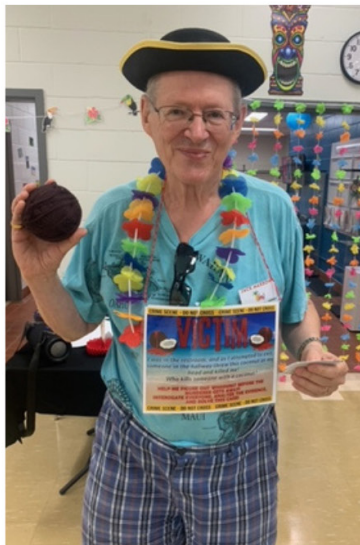


Active 55+

Bay Street Active Living Centre
Northern Community Centre 55+

Printed 20 March 2026



SAULT
STE.MARIE

Ontario



Active 55+ Recreation Guide

Spring 2026

SPRING PROGRAM REGISTRATION

WEDNESDAY APRIL 1, 2026 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
WEDNESDAY APRIL 1 AT 12:00 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 2026 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.

Golden BonSoo Program Highlights



Level	Fitness Program Intensity Guide
Low Intensity	• 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	• 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	• 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	• 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 practice 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 conditioning with bands, dumbbells and dance 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 upbeat music with easy-to-follow dance steps. This energetic class blends dance and fitness to improve cardiovascular health, flexibility, and boost your energy. No dance experience required—just come ready to laugh, move to the beat, and have a blast! **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.**

Line Dancing: All levels of line dancers welcome! This class features rows of participants following the leader's steps learning and practicing choreographed routines. **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.**

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.**

Mood Walks - St. Kateri: Mood Walks is a province wide initiative in Ontario that promotes mental and physical health through guided nature walks, social connection, and mindfulness. Join us for a dynamic warm-up, 30-45 minute guided walk, followed by a cool down and stretches. Meet at St. Kateri (1639 Goulais Avenue). Wear sturdy shoes appropriate for outdoors and dress for the weather. Option to use nordic walking poles.

Mood Walks - Waterfront: As the weather gets warmer and the sun shines longer, let's get out and enjoy the waterfront and comradery.

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.**

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.**

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.**

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: Join our meditative drumming circle—no experience needed! Learn simple rhythms, enjoy group beats, and feel the calming, energizing effects of sound. Drums provided or bring your own. **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 this spring for a relaxed session exploring how patience—and impatience—show up in everyday life. With a lighthearted, mindful look at the little things that bug us, you'll learn simple strategies in a supportive group setting. **In Person or Zoom option available.** Please use the 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.**

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.**

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.**

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.**

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! **Low 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.**

ONE TIME EVENTS:

National Yoga Day Celebration: Indulge in a two-hour National Yoga Day Celebration featuring various instructors and types of yoga that we offer. Afterwards enjoy a nourishing light snack and refreshing beverages while you connect with fellow yogis and revel in the post-yoga glow through meaningful conversation. All levels of experience are welcome to join in the experience. Mats, bands and blocks will be available.

PROGRAM	INSTRUCTOR	DAY	START		TIME	CENTER	FEE	CODE
Egyptian Yoga and Dance	Sarah	M	Apr 13	3	11:15 AM-12:00 PM	NCC	\$12	24586
		M	May 4	3	11:15 AM-12:00 PM	NCC	\$12	24587
		M	Jun 1	5	11:15 AM-12:00 PM	NCC	\$20	24588
Gentle Chair Yoga	Shirling	M	Apr 13	3	2:00 PM-3:00 PM	BALC	\$30	24473
		M	May 4	3	2:00 PM-3:00 PM	BALC	\$30	24474
		M	Jun 1	4	2:00 PM-3:00 PM	BALC	\$40	24475
Movement & Mobility	Cynthia	M	Apr 13	3	9:30 AM-10:30 AM	NCC	\$30	23882
		M	May 4	3	9:30 AM-10:30 AM	NCC	\$30	23883
		M	Jun 1	4	9:30 AM-10:30 AM	NCC	\$40	23884
Step Right Up!	Marianne	M	Apr 13	3	11:30 AM-12:15 PM	BALC	\$15	24689
		M	May 4	3	11:30 AM-12:15 PM	BALC	\$15	24690
		M	Jun 1	3	11:30 AM-12:15 PM	BALC	\$15	24691
			(Jun 1, 15 & 22)					

PROGRAM		DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Tai Chi	Donna	M	Apr 13	6	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	23752
Yoga For Vitality	Shirling	M	Apr 13	3	10:15 AM-11:15 AM	BALC	\$30	24467
		M	May 4	3	10:15 AM-11:15 AM	BALC	\$30	24468
		M	Jun 1	4	10:15 AM-11:15 AM	BALC	\$40	24469
VON - Seniors Maintaining Active Roles Together	Nicole	T,F	Apr 7	13	12:30 PM-1:15 PM	NCC	FREE	23876
Accessible Stretch and Strength	Barbara	T	Apr 7	4	12:30 PM-1:15 PM	BALC	\$16	24484
		T	May 5	4	12:30 PM-1:15 PM	BALC	\$16	24485
		T	Jun 2	4	12:30 PM-1:15 PM	BALC	\$16	24486
Dance Blast!	Cathy	T	Apr 7	4	10:15 AM-11:00 AM	BALC	\$20	23931
		T	Jun 2	4	10:15 AM-11:00 AM	BALC	\$20	23933
DrumFit	Mary	T	Apr 7	4	11:30 AM-12:15 PM	NCC	\$16	24442
		T	May 5	4	11:30 AM-12:15 PM	NCC	\$16	24443
		T	Jun 2	2	11:30 AM-12:15 PM	NCC	\$8	24444
DrumFit	Eva	T	May 12	3	12:30 PM-1:15 PM	BALC	\$12	24483
		T	Jun 2	4	12:30 PM-1:15 PM	BALC	\$16	24501
Fit On Your Feet	Barbara	T	Apr 7	4	11:30 AM-12:15 PM	BALC	\$40	23940
		T	May 5	4	11:30 AM-12:15 PM	BALC	\$40	23941
		T	Jun 2	4	11:30 AM-12:15 PM	BALC	\$40	23942
Gentle Yoga	Denise	T	Apr 7	4	10:00 AM-11:00 AM	NCC	\$40	23806
		T	May 5	4	10:00 AM-11:00 AM	NCC	\$40	23807
		T	Jun 2	5	10:00 AM-11:00 AM	NCC	\$50	23808
Gentle Yoga	Denise	T	Apr 7	4	11:15 AM-12:00 PM	NCC	\$40	24514
		T	May 5	4	11:15 AM-12:00 PM	NCC	\$40	24515
		T	Jun 2	5	11:15 AM-12:00 PM	NCC	\$50	24516
Qi Gong	Heidi	T	Apr 7	12	1:30 PM-3:00 PM	BALC	\$2.50 PAYG	23912
Wise Weights + Cardio	Denise	T	Apr 7	4	9:15 AM-9:45 AM	NCC	\$32	24511
		T	May 5	3	9:15 AM-9:45 AM	NCC	\$24	24512
		T	Jun 2	5	9:15 AM-9:45 AM	NCC	\$40	24513
Mood Walks	Taryn	T	May 5	4	11:00 AM-12:00 PM	BALC	FREE	24592

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Cardio LIIT/HIIT	Angela	T	May 5	4	5:15 PM-5:45 PM	BALC	\$20	24504
55+ Women's Strength	Angela	T	May 5	4	6:00 PM-6:30 PM	BALC	\$20	24506
Ageless Flow	Denise	W	Apr 8	4	9:30 AM-10:30 AM	NCC	\$40	24526
			May 6	4	9:30 AM-10:30 AM	NCC	\$40	24527
			Jun 3	4	9:30 AM-10:30 AM	NCC	\$40	24528
Drumming Circle	Bonnie	W	Apr 8	4	10:30 AM-11:30 AM	BALC	\$20	23787
		W	May 6	4	10:30 AM-11:30 AM	BALC	\$20	23788
Gentle Chair Yoga	Shirling	W	Apr 8	4	2:00 PM-3:00 PM	BALC	\$40	24476
		W	May 6	4	2:00 PM-3:00 PM	BALC	\$40	24477
		W	Jun 3	4	2:00 PM-3:00 PM	BALC	\$40	24478
Gentle Yoga	Denise	W	Apr 8	4	10:45 AM-11:45 AM	NCC	\$40	24532
		W	May 6	4	10:45 AM-11:45 AM	NCC	\$40	24533
		W	Jun 3	4	10:45 AM-11:45 AM	NCC	\$40	24534
Strength with Bands	Denise	W	Apr 8	3 (no Apr 22)	12:00 PM-12:30 PM	NCC	\$24	23888
		W	May 6	4	12:00 PM-12:30 PM	NCC	\$32	23889
		W	Jun 3	4	12:00 PM-12:30 PM	NCC	\$32	24684
VON - S.M.A.R.T.	Nicole	W	Apr 8	12	12:00 PM-12:45 PM	BALC	FREE	24502
Yoga For Vitality	Shirling	W	Apr 8	4	10:15 AM-11:15 AM	BALC	\$40	24470
		W	May 6	4	10:15 AM-11:15 AM	BALC	\$40	24471
		W	Jun 3	4	10:15 AM-11:15 AM	BALC	\$40	24472
Mood Walks - St. Kateri	Eileen	W	May 6	4	10:30 AM-11:15 AM	St. Kateri	FREE	24578
			Jun 3	4				24579
Intermediate Line Dancing	Joan	Th	Apr 2	5	1:30 PM-3:30 PM	BALC	\$15	23951
		Th	May 7	4	1:30 PM-3:30 PM	BALC	\$12	23952
Learn to Line Dance	Joan	Th	Apr 2	5	12:30 PM-1:30 PM	BALC	\$15	23945
		Th	May 7	4	12:30 PM-1:30 PM	BALC	\$12	23946
Wise Weights + Balance	Denise	Th	Apr 9	3	9:15 AM-9:45 AM	NCC	\$24	24517
		Th	May 7	4	9:15 AM-9:45 AM	NCC	\$32	24518
		Th	Jun 4	4	9:15 AM-9:45 AM	NCC	\$32	24519
Gentle Yoga	Denise	Th	Apr 9	4	10:00 AM-11:00 AM	NCC	\$40	23797
		Th	May 7	4	10:00 AM-11:00 AM	NCC	\$40	23798
		Th	Jun 4	4	10:00 AM-11:00 AM	NCC	\$40	23799

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Stretch and Strength	Eileen	Th	Apr 9	4	10:15 AM-11:00 AM	BALC	\$16	23765
		Th	May 7	4	10:15 AM-11:00 AM	BALC	\$16	23766
		Th	Jun 4	4	10:15 AM-11:00 AM	BALC	\$16	23767
Qi Gong	Heidi	Th	Apr 2	13	10:15 AM-11:45 AM	BALC	\$2.50 PAYG	24489
Sit & Strengthen	Denise	Th	Apr 9	3	11:15 AM-12:00 PM	NCC	\$24	24523
		Th	May 7	4	11:15 AM-12:00 PM		\$32	24524
		Th	Jun 4	4	11:15 AM-12:00 PM		\$32	24525
DrumFit	Eileen	Th	Apr 9	4	11:15 AM-12:00 PM	BALC	\$16	23775
	Logan	Th	May 7	4	11:15 AM-12:00 PM	BALC	\$16	23776
	Logan	Th	Jun 4	4	11:15 AM-12:00 PM	BALC	\$16	23777
Healing Sound with Singing Bowls	Bonnie	Th	Apr 9	4	2:30 PM-3:30 PM	BALC	\$20	24713
		Th	May 7	4	2:30 PM-3:30 PM	BALC	\$20	24714
Line Dancing	Joan	Th	Jun 4	2	12:30 PM-3:30 PM	BALC	\$6	23947
Dance Blast!	Cathy	F	Apr 10	4	9:30 AM-10:15 AM	NCC	\$20	23869
		F	Jun 5	3	9:30 AM-10:15 AM	NCC	\$15	23871
Mindfulness for the Daily Life	Anne	F	Apr 10	10	10:15 AM-11:15 AM	BALC	\$2.50 PAYG	24498
		F	Apr 10	10	10:15 AM-11:15 AM	ZOOM	\$10	24722
Tai Chi	Donna	F	Apr 10	8	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	23755
Zumba	Barbara	F	Apr 10	3	10:30 AM-11:15 AM	BALC	\$30	23897
		F	May 1	5	10:30 AM-11:15 AM	BALC	\$50	23898
		F	Jun 5	4	10:30 AM-11:15 AM	BALC	\$40	23899
Dance Inspired Yogalates	Sarah	F	Apr 10	2	11:15 AM-12:00 PM	NCC	\$10	24583
		F	May 1	5	11:15 AM-12:00 PM	NCC	\$25	24585
		F	Jun 5	4	11:15 AM-12:00 PM	NCC	\$20	24584
Fit On Your Feet	Barbara	F	Apr 10	3	11:30 AM-12:15 PM	BALC	\$30	23903
		F	May 1	5	11:30 AM-12:15 PM	BALC	\$50	23904
		F	Jun 5	4	11:30 AM-12:15 PM	BALC	\$40	23905
Just a Tiny Chair Dance	Eva	F	May 1	5	1:00 PM-1:45 PM	BALC	\$12.50	24687
		F	Jun 5	4	1:00 PM-1:45 PM	BALC	\$10	24688
National Yoga Day Celebration	Multiple Instructors	F	Jun 19	1	10:15 AM-1:00 PM	BALC	\$10	24564



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. All equipment provided. **All Abilities.**

Bocce: Enjoy some fresh air and friendly competition with Outdoor Bocce! Learn the basics or brush up your game in a relaxed, social outdoor setting. Equipment provided. Weather permitting; participants will be contacted if the program is cancelled due to poor weather.

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.**

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.**

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.

Pickleball Tournament: Join us for a fun-filled day of pickleball at the Elliott Sports Complex! Teams will be assigned and placed in divisions to ensure balanced and exciting matches for everyone. Prizes will be awarded! Participants will be contacted ahead of time with their partner's name. Lunch will be provided. Whether you're looking to challenge your skills or just enjoy friendly competition, this tournament is perfect for all pickleball enthusiasts. Meet at Elliott Sports Complex for 9:45AM and games begin at 10:00AM!

Active 55+ Skate & Coffee Time: This relaxed, recreational skating session is designed for older adults looking to enjoy the ice at their own pace in a safe and welcoming environment. This is a non-instructional drop-in for participants with previous skating experience who are comfortable skating independently. Participants must bring their own skates. Helmets are strongly recommended. Seniors Skating Fee - \$4.25 Join us for coffee and more social time after your skate in the Active 55+ Community Space.

Learn to Play Badminton: Get moving and learn how to play Badminton! This beginner-friendly class focuses on simple skills, game rules, and having fun while staying active.

Washer Toss: Come and play this fun lawn game at the Northern Community Centre Turf. Equipment is provided. **All Ages and Abilities welcome.** Great for those new to the sport or looking to build confidence on the court. Equipment is provided. Moderate to High Intensity

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Soccer	--	M,Th	Apr 2	8	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	23813
Learn to Play Badminton	Miia	M	Jun 1	3	10:15 AM-12:15 PM	BALC	\$7.50	24463
Pickleball Tournament	Miia	M	Jun 29	1	11:30 AM-4:30 PM	Elliot Sports Complex	\$10	24466
Washer Toss	--	M	Apr 13	3	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	23717
Active 55+ Skate & Coffee Time	--	T	Ongoing	4 (ends Apr 28)	11:00 AM-12:00 PM	NCC	\$4.25 PAYG	24612
Darts	--	T	Ongoing	12	6:30 PM-8:00 PM	BALC	\$2.50 PAYG	23591
Learn to Play Pickleball	Alyson	T	Apr 7	4	2:00 PM-4:00 PM	BALC	\$10	24479
		T	May 12	3	2:00 PM-4:00 PM	BALC	\$7.50	24480
		T	Jun 2	4	2:00 PM-4:00 PM	BALC	\$10	24481
Ping Pong	--	T	Apr 7	4	4:00 PM-7:00 PM	BALC	\$2.50 PAYG	24703
		T	Jun 2	4	4:00 PM-7:00 PM	BALC		24701
Social Pickleball	--	T	Apr 7	4	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	23738
		T	May 5	4	4:00 PM-8:00 PM	BALC		23739
		T	Jun 2	4	4:00 PM-8:00 PM	BALC		23740
Learn to Play Badminton	Miia	T	May 12	3	10:15 AM-11:45 AM	BALC	\$7.50	24464
Pickleball & Potluck	--	T	May 12	1	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	24680
Bocce		W	Apr 1	7	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	23816

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Ping Pong		Th	Apr 2	13	4:00 PM-7:00 PM	BALC	\$2.50 PAYG	24699
Social Pickleball	--	Th	Apr 2	5	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	23744
		Th	May 7	4	4:00 PM-8:00 PM	BALC		23745
		Th	Jun 4	4	4:00 PM-8:00 PM	BALC		23746
Bilingual Pickleball	--	F	Apr 10	3	10:15 AM-12:15 PM	BALC	\$7.50	23821
		F	May 1	5	10:15 AM-12:15 PM	BALC	\$12.50	23822
		F	Jun 5	3	10:15 AM-12:15 PM	BALC	\$7.50	23823
Shuffleboard		F	Apr 10	11	1:00 PM-2:30 PM	BALC	\$2.50 PAYG	23758
		F	Apr 10	11	2:30 PM-4:00 PM	BALC		23762
Outdoor Bocce	Miia	F	Jun 5	4	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	24487
Ping Pong		Sa	Apr 4	6	9:30 AM-12:30 PM	BALC	\$2.50 PAYG	24698
Pickleball		Sa	Apr 11	3	9:15 AM-1:00 PM	BALC	\$7.50	24499
		Sa	May 2	3	9:15 AM-1:00 PM	BALC	\$7.50	24500

Active 55+ Spring Closures:

Good Friday | Apr 3

Easter Monday | Apr 6

Victoria Day | May 18

Active 55+ Spring Hours:

Bay Street Active Living Centre:

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

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

Sat 9:00am - 1:00pm

**Closed on Saturdays after May 9*

Northern Community Centre:

Mon - Fri 10:00am-4:30pm

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



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: For those who can confidently play basic chords and want to expand their skills to play with others. In this series, you'll learn the Circle of Fifths, chords in all major keys, common chord progressions, the Nashville Number System, alternating bass, and other strumming techniques. These classes will help you play along with songs, create charts, and play with other musicians. Handouts provided. Please bring a capo.

Ukelele Jam: Bring your ukulele and some experience strumming chords and songs and join the fun! Over the sessions, we'll refresh our skills, play familiar 60s and 70s tunes from The Beatles, CCR, John Denver, Tom Petty, and other classics, and learn a few new songs. Previous Beginner–Intermediate experience recommended.

Beginner Guitar Lessons: Start from the basics—tuning your guitar, playing simple chords, and strumming along to popular songs. Learn to read chord charts, practice effective strumming techniques, and develop pick control. The goal is to play one or two songs completely through and gain the skills to continue learning on your own.

Beginner Uke Lessons: The ukulele is easy to learn and popular worldwide, especially with seniors who have little or no music background. Join our small group to learn basic chords and strumming, play a song on the first day, and enjoy familiar tunes from the 60s, 70s, and other favourites.

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 and the game starts promptly at 12:45pm. A bridge partner is required. If you need a partner, please email algomacambrianbridgeclub@gmail.com. All levels welcome.

Snooker and Evening Snooker: This 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:

Confidently Use Your Active 55+ Account: Learn how to log in, view and print your schedule, add activities to your digital calendar, and manage your password and personal information — so you never miss a program. Bring your charged device and your account email and password.

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

Tips for Using Your Smartphone While Traveling: In a small group setting, participants will learn how to use and save maps, connect to Wi-Fi safely, manage roaming settings, and understand how SIM cards work in different countries. The difference between roaming, using local SIM cards, and eSIM options will also be covered.

Increase Online Confidence and Use the Internet Safely: Learn how to protect yourself from online scams and fraud. In this small group workshop, seniors will learn how to recognize suspicious emails, text messages, and phone calls, create strong passwords, and keep their personal information secure. In a small group setting, you will learn practical tips and simple steps to stay safe and confident when using the internet.

Hobbies:

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

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 Hounding at Pointe Des Chênes: Join fellow rock enthusiasts for a guided rock-collecting adventure along the shoreline. Meet in the parking lot before exploring for unique stones and learning tips on identifying local geological finds. Dress for the weather and uneven terrain. Bring a water bottle, lunch, and a bag or pail. All experience levels welcome!

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

Novel Book Club: This avid group of readers meets monthly to review and discuss books, with the reading list chosen together. Books are provided each month by the activity lead and must be returned before the next book is distributed. Guided discussion runs from 1:30–3:00 PM, with an optional open discussion from 2:30–3:00 PM. April 21 – *The Invisible City* by Julia Dahl; May 19 – *Still Life* by Louise Penny; June 23 – *Rainwater* by Sandra Brown.

Bird Watching Walk - Whitefish Island: Join a guided birdwatching walk at Whitefish Island and learn to identify local birds by sight and sound while observing seasonal activity. This relaxed walk includes gentle walking and standing for about one hour. Beginners and experienced birders welcome. Binoculars and cameras optional. Meeting location: Lower parking area off Canal Drive.

Build a Bat Box Workshop: Help support local wildlife by building a bat box! In this hands-on workshop, you'll assemble a bat box using pre-cut wood—no advanced skills required. Bats help control insect populations, and installing a bat box provides a safe roosting space. All materials and tools provided.

Nature Walk: Join Sault Naturalist Valerie for a guided nature walk at Whitefish Island. Learn about local plants, wildlife, and seasonal changes while exploring the island at a relaxed pace. Walk is about one hour. Dress for the weather and wear sturdy footwear. Meeting location: Lower parking area off Canal Drive.

Memory Boost Group Session: Keep your mind active with our Memory Boost Group! Enjoy memory games, storytelling, and fun challenges designed to support attention, recall, and problem-solving. Connect with others in a relaxed, supportive environment—no experience needed.

Fresh Herb Share Program: Enjoy fresh, seasonal herbs all spring and summer! Members can harvest from a diverse selection of herbs planted and cared for by us, from early spring through peak summer.

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

Small Raised Garden Bed with Lattice Rental: Grow vegetables, herbs, or flowers at our Bay Street location. These accessible raised beds are perfect for all skill levels and include sun exposure, on-site water access, and a supportive community setting.

Raised Garden Bed Rental: Grow your own vegetables, herbs, or flowers at our Bay Street location! These accessible raised beds are perfect for gardeners of all levels and offer a supportive community setting. Features: Raised design, sunny location, on-site water access, and a welcoming atmosphere to connect with fellow gardeners.

Build a Planter Box Workshop: Build your own wooden planter box using pre-cut pieces – perfect for flowers, herbs, or vegetables. This beginner-friendly, hands-on workshop includes step-by-step guidance and the option to paint and personalize your box. All materials and tools provided.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Snooker		M-F Sa	Ongoing	12 until May 9	10:00 AM-4:30 PM 9:00 AM -12:45 PM	BALC	\$2.50 PAYG	23599
French Club Cards		M	Ongoing	12	1:00 PM-4:00 PM	BALC	\$2.50 PAYG	23595
Stamp Collecting Club		M	Apr 13 May 11 Jun 8	1 1 1	1:30 PM-4:30 PM	NCC	\$2.50 PAYG	23659
Ukulele Jam	Terry	M	Apr 27 May 4,25 Jun 1,22	5	1:00 PM-2:00 PM	NCC	\$2.50 PAYG	24667
Raised Garden Bed Rental		M-F	May 15	21	10:00 AM-5:00 PM	BALC	\$10	24580
Small Raised Garden Bed with Lattice Rental		M-F	May 15	21	10:00 AM-5:00 PM	BALC	\$5	24581
Fresh Herb Share Program		M-F	Jun 1	18	10:00 AM-5:00 PM	BALC	\$8	24668
RC Auto & Aircraft		T	Ongoing	12	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	23597
Social Cribbage		T	Ongoing	12	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	23601
Evening Snooker		T,Th	Ongoing	12	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	23594
Memory Boost Group Session	Navpreet	T	Apr 7	1	12:00 PM-12:45 PM	BALC	\$2.50 PAYG	24784

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Piano Lessons	Kathy	T	Apr 7	13	12:45 PM-1:15 PM	NCC	\$130	24660
		T	Apr 7	13	1:30 PM-2:00 PM	NCC	\$130	24661
		T	Apr 7	13	2:15 PM-2:45 PM	NCC	\$130	24662
		T	Apr 7	13	3:00 PM-3:30 PM	NCC	\$130	24663
		T	Apr 7	13	3:45 PM-4:15 PM	NCC	\$130	24664
WoodBee Carvers	--	T	Apr 7	12	6:00 PM-8:00 PM	BALC	\$2.50 PAYG	24697
Intermediate Guitar Lessons	Brian	T	Apr 7	6	4:00 PM-5:00 PM	BALC	\$90	24648
Beginner Uke Lessons	Terry	T	Apr 14	6	11:00 AM-12:00 PM	BALC	\$15	24692
Novel Book Club	Lillian	T	Apr 21 May 19 Jun 23	10	1:30 PM-3:00 PM	NCC	\$2.50 PAYG	23588
Confidently Use Your Active 55+ Account	Wendy	T	Apr 21	1	1:00 PM-3:00 PM	BALC	Free	24780
Increase Online Confidence and Use the Internet Safely	Wendy	T	May 19	1	1:00 PM-3:00 PM	BALC	Free	24781
Tips for Using Your Smartphone While Traveling	Wendy	T	Jun 16	1	1:00 PM-3:00 PM	BALC	Free	24782
Rock Hounding at Pointe Des Chenes	Eileen	T	Jun 30	1	10:00 AM-3:00 PM	BALC	\$10	24693
Texas Hold'em	Gayle	W	Ongoing	12	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	23661
Duplicate Bridge	--	W,F	Ongoing	13	12:30 PM-4:00 PM	BALC	\$2.50 PAYG	23593
Creative Writing	Linda	W	Apr 8	4	1:30 PM-3:30 PM	BALC	\$48	24712
HAM Radio	--	Th	Ongoing	12	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	23596
Social Cards	--	Th	Ongoing	12	2:00 PM-4:00 PM	BALC	\$2.50 PAYG	23600
Beginner Guitar Lessons	Brian	Th	Apr 9	6	4:30 PM-5:30 PM	BALC	\$90	24649
Build a Bat Box Workshop	Bill	Th	May 7	1	1:30 PM-3:30 PM	BALC	\$8	24711
Build a Planter Box Workshop	Bill	Th	Jun 4	1	1:30 PM-3:30 PM	BALC	\$8	24716

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Contract Bridge	--	F	Ongoing	11	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	23590
Bird Watching Walk - Whitefish Island	Eileen	F	May 8	1	9:00 AM-10:30 AM	BALC	FREE	24574
			May 22	1	9:00 AM-10:30 AM	BALC		24786
Nature Walk	Valerie	F	May 29	1	9:30 AM-11:00 AM	BALC	FREE	24572

PROGRAM	INSTRUCTOR	1:00-1:45 PM TIMESLOT CODE	2:00-2:45 PM TIMESLOT CODE	3:00-3:45 PM TIMESLOT CODE	DAY	Date	FEE
Everyday Digital Skills For Seniors	Wendy	24735	24736	24737	W	Apr 8	Free
Everyday Digital Skills For Seniors	Wendy	24743	24753	24772	W	Apr 15	Free
Everyday Digital Skills For Seniors	Wendy	24744	24754	24762	W	Apr 22	Free
Everyday Digital Skills For Seniors	Wendy	24745	24773	24763	W	Apr 29	Free
Everyday Digital Skills For Seniors	Wendy	24774	24755	24775	W	May 6	Free
Everyday Digital Skills For Seniors	Wendy	24746	24756	24764	W	May 13	Free
Everyday Digital Skills For Seniors	Wendy	24747	24776	24765	W	May 20	Free
Everyday Digital Skills For Seniors	Wendy	24748	24757	24766	W	May 27	Free
Everyday Digital Skills For Seniors	Wendy	24749	24758	24767	W	Jun 3	Free
Everyday Digital Skills For Seniors	Wendy	24750	24759	24768	W	Jun 10	Free
Everyday Digital Skills For Seniors	Wendy	24751	24760	24769	W	Jun 17	Free
Everyday Digital Skills For Seniors	Wendy	24752	24761	24770	W	Jun 24	Free

NEEDLECRAFT & QUILTING



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!

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.

Paws & Stitches: Join us for a free sewing event where you'll create cat kicker toys for the Humane Society! If you have basic sewing machine skills that is an asset, but you can help out either way. All supplies will be provided, and everything you make will be donated to help local cats. Come sew, chat, and make a difference!

Sew A Pocket Skirt: Make a relaxed midi skirt with a gathered waistband and oversized pockets — a versatile staple you'll love wearing. Choose your fabric, customize details like length, stripes, colour blocking, or buttons, and create a look that's uniquely yours. Not for true beginners. After registering, send your measurements to have your pattern printed and receive a materials list. Come with fabric and leave with a skirt.

Sew A Summer Top: Join a fun day of sewing and go home with a summer top (or dress!) you'll love to wear. Customize it with colour blocking, different fabrics, or keep it simple and versatile. Pattern: Matchy Matchy Skipper Top and Dress — with a download link provided. After registering, send your measurements to receive a printed pattern and materials list. Not for true beginners.

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.

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 some non-clothing household items such as makeup bags and kitchen items. Want to learn how to make a cover for your throw pillows? This is the place. 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.

Quilling and Beading on Canvas:

Create a unique design on a small canvas using porcupine quills and beads in this hands-on workshop. Led by Cynthia, Healthy Educator/Promoter from Maamwesying, participants will learn basic techniques while creating their own piece to take home.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Open Needlecraft	--	M	Ongoing	weekly	1:30 PM-3:30 PM	BALC	\$2.50 PAYG	23574
Sew Much Fun Quilters Club	--	M	Apr 13 May 11 Jun 8	3	10:00 AM-3:00 PM	NCC	\$2.50 PAYG	23578
Sew A Summer Top	Diane	M	Jun 1	1	10:00 AM-2:00 PM	NCC	\$38	24637
Sew A Pocket Skirt	Diane	M	Jun 15	1	10:00 AM-2:00 PM	NCC	\$38	24685
Quilt Club	Sandy	T	Ongoing	weekly	1:30 PM-3:30 PM	NCC	\$2.50 PAYG	23577
Traditional Rug Hooking	Betty	T	Apr 14, 28 May 12, 26 Jun 9, 23	6	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	23579
Christmas Cheer		W	Ongoing	weekly	10:00 AM-12:00 PM	BALC	FREE	23571
Comfort Quilts	Kim	W	Apr 8 May 14 Jun 10	3	10:15 AM-3:00 PM	BALC	\$2.50 PAYG	23572
Sewing 101	Diane	W	Apr 8	4	1:00 PM-3:00 PM	NCC	\$60	24635
Sewing 201	Diane	W	May 6	4	1:00 PM-3:00 PM	NCC	\$60	24636
Applique	Cindy	Th	Apr 2 May 7 Jun 4	3	10:00 AM-2:00 PM	NCC	\$2.50 PAYG	23570
Sewing 301 Clothing Making	Diane	Th	Apr 9	3	1:00 PM-4:00 PM	NCC	\$52.50	24632
		Th	May 7	4	1:00 PM-4:00 PM	NCC	\$70	24633
		Th	Jun 4	4	1:00 PM-4:00 PM	NCC	\$70	24634
Paws & Stitches	Taryn	Th	May 28	1	10:30 AM-12:00 PM	NCC	FREE	24565
Japanese Bunka	Anna	F	Ongoing	12	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	23573
Quilling and Beading on a Canvas	Cynthia	F	May 8	3	1:30 PM-3:00 PM	NCC	\$8	24606

Crepe Paper Flowers: Learn how to create beautiful crepe paper flowers using simple shaping and assembly techniques. Participants will make a variety of flowers—such as carnations and daisies—and go home with a small handcrafted bouquet. A fun and creative class for all skill levels.

Cricut - Clay Flower Pot: Add a personal touch to your home or garden by creating a custom clay flower pot! Clay Pot will be provided to paint prior to customizing it to your preference. Learn to design, cut, and apply vinyl using Cricut Design Space to decorate your pot. All materials provided. Some Cricut Design Space experience required.

Cricut - Shaker Tags: Create three fun and interactive shaker tags using a Cricut machine in this hands-on class! You'll learn how to cut, layer as well as assemble a sparkling shaker element using a special recipe. Learn how to easily make your shaker tags into cards. Some Cricut Design Space experience required.

Cricut - Tea Pot: Create a beautiful 3D teapot using your Cricut machine in this hands-on class! You'll learn how to cut, assemble, and add fairy lights to create a delicate, dimensional design perfect for décor, gifts, or party centerpieces. Most base pieces will be pre-cut with the exception of the spout and side panels which will allow you to pick a pattern to match your home decor.

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 (at BALC only), and everything else needed to help bring your ideas to life.



ARTS & CRAFTS

Canada Day Mesh Ribbon Wreath: Create a festive Canada-themed wreath using vibrant red and white mesh ribbon. Participants will be guided through the steps to craft a full, decorative wreath perfect for displaying at home. All supplies included.

Embroidery Cards: Participants will create three beautifully stitched cards using pre-set designs, adding delicate embroidered details for a unique, handmade touch. Choose the occasion that suits your needs.

Garden Sign: Participants will create a decorative garden sign using acrylic paints and stencils. Personalize it with phrases like "Grandma's Garden" or "Bees Welcome." These signs make thoughtful gifts or a charming addition to a planter box or garden display. All supplies provided.

Iris Folding Cards: This is 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. All supplies included!

Landscape Painting - Mood & Atmosphere: Medium - Acrylics Oils or Water-soluble Oils. Examining ways to create energetic, calm or mysterious atmosphere in the landscape, by using value, colour and technique.

Landscape Painting - The Pond: Medium - Acrylics, Oils or Water-soluble Oils. With the aid of photos, we will explore painting ponds, examining key aspects like still water, ecology and wildlife.

Landscape Painting - Waterfalls: Medium - Acrylics Oils or Water-soluble Oils. Looking at waterfall formations to establish water texture, shadows, movement and mood.

Occasional Cards Class: Create beautiful handmade cards in this fun and creative class! Participants will make one eye-catching 3-D card and two classic-style cards using a set design layout. While the designs are provided, you'll choose the occasion—birthday, thank you, sympathy, baby, or any celebration you have in mind. Perfect for beginners and experienced crafters alike!

Oil Painting - Cabin Scene: Capture the charm of a cozy cabin in this guided oil painting class. Participants will follow step-by-step instruction to create their own scenic cabin masterpiece—perfect for beginners and experienced painters alike. All supplies included.

Oil Painting - Mountains: Learn the basics of oil painting as you create a beautiful mountain landscape on canvas. All supplies are included, making it easy for beginners and experienced painters alike to enjoy a relaxing and creative class.

Oil Painting - Northern Lights: Capture the magic of the northern lights in this guided oil painting class. Participants will learn techniques to blend colour, create movement in the sky, and add depth to a stunning landscape scene. Suitable for beginners and experienced painters alike.

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.

PD Day Grandparent & Me Beaded Friendship Bracelets: Craft Join us for a fun-filled, hands-on creative designing session in which children and their grandparents can create beaded friendship bracelets together. Come create one-of-a-kind accessories that suit your unique styles! All materials provided. Please register in advance.

PD Day Grandparent & Me Self-Portrait Paper Bag Puppets: Children and their grandparents will work together to create fun self-portrait puppets using paper bags and craft materials. Design puppets that reflect your unique features and personality—each one becomes a special keepsake. All materials provided; please register in advance.

Re-purposing Frames: Give an old frame a fresh new look! In this creative class, a frame will be provided and Anna will guide you through painting techniques, updating mats, and transforming it into a beautifully refreshed piece ready for your home.

Rock Painting: Get creative and transform ordinary rocks into colourful works of art using paint and simple designs. All supplies are provided and participants will leave with their own unique creations.

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.

Stained Glass - Blue Flower: Create a striking blue flower design in this hands-on stained glass class. Learn to cut, foil, and solder glass pieces as you craft a bright, light-catching piece to take home. All tools and materials provided.

Stained Glass - Owl: Create an eye-catching stained glass owl in this hands-on class. You'll learn to cut, foil, and solder glass pieces while bringing your feathered friend to life. All tools and materials provided.

Stained Glass - Pink Flower: Design a delicate pink flower set among clear glass in this hands-on stained glass class. Learn to cut, foil, and solder as you create a light-catching piece to display at home. All tools and materials provided.

Watercolour Painting - Mountain Scene: Explore the beauty of mountain landscapes in this guided watercolour class. Learn simple techniques to create depth, soft skies, and layered peaks as you paint your own serene mountain scene. Suitable for all skill levels.

Watercolour Painting - Rocks: Learn how to paint realistic textures, shadows, and natural details in this guided watercolour class focused on rocks. Participants will explore layering and shading techniques to bring depth and dimension to their artwork. Perfect for beginners and experienced painters alike.

Watercolour Summer Scene: Capture the warmth and beauty of summer in this guided watercolour class. Participants will learn techniques to paint vibrant skies, flowing water, greenery, and seasonal details while creating their own relaxing summer-inspired

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.

Alcohol Ink - 3-D Flowers: 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 \$6 cash.

Open Painting: 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!

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Stained Glass - Pink Flower	Stephanie	M	Apr 20	1	1:00 PM-4:00 PM	BALC	\$59	24653
Neurographic Inspired Art	Victoria	M	Apr 27	1	10:15 AM-12:45 PM	BALC	\$5	24650
		M	May 25	1	10:15 AM-12:45 PM	BALC	\$5	24651
		M	Jun 29	1	10:15 AM-12:45 PM	NCC	\$5	24652
Cricut - Clay Flower Pot	Paola	M	May 4	1	10:30 AM-1:00 PM	NCC	\$16	24368
Stained Glass - Owl	Stephanie	M	May 11	1	1:00 PM-4:00 PM	BALC	\$59	24654
Cricut – Beginner Basics	Paola	M	May 25	1	10:30 AM-2:30 PM	NCC	\$5	24658
Stained Glass - Blue Flower	Stephanie	M	Jun 8	1	1:00 PM-4:00 PM	BALC	\$65	24655
Garden Sign	Eileen	T	Apr 14	1	2:00 PM-4:00 PM	NCC	\$8	24577
Occasional Cards Class	Anna	T	Apr 21	1	10:30 AM-3:30 PM	BALC	\$20	24551
Scrap Booking Class	Lanny	T	Apr 21	1	10:30 AM-3:30 PM	BALC	\$15	24359
			May 19	1	10:30 AM-3:30 PM	BALC	\$15	24360
			Jun 16		10:30 AM-3:30 PM	BALC	\$15	24361
Oil Painting - Mountains	Anna	T	Apr 28	1	10:30 AM-3:30 PM	BALC	\$27	24550
Wood Burning	Anna	T	May 5	1	10:30 AM-3:30 PM	BALC	\$20	24555
Embroidery Cards	Anna	T	May 12	1	10:30 AM-3:30 PM	BALC	\$20	24553

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Watercolour Painting - Rocks	Anna	T	May 19	1	10:30 AM-3:30 PM	BALC	\$20	24554
Oil Painting - Cabin Scene	Anna	T	May 26	1	10:30 AM-3:30 PM	BALC	\$27	24552
Crepe Paper Flowers	Anna	T	Jun 2	1	10:30 AM-3:30 PM	BALC	\$20	24556
Watercolour Summer Scene	Anna	T	Jun 9	1	10:30 AM-3:30 PM	BALC	\$20	24559
Alcohol Ink 3-D Flowers	Anna	T	Jun 16	1	10:30 AM-3:30 PM	BALC	\$20	24558
Oil Painting - Northern Lights	Anna	T	Jun 23	1	10:30 AM-3:30 PM	BALC	\$27	24547
Open Painting		W	Ongoing	weekly	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	23575
Cricut - Shaker Tags	Paola	W	Jun 10	1	1:00 PM-4:00 PM	NCC	\$12	24717
Canada Day Mesh Ribbon Wreath	Taryn	W	Jun 10	1	1:15 PM-4:15 PM	BALC	\$36	24646
Open Painting	--	Th	Ongoing	weekly	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	23576
Landscape Painting - The Pond	Taimi	Th	Apr 9	4	10:30 AM-12:30 PM	BALC	\$70	24694
Wood Burning	Anna	Th	Apr 16	1	10:30 AM-3:30 PM	NCC	\$20	24541
Watercolour Painting - Mountain Scene	Anna	Th	Apr 23	1	10:30 AM-3:30 PM	NCC	\$20	24542
Landscape Painting - Waterfalls	Taimi	Th	May 7	4	10:30 AM-12:30 PM	BALC	\$70	24695
Wood Burning	Anna	Th	May 14	1	10:30 AM-3:30 PM	NCC	\$20	24544
Landscape Painting - Mood & Atmosphere	Taimi	Th	Jun 4	4	10:30 AM-12:30 PM	BALC	\$70	24696
Iris Folding Cards	Anna	Th	Jun 11	1	10:30 AM-3:30 PM	NCC	\$20	24557
Re-purposing Frames	Anna	Th	Jun 18	1	10:30 AM-3:30 PM	NCC	\$20	24560
Rock Painting	Ashlyn	Th	Jun 25	1	10:30 AM-12:30 PM	NCC	\$5	24563
PD Day Grandparent & Me Self-Portrait Paper Bag Puppets	Sarah	F	Apr 17	1	1:00 PM-3:00 PM	NCC	\$4	24676
Cricut - Tea Pot	Paola	F	Jun 5	1	10:30 AM-2:00 PM	BALC	\$15	24718
PD Day Grandparent & Me Beaded Friendship Bracelets Craft	Sarah	F	Jun 5	1	1:00 PM-3:00 PM	NCC	\$4	24677
Cricut – Beginner Basics	Paola	F	May 8	1	10:30 AM-2:30 PM	BALC	\$3	24659

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.

Dance Matinee: Accordion by Nino DiPasquo: Get ready for live music with Nino DiPasquo! From toe-tapping tunes to crowd favorites, he'll play a wide range of genres on his accordion. Bring your friends—dance, listen, and enjoy the fun!

Spring Fling Dinner Dance: Enjoy a lively evening of dining and dancing with live music by Flathead Ford, performing classic rock from the 50's to present day, specializing in 50's, 60's and 70's songs. Menu: Pulled pork on a bun and a variety of hearty salads and Hawaiian cake. A great night of music, food, and fun!

Spring Song and Lunch: Celebrate the season with an afternoon of music and good food at our Spring Song & Lunch event. Enjoy a performance by the Senior Singers Choir, showcasing a selection of uplifting songs. Menu: Pasta Primavera with chicken, salad, bread and ice cream.

****If you have dietary restrictions or allergies, please speak with staff before purchasing your ticket to see if accommodations can be made. Unfortunately, not all requests may be able to be accommodated.**

Cooking Classes:

Cooking Class - Ricotta Gnocchi: Soft, pillowy, and deceptively simple. Join Silvana for a hands-on ricotta gnocchi class where you'll learn how to make light, tender gnocchi from scratch. We'll cover dough technique, shaping, and cooking tips.

Cooking Class - Japanese Chicken Kare Raisu: Japanese curry rice is one of the most loved home cooked comfort food in Japan. This dish is so rich and savory! It made with tender chicken, carrots and potatoes. Not spicy, but full of umami! Enjoy a yummy lunch together and take home a recipe.

Cooking Class - Agar-Agar Fruit Marshmallow Class: Learn how to make soft, fruity marshmallows using agar-agar and real fruit purée in this hands-on cooking class. Discover the technique behind this light, plant-based treat and enjoy sampling your freshly made creations together in class.

Cooking Class - Dips and Dressings: Spring has sprouted fresh vegetables and this class will help your dress and dip them!

Cooking Class - Dubai-style Date Candies: Participants will prepare Dubai-style date candies using a simple, hands-on process. Dates are filled with a rich pistachio and crispy kataifi mixture, then drizzled with dark chocolate and topped with crushed pistachios. A second variation featuring salted butter and chocolate will also be demonstrated for a delicious twist.

Cooking Class - Knife Skills 101: Bring your own knives, learn which to choose, different cutting techniques, cutting shapes/sizes and how to sharpen and maintain the blade.

Cooking Class - Strawberries in White Chocolate with Coconut: Create beautiful white chocolate-dipped strawberries rolled in coconut in this delicious hands-on class! You'll also learn how to artfully arrange them into a stunning edible bouquet—perfect to recreate for special occasions, especially with Mother's Day just around the corner.

Baking Classes:

Baking Class - Biscotti: Join Silvana for a biscotti-making class where you'll learn how to craft classic twice-baked Italian cookies from scratch. We'll cover mixing, shaping, slicing, and baking for that perfect crisp snap, plus flavor variations you can customize at home. Ideal for home bakers who love a not-too-sweet treat with coffee.

Baking Class - Bake It, Stack It, Ice It: This hands-on 2-week class guides you through the complete cake-making process from start to finish. You'll begin by baking your cake and how to make smooth, delicious icing, and finally stack, frost, and decorate your finished creation. Perfect for beginners looking to build confidence while creating a beautiful (and tasty!) cake. On the last day you will take home a 4 inch layer cake.

Baking Class - Company's Coming - Desserts In A Pinch: Oh no, company is coming and I can't get to the store! Don't fret, Lynn has 2 dessert options for you to make quickly using ingredients you likely already have on hand. Learn to make an apple crumble and chocolate brownie on a shortbread crust topped with berry compote. Both ingredients are simple to make and Lynn has plenty of substitute ingredients ideas so you will always have options.

Baking Class - Fast and Easy Summer Desserts: Learn how to make no-bake Black Forest dessert and Berry Cake in a pinch. These recipes whip up fast and are perfect to enjoy on a hot day!

Baking Class - Rhubarb Recipes: Join us for a fun and flavorful cooking demo all about rhubarb! We'll show you how to make a cozy rhubarb cake with a rich butter sauce, plus fun rhubarb Baci di Dama—classic Italian almond cookies sandwiched with a bold roasted rhubarb buttercream. Come watch, learn a few tips, and get inspired to use this tart, seasonal favorite in seriously delicious ways.

Events:

Active 55+ Arts and Crafts Display: Celebrate the creativity of our Active 55+ community at this special arts and crafts display. Members from our Japanese Bunka, Open Painting, Rug Hooking, Appliqué, Quilting, and Open Needlecraft groups will showcase their work and be on hand to chat about their art and how to get involved.

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.

Bunny Hop Bingo: Hop into spring with Bunny Hop 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.

Toadally Awesome Bingo: Leap into fun with Toadally Awesome Bingo! Ribbit your way to exciting prizes in this frog themed 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.

Wild West Bingo: Cowboys, boots, and gold rush winnings await at this rootin' tootin' game. 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.

Paint and Polish Monday: Choose your favorite nail polish shades and give your nails a fresh pop of color! No full manicures, just simple polish. All supplies provided.

Movie Matinee - Wicked For Good

Wicked: For Good is the second part of the Wicked film adaptation, focusing on the fractured relationship between Elphaba (the Wicked Witch) and Glinda (the Good Witch). It explores their opposing paths as Elphaba fights the Wizard's injustice from exile while Glinda becomes the public face of his regime. Popcorn, coffee, tea and water included.

Movie Matinee - Wake Up Dead Man - Knives Out 3: Detective Benoit Blanc teams up with an earnest young priest to investigate a perfectly impossible crime at a small-town church with a dark history. Popcorn, coffee, tea and water included

Murder at the 1920s Speakeasy: Silly, suspenseful, and full of secrets! Join us for a 1920s murder mystery where the gangsters and flappers are the suspects. No experience is needed; just bring your best 1920s attire, your sharpest wit, and be ready for a night of laughs, mystery, and a little mob-style mayhem. Put on your fringe and fedoras and see if you can solve the crime before the killer gets away! Menu: Choice of meat or vegetable lasagna, salad and garlic bread with assorted mini cheesecake squares.

Talks and Workshops:

Seed Saving Basics: Join Lindsey Palumbo, The Superior Gardener, for an informative Seed Saving Basics talk focused on what seeds to save, when to harvest them, and how to store them properly to keep them healthy and viable. Whether you're new to gardening or looking to become more self-sufficient, you'll leave with practical tips to confidently save seeds for seasons to come.

Ancient Seas of the Soo: A Fossil Exploration: Travel back 500 million years to when our region was covered by ancient seas. Through a presentation with real fossil specimens, learn how plate tectonics shaped the area, how marine life thrived after the Cambrian Era, and how places like St. Joseph Island and Manitoulin Island fit into Earth's changing history.

Diabetes Workshop by Seniors' Health & Wellness: Join the Seniors' Health & Wellness Institute for an informative workshop on diabetes. Type 2 diabetes is now one of the most widespread chronic diseases worldwide and is most prevalent in people older than 40. Causes, possible preventative measures and management strategies are discussed.

Advanced Planning with Arthur Funeral Home: Join us as we celebrate our "Cinco de Mayo" theme game day, music, food, activities and prizes. An interactive day enjoying Mexican treats Nachos Salsa queso along with a mini mock Margaretta while you challenge your knowledge in a fun and creative way. We will learn and celebrate all information regarding funerals, planning, and preparing.

Arthur Funeral Home-Barton and Kiteley Chapel have teamed up with our friends at Casey's Grill +Bar and The Water Tower Inn to bring you this authentic experience!

Chronic Diseases Workshop: Join the Seniors' Health & Wellness Institute to discuss four of the diseases that could affect the health of seniors are Cancer, Diabetes, Heart Disease and Lung Disease. This workshop briefly outlines each one in terms of its risk factors, early warning signs and tips for managing and living with the disease.

Age Well Live Well with Safe Medication Use: As you age, your body changes, and the dosages of some medications may be too strong now or may be less effective than in the past. Join the Seniors' Health & Wellness Institute to help you understand why that might be, and what actions you and your health care provider might consider so that your current medications meet the needs of your body.

Fraud Prevention Talk: Join us for an informative Fraud Prevention Talk led by a Sault Ste. Marie Police Service officer. Learn about common scams targeting older adults, how to recognize warning signs, and practical steps you can take to protect yourself and your finances. Stay informed, stay alert, and help keep our community safe.

Benefits of Shopping in Farmers Markets: This workshop will outline the positive benefits of shopping in outdoor and indoor farmers markets. Unit pricing will be discussed.

Emotional Intelligence and Eating: This workshop will offer suggestions on how to recognize signs from your mind and body telling you that you are hungry, thirsty or full and how to respond.

How Seasons and Temperatures Affect Your Eating and Drinking: This workshop will offer solutions to challenges in eating and drinking habits presented by seasonal variability including holidays, vacation, food availability, cost of food, indoor and outdoor temperatures and humidity.

Never Stop Learning - Automotive: Gain confidence in basic car maintenance with this hands-on workshop covering windshield wiper changes, oil checks, dashboard symbols, and tire air pressure. No experience needed—just bring your curiosity and learn to keep your vehicle running smoothly!

Food:

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

Ice Cream Social: Join us for a for a sweet treat outside! We will be serving up Hot Fudge Sundaes. Vanilla ice-cream, hot fudge sauce, peanuts, whipped cream all topped off with a maraschino cherry.

Outdoor Barbecue: Join us for a festive outdoor lunch in honor of National Picnic Day! Enjoy a classic BBQ meal featuring juicy burgers, homemade potato salad, and a delicious ice cream sandwich for dessert.

PROGRAM	INSTRUCTOR	DAY	START	TIME	CENTRE	FEE	CODE
Cooking Class - Ricotta Gnocchi	Silvana	M	Apr 13	10:00 AM-12:30 PM	BALC	\$10	24604
Baking Class - Biscotti	Silvana	M	Apr 20	10:00 AM-12:30 PM	BALC	\$10	24605
Emotional Intelligence and Eating	Irene	M	Apr 27	10:30 AM-12:00 PM	BALC	\$5	24719
Advanced Planning with Arthur Funeral	La-Na	M	May 4	11:00 AM-12:00 PM	BALC	FREE	24539
Cooking Class: Dips and Dressings	Taryn	M	May 11	10:15 AM-12:15 PM	BALC	\$8	24571
Fraud Prevention Talk	Sault Police	M	May 11	10:30 AM-11:30 AM	BALC	FREE	24682
How Seasons and Temperatures Affect Your Eating and Drinking	Irene	M	May 25	10:30 AM-12:00 PM	BALC	\$5	24720
Movie Matinee - Wicked For Good	Dean	M	May 25	1:30 PM-4:00 PM	BALC	\$5	24740
Baking Class: Rhubarb Recipes	Taryn	M	Jun 1	10:15 AM-12:15 PM	BALC	\$6	24573
Never Stop Learning - Automotive	Glenn	M	Jun 1	2:00 PM-4:00 PM	BALC	\$5	24678
Cooking Class - Japanese Chicken Kare Raisu	Victoria	M	Jun 8	10:15 AM-12:15 PM	BALC	\$15	24675
Cooking Class: Agar-Agar Fruit Marshmallow Class	Anastasiia	M	Jun 15	11:00 AM-12:30 PM	BALC	\$15	24645
Benefits of Shopping in Farmers Markets	Irene	M	Jun 15	1:00 PM-2:30 PM	BALC	\$5	24721

PROGRAM	INSTRUCTOR	DAY	START	TIME	CENTRE	FEE	CODE
Never Stop Learning - Automotive	Glenn	M	Jun 29	2:00 PM-4:00 PM	NCC	\$5	24679
Paint and Polish Monday	Logan	M	Apr 27	10:30 AM-10:45 AM	BALC	\$3	24702
			Apr 27	10:45 AM-11:00 AM		\$3	24704
			Apr 27	11:00 AM-11:15 AM		\$3	24705
			Apr 27	11:15 AM-11:30 AM		\$3	24706
			Apr 27	11:30 AM-11:45 AM		\$3	24707
			Apr 27	11:45 AM-12:00 PM		\$3	24708
Paint and Polish Monday	Logan	M	May 25	10:30 AM-10:45 AM	BALC	\$3	24723
			May 25	10:45 AM-11:00 AM		\$3	24724
			May 25	11:00 AM-11:15 AM		\$3	24725
			May 25	11:15 AM-11:30 AM		\$3	24726
			May 25	11:30 AM-11:45 AM		\$3	24727
			May 25	11:45 AM-12:00 PM		\$3	24728
Paint and Polish Monday	Logan	M	Jun 22	10:30 AM-10:45 AM	BALC	\$3	24729
			Jun 22	10:45 AM-11:00 AM		\$3	24730
			Jun 22	11:00 AM-11:15 AM		\$3	24731
			Jun 22	11:15 AM-11:30 AM		\$3	24732
			Jun 22	11:30 AM-11:45 AM		\$3	24733
			Jun 22	11:45 AM-12:00 PM		\$3	24734
Cooking Class: Knife Skills 101	Taryn	T	Apr 7	10:15 AM-12:15 PM	BALC	\$8	24570
Diabetes Workshop by Seniors' Health & Wellness	Seniors' Health & Wellness	T	Apr 28	2:00 PM-3:30 PM	NCC	FREE	24742
Age Well Live Well with Safe Medication Use	Seniors' Health & Wellness	T	May 5	1:00 PM-2:30 PM	BALC	FREE	24771
Seed Saving Basics	Lindsey	T	May 12	2:00 PM-3:00 PM	NCC	\$5	24710
Baking Class: Bake It, Stack It, Ice It	Miia	T	Jun 2	10:30 AM-12:00 PM	BALC	\$25	24561
Chronic Diseases Workshop	Seniors' Health & Wellness	T	Jun 16	2:00 PM-3:30 PM	NCC	FREE	24777
Dance Matinee: Accordion by Nino DiPasquo	--	W	Apr 15	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	24669
Bunny Hop Bingo	--	W	Apr 29	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	23678
Dance Matinee with Frank Musso and Silver Strings	--	W	Apr 29	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	23690
Spring Song and Lunch	Senior Singers	W	May 6	12:00 PM-2:00 PM	BALC	\$15	23671
Baking Class: Company's Coming - Desserts In A Pinch	Lynn	W	May 13	1:30 PM-3:30 PM	BALC		24657

PROGRAM	INSTRUCTOR	DAY	START	TIME	CENTRE	FEE	CODE
Kiwanis BINGO	Kiwanis Club of Lakeshore	W	May 20	1:00 PM-3:00 PM	BALC	FREE	23667
Toadally Awesome Bingo	--	W	May 27	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	23679
Dance Matinee with Forty Creek Country	--	W	May 27	1:45 PM-3:15 PM	BALC	\$2.50 PAYG	24608
Spring Fling Dinner Dance	Flathead Ford	W	Jun 3	5:30 PM-8:30 PM	BALC	\$20	23670
Active 55+ Arts and Crafts Display	--	W	Jun 17	11:00 AM-1:00 PM	BALC	Free	24594
Outdoor Barbecue	Students	W	Jun 17	12:00 PM-12:45 PM	BALC	\$9	24595
Murder at the 1920s Speakeasy	Dean	W	Jun 17	5:30 PM-8:30 PM	BALC	\$15	24739
Wild West Bingo	--	W	Jun 24	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	23680
Dance Matinee with Frank Musso and Silver Strings	--	W	Jun 24	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	23692
Baking Class: Fast and Easy Summer Desserts	Lynn	W	Jun 24	2:00 PM-4:00 PM	BALC	\$12.50	24656
Lunch	--	W	Apr 8 Apr 15 Apr 22 Apr 29 May 6 May 13 May 20 May 27 Jun 3 Jun 10 Jun 24	12:00 PM-12:45 PM	BALC	\$7	24403 24404 24405 24406 24407 24408 24409 24410 24411 24412 24414
Ancient Seas of the Soo: A Fossil Exploration	Sharron	Th	May 28	1:30 PM-3:30 PM	BALC	FREE	24787
Movie Matinee - Wake Up Dead Man - Knives Out 3	Dean	Th	Jun 18	1:00 PM-3:30 PM	BALC	\$5	24741
Ice Cream Social	Students	Th	Jun 25	12:15 PM-1:15 PM	BALC	\$5	24589
Cooking Class: Dubai-style Date Candies	Anastasiia	Sa	Apr 11	11:00 AM-12:00 PM	BALC	\$15	24644
Cooking Class: Strawberries in White Chocolate with Coconut	Anastasiia	Sa	May 2	10:00 AM-11:00 AM	BALC	\$15	24709

My Program Wish List

Participant Name: _____
(First) (Last)

Program	Code	Registered
EX/DrumFit	1234	YES! / Waitlisted