

# Active 55+

Bay Street Active Living Centre  
Northern Community Centre 55+

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SAULT  
STE. MARIE

Ontario



# Active 55+ Recreation Guide

# Summer 2026

## **SUMMER PROGRAM REGISTRATION**

**MONDAY JUNE 22, 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  
MONDAY JUNE 22 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.

# Spring Program Highlights



Level	Fitness Program Intensity Guide
<b>Low Intensity</b>	<ul style="list-style-type: none"> <li>• Suitable for beginners or those with limited mobility.</li> <li>• Focuses on gentle movements and light resistance. Movements are seated or standing with optional support.</li> </ul>
<b>Moderate Intensity</b>	<ul style="list-style-type: none"> <li>• Involves standing periods without support and breaks as needed.</li> <li>• Increases heart rate and breathing rate moderately. Provides a balance of challenge and safety.</li> </ul>
<b>High Intensity</b>	<ul style="list-style-type: none"> <li>• Requires consistent standing movements for 45-60 minutes.</li> <li>• Ability to move in all directions and incorporates more complex movements.</li> <li>• Involves faster paced movements significantly increasing heart rate and breathing.</li> </ul>
<b>All Abilities</b>	<ul style="list-style-type: none"> <li>• Accommodates varying fitness levels and physical capabilities, ensuring everyone feels valued and supported.</li> <li>• 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.</li> </ul>

**MULTI-COMPONENT FITNESS:**

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

**Egyptian Yoga and Dance for Flexibility and Harmony:** During these classes you will 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.**

**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.**

**Fresh Air Fitness:** A fun outdoor fitness class beginning with a light walk and warm-up on the way to Clergue Park, followed by simple mobility, balance, and strength exercises using resistance bands. Enjoy fresh air, movement, and community at your own pace. **Moderate to High Intensity.**

### **CARDIO, ENERGY BOOST AND DANCE VARIATIONS:**

**Dance Blast! At the Pavilion!:** Move, groove, and have fun to upbeat music with easy-to-follow dance steps in the summer air under the Roberta Bondar Pavilion. 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! Meet at the Pavilion. **Moderate to High Intensity.**

**DanceFit:** Step into a fun, low-impact dance workout that's easy to follow and great for your heart! This beginner-friendly class blends simple aerobic moves with lively music to improve cardiovascular health, coordination, and mood—all at a pace that works for you. No dance experience required. **Moderate to High Intensity.**

**Dancing Through the Decades:** This dance class that takes participants on a musical journey from the 1920s to today. Each class will feature songs and dances inspired by different decades, allowing participants to enjoy the music and movement styles that shaped each era. **Moderate to High Intensity.**

**Line Dancing with Northern HonkyTonk:** Kick up your boots under the Roberta Bondar Pavilion in this upbeat and lively line dancing class led by Northern HonkyTonk! Bringing the heart of Southern dance culture to the North, you'll enjoy lively, feel-good music and easy-to-follow steps. Whether you're brand new or a seasoned dancer, all levels are welcome. Dance outdoors, connect with friends, and have a blast moving to the beat. No cowboy boots required (but they're always welcome)! **Moderate to High Intensity.**

**Walking Exercise with Miia:** Join us for a dynamic warm-up, 30-minute walk followed by a cool down and some light stretches at the outside around the NCC. If there is poor weather the indoor walking track will be used. **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.**

### **STRENGTH & STABILITY:**

**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.**

**Move to Improve:** Join us for Move to Improve, a fun and welcoming fitness class designed to help you stay active, strong, and confident in your everyday movement! This class focuses on improving mobility, balance, strength, and flexibility through easy-to-follow exercises using chairs, resistance bands, dumbbells, and bodyweight movements. **All Abilities.**

**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 to High Intensity.**

**Wise Weights:** Strengthen and support your body with this effective full-body workout focused on guided strength training using weights and resistance bands. Improve muscle tone, stability, and everyday function in a safe, supportive environment. **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.**

### **GENTLE MOVEMENT & STRETCH:**

**Ageless Gentle Flow:** This welcoming, low-impact Yoga class is designed to improve flexibility, balance, mobility, and overall well-being. Through gentle flowing movements, simple stretches, and mindful breathing, participants can move at a comfortable pace while building strength and ease in everyday movement. **Moderate Intensity.**

### **SEATED & SUPPORTED FITNESS:**

**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.**

**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.**

**VON - Seniors Maintaining Active Roles Together:** 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.**



PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
DanceFit	Sophie	M	Jul 6	4	10:30 AM-11:15 AM	BALC	\$10	25665
	Sophie	M	Aug 10	3	10:30 AM-11:15 AM	BALC	\$7.50	25666
Egyptian Yoga and Dance for Flexibility and Harmony	Sarah	M	Jul 6	3	11:15 AM-12:00 PM	NCC	\$12	25421
	Sarah	M	Aug 10	3	11:15 AM-12:00 PM	NCC	\$12	25423
DrumFit	Eva	M	Aug 17	3	11:00 AM-11:45 AM	BALC	\$12	25458
Just a Tiny Chair Dance	Eva	M	Aug 17	3	12:00 PM-12:45 PM	BALC	\$7.50	25709
VON - Seniors Maintaining Active Roles Together	Nicole	T,F	Jul 7 *No class Jul 14 & 17	7	12:30 PM-1:15 PM	NCC	Free	23877
Dancing Through the Decades	Sophie	T	Jul 7	3	10:15 AM-11:00 AM	NCC	\$7.50	25387
	Sophie	T	Aug 4	3	10:15 AM-11:00 AM	NCC	\$7.50	25654
Fresh Air Fitness	Robert	T	Jul 7	4	10:15 AM-11:00 AM	BALC	\$10	25457
Qi Gong	Heidi	T	Jul 7	8	1:30 PM-3:00 PM	BALC	\$2.50 PAYG	23915
Dance Blast! At the Pavilion!	Cathy	T	Jul 14	1	10:30 AM-11:15 AM	Roberta Bondar Pavilion	\$5	25443
DrumFit	Eva	T	Jul 14	3	11:30 AM-12:15 PM	BALC	\$12	25658
Just a Tiny Chair Dance	Eva	T	Jul 14	3	12:30 PM-1:15 PM	BALC	\$7.50	25455
Wise Weights	Denise	W	Jul 8 *No Jul 15	3	10:00 AM-10:30 AM	NCC	\$24	25254
Ageless Gentle Flow	Denise	W	Jul 8 *No Jul 15	3	10:45 AM-11:30 AM	NCC	\$24	25255
Strength with Bands	Denise	W	Jul 8 *No Jul 15	3	11:45 AM-12:15 PM	NCC	\$24	25444
VON - Seniors Maintaining Active Roles Together	Nicole	W	Jul 8	8	12:00 PM-12:45 PM	BALC	Free	25466
Sit & Strengthen	Denise	W	Jul 8 *No Jul 15	3	12:30 PM-1:00 PM	NCC	\$24	25256

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Move to Improve	Robert	Th	Jul 2 *No class Jul 16	4	10:15 AM-11:00 AM	NCC	\$10	25656
Qi Gong	Heidi	Th	Jul 9	8	10:15 AM-11:45 AM	BALC	\$2.50 PAYG	24492
Stretch and Strength	Eileen	Th	Jul 9	4	10:15 AM-11:00 AM	BALC	\$16	23768
	Eileen	Th	Aug 6	4	10:15 AM-11:00 AM	BALC	\$16	23769
DrumFit	Eileen	Th	Jul 9	4	11:15 AM-12:00 PM	BALC	\$16	23778
	Eileen	Th	Aug 6	4	11:15 AM-12:00 PM	BALC	\$16	23779
Line Dancing with Northern HonkyTonk	Jessica	Th	Jul 16	1	1:30 PM-2:30 PM	Roberta Bondar Pavilion	\$10	25328
	Jessica	Th	Aug 13	1	1:30 PM-2:30 PM		\$10	25329
Walking Exercise with Miia	Miia	F	Jul 3 *No Jul 17	6	10:30 AM-11:15 AM	NCC	\$15	25470
Dance Inspired Yopalates	Sarah	F	Jul 3	4	11:15 AM-12:00 PM	NCC	\$20	25420
	Sarah	F	Aug 7	4	11:15 AM-12:00 PM	NCC	\$20	25422
Zumba	Barbara	F	Jul 10	2	10:30 AM-11:15 AM	BALC	\$20	25652
Fit On Your Feet	Barbara	F	Jul 10	2	11:30 AM-12:15 PM	BALC	\$20	25653

**Active 55+ Summer Closures:**

Canada Day - Wed July 1  
Civic Holiday - Mon Aug 3

**Renovation Site Closures:**

**BALC:** June 29 - July 3  
**NCC:** July 13 - 17

**Active 55+ Summer Hours:**

**Bay Street Active Living Centre:**

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

**Northern Community Centre:**

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

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



**Shuffleboard:** This classic and easy-to-learn game is played on indoor floor courts, where players use cues to slide discs down the court and score points by landing them in marked scoring areas. Combining strategy, precision, and light physical activity, this fun game is perfect for both beginners and experienced players. Enjoy friendly competition, socializing, and plenty of laughs. Equipment provided. **All Abilities.**

**Outdoor 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. **All Abilities.**

**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. **All Abilities.**

**Disc Golf at Penhorwood Park:** Try something new and enjoy the outdoors with a round of disc golf at Penhorwood Park! Whether you're brand new or have played before, this relaxed and social program will cover the basics of throwing, scoring, and course etiquette. We'll walk the course at a comfortable pace, practice different techniques, and enjoy friendly, low-pressure play. Discs are provided, or bring your own. Please wear appropriate footwear for walking and bring a water bottle. Come enjoy fresh air, light exercise, and great company while trying something new in one of our local parks! **All Abilities.**

**Badminton:** Great for those new to the sport or looking to build confidence on the court. Equipment is provided. **Moderate to High Intensity.**

**Bocce Tournament:** Outside in Clergue Park. Register individually, Teams will be assigned. Lunch is provided. All are welcome to join.

**Come & Try Walking Soccer:** Curious about Walking Soccer? Come give it a try! Walking Soccer is a slower, modified version of traditional soccer where players walk instead of run, keeping at least one foot on the ground at all times. This inclusive sport is played with smaller nets and a ball kept below knee height, helping reduce injury risk while still providing a great workout. Enjoy light cardio, teamwork, skill-building, and plenty of laughs in a supportive and social environment. A fun and accessible way to stay active outdoors! Program takes place on the grass at Clergue Park. Please wear comfortable athletic shoes suitable for outdoor activity on grass. **All Abilities.**

**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.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME		FEE	CODE
Badminton	Miia	M	Jul 6	5	10:15 AM-12:15 PM	BALC	\$2.50 PAYG	24459
Ping Pong	--	M	Jul 6	8	1:00 PM-4:00 PM	BALC	\$2.50 PAYG	25705
Disc Golf at Penhorwood Park	Miia	M	Jul 13	1	2:00 PM-4:00 PM	BALC	Free	24783
Social Pickleball	--	T	Jul 7	4	2:00 PM-5:00 PM	BALC	\$2.50 PAYG	25024
		T	Aug 4	4	1:00 PM-5:00 PM	BALC		25025
Come & Try Walking Soccer	Robert	T	Jul 21	1	1:30 PM-3:00 PM	BALC	Free	25655
Outdoor Bocce	Robert	W	Jul 8	3	10:30 AM-12:00 PM	NCC	\$2.50 PAYG	25657
Social Pickleball	--	Th	Jul 9	4	1:00 PM-5:00 PM	BALC	\$2.50 PAYG	25022
		Th	Aug 6	4	1:00 PM-5:00 PM	BALC		25023
Bocce Tournament	Miia	Th	Jul 23	1	10:00 AM-3:00 PM	BALC	\$10	24566
Bilingual Pickleball	--	F	Jul 10	4	10:15 AM-12:15 PM	BALC	\$10	23824
		F	Aug 7	4	10:15 AM-12:15 PM	BALC	\$10	23825
Outdoor Bocce	Robert	F	Jul 10	8	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	24488
Shuffleboard	--	F	Jul 10	8	1:00 PM - 2:30 PM	BALC	\$2.50 PAYG	23759
		F	Jul 10	8	2:30 PM - 4:00 PM	BALC		25713





# CARDS, GAMES, HOBBIES, TECH

## Music:

**Beginner Guitar Lessons:** In Beginner Guitar Lessons, we'll start from the basics with how to tune your guitar, play simple chords, and strum along to popular songs. We'll show you how to read chord charts, effective strumming techniques and pick control. The goal is to have you be able to play one or two songs completely through. With regular practice, you'll be able to play your first tunes and continue exploring the world of guitar on your own.

**Beginner Ukulele Level 1:** The ukulele is a fun, relatively easy-to-learn instrument growing in popularity worldwide, especially with seniors who have little or no previous music background. Come and join a small group to learn basic chords and strum along to a few fun pop songs from the 60s, 70s and other familiar favourites. Singing along is encouraged, but optional.

**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.

**Ukuleles 101 Information Session:** Curious about learning the ukulele? Get answers to common questions about choosing the right instrument, what you can learn to play, practice expectations, and whether you need to read music. Bring your questions and find out if ukulele classes are right for you!

## 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.

**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 required. If you need a partner, please email [algomacambrianbridgeclub@gmail.com](mailto:algomacambrianbridgeclub@gmail.com). All levels welcome.

**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.

**Learn to Play Euchre:** Come to learn to play euchre.

## Hobbies:

**Cycling Without Age - Superior Staffit:** Enjoy a relaxing ride through downtown and along the Hub Trail aboard a comfortable trishaw bike. Friendly volunteer pilots provide complimentary 15–20 minute rides for adults aged 55+. Up to two passengers may ride together. First come, first served. Weather permitting

**Summer Writing/Creativity with Linda Zeppa:** Summer is in full bloom! Are you letting your creativity bloom too? This workshop will offer time to explore the words, stories, creations, etc. which summer lets loose and allows to flow. No spelling or grammar – just inspiration, sharing, and always some fun.

**Invasive Species Walk:** Join us for a guided Walk & Talk with Clean North's Abby Obenchain and Bill Cole to explore how invasive garden plants impact local natural areas. Learn how these species spread, especially through yard waste dumping, and discover native plant alternatives that support healthier ecosystems during this informative outdoor walk. **Where:** Natural area east of the East End Water Treatment Plant. **See notes for parking & meeting locations on receipt or ActiveNet.**

**Rock Talk & Show:** Discover the fascinating rocks and minerals found in our region! Bring along your favourite rocks, minerals, or fossils to share, learn from fellow enthusiasts, and explore local geological treasures. A fun and social gathering for curious collectors and experienced rockhounds alike.

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

**Take Better Pictures With Any Camera Workshop!** Learn how to take better photos using your smartphone. Explore composition, framing, zoom, exposure, action shots, and basic camera settings to improve image quality. The class includes hands-on practice and photo review to help you get the most out of your phone's camera.

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

**Technology:**

**Tech Time:** Get personalized tech support for your cell phone, tablet, or laptop! Our summer student Robert will provide one-on-one assistance to help solve your device issues quickly and efficiently. Be sure to bring your fully charged device any relevant user-names and passwords to your session.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Snooker	--	M - F	Ongoing	Daily	10:00 AM-4:00 PM	BALC	\$2.50 PAYG	23599
French Club Cards	--	M	Ongoing	Weekly	1:00 PM-4:00 PM	BALC	\$2.50 PAYG	23595
Stamp Collecting Club	--	M	Jul 20	1	1:30 PM-4:30 PM	NCC	\$2.50 PAYG	23659
		M	Aug 10	1	1:30 PM-4:30 PM	NCC		
Social Cribbage	--	T	Ongoing	Weekly	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	23601
Ukuleles 101 Information Session	Terry	T	Jul 7	1	11:00 AM-12:00 PM	BALC	Free	25706
Beginner Guitar Lessons	Brian	T	Jul 7	6	4:00 PM-5:00 PM	BALC	\$90	25440
Take Better Pictures With Any Camera! Workshop	Brian	T	Jul 21	1	10:15 AM-4:00 PM	BALC	\$25	25723
Beginner Ukulele Level 1	Terry	T	Jul 21	6	11:00 AM-12:00 PM	BALC	\$15	25667
Duplicate Bridge	--	W,F	Ongoing	Weekly	12:30 PM-4:00 PM	BALC	\$2.50 PAYG	23593
Invasive Species Walk	Abby & Bill	W	Jul 8	1	10:00 AM-11:30 AM	See Above	Free	25385

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Summer Writing/ Creativity with Linda Zeppa	Linda	W	Jul 8	1	10:15 AM-12:15 PM	BALC	\$10	25668
		W	Aug 5	1	10:15 AM-12:15 PM	BALC	\$10	25669
Rock Talk & Show	Eileen	W	Aug 12	1	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	25710
HAM Radio	--	Th	Ongoing	Weekly	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	23596
Social Cards	--	Th	Ongoing	Weekly	2:00 PM-4:00 PM	BALC	\$2.50 PAYG	23600
Intermediate Guitar Lessons	Brian	Th	Jul 9	6	4:00 PM-5:00 PM	BALC	\$90	25441
Contract Bridge	--	F	Ongoing	Weekly	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	23590
Learn to Play Euchre	Miia	F	Jul 3	1	1:30 PM-3:00 PM	NCC	\$2.50 PAYG	25664
Cycling Without Age - Superior Stafflt	Superior Stafflt	Th	Jun 18	1	1:00 PM-2:00 PM	BALC	Free	25729
			Jun 18		2:00 PM-3:00 PM			25740
			Jun 25		1:00 PM-2:00 PM			25730
			Jun 25		2:00 PM-3:00 PM			25741
			Jul 9		1:00 PM-2:00 PM			25731
			Jul 9		2:00 PM-3:00 PM			25742
			Jul 16		1:00 PM-2:00 PM			25732
			Jul 16		2:00 PM-3:00 PM			25743
			Jul 23		1:00 PM-2:00 PM			25733
			Jul 23		2:00 PM-3:00 PM			25734
			Jul 30		1:00 PM-2:00 PM			25735
			Jul 30		2:00 PM-3:00 PM			25745
			Aug 6		1:00 PM - 2:00 PM			25736
			Aug 6		2:00 PM-3:00 PM			25746
			Aug 13		1:00 PM - 2:00 PM			25737
			Aug 13		2:00 PM-3:00 PM			25747
			Aug 20		1:00 PM-2:00 PM			25738
			Aug 20		2:00 PM-3:00 PM			25748
Aug 27	1:00 PM-2:00 PM	25739						
Aug 27	2:00 PM-3:00 PM	25749						

PROGRAM	INSTRUCTOR	1:30-2:15 PM TIME SLOT CODE	2:30-3:15 PM TIME SLOT CODE	3:30-4:15 PM TIME SLOT CODE	DAY	DATE	FEE
Tech Time	Robert	25472	25473	25474	W	July 8	\$2.50 PAYG
Tech Time	Robert	25478	25479	25480	W	July 22	\$2.50 PAYG
Tech Time	Robert	25481	25482	25483	W	July 29	\$2.50 PAYG
Tech Time	Robert	25484	25485	25486	W	Aug 26	\$2.50 PAYG

# GRANDPARENT & ME WEEK

Grandparents participate at no cost. Please complete one registration under your name for each grandchild you plan to bring.

## Grandparent & Me – Dance Class

Get moving together in this fun and energetic dance class featuring simple steps and great music.

**Sophie | Mon Jul 27 | 11:30 AM-12:15 PM | BALC | \$2.50 | 25409**

## Grandparent & Me – Bocce

Enjoy fresh air and friendly competition with a game of outdoor bocce. Equipment provided; weather permitting.

**Miia | Mon Jul 27 | 1:30 PM-3:00 PM | BALC | \$2.50 | 25426**

## Grandparent & Me – Rock Painting

Paint, decorate, and create colourful rock masterpieces together. Enjoy a relaxed hour of creativity, fun, and quality time.

**Ashlyn | Mon Jul 27 | 1:30 PM-2:30 PM | NCC | \$3.00 | 25402**

## Grandparent & Me – Cooking Class

Make homemade ice cream in a bag and explore a rainbow of fruits and vegetables through tasting and creative mix-ins. A sweet, hands-on experience filled with fun, learning, and tasty treats!

**Taryn | Tues Jul 28 | 10:15 AM-11:30 AM | BALC | \$6.00 | 25403**

## Grandparent & Me – Mini Mani

Treat yourselves to a fun mini manicure session while enjoying quality time together.

**Sophie | Tues Jul 28 | 1:00 PM-3:00 PM | NCC | \$3.00 | 25412**

## Grandparent & Me – Tie-Dye Class

Create colourful wearable art together in this beginner-friendly tie-dye workshop. Please bring a cotton item to dye, such as a shirt, tea towel, or socks.

**Sophie | Wed Jul 29 | 10:00 AM-12:00 PM | BALC | \$5.00 | 25410**

## Grandparent & Me Week: It's the Nifty '50s! Hot Diggity Dog!

Join us for a nostalgic afternoon of 1950s fun featuring rock 'n' roll music, a Hand Jive dance lesson, movement activities, a vintage-inspired craft, and classic games like hula hoops, crokinole, and checkers. Dress in your best retro style and get ready to rock!

**Sarah | Wed Jul 29 | 1:30 PM-3:00 PM | NCC | \$5.00 | 25415**

## Grandparent & Me – DrumFit

Find your beat in this fun drumming workout using drumsticks and exercise balls. Suitable for all abilities.

**Eva | Thurs Jul 30 | 12:15 PM-12:45 PM | BALC | \$5.00 | 25425**

## Grandparent & Me – Movie - Hoppers

Sit back, relax, and enjoy an afternoon movie together with popcorn and a family-friendly film. This Pixar animated sci-fi adventure follows Mabel, a young animal lover who uses groundbreaking technology to transfer her mind into a robotic beaver, allowing her to communicate with animals.

**Dean | Thurs Jul 30 | 1:00 PM-3:30 PM | NCC | \$5.00 | 25439**

# MEET THE ACTIVE 55 SUMMER STUDENTS!

**SUMMER STUDENT**  
*Spotlight*



**Field of Study:** Drawing & Painting  
final year

**School:** Ontario College of  
Art and Design University

**Career Goal:** Professional Artist

**Programs This Summer:**  
Learn Pour Painting, Learn to Draw,  
Acrylic, Watercolour, Fabric and Rock  
Painting

**ASHLYN**

**SUMMER STUDENT**  
*Spotlight*



**Field of Study:** Kinesiology 3<sup>rd</sup> year

**School:** Queen's University

**Career Goal:** Medical Doctor/  
Physiotherapist

**Programs This Summer:**  
Fresh Air Fitness, Move To Improve,  
Outdoor Bocce, Badminton, Disc  
Golf, Pickleball, Walking Soccer

**ROBERT**

**SUMMER STUDENT**  
*Spotlight*



**Field of Study:** Kinesiology, 3<sup>rd</sup> year

**School:** Wilfrid Laurier  
University

**Career Goal:** Strength and  
Conditioning Coach

**Programs This Summer:**  
Pickleball, Badminton, Bocce, Disc  
Golf & Baking classes

**MIA**

**SUMMER STUDENT**  
*Spotlight*



**Field of Study:** Business, 2<sup>nd</sup> year

**School:** University of Windsor

**Career Goal:** Entrepreneur

**Programs This Summer:**  
Dancing Through the Decades,  
DanceFit, Special Events

**SOPHIE**

# NEEDLECRAFT & QUILTING



**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.

**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.

**Beading - Peyote Stitch Earrings:** Learn the peyote stitch in this three-part earring-making series designed for all skill levels. Participants will be guided step-by-step through bead work techniques to create a pair of handcrafted earrings, building skills and confidence each session. By the end of the series, you'll have a finished set of earrings and the knowledge to continue exploring bead work on your own.

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

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

**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.

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	Jul 13 Aug 10	1 1	10:00 AM-3:00 PM	BALC NCC	\$2.50 PAYG	23578
Quilt Club	Sandy	T	Ongoing *no class Jul 14	Weekly	1:30 PM-3:30 PM	NCC	\$2.50 PAYG	23577
Christmas Cheer	--	W	Ongoing *no class Jul 15	Weekly	10:00 AM-12:00 PM	BALC	\$2.50 PAYG	23571
Beading - Peyote Stitch Earrings	Samantha	W	Jul 22	3	1:30 PM-3:30 PM	BALC	\$45	25660
Applique	Cindy	Th	Jul 2 Aug 6	1 1	10:00 AM-2:00 PM	NCC	\$2.50 PAYG	23570
Japanese Bunka	Anna	F	Ongoing *no class Jul 17	Weekly	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	23573

**Affirmation / Intention Card making:** Get creative while crafting your own set of motivational affirmation and intention cards to inspire your everyday life. A fun, uplifting hands-on session—materials included.

**Barn Quilt Painting Workshop:** Barn Quilt Painting is a fun and creative workshop where participants design and paint a traditional quilt-inspired pattern on a wooden board, creating a vibrant piece of outdoor or indoor art. Rooted in folk art traditions, barn quilts use bold colors and geometric shapes to mimic the look of classic fabric quilts. In this workshop, you'll choose from three unique design options. The instructor will prepare all materials in advance and guide you step-by-step through the painting process. No experience is necessary—this workshop is perfect for beginners and seasoned creatives alike. By the end, you'll take home your own finished 2 ft x 2 ft barn quilt, ready to display and enjoy.

**Beach Glass Art:** Turn pieces of beach glass into a unique work of art! Get creative and arrange beach glass into a beautiful picture of your choice. All materials are provided, including beach glass, or bring your own special pieces if you'd prefer.

**Botanical Pressing:** Preserve the beauty of nature as you create your own pressed flower bookmark. Learn the basics of flower pressing and take home extra flowers to press yourself for future creative projects.

**Watercolour Beach Painting:** Join in this relaxing beach themed watercolour painting class. You will be lead through a step-by-step process, learning to paint smooth sand and clear blue waters. Beginners to intermediate levels are welcome and all supplies are included, just bring your creativity!



# ARTS & CRAFTS

**Community Garden Rock Painting:** Join us for a fun and creative self-led Community Garden Rock Painting session! Participants will paint rocks with cheerful spring-inspired designs or other colourful creations to help brighten our community garden spaces. All painted rocks will be used to decorate the gardens at our Bay Street Centre for everyone in the community to enjoy.

**Cricut - Bouquet of 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 - Flower Wreath:** Create a beautiful custom flower wreath using a Cricut machine in this fun and creative workshop. Learn tips and techniques for cutting, layering, and assembling your design while making a seasonal decoration perfect for your home or as a gift.

**Handmade Watercolour Cards:** Join us for a delightful class where you'll have the opportunity to paint your own one-of-a-kind watercolour card! We'll have samples on hand to spark your creativity, and don't worry - all skill levels are encouraged to participate. Supplies are provided.

**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!

**Learn to Draw Pt. 1:** This class is the first of two classes where you will be learning the basics of drawing! You do not need to take both classes, but it is recommended. In this beginner-friendly class, you will be learning how to draw basic shapes such as circles, squares and triangles, and how these shapes can be used to draw objects. You will then learn how to draw these shapes as forms (3D shapes) and how to correctly shade them. Drawing materials are provided.

**Learn to Draw Pt. 2:** This class is the second of two classes where you will be learning the basics of drawing! You do not need to take both classes, but it is recommended. In this beginner-friendly class, you will be learning perspective drawing. We will learn one point and two point perspective drawing and apply it to an environment and objects. Drawing materials are provided.

**Learn to Tie-Dye:** In this beginner-friendly class, you will learn basic tie-dyeing techniques. All levels of experience are welcome. Dyes, gloves, aprons, and elastics are included, but please bring your own cotton-based fabrics to dye. This can include shirts, shorts, tea towels, socks, hats, tote bags, and more!

**Natural Dye Workshop: Leaf Printing Tea Towels:** Create a unique tea towel using the beauty of nature as your inspiration. Learn leaf printing techniques with natural dyes to make stunning botanical patterns and take home your own one-of-a-kind piece. Materials included.

**Natural Dye Workshop: Solid Colour Dyeing Tea Towels:** Discover the art of natural dyeing as you create your own beautifully coloured tea towel using plant-based dyes. Learn simple techniques, explore the dyeing process, and take home a one-of-a-kind creation. Materials included.

**Printmaking with Lino Blocks:** Explore the art of printmaking using lino blocks in this hands-on workshop. Learn how to carve your own design, ink your block, and create unique prints to take home. Perfect for beginners and creative enthusiasts alike!

**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.

**Old Woman Bay Acrylic Painting:** For this acrylic painting class, we will be painting a picture of Old Woman Bay on Lake Superior. This will be a guided class, unless you are more advanced and would like to go at your own speed! The class is recommended as a beginner-intermediate class. Supplies will be provided.

**Learn Pour Painting:** Come learn pour painting in this fun and beginner-friendly class! Sometimes called “fluid art”, this expressive painting technique involves pouring, tilting, and swirling paint to create vibrant, abstract masterpieces—no brushes or experience needed. You’ll be guided through the basics step by step, with all materials provided. Anyone with previous experience is welcome to join and work on their own masterpieces.

**Painting on Fabric:** In this unique class, you will learn basic techniques for painting on fabrics and clothes! There will be demonstrations and examples for inspiration, but participants will be drawing and painting their own designs. Painting supplies will be provided, but please bring your own shirt, pants, tote bag, pillow covers, etc. to paint on. Get ready to have some fun and bring on the creativity!

**Rock & Nature Art:** Get creative using rocks and natural materials like driftwood, sticks, pine cones, and other nature finds to design a unique piece of art. Arrange and glue your materials to create a rustic picture or decorative piece. All supplies are provided, or feel free to bring your own special nature finds.

**Rock Painting - Birds:** Get ready to come paint your favourite bird on various rocks! This painting class will have a few step-by-step guides you can follow to paint different birds, or you can choose your own photos to recreate. Beginner to intermediate skill levels are welcome! All supplies included.

**Community Art Project - Painting for Ramp:** Come take part in this self-guided, come-and-go community art project taking place to brighten up the walls on the ramp leading to the second floor at our Bay Street Centre. The theme - Community Stories. Paint a meaningful memory, a passion, a family heirloom, a local landmark, or anything that represents you and your community. Get creative and bring a photo to trace, an object to draw or small items to collage. All paint supplies are included.

**Watercolour Flower Still-Life:** Come have fun in this still-life watercolour class! A bouquet of flowers will be set in the middle of a table for everyone sitting around to paint. You will observe the lighting, composition, and colour theory of a real bouquet, instead of just a photo! Feel free to paint the flowers in realism, abstract, or just to practice your watercolour skills. All supplies included.

**Ceramic Pottery Painting - Plate or Bowl:** Join us for an enjoyable and creative afternoon of Ceramic Pottery Painting at Paint & Décor Studios, 826 Queen Street East. Participants will choose either a ceramic bowl or plate to paint, creating a one-of-a-kind keepsake using their own artistic style and imagination. This fun and relaxing program is perfect for all skill levels and offers a wonderful opportunity to socialize, connect with others, and express your creativity. All pieces will be professionally glazed and fired at the studio, then returned to participants a few weeks later.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Beach Glass Art	Eileen	M	Jul 6	1	10:30 AM-12:30 PM	NCC	\$10	25026
Cricut - Bouquet of Paper Flowers	Paola	M	Jul 20	1	10:30 AM-3:00 PM	NCC	\$12	25661
Natural Dye Workshop: Leaf Printing Tea Towels	Raquel	M	Jul 20	1	10:30 AM-11:30 AM	BALC	\$27.50	25428
Neurographic Inspired Art	Victoria	M	Jul 27	1	10:15 AM-12:45 PM	BALC	\$5	25707
		M	Aug 31	1	10:15 AM-12:45 PM	BALC	\$5	25708
Natural Dye Workshop: Solid Colour Dyeing Tea Towels	Raquel	M	Aug 10	1	10:30 AM-11:30 AM	BALC	\$27.50	25429
Cricut - Flower Wreath	Paola	M	Aug 17	1	10:30 AM-3:00 PM	NCC	\$10	25662
Community Garden Rock Painting	Ashlyn	T	Jul 7	1	11:30 AM-1:30 PM	BALC	Free	25659
Learn to Draw Pt. 1	Ashlyn	T	Jul 14	1	1:00 PM-3:30 PM	BALC	\$8	25338
Barn Quilt Painting Workshop	Annie	T	Jul 21	1	10:15 AM-3:15 PM	BALC	\$70	25323

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Community Art Project - Painting for Ramp	Ashlyn	T	Jul 28	1	10:15 AM-2:15 PM	BALC	Free	25339
Watercolour Beach Painting	Ashlyn	T	Aug 4	1	1:00 PM-3:00 PM	BALC	\$10	25340
Watercolour Flower Still-Life	Ashlyn	T	Aug 11	1	1:00 PM-3:00 PM	BALC	\$10	25341
Affirmation / Intention Card making	Raquel	T	Aug 18	1	10:30 AM-11:30 AM	BALC	\$17.50	25432
Painting on Fabric	Ashlyn	T	Aug 18	1	1:00 PM-3:00 PM	BALC	\$8	25342
Open Painting	--	W	Ongoing *No class Jul 15	46	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	23575
Printmaking with Lino Blocks	Raquel	W	Jul 8	1	2:00 PM-3:00 PM	BALC	\$22.50	25427
Ceramic Pottery Painting - Plate or Bowl	Paint & Decor	W	Jul 22	1	1:00 PM-3:00 PM	BALC	\$25	25712
Open Painting	--	Th	Ongoing *No class Jul 2	Weekly	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	23576
Community Garden Rock Painting	Ashlyn	Th	Jul 2	1	1:30 PM-3:30 PM	NCC	Free	25461
Learn to Tie-Dye	Ashlyn	Th	Jul 9	1	10:30 AM-12:30 PM	NCC	\$6	25419
Learn to Draw Pt. 2	Ashlyn	Th	Jul 16	1	1:00 PM-3:30 PM	BALC	\$8	25343
Old Woman Bay Acrylic Painting	Ashlyn	Th	Jul 23	1	10:30 AM-1:30 PM	NCC	\$10	25344
Botanical Pressing	Raquel	Th	Jul 23	1	1:30 PM-2:30 PM	NCC	\$12.50	25430
Learn Pour Painting	Ashlyn	Th	Jul 30	1	10:30 AM-12:30 PM	NCC	\$8	25345
Rock Painting - Birds	Ashlyn	Th	Aug 13	1	10:30 AM-12:30 PM	NCC	\$5	25346
Handmade Watercolour Cards	Ashlyn	Th	Aug 20	1	10:30 AM-12:30 PM	NCC	\$6	25347
Rock & Nature Art	Eileen	F	Aug 7	1	10:30 AM-12:30 PM	BALC	\$10	25028

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

## Cooking Classes:

**Cooking Class - A Taste of Summer:** Celebrate summer flavours with Taryn in this fresh and delicious hands-on workshop! Create a beautiful burrata board filled with seasonal ingredients and learn how to make a refreshing watermelon and feta salad – perfect for summer entertaining, picnics, or enjoying on the patio.

**Cooking Class - Marinades:** Discover how simple marinades can add big flavour to your meals! In this class, we'll mix and sample a variety of delicious marinades using tofu as our base, while learning how each recipe can easily be adapted for chicken, beef, pork, fish, or vegetables at home.

## Baking Classes:

**Baking Class - Key Lime Pie:** Come learn how to make great dessert for summer time, key lime pie!

**Baking Class - Peach Cobbler and Vanilla Ice Cream:** Come learn how to make great dessert for summer time, peach cobbler with vanilla ice cream!

## Events:

**'Forever Fabulous' Fashion Show and Tea:** Get ready to rock the runway at 'Forever Fabulous,' a fashion show for the young at heart, where age is just a number and style knows no bounds! Enjoy a lunch of tea sandwiches and dessert as you watch your friends strut the runway.

**Guided Medicine Walk:** Join Cynthia McCutcheon, Health Promoter/Educator with Maamwesying North Shore Community Health Services, for a guided medicine walk on Whitefish Island. Learn about traditional plant knowledge, Indigenous teachings, and the cultural significance of local medicines while enjoying a peaceful walk through nature. We will sit and enjoy iced cedar tea after the walk.

**Canada Bingo:** Celebrate summer the Canadian way with Canada Bingo! Enjoy a fun afternoon filled with maple-inspired charm, friendly faces, and exciting 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 Canadian-themed prizes.

**Home Essentials Bingo:** Join us for Home Essentials Bingo! Play for fun and win practical household prizes like toilet paper, cleaning supplies, and other everyday essentials. Enjoy a relaxed afternoon of bingo, laughs, and friendly conversation.

**Luau Bingo:** Say aloha to summer with Luau Bingo! Tropical vibes, fruity fun, and hot wins are yours to discover. 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.

**Queen of Hearts Bingo:** Rule the game with Queen of Hearts Bingo! Romance, royalty, and riches are just a card away. 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.

**Strawberry Picking & Social at Thomson Farm:** Enjoy a summer outing at Thomson's Strawberry Farm! We will meet at the farm and experience the tradition of strawberry picking while we stroll through the fields and fill your included 2-litre basket with fresh, locally grown strawberries. Following the pick, participants will enjoy a relaxed social time in the Wine Barn featuring a shared charcuterie board snack. Additional food, beverages, baked goods, and farm products are available for purchase on site. Please note: transportation is not provided; participants are responsible for their own travel to and from the farm. This is an outdoor activity—please dress appropriately for the weather and wear comfortable footwear.

### **Talks and Workshops:**

**Harvest Algoma Talk:** Harvest Algoma will share how their volunteer-led organization supports the community through food rescue, growing fresh produce, fundraising events, and providing Meals by Harvest frozen meals. Learn who they serve, the impact they make across the community, how you can get involved and how local support helps them continue their important work.

**Online Registration Help:** Come and join us to learn how to register for Active 55+ programs online confidently! We will help walk you through all of the steps. Please bring the device you are going to register with, any relevant passwords and access to your email is very helpful. It is suggested to bring a pen and paper so you can take notes.

**Understanding Ontario's New Recycling System:** Confused by the new recycling rules? Learn what belongs in the blue bin and what happens to recyclables after collection. Join us for an informative session that breaks down the new recycling system in a simple, easy-to-understand way. Clean North's Abby Obenchain and Bill Cole will help clear up the confusion, explain what can and can't be recycled, and answer your questions.

**Tea Blending & Herbal Basics:** Sip, mix, and explore the world of herbs as you learn simple tea blending techniques and create your own personalized tea to take home. Includes tea, herbs, and containers.

**Hydration Made Easy:** Creative Ways to Boost Water Intake: Struggling to drink enough water? Discover simple, creative strategies to stay hydrated and feel your best. This class explores how small changes can make hydration more enjoyable and sustainable, while helping you meet your daily fluid needs. Led by a retired dietitian, this session offers practical, easy-to-follow tips you can incorporate into your everyday routine.

**Rainbow Menu Planning:** A hands-on menu planning session inspired by Canada's Food Guide, focusing on building balanced meals through variety and colour. Learn how to create simple, appealing menus that support healthy eating and make everyday meal planning easier. Led by a retired dietitian, this interactive class offers practical guidance you can use right away at home.

### **Food:**

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

**Ice Cream Social July:** Join us for a for a sweet treat outside! We will be serving up Strawberry Sundaes. Vanilla ice-cream, strawberry sauce, sprinkles, whipped cream all topped off with a maraschino cherry.

**Ice Cream Social August:** Join us for a for a sweet treat outside! We will be serving up Caramel Sundaes. Vanilla ice-cream, caramel sauce, sprinkles, whipped cream all topped off with a maraschino cherry.

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

PROGRAM	INSTRUCTOR	DAY	START	TIME	CENTRE	FEE	CODE
Hydration Made Easy: Creative Ways to Boost Water Intake	Irene	M	Jul 27	10:30 AM-12:00 PM	BALC	\$5	25398
Ice Cream Social July	Students	M	Jul 20	12:30 PM-1:15 PM	BALC	\$5	24590
Rainbow Menu Planning	Irene	M	Aug 17	10:30 AM-12:00 PM	BALC	\$5	25399
Baking Class - Peach Cobbler and Vanilla Ice Cream	Miia	T	Aug 11	10:15 AM-11:30 AM	BALC	\$7	25447
Cooking Class - Marinades	Taryn	T	Jul 7	10:30 AM-12:00 PM	BALC	\$7	25465
Harvest Algoma Talk	Lauren	T	Jul 14	11:00 AM-12:00 PM	BALC	Free	25408
Ice Cream Social August	--	T	Aug 11	12:00 PM-1:00 PM	BALC	\$5	24591
Understanding Ontario's New Recycling System	Abby & Bill	T	Jul 21	10:15 AM-11:45 AM	BALC	\$2.50 PAYG	25386
'Forever Fabulous' Fashion Show and Tea	--	W	Jul 15	12:00 PM-2:00 PM	BALC	\$15	23669
Canada Bingo	--	W	Jul 8	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	25463
Cooking Class - A Taste of Summer	Taryn	W	Aug 12	1:30 PM-3:00 PM	BALC	\$12	25405
Dance Matinee with Frank Musso and Silver Strings	Silver Strings	W	Jul 29	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	23693
Dance Matinee	Nino	W	Aug 26	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	23694
Home Essentials Bingo	--	W	Aug 5	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	25464
Luau Bingo	--	W	Jul 29	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	23681
Lunch	--	W	Jul 8	12:00 PM-12:45 PM	BALC	\$7	25711
		W	Jul 22	12:00 PM-12:45 PM		\$7	24416
		W	Jul 29	12:00 PM-12:45 PM		\$7	24417
		W	Aug 5	12:00 PM-12:45 PM		\$7	24418
		W	Aug 12	12:00 PM-12:45 PM		\$7	24419
		W	Aug 19	12:00 PM-12:45 PM		\$7	24420
		W	Aug 26	12:00 PM-12:45 PM		\$7	24421
Online Registration Help	Taryn	W	Aug 19	1:30 PM-2:30 PM	BALC	Free	25671
		Th	Aug 20	1:30 PM-2:30 PM	NCC	Free	25670
Queen of Hearts Bingo	--	W	Aug 26	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	23682
Baking Class - Key Lime Pie	Miia	Th	Jul 9	10:15 AM-11:30 AM	BALC	\$7	25446
Guided Medicine Walk	Cynthia	Th	Jul 16	10:00 AM-12:00 PM	Whitefish	Free	25445
Tea Blending & Herbal Basics	Raquel	Th	Aug 13	2:00 PM - 3:00 PM	NCC	\$22.50	25431
Strawberry Picking & Social at Thomson Farm	--	F	July 17	10:30 AM-12:30 PM	Thomson Farm	\$20	25750

