly native plants from seed using the easy "winter sowing" method. Why sow in winter? Native plant seeds need a period of moist cold to germinate. Sow now; they'll sprout in spring! Your seedlings will brighten your yard or you can plant them in nature or share them with a friend. Activity leaders will be Clean North's Abby Obenchain and Bill Cole. All supplies are provided. All ages welcome.

Novel Book Club: This group of avid readers meets monthly to review and discuss books. The reading list is created as a group. Books are provided each month by the lead of the activity and must be returned before the next month's book is distributed. Guided discussion from 1:30-3:00 PM with an optional open discussion 2:30-3:00 PM. January 20 - 419 (Author: Will Ferguson); February 17- Motion of the Ocean (Author: Janna Cawrse Esarey); March 24 - The Lost One (Author: Sheena Kamal).

January Blues...Blahs...Ahas: This class invites you to explore January 2026- the moods of the first month of the year through reflection, storytelling, discussion, writing/creativity, and humor. You'll be guided through creative activities, discussion, and exercises designed to unlock your imagination and spark fresh ideas. Relaxation, reflection, and laughter are all part of the process. Spelling, grammar, or perfection are not checked-only your authentic voice matters. Facilitator and Guide: Linda Zeppa

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Snooker	Elaine	M-F Sa	Jan 5	Daily	10:00 AM-4:00 PM 9:00 AM-12:45 PM	BALC BALC	\$2.50 PAYG	23599
Ukelele Jam	Terry	M	Jan 5 & 26 Feb 2 & 23 Mar 2 & 23	2 2 2	1:00 PM-2:00 PM 1:00 PM-2:00 PM 1:00 PM-2:00 PM	NCC NCC NCC	\$2.50 PAYG	24339
French Club Cards	--	M	Jan 5	Weekly	1:00 PM-4:00 PM	BALC	\$2.50 PAYG	23595
Stamp Collecting Club	--	M	Jan 12 Feb 9 Mar 9	1 1 1	1:30 PM-4:30 PM 1:30 PM-4:30 PM 1:30 PM-4:30 PM	NCC NCC NCC	\$2.50 PAYG	23659
Piano Lessons	Kathy	T	Jan 6	13	12:45 PM-1:15 PM	NCC	\$130	24000
		T	Jan 6	13	1:30 PM-2:00 PM	NCC	\$130	24001
		T	Jan 6	13	2:15 PM-2:45 PM	NCC	\$130	24002
		T	Jan 6	13	3:00 PM-3:30 PM	NCC	\$130	24003
		T	Jan 6	13	3:45 PM-4:15 PM	NCC	\$130	24004
RC Auto & Aircraft	--	T	Jan 6	Weekly	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	23597
Social Cribbage	--	T	Jan 6	Weekly	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	23601
Intermediate Guitar Lessons	Brian	T	Jan 6	6	4:00 PM-5:00 PM	BALC	\$90	24005
Evening Snooker	--	T,Th	Jan 6	Weekly	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	23594
WoodBee Carvers	--	T	Jan 6	13	6:00 PM-8:00 PM	BALC	\$2.50 PAYG	23662
Senior Singers	Sonya	T	Jan 13	16	10:30 AM-12:00 PM	BALC	\$20	23836
Get to Know Your iPhone/iPad	Wendy	T	Jan 13	1	1:00 PM-3:00 PM	BALC	Free	24377
Novel Book Club	Lillian	T	Jan 20 Feb 17 Mar 24	1 1 1	1:30 PM-3:00 PM 1:30 PM-3:00 PM 1:30 PM-3:00 PM	NCC NCC NCC	\$2.50 PAYG	23588
Get to Know Your Android Phone/ Tablet	Wendy	T	Feb 10	1	1:00 PM-3:00 PM	BALC	Free	24378
Increase Your Online Security	Wendy	T	Mar 10	1	1:00 PM-3:00 PM	BALC	Free	24379

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Texas Hold'em	Gayle	W	Jan 7	Weekly	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	23661
Duplicate Bridge	--	W,F	Jan 7	Weekly	12:30 PM-4:00 PM	BALC	\$2.50	23593
'Everyday Digital Skills For Seniors	Wendy	W	Jan 7	12	30 minute appointments available at: 1:00pm, 1:40pm, 2:20pm 1 hour appointment at 3:00pm	BALC	Free	24261 to 24311
January Blues... Blahs...Ahas	Linda	W	Jan 14	3	1:30 PM-3:30 PM	BALC	\$36	24438
Creative Writing	Linda	W	Feb 4	3	1:30 PM-3:30 PM	BALC	\$36	24434
		W	Mar 4	3	1:30 PM-3:30 PM	BALC	\$36	24435
HAM Radio	--	Th	Jan 8	Weekly	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	23596
Social Cards	--	Th	Jan 8	Weekly	2:00 PM-4:00 PM	BALC	\$2.50 PAYG	23600
Contract Bridge	--	F	Jan 9	Weekly	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	23590
Rock Tumbling	Eileen	F	Feb 6	8	1:30 PM-2:30 PM	BALC	\$15	24260
Winter Sowing & Native Seeds - All Ages	Abby & Bill	Sa	Feb 7	1	10:30 AM-12:00 PM	BALC	Free	23846

Healthy Aging Education Series – Coming February 2026

The **Algoma Ontario Health Team** is excited to bring back this free wellness series in February 2026. Open to all, the sessions offer practical, evidence-informed guidance on topics such as physical activity, healthy eating, medication safety, caregiver support, and more—led by local health professionals. Join us at the Northern Community Centre (556 Goulais Ave.) to learn new skills, ask questions, and support your healthy living journey.

Stay tuned for dates, topics, and registration details!

Active 55+ Presents: Golden Bon Soo

14 February
Saturday

**Bon Soo Grandparent & Me
Craft Morning**

17 February
Tuesday

**Bon Soo Cribbage Tournament:
Pairs Edition**

18 February
Wednesday

Bon Soo BINGO

18 February
Wednesday

Bon Soo DrumFit

18 February
Wednesday

Golden Bon Soo Dinner Dance

19 February
Thursday

**Bon Soo Watercolour Painting:
Winter Scene**

19 February
Thursday

Bon Soo Chair Yoga



Please note that all Bon Soo events require a Bon Soo button in addition to any registration fees.

Active 55+ participants can purchase a special discounted Bon Soo button for \$10 each at the Bay Street Active Living Centre. Offer valid for your own button only (one per person).

NEEDLECRAFT & QUILTING



Beaded Drop Earrings: Learn to create delicate beaded drop earrings in this hands-on workshop with Métis artist Samantha Case. Working with very small seed beads, participants will be guided through traditional techniques to complete their own pair of earrings. Please note that this project requires a moderate level of vision and hand dexterity.

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!

Paper Piecing Quilting Workshop: Join us for a hands-on session where you'll learn how to make this beautifully structured paper-pieced block. This class is ideal for confident beginner sewers who are comfortable with basic sewing skills and ready to try something new. Paper piecing opens the door to many creative possibilities, and this versatile pattern can be adapted in countless ways. Whether you're looking to build your skills or explore new design options, this class will guide you step by step.

DIY Quilts: Join experienced quilter Nancy for a supportive, self-directed quilting session where she'll be available to guide and assist as you work on creating your own quilt. Participants must bring all required supplies and a quilting pattern. Basic machine sewing and quilt-piecing knowledge are required—this is not a learn-to-quilt class.

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.

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

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.

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.

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.

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. 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.

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.

Beaded Lanyard Workshop: Create a beautiful and functional beaded lanyard in this hands-on class! You'll learn basic beading techniques while working with very small beads and needles to craft a personalized accessory perfect for keys or ID badges. Fine motor skills and good eyesight or magnification are recommended due to the small size of materials. All supplies

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Open Needlecraft	--	M	Jan 5	weekly	1:30 PM-3:30 PM	BALC	\$2.50 PAYG	23574
Sew Much Fun Quilters Club	--	M	Jan 12 Feb 9 Mar 9	1 1 1	10:00 AM-3:00 PM 10:00 AM-3:00 PM 10:00 AM-3:00 PM	NCC NCC NCC	\$2.50 PAYG	23578
Paper Piecing Quilting Workshop	Susan	M	Mar 23	1	10:00 AM-4:00 PM	NCC	\$25	24341
Quilt Club	Sandy	T	Jan 6	weekly	1:30 PM-3:30 PM	NCC	\$2.50 PAYG	23577
Traditional Rug Hooking	Betty	T	Jan 13, 27 Feb 10, 24 Mar 10, 24	2 per month	10:30 AM-12:30 PM 10:30 AM-12:30 PM 10:30 AM-12:30 PM	BALC BALC BALC	\$2.50 PAYG	23579
Christmas Cheer	--	W	Jan 7	weekly	10:00 AM-12:00 PM	BALC	Free	23571
Sewing 101	Diane	W	Jan 7	4	1:00 PM-3:00 PM	NCC	\$60	24320
Comfort Quilts	Kim	W	Jan 14 Feb 11 Mar 11	1 1 1	10:15 AM-3:00 PM 10:15 AM-3:00 PM 10:15 AM-3:00 PM	BALC BALC BALC	\$2.50 PAYG	23572
Sewing 201	Diane	W	Feb 4	4	1:00 PM-3:00 PM	NCC	\$60	24321
DIY Quilts	Nancy	W	Mar 4	4	1:00 PM-4:00 PM	NCC	\$20	24433
Applique	Sandra	Th	Jan 8 Feb 5 Mar 5	1 1 1	10:00 AM-2:00 PM 10:00 AM-2:00 PM 10:00 AM-2:00 PM	NCC NCC NCC	\$2.50 PAYG	23570
Sewing 301 Clothing Making	Diane	Th	Jan 8	4	1:00 PM-4:00 PM	NCC	\$70	24322
		Th	Feb 5	4	1:00 PM-4:00 PM	NCC	\$70	24323
		Th	Mar 5	4	1:00 PM-4:00 PM	NCC	\$70	24324
Beaded Drop Earrings	Samantha	Th	Mar 5	3	10:30 AM-12:30 PM	BALC	\$45	24349

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Beaded Lanyard Workshop	Cynthia	F	Jan 9	3	1:30 PM-3:00 PM	NCC	\$30	23039
Japanese Bunka	Anna	F	Jan 9	weekly	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	23573

Alcohol Ink - 3D Flower: Learn to create a vibrant 3D flower arrangement using alcohol inks in this fun, beginner-friendly class. You'll make a colourful piece ready to display, with optional shadow boxes available from the instructor for \$5 cash.

Alcohol Ink on Leather: Create your own one-of-a-kind leather book using alcohol inks. Learn simple techniques to add vivid colour and design to leather, then assemble it into a unique handmade journal. Perfect for all skill levels.

All Ages Crafts: Come get creative, enjoy a relaxed atmosphere, and make something unique to take home! Each session features an engaging craft designed for all skill levels, and everyone is welcome. Registration is required to ensure we have enough supplies for all participants.

All Ages Craft Projects include:

Wood Block Snowman

Button Art

Easter Bunny Wood Slice

Pine Cone Snowy Owl

Puzzle Piece Heart

Rock Painting

Bon Soo Grandparent & Me Craft Morning:

Join us for the Bon Soo Grandparent & Me Craft Morning! Celebrate the Bon Soo Winter Carnival with a fun-filled morning of creativity and connection. Activities include: Making your own Bon Soo Sock Snowman, Collage Art, Bon Soo Colouring Sheets for all ages. Please register in advance. Come dressed for crafting and ready to make memories together! Cost: \$2.50 per child (with 55+ adult accompaniment) **Bon Soo Button is required.**



ARTS & CRAFTS

Card Making - Greeting Cards: Design and create three handmade greeting cards for any occasion. Learn simple techniques, explore fun materials, and leave with a set of beautifully crafted cards ready to give.

Crepe Paper Flowers: Learn to craft delicate, lifelike flowers using crepe paper. In this hands-on class, you'll create a small bouquet to take home and display.

Cricut - Butterfly Birthday Card: It's always nice to send—or receive—handmade cards, so why not make your own? Assemble a beautiful butterfly-themed birthday card using pre-cut pieces and learn how to use the Cricut to write your own personalized message, making your card truly one-of-a-kind.

Cricut - Custom Tea Towel: Create a personalized tea towel! Learn how to design, cut, and apply heat-transfer vinyl using Cricut Design Space. Choose your own wording, images, or seasonal theme to make a one-of-a-kind kitchen accessory or gift. All materials are provided.

Cricut - Flower Shadow Box: Learn to assemble rolled paper flowers and arrange them in a shadow box for a stunning 3D display. Add vinyl lettering to personalize it for a loved one or family member—perfect for gifting or home décor. All materials provided.

Cricut - Paper Flowers: Bring a touch of beauty indoors by creating your own paper flowers! Learn to assemble Cricut cut pieces to create stunning floral arrangements. Perfect for home décor, gifts, or just a fun craft project. All materials provided.

Cricut - St. Patrick's Day T- Shirt: **Bring your own Green, white or black cotton t-shirt** to design and make your own festive shirt for St. Patrick's Day. All materials included.

Cricut - Valentine: Create a charming Valentine using the cartridge-style Cricut machine. With 90% of the cutting pre-done, you'll learn how to complete the final cuts yourself and assemble the full design. A finished sample will be on display for inspiration.

Cricut - Valentine's Explosion Heart Box: Create a sweet surprise for Valentine's Day! Learn to score and assemble the layers, and adding decorative details to make your box truly special. Open the box up and add your own messages, photos, or decorative touches to make it uniquely yours. All materials included.

Cricut - Valentines T- Shirt: Create a fun and festive Valentine's T-shirt using Cricut Design Space and heat-transfer vinyl! Design, cut, and press your own custom graphic—perfect for celebrating the season or gifting to someone special. **Bring your own cotton T-shirt;** all other materials are provided.

Cricut - Winter Welcome Sign: Paint your own beautiful round welcome sign and customize it using the Cricut. Learn to design, cut and apply vinyl to your project using Design Space. Then decorate with ribbon and other embellishments! All materials provided.

Cricut - Easter: Create a festive Easter project using the cartridge-style Cricut machine. With 90% of the cutting pre-done, you'll learn how to complete the final cuts yourself and assemble the full design step-by-step.

Cricut – Beginner Basics: This beginner-friendly class is perfect for anyone who owns a Cricut and wants to learn the essentials of Design Space. We'll guide you through the canvas, key tools, and panels, and finish with a step-by-step walkthrough of the "Make It" process so you can confidently cut and create your own projects. Participants are asked to bring their own materials (such as vinyl and a blank item to personalize). We'll provide the Cricut machine, mat, tools, heat press, and everything else needed to help bring your ideas to life. Come learn, practice, and get inspired!

Embroidery Cards: Create three unique embroidered cards using simple stitching techniques. Choose your own thread colours and card sayings to personalize each design and make them truly your own.

Handmade Greeting Cards: Design and create three handmade greeting cards for any occasion. Learn simple techniques, explore fun materials, and leave with a set of beautifully crafted cards ready to give.

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 three eye-catching handmade cards. 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.

Oil Painting - Clouds and Water: Learn to paint serene clouds and reflective water using step-by-step oil painting techniques. Perfect for all skill levels—and now all supplies are included!

Oil Painting - Rocks: Learn techniques for painting realistic rocks and natural textures in this step-by-step oil painting class. Suitable for all skill levels, with all supplies included.

Oil Painting - Trees: Learn step-by-step techniques to paint beautiful trees and natural landscapes in oil. Suitable for all skill levels, with 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!

Paper Quilling - Flowers: Create intricate and colorful floral designs using paper quilling techniques. Perfect for beginners and experienced crafters alike, and you'll leave with your own finished artwork.

PD Day Craft: Craft Stick Wildlife Creatures: Grandparents and grandchildren are invited to come together and make and paint charming Northern Ontario Winter Wildlife Creatures such as eagles, owls, moose, deer, etc. This activity encourages children to appreciate the beauty of our northern wildlife, develop their fine motor, hand eye coordination, social and language skills. Join us for a cozy afternoon of creativity and togetherness! Space is limited. Please register early.

PD Day Craft: Make a Variety of Butterflies: Join us for a fun and colourful afternoon of creativity. As Spring approaches, grandparents and grandchildren will have an opportunity to make a variety of butterflies using food colouring, coffee filters, clothespins and pipe cleaners. Please bring a smock or an old shirt to wear over your clothing.. All materials will be provided. Please register early - space is limited!

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.

Spring Ribbon Wreath: Welcome spring with a bright and cheerful ribbon wreath, crafted using simple cut-and-bunch techniques with wire ribbon. All supplies are included as we guide you step-by-step to create a fresh, colourful decoration perfect for the season!

Stained Glass - Panel: Create a beautiful stained glass panel in this beginner-friendly class. All glass pieces are pre-cut, and you'll learn how to foil, solder, and assemble your panel with step-by-step guidance. All materials are provided, and you'll leave with a finished piece ready to display.

Stained Glass - Quilt Pattern Panel: Create a striking quilt-pattern stained glass panel in this detailed, beginner-friendly class. All glass pieces are pre-cut, but the design includes many small sections, so this project will take a bit longer than our other sessions. You'll learn to foil, solder, and assemble your intricate panel with full guidance. All materials are included, and you'll finish with a beautiful piece ready to display.

Stained Glass - Snowflake: Create a beautiful winter keepsake in this beginner-friendly stained glass class! All glass pieces are pre-cut, making it the perfect project for those new to stained glass or anyone looking for a relaxing creative experience. You'll learn how to foil, solder, and assemble your shimmering snowflake with guidance every step of the way. All supplies are included, and you'll go home with a sparkling stained glass decoration ready to hang for the season.

Watercolour Painting: Explore the beauty of watercolour in this hands-on class. Learn blending, layering, and brush techniques in a fun, beginner-friendly environment.

Watercolour Painting - Flowers: L e a r n to paint vibrant, delicate flowers using watercolour techniques. Step-by-step guidance makes this class perfect for all skill levels.

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.

Woodland Style Drawing: Participants will explore Woodland style art with Lucia Laford. Each class will introduce a new theme, build Woodland drawing skills and participants will learn about Indigenous Anishinaabe teachings.

Bon Soo Watercolour Painting - Winter Scene: Celebrate Bon Soo with this special watercolour painting class! Learn techniques to create a beautiful winter scene. A **Bon Soo Button is required** to participate in this event.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Stained Glass - Snowflake	Stephanie	M	Jan 12	1	1:00 PM-4:00 PM	BALC	\$54	24257
Cricut – Beginner Basics	Paola	M	Jan 19	1	10:30 AM-2:30 PM	NCC	\$3	24348
Neurographic Inspired Art	Victoria	M	Jan 26	1	10:15 AM-12:45 PM	BALC	\$5	24236
		M	Feb 23	1	10:15 AM-12:45 PM	BALC	\$5	24237
		M	Mar 30	1	10:15 AM-12:45 PM	BALC	\$5	24238
Cricut - Valentine's Explosion Heart Box	Paola	M	Jan 26	1	10:30 AM-12:30 PM	NCC	\$15	24297
Cricut - Flower Shadow Box	Neha (student)	M	Feb 2	1	10:30 AM-1:30 PM	NCC	\$20	24250
Stained Glass - Panel	Stephanie	M	Feb 9	1	1:00 PM-4:00 PM	BALC	\$54	24258
Cricut - Butterfly Birthday Card	Paola	M	Mar 2	1	10:15 AM-12:45 PM	NCC	\$10	24298
Stained Glass - Quilt Pattern Panel	Stephanie	M	Mar 9	1	12:00 PM-4:00 PM	BALC	\$59	24259
Spring Ribbon Wreath	Taryn	M	Mar 23	1	10:15 AM-2:15 PM	BALC	\$37.50	24376
Cricut - Paper Flowers	Paola	M	Mar 30	1	10:30 AM-1:00 PM	NCC	\$10	24249
Cricut - Winter Welcome Sign	Eileen	T	Jan 6	1	10:30 AM-1:00 PM	NCC	\$15	24247

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
All Ages Craft - Wood Block Snowman	Neha (student)	T	Jan 13	1	10:30 AM-12:30 PM	NCC	\$2	24381
Watercolour Painting - Flowers	Anna	T	Jan 13	1	10:30 AM-3:30 PM	BALC	\$20	23838
All Ages Craft - Pine Cone Snowy Owl	Neha	T	Jan 20	1	10:30 AM-12:30 PM	NCC	\$2	24384
Handmade Greeting Cards	Anna	T	Jan 20	1	10:30 AM-3:30 PM	BALC	\$20	23840
Scrap Booking Class	Lanny	T	Jan 20	1	10:30 AM-3:30 PM	BALC	\$15	24356
		T	Feb 17	1	10:30 AM-3:30 PM		\$15	24357
		T	Mar 17	1	10:30 AM-3:30 PM		\$15	24358
Oil Painting - Trees	Anna	T	Jan 27	1	10:30 AM-3:30 PM	BALC	\$27	23839
All Ages Craft - Puzzle Piece Heart	Neha (student)	T	Feb 3	1	10:30 AM-12:30 PM	NCC	\$2	24385
Crepe Paper Flowers	Anna	T	Feb 3	1	10:30 AM-3:30 PM	BALC	\$20	23848
Embroidery Cards	Anna	T	Feb 10	1	10:30 AM-3:30 PM	BALC	\$20	23849
All Ages Craft - Button Art	Neha	T	Feb 17	1	10:30 AM-12:30 PM	NCC	\$2	24387
Oil Painting - Clouds and Water	Anna	T	Feb 17	1	10:30 AM-3:30 PM	BALC	\$27	23850
Alcohol Ink - 3D Flower	Anna	T	Feb 24	1	10:30 AM-3:30 PM	BALC	\$20	23851
Handmade Greeting Cards	Anna	T	Mar 3	1	10:30 AM-3:30 PM	BALC	\$20	23853
All Ages Craft - Rock Painting	Neha (student)	T	Mar 10	1	10:30 AM-12:30 PM	NCC	\$2	24390
Paper Quilling - Flowers	Anna	T	Mar 10	1	10:30 AM-3:30 PM	BALC	\$20	23852
Wood Burning	Anna	T	Mar 17	1	10:30 AM-3:30 PM	BALC	\$20	23854
All Ages Craft - Easter Bunny Wood Slice	Neha (student)	T	Mar 24	1	10:30 AM-12:30 PM	NCC	\$2	24388
Oil Painting - Rocks	Anna	T	Mar 24	1	10:30 AM-3:30 PM	BALC	\$27	23858
Open Painting	--	W	Jan 7	Weekly	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	23575

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Open Painting	--	Th	Jan 8	Weekly	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	23576
Wood Burning	Anna	Th	Jan 15	1	10:30 AM-3:30 PM	NCC	\$20	23837
Alcohol Ink on Leather	Anna	Th	Jan 22	1	10:30 AM-3:30 PM	NCC	\$20	23841
Cricut - Valentine	Anna	Th	Jan 29	1	10:30 AM-3:30 PM	NCC	\$20	23842
Iris Folding Cards	Anna	Th	Feb 12	1	10:30 AM-3:30 PM	NCC	\$20	23860
Woodland Style Drawing	Lucia	Th	Feb 12	3	1:00 PM-3:00 PM	BALC	\$40	24353
Bon Soo Watercolour Painting - Winter Scene	Anna	Th	Feb 19	1	10:30 AM-3:30 PM	NCC	\$20 + Bon Soo Button	23859
Wood Burning	Anna	Th	Feb 26	1	10:30 AM-3:30 PM	NCC	\$20	23861
Iris Folding Cards	Anna	Th	Mar 12	1	10:30 AM-3:30 PM	NCC	\$20	23856
Cricut Easter	Anna	Th	Mar 19	1	10:30 AM-3:30 PM	NCC	\$20	23857
Watercolour Painting	Anna	Th	Mar 26	1	10:30 AM-3:30 PM	NCC	\$20	23855
Cricut - Custom Tea Towel	Caitlin (student)	F	Jan 16	1	1:30 PM-4:00 PM	BALC	\$15	24350
PD Day Craft: Craft Sticks Wildlife Creatures	Sarah	F	Jan 30	1	1:00 PM-3:00 PM	NCC	\$4	24312
Cricut - Valentines T- Shirt	Caitlin (student)	F	Jan 30	1	1:30 PM-4:00 PM	BALC	\$10	24351
Cricut - St. Patrick's Day T- Shirt	Caitlin (student)	F	Feb 27	1	10:30 AM-1:00 PM	BALC	\$10	24354
PD Day Craft: Make a Variety of Butterflies	Sarah	F	Mar 6	1	1:00 PM-3:00 PM	NCC	\$4	24313
Bon Soo Grandparent & Me Craft Morning	Sarah	Sa	Feb 14	1	10:00 AM-12:00 PM	BALC	\$4 + Bon Soo Button	23890

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.

George Jones & Tammy Wynette Tribute Show: Join us for an unforgettable musical journey as Brian Tremblay and Lynn Eckroth pay heartfelt tribute to country legends George Jones and Tammy Wynette. With rich vocals, authentic harmonies, and stories behind the songs, this dynamic duo brings the iconic hits of “The Possum” and “The First Lady of Country Music” to life. Enjoy classics like He Stopped Loving Her Today, Stand By Your Man, Golden Ring, and many more.

Golden Bon Soo Dinner Dance: Join us for a festive Bon Soo Dinner Dance featuring live music from “Angry Joe and the Growlers”! Celebrate the winter spirit by wearing your best red and white and enjoying a delicious meal of roast beef, potatoes, carrots, bread and butter, and cake.

March Break Matinee with Frank Musso & the Silver Strings: Enjoy an upbeat dance and music matinee with Frank Musso and the Silver Strings at the NCC in the west end. This lively March Break event is perfect for all ages, and grandchildren are warmly welcome to join in the fun. Come tap your toes, dance, and experience an afternoon of great tunes and community connection.

Cooking Classes:

Cooking Class - Chicken Khao Soi Thai Coconut Curry Noodle Soup: Taste of Thai! This Khao Soi recipe is from the streets of Chiang Mai, Thailand. Creamy, delicious Thai coconut curry noodle soup is packed with flavour complexity and textural contrast. You will learn how to make this dish and plus learning how to make vegetable pickles and garnish the dish beautifully. Enjoy your lunch and take home a recipe.

Cooking Class - Famous Hanoi Street Food: Bun Cha: This amazing Vietnamese dish is made of deliciously grilled pork patties and rice noodles, served in a yummy warm broth with fresh herbs and vegetables. A perfect balance of fresh, savoury, sweet, citrus flavours. Lunch will be served with green tea and tropical fruits.

Cooking Class - Irish Comfort Food: Celebrate St. Patrick's Day with a cozy Irish-inspired cooking class featuring hearty Guinness brown bread and a comforting fish pie made with tender fish, leeks, parsnips, and peas in a creamy white sauce, topped with a cheddar-horseradish buttermilk mash. This warm and flavourful menu is the perfect way to enjoy the holiday with delicious homemade comfort food.

Cooking Class - Moroccan Stuffed Eggplant: Try this irresistible, simple recipe for stuffed eggplant: oven-roasted eggplant halves topped with Moroccan spiced beef. Low-cal, low-carb, low effort and utterly delicious!

Cooking Class - Pho and Caramelized Onion Soup: Watch and learn as the instructor demonstrates how to make rich, flavourful pho and perfectly caramelized French onion soup. Enjoy the aromas, ask questions, and pick up tips and techniques you can use in your own kitchen.

Cooking Class - Pâte à Choux: Discover how to make traditional French pâte à choux—the versatile pastry used for cream puffs, éclairs, and more—in this easy, step-by-step cooking class.

Events:

Kiwanis BINGO: Calling all Bingo players - join us for an afternoon of social bingo. Ten games, with Cash prizes. Potato chips and cake, coffee and tea to be served. This is an event sponsored by the Kiwanis Club of Lakeshore.

Snowfall Bingo: Start the year with a flurry of fun in Snowfall Bingo! Chill vibes, cozy wins, and winter magic are waiting for you. 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.

Bon Soo BINGO: Join us for a Bon Soo Bingo Bash! Enjoy a relaxed and friendly afternoon of bingo, chatting with friends, and celebrating the Bon Soo spirit. Wear your red and white for extra fun and try your luck at winning special Bon Soo gear prizes and other great giveaways! A ***Bon Soo Button is required.***

Mardi Gras Bingo: Celebrate the season with beads, masks, and big wins at Mardi Gras Bingo! Let the good times roll as you dab your way to prizes. 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.

Lucky Clover Bingo: Get your green on for Lucky Clover Bingo! May the luck of the Irish guide you to your next jackpot. 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.

Bon Soo Cribbage Tournament: Pairs Edition: Join us for a fun day of cards, competition, and camaraderie. Details: When: Wednesday, February 12 | 10:30 am – 2:30 pm Where: Bay Street Active Living Centre | 619 Bay St. Cost: \$5.00 plus a Bon Soo button (includes light lunch) Register: Sign up as a pair—spaces are limited! Bring your partner, your cribbage board, and your best game face. Prizes awarded to the top teams! A ***Bon Soo Button is required.***

Lohri Celebration: A cozy celebration inspired by the warmth and traditions of Lohri, India's joyful winter festival. Enjoy light music, simple games, winter treats like popcorn and peanuts, and a symbolic "bonfire" that celebrates togetherness. With a relaxed atmosphere and a fun photo booth, it's all about community, connection, and soaking in the glow of good company.

An Afternoon with Elvis: Spend An Afternoon with Elvis as our talented Elvis impersonator brings the King's iconic style and charisma to life through lively lip-sync performances and engaging entertainment. Enjoy classic hits, fun nostalgia, and a feel-good show that's sure to get your toes tapping!

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

Talks and Workshops:

Circle of Healing: A Senior Sharing Group: A gentle, four-week talking circle where seniors come together to share their experiences, emotions, and life stories in a supportive and understanding space. Each session offers meaningful conversation, connection, and simple grounding activities to promote emotional well-being. Led by placement student Caitlin, from the Bachelor of Social Work Program

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. Led by death doula Joy Wirtha.

Fire Presentation: Join fire educator Aaron for hands-on fire extinguisher training and learn about current fire-safety best practices, updated regulations, and practical steps to keep your home safe.

Mindful Eating for Brain and Heart Health: Enjoy a workshop exploring the similarities of healthy eating for brain and heart health and the challenges the winter season brings.

Nutrition Skills for Staying Well & Getting Better: Winter presents challenges to health that might include getting sick. This workshop will explore suggestions to boost your immune system to prevent illness and help you recover more quickly with foods you eat and beverages you drink.

Sound Advice: On Hearing Health: These classes by Canadian Hearing Services are designed to increase knowledge about hearing loss and communication. They are designed to accommodate your input and need for peer support, and social interaction. The goal is to improve communication, increase confidence and decrease isolation. These Classes will Provide Information about: hearing loss, social isolation, communication strategies, communication devices, difficult listening situations and much more...

The Ontario Caregiver Organization Talk Series: A monthly talk series with the Ontario Caregiver Organization. The first session introduces who caregivers are, the challenges they face, and the free supports available. Future topics may include caregiving essentials, emergency planning, stress and burnout, communication strategies, and more.

Reflection After the Shingwauk Indian Residential School Truth Walk Hosted by Serena Hill – Sharing Circle & Dream Catcher Making: Join us for a guided sharing circle to reflect on your Truth Walk experience in a supportive, open space. Participants can speak from the heart, share helpful learning resources, and create their own personal dream catcher.

Active 55+ Winter Closures:
New Year's Day | Jan 1
Family Day | Feb 16

Navigating the Night Sky with Algoma Astronomers: Look up and be amazed! Join the Algoma Astronomers for an engaging introduction to the night sky. Learn to spot stars, planets, and constellations, explore beginner sky maps, and get hands-on with telescopes as presenters explain how they work. Discover what's currently visible overhead and gain confidence identifying celestial objects on your own

The Boundless Life Workshop: This workshop is for adults 55+ who want to stay strong, independent, and engaged. Learn 12 key areas for healthy aging, explore meaningful goals, and start building your personalized aging plan. Includes an 8-page workbook and practical takeaways to inspire your next chapter.

Algoma Public Health - Healthy Eating Talk: Join us for a friendly and informative session with registered dietitian Sarah, on healthy eating in older adulthood. This talk will provide simple, practical guidance to help you make nourishing food choices that support energy, independence, and overall well-being.

Understanding & Incorporating a Plant-Based Diet: This workshop will explain plant based eating and how it complements Canada's Food Guide and healthy eating.

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.

PROGRAM	INSTRUCTOR	DAY	START	TIME	CENTRE	FEE	CODE
Cooking Class - Moroccan Stuffed Eggplant	Taryn	M	Jan 12	10:15 AM-12:15 PM	BALC	\$12	24372
Algoma Public Health - Healthy Eating Talk	Sarah - APH Dietitian	M	Jan 19	11:00 AM-12:00 PM	BALC	Free	24366
Cooking Class - Pâte à Choux	Taryn	M	Feb 2	10:15 AM-12:15 PM	BALC	\$8	24373
Exit Life Cafe	Joy	M	Feb 9	10:30 AM-12:00 PM	BALC	Free	24441
Fire Presentation	Fire Services	M	Mar 2	12:00 PM-1:00 PM	BALC	Free	24370
Cooking Class - Irish Comfort Food	Taryn	M	Mar 16	10:15 AM-12:15 PM	BALC	\$12	24374
March Break Matinee with Frank Musso & the Silver Strings	Frank & Silver Strings	M	Mar 16	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	24367
Nutrition Skills for Staying Well & Getting Better	Irene	T	Jan 6	10:30 AM-12:30 PM	BALC	\$5	24316
Lohri Celebration	Navpreet (student)	T	Jan 13	4:00 PM-5:00 PM	BALC	\$2.50 PAYG	23702
Mindful Eating for Brain and Heart Health	Irene	T	Feb 3	10:30 AM-12:30 PM	BALC	\$5	24317
Circle of Healing: A Senior Sharing Group	Caitlin (student)	T	Feb 10	11:00 AM-12:00 PM 4 sessions	BALC	Free	24371
Bon Soo Cribbage Tournament: Pairs Edition	Students	T	Feb 17	10:30 AM-1:30 PM	BALC	\$5 + Bon Soo Button	23673
Navigating the Night Sky with Algoma Astronomers	Daniel	T	Feb 24	2:00 PM-4:00 PM	NCC	\$2.50 PAYG	24345
Understanding & Incorporating a Plant-Based Diet	Irene	T	Mar 3	10:30 AM-12:30 PM	BALC	\$5	24318
Lunch	--	W	Jan 7	12:00 PM-12:45 PM	BALC	\$7	24391
		W	Jan 14	12:00 PM-12:45 PM	BALC	\$7	24392
		W	Jan 21	12:00 PM-12:45 PM	BALC	\$7	24393
		W	Jan 28	12:00 PM-12:45 PM	BALC	\$7	24394
		W	Feb 4	12:00 PM-12:45 PM	BALC	\$7	24395
		W	Feb 11	12:00 PM-12:45 PM	BALC	\$7	24396
		W	Feb 25	12:00 PM-12:45 PM	BALC	\$7	24397
		W	Mar 4	12:00 PM-12:45 PM	BALC	\$7	24398
		W	Mar 11	12:00 PM-12:45 PM	BALC	\$7	24399
		W	Mar 18	12:00 PM-12:45 PM	BALC	\$7	24340
		W	Mar 25	12:00 PM-12:45 PM	BALC	\$7	24301

PROGRAM	INSTRUCTOR	DAY	START	TIME	CENTRE	FEE	CODE
Cooking Class - Chicken Khao Soi Thai Coconut Curry Noodle Soup	Victoria	W	Jan 7	1:30 PM-3:30 PM	BALC	\$15	24240
Kiwanis BINGO	Kiwanis Club of Lakeshore	W	Jan 21	1:00 PM-3:00 PM	BALC	Free	23589
Snowfall Bingo	--	W	Jan 28	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	23675
Dance Matinee with Forty Creek Country	Forty Creek Country	W	Jan 28	2:00 PM-3:00 PM	BALC	\$2.50 PAYG	23687
Cooking Class - Famous Hanoi Street Food : Bun Cha	Victoria	W	Feb 4	1:30 PM-3:30 PM	BALC	\$15	24241
An Afternoon with Elvis	Elvis	W	Feb 11	1:30 PM-3:00 PM	BALC	\$2.50 PAYG	24380
Bon Soo BINGO	--	W	Feb 18	10:15 AM-12:00 PM	BALC	\$2.50 PAYG + Bon Soo Button	23834
Golden Bon Soo Dinner Dance	Angry Joe and the Growlers	W	Feb 18	5:30 PM-8:30 PM	BALC	\$25 + Bon Soo Button	23672
Mardi Gras Bingo	--	W	Feb 25	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	23676
Dance Matinee with Frank Musso and Silver Strings	Silver Strings	W	Feb 25	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	23688
George Jones & Tammy Wynette Tribute Show	Brian & Lynn	W	Mar 4	6:00 PM-8:00 PM	BALC	\$12	24328
Cooking Class - Pho and Caramelized Onion Soup	Lynn	W	Mar 18	1:30 PM-3:30 PM	BALC	\$15	24327
Lucky Clover Bingo	--	W	Mar 25	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	23677
Dance Matinee with Forty Creek Country	Forty Creek Country	W	Mar 25	2:00 PM-3:00 PM	BALC	\$2.50 PAYG	23689
Navigating the Night Sky with Algoma Astronomers	Daniel	Th	Jan 22	1:30 PM-3:30 PM	BALC	\$2.50 PAYG	24256
Ontario Caregiver Organization (OCO) Talk Series	Hannah from OCO	Th	Jan 8 Feb 5 Mar 5	1:30 PM-2:30 PM 1:30 PM-2:30 PM 1:30 PM-2:30 PM	BALC BALC BALC	Free	24450
Sound Advice: On Hearing Health	Canadian Hearing Services	Th	Jan 29	10:30 AM-12:00 PM 5 week program	BALC	Free	24319
The Boundless Life Workshop	Lou	Th	Mar 19	1:30 PM-3:00 PM	BALC	\$5	24343
Reflection After Shingwauk Truth Walk	Serena Hill	Fr	Mar 13	12:00 PM-1:00 PM	Algoma U	Free	24452

My Program Wish List

Participant Name: _____
(First) (Last)

Program	Code	Registered
EX/DrumFit	1234	YES! / Waitlisted