

Active 55+

Bay Street Active Living Centre
Northern Community Centre 55+

Printed August 18, 2026



**SAULT
STE. MARIE**

Ontario



Active 55+ Recreation Guide Fall 2026

FALL PROGRAM REGISTRATION

TUESDAY AUGUST 25, 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 TUESDAY AUGUST 25 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 at 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.

Summer Program Highlights



FITNESS & HEALTH

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.)

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! Drum Fit 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.**

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.**

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.**

CARDIO, ENERGY BOOST & DANCE

VARIATIONS:

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.**

Absolute Beginner Line Dance – Learn the Basics: Suitable for those who are brand new to line dancing or have less than one year of experience. **Moderate to High Intensity.**

Line Dancing – Beyond the Basics (Formerly Learn to Line Dance): Suitable for those familiar with basic line dance steps and dances who are looking for a few refreshers while continuing to build their skills. All levels welcome. **Moderate to High Intensity.**

Intermediate Line Dance: Suitable for dancers who are very comfortable with the steps and are looking for more of a challenge. Participants can join the last 10 minutes of the Improver class as a warm-up. **Moderate to High Intensity.**

Line Dance & Social: All levels of line dancers are welcome to join for an afternoon of fun dancing followed by social and snacks. Bring a snack to share if you would like. **Moderate to High Intensity.**

Step Right Up!: 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. **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:

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.**

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.**

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.**

Stronger Longer: Build strength safely and effectively in this guided muscle-conditioning class using dumbbells. Participants will learn proper form, alignment, and controlled movement patterns while targeting all major muscle groups. Each session includes clear demonstrations, technique coaching, and low-impact exercises designed to improve strength, posture, balance, and overall stability. Ideal for adults 55+ who want a supportive environment to develop strength, confidence, and body awareness through resistance training. **Moderate Intensity. **NO CLASS SEPT 25****

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.**

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 to High Intensity.**

MIND-BODY WELLNESS:

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

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

Meditative Tai Chi: This meditative Tai Chi class focuses on proper form, alignment, and technique to help you move confidently through each sequence. Improve balance, posture, and overall well-being as you practice slow, intentional movements that promote strength, flexibility, and relaxation. Suitable for all levels, this class offers a calm and supportive environment to move at your own pace. **Low to Moderate Intensity.**

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

Mindfulness for the Daily Life: Mindfulness is the practice of bringing your attention to the present moment. Through guided exercises and discussion, learn to approach everyday experiences with a friendly, curious, and non-judgmental awareness. While we may not always enjoy what is happening, mindfulness helps us respond to life's experiences with kindness, acceptance, and greater ease, even when challenges arise. **In Person or Zoom option available.**

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:

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.**

Gentle Yogalates: A gentle, beginner-friendly blend of yoga and Pilates designed to improve strength, balance, flexibility, posture, and mobility. This fun and welcoming class combines mindful movement, breath, and functional exercises to help you move with greater ease and confidence in everyday life. Using props such as yoga blocks, resistance bands, soft Pilates balls, and occasional light hand weights, participants will enjoy a variety of standing, seated, kneeling (with modifications available), and floor-based exercises. Each class ends with a relaxing mini Savasana, leaving you feeling stronger, balanced, and refreshed. **Low to Moderate Intensity.**

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 mobility or balance concerns, or anyone looking for a gentle approach to staying active. Each class will begin with an Indigenous smudging practice to provide a meaningful moment of grounding and reflection. **Low to Moderate Intensity.**

Pilates Foundations: Build a stronger core, improve your posture, and develop total-body awareness from the ground up. Learn the core principles of Pilates, including breath control, alignment, and precise movement, using only your bodyweight. Ideal for beginners or those looking to refresh their technique. All exercises are performed on the mat. **Moderate Intensity.**

Mindful Yoga: Rekindle your practice and link your body and mind through focused breathing exercises, yoga postures, meditation, and deep relaxation. This session is designed for our dedicated yoga community to sustain, refine, and build upon their regular practice. To ensure a smooth and continuous practice, participants must be fully comfortable lowering themselves down to the mat and getting themselves back up. Previous yoga experience is required. All necessary props and mats are provided. **Moderate Intensity.**

Qi Yoga: Blending Qigong and Yoga, this relaxing class incorporates gentle flowing movements, stretching, breath work, and mindfulness. Improve flexibility, balance, mobility, and overall well-being while promoting calmness and reducing stress. **Low to Moderate Intensity.**

Yoga 4 EveryBODY: A welcoming class that combines the gentle accessibility of Gentle Yoga with the flowing movement of Ageless Flow. Improve strength, balance, mobility, and flexibility through a blend of seated, standing, and floor-based postures. Options are always provided, making this class suitable for a variety of abilities. We will do versions of Sun Salutations & Bear flow. Move at your own pace in a fun, supportive, no-judgment environment where community comes first. Some Yoga experience is helpful but not required. **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.**

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! We will move through gentle seated stretches and optional standing poses, always using the chair as a secure anchor for extra balance and stability. Please wear comfortable clothing. To help you grip the floor safely and maximize stability, practicing in bare feet or non-slip grip socks is highly preferred. Zoom option is available. **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.**

OUTDOORS & NATURE:

Fall Colours Hike at Hiawatha: Enjoy the beauty of autumn on a leisurely 2 km hike through the trails at Hiawatha led by an Algoma Highlands Conservancy Volunteer. Take in the vibrant fall colours, fresh air, and scenic views while staying active and connecting with others. Participants will meet at the main Hiawatha parking lot by the blue Kinsmen shed before heading out on the hike. Following the walk, those who wish are welcome to pack a lunch and enjoy time socializing under the gazebo. Please dress for the weather and wear appropriate footwear. **Moderate Intensity.**

Hike St. Kateri: Get out into nature this fall and enjoy the vibrant colours of the season on a guided hike through the trails of St. Kateri. Begin with a dynamic warm-up, followed by a 45-minute hike and post-hike stretching. Learn the trail system, connect with fellow hikers, and experience the physical and mental health benefits of spending time outdoors. Meet at St. Kateri (1639 Goulais Avenue). Wear sturdy footwear and dress for the weather. **Moderate to High Intensity.**

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Movement & Mobility	Cynthia	M	Sep 14	3	9:30 AM-10:30 AM	NCC	\$30.00	26121
	Cynthia	M	Oct 5	3			\$30.00	26128
Mindful Yoga	Shirling	M	Sep 14	3	10:10 AM-11:10 AM	BALC	\$30.00	25274
	Shirling	M	Oct 5	3	10:10 AM-11:10 AM	BALC	\$30.00	25275
	Shirling	M	Nov 2	5	10:10 AM-11:10 AM	BALC	\$50.00	25276
	Shirling	M	Dec 7	2	10:10 AM-11:10 AM	BALC	\$20.00	25977
Tai Chi	Donna	M	Sep 14	12	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	23753
Egyptian Yoga and Dance for Flexibility and Harmony	Sarah	M	Sep 14	3	10:45 AM-11:30 AM	NCC	\$12.00	25945
	Sarah	M	Oct 5	3	10:45 AM-11:30 AM	NCC	\$12.00	25946
	Sarah	M	Nov 2	5	10:45 AM-11:30 AM	NCC	\$20.00	25947
	Sarah	M	Dec 7	2	10:45 AM-11:30 AM	NCC	\$8.00	25948
Step Right Up!	Marianne	M	Oct 5	3	11:30 AM-12:15 PM	BALC	\$15.00	25927
	Marianne	M	Nov 2	5	11:30 AM-12:15 PM	BALC	\$25.00	25928
	Marianne	M	Dec 7	2	11:30 AM-12:15 PM	BALC	\$10.00	26004
Qi Yoga	Ruth	M	Sep 14	3	11:45 AM-12:45 PM	NCC	\$30.00	25844
	Ruth	M	Oct 5	3	11:45 AM-12:45 PM	NCC	\$30.00	25846
	Ruth	M	Nov 2, 9, 30	3	11:45 AM-12:45 PM	NCC	\$30.00	25847
	Ruth	M	Dec 7	2	11:45 AM-12:45 PM	NCC	\$20.00	25848
Gentle Chair Yoga	Shirling	M	Sep 14	3	2:00 PM-3:00 PM	BALC	\$30.00	25277
	Shirling	M	Oct 5	3	2:00 PM-3:00 PM	BALC	\$30.00	25278
	Shirling	M	Nov 2	5	2:00 PM-3:00 PM	BALC	\$50.00	25279
	Shirling	M	Dec 7	2	2:00 PM-3:00 PM	BALC	\$20.00	25979
Wise Weights + Cardio	Denise	T	Sep 8	4	9:15 AM-9:45 AM	NCC	\$32.00	25308
	Denise	T	Oct 6	4	9:15 AM-9:45 AM	NCC	\$32.00	25309
	Denise	T	Nov 3	4	9:15 AM-9:45 AM	NCC	\$32.00	25310
Fall Colours Hike at Hiawatha	Ruth	T	Oct 6	1	10:00 AM-11:30 AM	Hiawatha	Free	25845
Gentle Yoga	Denise	T	Sep 8	4	10:00 AM-11:00 AM	NCC	\$40.00	23809
	Denise	T	Oct 6	4	10:00 AM-11:00 AM	NCC	\$40.00	23810
	Denise	T	Nov 3	4	10:00 AM-11:00 AM	NCC	\$40.00	23811
Dance Blast!	Cathy	T	Oct 13	3	10:15 AM-11:00 AM	BALC	\$15.00	23934
	Cathy	T	Nov 3	4	10:15 AM-11:00 AM	BALC	\$20.00	23935
	Cathy	T	Dec 1	2	10:15 AM-11:00 AM	BALC	\$10.00	23936
Gentle Yogalates	Sylvie	T	Sep 8	4	11:30 AM-12:30 PM	BALC	\$40.00	26060
	Sylvie	T	Oct 6	4	11:30 AM-12:30 PM	BALC	\$40.00	26061
	Sylvie	T	Nov 3	4	11:30 AM-12:30 PM	BALC	\$40.00	26062
	Sylvie	T	Dec 1	2	11:30 AM-12:30 PM	BALC	\$20.00	26063
Qi Gong	Heidi	T	Sep 1 - no class Sep 29	16	1:30 PM-3:00 PM	BALC	\$2.50 PAYG	23917

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
VON - Seniors Maintaining Active Roles Together	Nicole Ambrose	T,F	Sep 1	16	12:30 PM-1:15 PM	NCC NCC NCC	Free	23878
DrumFit	Eva	T	Sep 8	4	12:45 PM-1:30 PM	BALC	\$16.00	25268
	Eva	T	Oct 6	4	12:45 PM-1:30 PM	BALC	\$16.00	25269
	Eva	T	Nov 3	4	12:45 PM-1:30 PM	BALC	\$16.00	25270
	Eva	T	Dec 1	2	12:45 PM-1:30 PM	BALC	\$8.00	25271
Pilates Foundations	Angela	T	Sep 8	4	4:30 PM-5:00 PM	BALC	\$20.00	26131
	Angela	T	Oct 6	4	4:30 PM-5:00 PM	BALC	\$20.00	26132
	Angela	T	Nov 3	4	4:30 PM-5:00 PM	BALC	\$20.00	26133
	Angela	T	Dec 8	2	4:30 PM-5:00 PM	BALC	\$10.00	26134
Cardio LIIT/HIIT	Angela	T	Sep 8	4	5:15 PM-5:45 PM	BALC	\$20.00	26074
	Angela	T	Oct 6	4	5:15 PM-5:45 PM	BALC	\$20.00	26080
	Angela	T	Nov 3	4	5:15 PM-5:45 PM	BALC	\$20.00	26081
	Angela	T	Dec 8	2	5:15 PM-5:45 PM	BALC	\$10.00	26082
55+ Women's Strength	Angela	T	Sep 8	4	6:00 PM-6:30 PM	BALC	\$20.00	26083
	Angela	T	Oct 6	4	6:00 PM-6:30 PM	BALC	\$20.00	26084
	Angela	T	Nov 3	4	6:00 PM-6:30 PM	BALC	\$20.00	26085
	Angela	T	Dec 8	2	6:00 PM-6:30 PM	BALC	\$10.00	26086
Wise Weights	Denise	W	Sep 9	3	9:15 AM-9:45 AM	NCC	\$24.00	25937
	Denise	W	Oct 7	4	9:15 AM-9:45 AM	NCC	\$32.00	25938
	Denise	W	Nov 4	3	9:15 AM-9:45 AM	NCC	\$24.00	25939
Yoga 4 EveryBODY	Denise	W	Sept 9	3	10:00 AM-11:00 AM	NCC	\$30.00	25940
	Denise	W	Oct 7	4	10:00 AM-11:00 AM	NCC	\$40.00	25317
	Denise	W	Nov 4	3	10:00 AM-11:00 AM	NCC	\$30.00	25941
Drumming Circle	Bonnie	W	Sep 9	3	10:30 AM-11:30 AM	BALC	\$15.00	23790
	Bonnie	W	Oct 7	4	10:30 AM-11:30 AM	BALC	\$20.00	23791
	Bonnie	W	Nov 4	3	10:30 AM-11:30 AM	BALC	\$15.00	23792
	Bonnie	W	Dec 2	3	10:30 AM-11:30 AM	BALC	\$15.00	23793
Mindful Yoga	Shirling	W	Sep 9	3	10:30 AM-11:30 AM	BALC	\$30.00	25280
	Shirling	W	Oct 7	4	10:30 AM-11:30 AM	BALC	\$40.00	25281
	Shirling	W	Nov 4	3	10:30 AM-11:30 AM	BALC	\$30.00	25282
	Shirling	W	Dec 2	2	10:30 AM-11:30 AM	BALC	\$20.00	25976
Strength with Bands	Denise	W	Sep 9	3	11:15 AM-11:45 AM	NCC	\$24.00	25320
	Denise	W	Oct 7	4	11:15 AM-11:45 AM	NCC	\$32.00	25321
	Denise	W	Nov 4	3	11:15 AM-11:45 AM	NCC	\$24.00	25322
VON - Seniors Maintaining Active Roles Together	Nicole	W	Sep 2	14	12:00 PM-12:45 PM	BALC	Free	25983

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Hike St. Kateri	Eileen	W	Oct 14	1	10:30 AM-11:30 AM	St. Kateri	Free	25863
	Eileen	W	Oct 21	1	10:30 AM-11:30 AM	St. Kateri	Free	25864
	Eileen	W	Oct 28	1	10:30 AM-11:30 AM	St. Kateri	Free	25865
Gentle Chair Yoga	Shirling	W	Sep 2	4	2:00 PM-3:00 PM	BALC	\$40.00	25283
	Shirling	W	Oct 7	4	2:00 PM-3:00 PM	BALC	\$40.00	25284
	Shirling	W	Nov 4	3	2:00 PM-3:00 PM	BALC	\$30.00	25285
	Shirling	W	Dec 2	2	2:00 PM-3:00 PM	BALC	\$20.00	25978
Meditative Tai Chi	Beau	W	Sep 9	10	3:30 PM-4:30 PM	BALC	\$2.50 PAYG	25369
Wise Weights + Balance	Denise	Th	Sep 10	3	9:15 AM-9:45 AM	NCC	\$24.00	24520
	Denise	Th	Oct 1	5	9:15 AM-9:45 AM	NCC	\$40.00	24521
	Denise	Th	Nov 5	4	9:15 AM-9:45 AM	NCC	\$32.00	24522
Gentle Yoga	Denise	Th	Sep 10	3	10:00 AM-11:00 AM	NCC	\$30.00	23800
	Denise	Th	Oct 1	5	10:00 AM-11:00 AM	NCC	\$50.00	23801
	Denise	Th	Nov 5	4	10:00 AM-11:00 AM	NCC	\$40.00	23802
DrumFit	Mary	Th	Sep 3	4	10:00 AM-10:45 AM	NCC	\$16.00	25932
	Mary	Th	Oct 1	3	10:00 AM-10:45 AM	NCC	\$12.00	25933
	Mary	Th	Nov 5	4	10:00 AM-10:45 AM	NCC	\$16.00	25934
	Mary	Th	Dec 3	2	10:00 AM-10:45 AM	NCC	\$8.00	25935
Qi Gong	Heidi	Th	Sep 3 no class Sep 24, Oct 1	16	10:15 AM-11:45 AM	BALC	\$2.50 PAYG	24494
Stretch and Strength	Eileen	Th	Sep 10	3	10:15 AM-11:00 AM	BALC	\$12.00	23770
	Eileen	Th	Oct 15	3	10:15 AM-11:00 AM	BALC	\$12.00	23771
	Eileen	Th	Nov 5	4	10:15 AM-11:00 AM	BALC	\$16.00	23772
	Eileen	Th	Dec 3	2	10:15 AM-11:00 AM	BALC	\$8.00	23773
DrumFit	Eileen	Th	Sep 10	3	11:15 AM-12:00 PM	BALC	\$12.00	23780
	Eileen	Th	Oct 15	3	11:15 AM-12:00 PM	BALC	\$12.00	23781
	Eileen	Th	Nov 5	4	11:15 AM-12:00 PM	BALC	\$16.00	23782
	Eileen	Th	Dec 3	2	11:15 AM-12:00 PM	BALC	\$8.00	23783
Line Dance & Social	Joan	Th	Dec 17	1	12:30 PM-3:30 PM	BALC	\$3.00	25973
Fit on Your Feet	Barbara	Th	Oct 8	4	11:45 AM-12:30 PM	NCC	\$30.00	26141
	Barbara	Th	Nov 5	4	11:45 AM-12:30 PM	NCC	\$30.00	26142
	Barbara	Th	Dec 3	3	11:45 AM-12:30 PM	NCC	\$22.50	26143
Absolute Beginner Line Dance – Learn the Basics	Joan	Th	Sep 10	4	12:30 PM-1:00 PM	BALC	\$12.00	25903
	Joan	Th	Oct 8	4	12:30 PM-1:00 PM	BALC	\$12.00	25904
	Joan	Th	Nov 5	4	12:30 PM-1:00 PM	BALC	\$12.00	25905
	Joan	Th	Dec 3	2	12:30 PM-1:00 PM	BALC	\$6.00	25906

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Line Dancing – Beyond the Basics (Formerly Learn to Line Dance)	Joan	Th	Sep 10	4	1:10 PM-2:10 PM	BALC	\$12.00	25907
	Joan	Th	Oct 8	4	1:10 PM-2:10 PM	BALC	\$12.00	25908
	Joan	Th	Nov 5	4	1:10 PM-2:10 PM	BALC	\$12.00	25909
	Joan	Th	Dec 3	2	1:10 PM-2:10 PM	BALC	\$6.00	25910
Intermediate Line Dance	Joan	Th	Sep 10	4	2:00 PM-3:30 PM	BALC	\$12.00	25911
	Joan	Th	Oct 8	4	2:00 PM-3:30 PM	BALC	\$12.00	25912
	Joan	Th	Nov 5	4	2:00 PM-3:30 PM	BALC	\$12.00	25913
	Joan	Th	Dec 3	2	2:00 PM-3:30 PM	BALC	\$6.00	25914
Healing Sound with Singing Bowls	Bonnie	Th	Sep 10	3	2:30 PM-3:30 PM	BALC	\$15.00	25899
	Bonnie	Th	Oct 1	5	2:30 PM-3:30 PM	BALC	\$25.00	25900
	Bonnie	Th	Nov 5	4	2:30 PM-3:30 PM	BALC	\$20.00	25901
	Bonnie	Th	Dec 3	3	2:30 PM-3:30 PM	BALC	\$15.00	25902
Qi Yoga	Ruth	Th	Sep 10	3	5:30 PM-6:30 PM	BALC	\$30.00	25849
	Ruth	Th	Oct 8	4	5:30 PM-6:30 PM	BALC	\$40.00	25850
	Ruth	Th	Nov 5, 12	2	5:30 PM-6:30 PM	BALC	\$20.00	25851
	Ruth	Th	Dec 3	3	5:30 PM-6:30 PM	BALC	\$30.00	25852
Dance Blast!	Cathy	F	Oct 16	3	9:30 AM-10:15 AM	NCC	\$15.00	23872
	Cathy	F	Nov 6	4	9:30 AM-10:15 AM	NCC	\$20.00	23873
	Cathy	F	Dec 4	3	9:30 AM-10:15 AM	NCC	\$15.00	23874
Mindfulness for the Daily Life	Anne	F	Sep 11	15	10:15 AM-11:15 AM	BALC	\$2.50 PAYG	25999
	Anne	F	Sep 11	15	10:15 AM-11:15 AM	ZOOM	\$15.00	26000
Step Right Up!	Marianne	F	Sep 4	4	10:15 AM-11:00 AM	BALC	\$20.00	26003
Tai Chi	Donna	F	Sep 11	14	10:30 AM-12:00 PM	BALC	\$2.50 PAYG	23756
Zumba	Barbara	F	Oct 9	4	10:30 AM-11:15 AM	BALC	\$40.00	25993
	Barbara	F	Nov 6	4	10:30 AM-11:15 AM	BALC	\$40.00	25994
	Barbara	F	Dec 4	3	10:30 AM-11:15 AM	BALC	\$30.00	25995
Dance Inspired Yogalates	Sarah	F	Sep 4	4	11:15 AM-12:00 PM	NCC	\$20.00	25949
	Sarah	F	Oct 2	5	11:15 AM-12:00 PM	NCC	\$25.00	25950
	Sarah	F	Nov 6	3	11:15 AM-12:00 PM	NCC	\$15.00	25951
	Sarah	F	Dec 4	3	11:15 AM-12:00 PM	NCC	\$15.00	26151
Stronger Longer	Marianne	F	Sep 4	4	11:15 AM-12:00 PM	BALC	\$20.00	26002
Fit On Your Feet	Barbara	F	Oct 9	4	11:30 AM-12:15 PM	BALC	\$40.00	25996
	Barbara	F	Nov 6	4	11:30 AM-12:15 PM	BALC	\$40.00	25997
	Barbara	F	Dec 4	3	11:30 AM-12:15 PM	BALC	\$30.00	25998
Just a Tiny Chair Dance	Eva	F	Sep 11	3	1:00 PM-1:45 PM	BALC	\$10.00	25915
	Eva	F	Oct 2	5	1:00 PM-1:45 PM	BALC	\$12.50	25916
	Eva	F	Nov 6	4	1:00 PM-1:45 PM	BALC	\$10.00	25917
	Eva	F	Dec 4	3	1:00 PM-1:45 PM	BALC	\$7.50	25989

SPORTS

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.**

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.**

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, keeping things lighthearted and engaging. Equipment is provided. **Low Intensity.**

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

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.

End of Summer Pickleball: Wrap up the summer with some fun on the courts! Drop in anytime between 10:30 a.m. and 4:30 p.m. to play pickleball. Two Days Only! All skill levels and abilities are welcome—come for a game or stay for the day!

Holiday Pickleball: Play pickleball and mingle over the holidays! Suitable for beginners and experienced players. Equipment is provided.

Pickleball & Potluck: All registered pickleball participants at the 55+ center are welcome. We are accepting donations of non-perishable canned food items to support individuals and families in need within our community. Dinner will begin at 4pm, with casual games played until 8pm.

‘Dink The Halls’ Pickleball Tournament: Join us for a fun-filled day of pickleball! 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.

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
‘Dink The Halls’ Pickleball Tournament	--	M	Dec 21	1	10:30 AM-3:30 PM	BALC	\$10.00	26130
Soccer	--	M,Th	Oct 15	10	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	23814
Washer Toss	--	M	Nov 2	7	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	23718
Holiday Pickleball	--	T,W	Dec 22	1	10:15 AM-4:15 PM	BALC	\$2.50 PAYG	25981
End of Summer Pickleball	--	T,Th	Sep 1	1	10:30 AM-4:30 PM	BALC	\$2.50 PAYG	26138
Learn to Play Pickleball	Alyson	T	Sep 8	4	2:00 PM-4:00 PM	BALC	\$10.00	25720
	Alyson	T	Oct 6	4	2:00 PM-4:00 PM	BALC	\$10.00	25721
	Alyson	T	Nov 3	4	2:00 PM-4:00 PM	BALC	\$10.00	25722
	Alyson	T	Dec 1	3	2:00 PM-4:00 PM	BALC	\$7.50	25930
Social Pickleball	--	T	Sep 8	4	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	25918
		T	Oct 6	4	4:00 PM-8:00 PM	BALC		25919
		T	Nov 3	4	4:00 PM-8:00 PM	BALC		25920
		T	Dec 1	3	4:00 PM-8:00 PM	BALC		25921
Pickleball & Potluck	--	T	Dec 1	1	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	25972
Bocce	--	W	Sep 2	12	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	23817
Ping Pong	--	Th	Sep 10	15	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	25959
Social Pickleball	--	Th	Sep 10	3	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	25922
		Th	Oct 1	5	4:00 PM-8:00 PM	BALC		25923
		Th	Nov 5	4	4:00 PM-8:00 PM	BALC		25924
		Th	Dec 3	3	4:00 PM-8:00 PM	BALC		25925
Darts	--	T	Sept 8	15	6:30 PM-8:00 PM	BALC	\$2.50 PAYG	23591
Bilingual Pickleball	--	F	Sep 4	4	10:15 AM-12:15 PM	BALC	\$10.00	23826
		F	Oct 2	5	10:15 AM-12:15 PM	BALC	\$12.50	23827
		F	Nov 6	4	10:15 AM-12:15 PM	BALC	\$10.00	23828
		F	Dec 4	3	10:15 AM-12:15 PM	BALC	\$7.50	23829
Shuffleboard	--	F	Sep 4	16	1:00 PM-2:30 PM	BALC	\$2.50 PAYG	23760
Shuffleboard	--	F	Sep 4	16	2:30 PM-4:00 PM	BALC	\$2.50 PAYG	23764

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTER	FEE	CODE
Pickleball	--	Sa	Sep 12	4	9:15 AM-1:00 PM	BALC	\$10.00	25929
		Sa	Oct 24	2	9:15 AM-1:00 PM	BALC	\$5.00	25955
		Sa	Nov 7	4	9:15 AM-1:00 PM	BALC	\$10.00	25956
		Sa	Dec 5 & 19	2	9:15 AM-1:00 PM	BALC	\$5.00	25957
Ping Pong	--	Sa	Sep 12	15	9:15 AM-1:00 PM	BALC	\$2.50 PAYG	25958



Active 55+ Fall Closures:

Labour Day | Sep 7

National Day for Truth & Reconciliation | Sep 30

Thanksgiving | Oct 12

Remembrance Day | Nov 11

NCC Holiday Closure | Dec 21- Jan 3

BALC Holiday Closures |

Dec 24 - 12:00 PM

Dec 25-29

Jan 1 & 2

Active 55+ Fall Hours: Beginning Sept 7

Bay Street Active Living Centre:

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

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

Sat 9:00am - 1:00pm

Northern Community Centre:

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

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

CARDS, GAMES, HOBBIES, TECH

Cards/Games:

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

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

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

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

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

Duplicate Bridge: This group meets every Wednesday and Friday to play. A bridge partner is 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.

Bridge Lessons - "Play of the Hand": This 8-week program is designed for players who know how to bid a bridge hand but want to improve their ability to make the contract. Participants will focus on Play of the Hand strategies, including how to plan the play, how to develop tricks, when to draw trump, when to delay drawing trump and more techniques to improve success at the table.

Social Euchre: Join fellow card enthusiasts for a fun and friendly game of Social Euchre! This casual drop-in program is perfect for players who already know the game. Participants organize their own tables, choose partners, and play at their own pace while enjoying great conversation and friendly competition.

Hobbies:

Creative Writing: These classes offer time, space and inspiration for you to write/create for your own purpose - whether it is for self-insight, journaling, storytelling, future publication, release, pleasure, etc. There is no spelling or grammar involved - just inspiration, conversation, sharing, encouragement and always a bit of fun.

Novel Book Club: This group of avid readers meets monthly to review and discuss books. The reading list is created as a group. Books are provided each month by the lead of the activity and must be returned before the next month's book is distributed. Guided discussion from 1:30-3:00 PM with an optional open discussion 2:30-3:00 PM. September 22- Cowboys and Wills (Author: Monica Holloway); October 20- Everybody has Everything (Author: Katrina Onstad); November 17- Irma Voth (Author: Miriam Toes); December 15- The Couple Next Door (Author: Shari Lapena).

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.

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

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

Senior Singers: If you have a love of music, enjoy singing and meeting other seniors, join this choir. The group meets Tuesday mornings and will visit local seniors' homes in December. Registration for the choir is open for the month of September only. Closes September 29th.

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

Take Better Pictures With Any Camera!

With the development of the camera built into our cell phones, we now harness the power of a compelling point-and-shoot camera. There are many techniques and features in these cameras that we are not using to the fullest of its capacity. With the right settings and techniques, you can even create an image that will be of a quality sufficient enough to print! Topics discussed are: Framing and composition techniques, Filling the frame, Changing the image settings to maximize quality, Using zoom effectively, Capturing action, Photography basics: aperture and shutter speed, How to set your exposure with any camera, A portion of the class is spent practicing techniques and then image review.

Technology:

Personalized Help with Digital Devices: Get one on one support with your phones, tablets, or laptops with a patient, experienced instructor from Superior Adult Learning. We will help you to understand and get more from your device(s) whether you are a beginner or a more advanced user. Remember - there is no such thing as a "stupid" question! Be sure to bring your fully charged device and any relevant user-names and passwords to your session. If you are not able to make it to a session, please call as soon as possible beforehand so that the time slot can be reassigned.

Music:

Ukuleles 101 Information Session: Are you considering ukulele group classes, but have questions like: There seems to be so many different types and sizes of ukuleles ... How do I choose? What kinds of music / songs could I learn? Will I have to practice? I don't read music; can I still join in? and other questions you may have.

Beginner Ukulele - Level 1: The ukelele is a fun, relatively easy- to - learn instrument growing in popularity worldwide, especially for seniors who have little or no previous music experience. Come and join a small group to learn basic skills and chords and strum along to a few FUN popular songs. Singing along is optional, and encouraged.

Beginner Ukulele - Level 2: We will continue to develop our playing skills and knowledge - new chords, strum patterns, new FUN songs; with use of online learning resources. Previous experience and knowledge of 6-8 chords, and basic strumming is required.

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

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Snooker	--	M-F	Ongoing	Weekly	10:00 AM-12:45 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	Sept 14, Oct 5, Nov 9, Dec 14	12	1:30 PM-4:00 PM	NCC	\$2.50 PAYG	23659
Senior Singers	Sonya	T	Sep 15	12	10:30 AM-12:00 PM	BALC	\$20.00	25392
Beginner Ukulele - Level 2	Terry	T	Sep 8	5	11:00 AM-12:00 PM	BALC	\$12.50	26064
	Terry	T	Nov 10	5	11:00 AM-12:00 PM	BALC	\$12.50	26065
Social Cribbage	--	T	Ongoing	Weekly	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	23601

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
RC Auto & Aircraft	--	T	Ongoing	Weekly	1:00 PM-3:00 PM	NCC	\$2.50 PAYG	23597
Ukuleles 101 Information Session	Terry	T	Nov 17	1	1:00 PM-2:00 PM	BALC	Free	26148
Novel Book Club	Lillian	T	Sep 22 Oct 20 Nov 17 Dec 15	1 1 1 1	1:30 PM-3:00 PM	NCC	\$2.50 PAYG	23588
Piano Lessons	Kathy	T	Sep 1	16	12:45 PM-1:15 PM	NCC	\$160.00	26015
	Kathy	T	Sep 1	16	1:30 PM-2:00 PM	NCC	\$160.00	26009
	Kathy	T	Sep 1	16	2:15 PM-2:45 PM	NCC	\$160.00	26012
	Kathy	T	Sep 1	16	3:00 PM-3:30 PM	NCC	\$160.00	26013
	Kathy	T	Sep 1	16	3:45 PM-4:15 PM	NCC	\$160.00	26014
Evening Snooker	--	T,Th	Ongoing	15	4:00 PM-8:00 PM	BALC	\$2.50 PAYG	23594
WoodBee Carvers	--	T	Sep 8	15	6:00 PM-8:00 PM	BALC	\$2.50 PAYG	26031
Texas Hold'em	Gayle	W	Ongoing	Weekly	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	23661
Duplicate Bridge	--	W,F	Ongoing	Weekly	12:30 PM-4:00 PM	BALC	\$2.50 PAYG	23593
Creative Writing	Linda	W	Oct 7	4	1:30 PM-3:30 PM	BALC	\$48.00	26037
		W	Nov 4	3	1:30 PM-3:30 PM		\$36.00	26038
		W	Dec 2	3	1:30 PM-3:30 PM		\$36.00	26039
HAM Radio	--	Th	Ongoing	Weekly	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	23596
Bridge Lessons - "Play of the Hand"	Sharon	Th	Sep 10	8	1:15 PM-3:15 PM	BALC	\$20.00	26036
Social Cards	--	Th	Ongoing	Weekly	2:00 PM-4:00 PM	BALC	\$2.50 PAYG	23600
Beginner Ukulele - Level 1	Terry	F	Oct 2	5	1:00 PM-2:00 PM	BALC	\$12.50	26066
Contract Bridge	--	F	Ongoing	Weekly	1:00 PM-3:00 PM	BALC	\$2.50 PAYG	23590
Social Euchre	--	F	Sep 4	16	1:30 PM-3:00 PM	NCC	\$2.50 PAYG	26028
Take Better Pictures With Any Camera!	Brian	Sa	Oct 3	1	9:30 AM-2:30 PM	BALC	\$25.00	25424

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
Personalized Help with Digital Devices	Wendy	26073	26075	26076	W	Sep 9	Free
Personalized Help with Digital Devices	Wendy	26087	26088	26089	W	Sep 16	Free
Personalized Help with Digital Devices	Wendy	26090	26091	26092	W	Sep 23	Free
Personalized Help with Digital Devices	Wendy	26093	26094	26095	W	Sep 30	Free
Personalized Help with Digital Devices	Wendy	26096	26097	26099	W	Oct 7	Free
Personalized Help with Digital Devices	Wendy	26100	26101	26102	W	Oct 14	Free
Personalized Help with Digital Devices	Wendy	26103	26104	26105	W	Oct 21	Free
Personalized Help with Digital Devices	Wendy	26106	26107	26108	W	Oct 28	Free
Personalized Help with Digital Devices	Wendy	26109	26110	26111	W	Nov 4	Free
Personalized Help with Digital Devices	Wendy	26112	26113	26114	W	Nov 11	Free
Personalized Help with Digital Devices	Wendy	26115	26116	26117	W	Nov 18	Free
Personalized Help with Digital Devices	Wendy	26118	26119	26120	W	Nov 25	Free
Personalized Help with Digital Devices	Wendy	26125	26126	26127	W	Dec 9	Free
Personalized Help with Digital Devices	Wendy	26145	26146	26147	W	Dec 16	Free

NEEDLECRAFT & QUILTING

Beading on a Loom: Learn the basics of loom beading as you create a beautiful beaded bracelet in this beginner-friendly class. All supplies are included, and participants will take home both their finished project and their bead loom to continue creating at home.

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.

Sewing 101: Want to learn or relearn the skill of sewing? Join us for 3 weeks to learn the basics and make a few easy projects to make you feel more confident. Sewing machines available for use.

Sewing With A Pattern: Build on the skills learned in Sewing 101 by learning to sew with a commercial pattern. This class will introduce pattern reading, fabric cutting, and basic construction techniques to prepare you for our Clothing Making class. A basic knowledge of your sewing machine is recommended. After registering, instructor Diane will contact you with a list of required materials. Sewing machines are available, or you may bring your own.

Clothing Making: You learned the basics in Sewing 101 and Sewing With A Pattern, 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.

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.

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

Faceless Dolls: In honour of National Truth and Reconciliation Day, create a meaningful faceless doll that symbolizes identity, resilience, and remembrance. As you craft, learn about the significance of these dolls and reflect on the importance of reconciliation. No previous crafting experience is required.

Leather Mitt Making: Create your own traditional-style leather mitts in this beginner-friendly workshop. Learn basic leatherworking techniques as you cut, assemble, and finish a warm, durable pair of mitts to take home. All materials are included. This program is funded in part by the Government of Ontario through the Seniors Community Grant Program.

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.

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

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

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Paper Piecing Quilting Workshop	Susan	M	Oct 5	1	10:00 AM-3:00 PM	NCC	\$25.00	25272
Sew Much Fun Quilters Club	--	M	Sep 14, Oct 19, Nov 9, Dec 14	4	10:00 AM-3:00 PM	NCC	\$2.50 PAYG	23578
Open Needlecraft	--	M	Ongoing	Weekly	1:30 PM-3:30 PM	BALC	\$2.50 PAYG	23574
DIY Quilts	Nancy	T	Oct 13	6	10:30 AM-12:30 PM	NCC	\$20.00	25974
Traditional Rug Hooking	Betty	T	Sep 8, 22 Oct 13, 27 Nov 10, 24 Dec 8	7	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	23579
Quilt Club	Sandy	T	Ongoing	Weekly	1:00 PM-4:00 PM	NCC	\$2.50 PAYG	23577
Christmas Cheer	--	W	Ongoing	Weekly	10:00 AM-12:00 PM	BALC	Free	23571
Comfort Quilts	Kim	W	Sep 9, Oct 21, Nov 4, Dec 9	4	10:15 AM-3:00 PM	BALC	\$2.50 PAYG	23572
Sewing 101	Diane	W	Oct 7	3	1:00 PM-3:00 PM	NCC	\$45.00	25968
Sewing With A Pattern	Diane	W	Nov 4	4	1:00 PM-3:00 PM	NCC	\$60.00	25969
Applique	Cindy	Th	Sep 3, Oct 1 Nov 5, Dec 3	4	10:00 AM-2:00 PM	NCC	\$2.50 PAYG	23570
Clothing Making	Diane	Th	Oct 8	3	1:00 PM-4:00 PM	NCC	\$52.50	25970
	Diane	Th	Nov 5	4	1:00 PM-4:00 PM	NCC	\$70.00	25971
Leather Mitt Making	Lucia	Th	Nov 19	4	1:00 PM-3:00 PM	BALC	\$20.00	26057
Japanese Bunka	Anna	F	Ongoing	Weekly	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	23573
Faceless Dolls	Cynthia	F	Sep 11	2	1:30 PM-3:30 PM	NCC	Free	25960
Beading on a Loom	Samantha	F	Oct 9	3	1:30 PM-3:30 PM	BALC	\$50.00	26067

ARTS & CRAFTS

“Cowboy” Hat Burning Workshop: Create a custom wood-burned project in this fun, beginner-friendly workshop! Learn the basics of wood burning, then design and complete your own piece to take home. With more than 10 colours and over 50 unique stencils to choose from, you’ll create a project that’s uniquely yours. All materials are included, with optional embellishments available for purchase on the day of the class.

Alcohol Ink 3D Painting - Mountain and Water Scene : Create a vibrant mountain and water landscape using alcohol inks and simple layering techniques. Learn how to blend colours and build a 3D effect while completing a finished piece in one workshop. All materials included, beginners welcome.

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 Christmas-themed 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.

Christmas Card Embroidery: Create three beautifully handcrafted Christmas cards using simple embroidery techniques. Learn how to stitch festive designs onto card stock to add texture, detail, and a unique handmade touch. Each participant will complete three cards perfect for gifting or mailing. All materials are included, and this workshop is suitable for beginners.

Crepe Paper Poinsettia Flowers: Create realistic poinsettia flowers using crepe paper in this hands-on workshop. Learn shaping, layering, and assembly techniques to build a beautiful festive arrangement that lasts. All materials are included, and beginners are welcome.

Cricut - Christmas T-Shirt: Create a custom Christmas T-shirt using Cricut Design Space on an iPad and a Cricut AutoPress. Design your own festive graphic and heat-press it onto your shirt. Participants must bring their own T-shirt. Some experience with Cricut machines, Design Space, and iPads is required.

Cricut - Halloween T-Shirt: Bring your own Orange, Black or preferred color Tee-Shirt. No Cricut experience required.

Cricut 3D Light Up Angel: Create this elegant paper angel that truly shines! Using pre-cut pieces made with a Cricut machine, you’ll assemble and decorate a light-up angel perfect for holiday décor or gifting. No Cricut experience required—all materials and lights are provided.

Cricut Bulb Ornament: Design and create a personalized bulb ornament using Cricut Design Space and vinyl. Participants will create their own design, cut it with a Cricut, and apply it to a decorative ornament. Some Cricut and Design Space experience is required.

Cricut Gift Card Holders: Learn to put together three gift card holders for those special people in your life. Two will be Christmas gift card holders, and one will be all occasion gift card holder. The pieces will be precut but if you wish to cut your own - the machines will be available. If you are cutting your own - Cricut machine experience needed.

Cricut Shadow Box Ornaments: Create two beautiful layered shadow box ornaments—an angel and a star. All pieces are pre-cut, making assembly easy and enjoyable. Leave with two handcrafted decorations ready to display or give as gifts.

Halloween 3D Light-Up Haunted House:

Create a charming Halloween decoration using pre-cut Cricut paper pieces! Layer, assemble, and decorate your own 3D haunted house, then add battery-operated lights for a spooky glow. No cutting required—all materials are included, and you'll leave with a festive light-up display ready for Halloween.

Handmade Christmas Cards: Create three festive handmade Christmas cards using pre-designed templates. Make one 3D card and two traditional cards, with provided designs and plenty of options to personalize your greetings and finishing touches. All materials are included, and beginners are welcome.

Iris Folding Christmas Cards: Create three elegant handmade Christmas cards using the beautiful technique of iris folding. Learn how to layer and arrange colourful paper strips into intricate festive designs that resemble stained glass. Each participant will complete three unique cards. All materials are included.

Landscape Painting - Applying The Elements: With Acrylics (only) or Soft Pastels, we will focus on the Elements of Design with exercises using several modules that will develop skills to create successful paintings. (Not suitable for beginners)

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. (Not suitable for beginners)

Learn to Draw: In this class, you will learn the grid method to accurately replicate any image onto a piece of paper. You will be taken through the technique, step-by-step, and will come out with a completed image! Please bring a photocopy of an image of your choice to replicate.

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!

Memory Wire Bracelets: Create a beautiful custom wrap bracelet in this fun and easy jewellery-making class! Choose your favourite focal beads and design your bracelet around them using flexible stainless steel memory wire—no clasps needed, making it easy to put on and take off. Participants can make one double-wrap bracelet or two single-wrap bracelets.

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

Oil Painting - Christmas Candles: Paint a warm and festive Christmas candle scene in this beginner-friendly oil painting workshop. Learn simple techniques for blending colour, creating glow effects, and adding seasonal details. Complete a finished painting in one class. All materials are included.

Oil Painting - Mountains: Create a beautiful mountain landscape in this beginner-friendly oil painting workshop. Learn basic techniques and complete your own finished painting in just one class. All supplies are included, and you'll be guided step by step throughout the process.

Oil Painting - Night Winter Scene: Paint a peaceful winter night landscape in this beginner-friendly oil painting workshop. Learn simple techniques for blending colour, creating night skies, and adding snowy details. Complete a finished piece in one class. All materials are included.

PD Day Grandparent & Me: Christmas Critters: Celebrate the PD Day with a festive afternoon of crafting and connections! Grandparents and their grandchildren are invited to work together to design, paint, and construct delightful holiday-themed animal critters. All materials are provided, and it is a wonderful opportunity to create a unique holiday keepsake together. Pre-registration is required

Pumpkin Wreath: Create a beautiful fall pumpkin wreath using a pumpkin-shaped frame, orange burlap, and seasonal decorations. This fun, beginner-friendly class includes all materials needed to make a festive wreath to take home.

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.

Watercolour Painting - Christmas Candles: Paint a warm festive scene featuring Christmas candles in this beginner-friendly watercolour workshop. Learn simple techniques for blending, layering, and creating soft glowing light effects. Complete a finished painting in one class. All materials are included.

Watercolour Painting Winter Scene: Paint a serene winter landscape using simple watercolour techniques. Learn blending and layering to create soft skies, snowy textures, and a peaceful seasonal scene. Complete a finished painting in one workshop. All materials included, beginners welcome.

Watercolour Poinsettia Flowers: Paint a beautiful poinsettia using easy-to-follow watercolour techniques in this festive workshop. Learn blending, layering, and brushwork while creating a finished piece perfect for holiday décor or gifting. All supplies are included, and beginners are welcome.

Wood Burning: Discover the art of pyrography in this hands-on class! Participants will learn basic wood burning techniques to create their own custom design on wood. Participants must bring their own wood to burn.

Holiday Paint & Sip: Grab your friends and enjoy a festive night out as you paint a bright crocus blooming out of the snow! No experience needed — it's a paint by number, and we'll guide you step by step. Includes a complimentary glass of wine, snacks and all supplies. Leave with your own holiday masterpiece! Open to ages 19+!

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

Stained Glass - Oak Leaf: Create a beautiful stained glass oak leaf using pre-cut glass pieces. Participants will solder the pieces together and learn basic stained glass techniques in a relaxed, hands-on class.

Stained Glass - Pumpkin: Celebrate the season with a stained glass pumpkin! Using pre-cut glass pieces, you'll learn to assemble and solder your pumpkin while creating a unique piece to enjoy all autumn long.

Stained Glass - Cardinal: Bring a little woodland magic to life with a charming stained glass cardinal! Using pre-cut glass pieces, you'll assemble and solder your feathered friend while creating a cheerful piece to brighten your space.

Stained Glass - Christmas Ornaments: Add a little sparkle to your holiday season with handmade stained glass ornaments! Assemble your festive design and solder pre-cut glass pieces to create a one-of-a-kind decoration for your tree or window.

Holiday Winter Watercolour: Create a peaceful watercolour winter landscape inspired by the artwork of artist Joann Storm. This step-by-step class is perfect for beginners and experienced painters alike. All supplies are included—just bring your creativity and enjoy an inspiring afternoon of painting!

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Neurographic Inspired Art	Victoria	M	Sep 28	1	10:15 AM-12:15 PM	BALC	\$5.00	26005
	Victoria	M	Oct 26	1	10:15 AM-12:15 PM	BALC	\$5.00	26006
	Victoria	M	Nov 30	1	10:15 AM-12:45 PM	BALC	\$5.00	26007
Barn Quilt Painting Workshop	Annie	M	Oct 19	1	10:15 AM-3:15 PM	BALC	\$70.00	25324
Cricut Gift Card Holders	Paola	M	Sep 28	1	10:30 AM-1:30 PM	NCC	\$10.00	26068
Cricut Shadow Box Ornaments	Paola	M	Nov 2	1	10:30 AM-1:30 PM	NCC	\$15.00	26069
Cricut Bulb Ornament	Paola	M	Nov 23	1	10:30 AM-1:30 PM	NCC	\$10.00	26071
Cricut 3D Light Up Angel	Paola	M	Dec 7	1	10:30 AM-1:30 PM	NCC	\$15.00	26070
Memory Wire Bracelets	Tiana	M	Sep 21	1	1:00 PM-3:00 PM	BALC	\$15.00	25992
Stained Glass - Oak Leaf	Stephanie	M	Sep 28	1	1:00 PM-4:00 PM	BALC	\$48.00	25451
"Cowboy" Hat Burning Workshop	Creative Cabin	M	Oct 5	1	1:00 PM-4:00 PM	BALC	\$111.87	25859
Stained Glass - Pumpkin	Stephanie	M	Oct 26	1	1:00 PM-4:00 PM	BALC	\$65.00	25452
Stained Glass - Cardinal	Stephanie	M	Nov 23	1	1:00 PM-4:00 PM	BALC	\$76.00	25453
Stained Glass - Christmas Ornaments	Stephanie	M	Dec 14	1	1:00 PM-4:00 PM	BALC	\$59.00	25454
Holiday Winter Watercolour	Ashlyn	M	Dec 21	1	1:00 PM-3:30 PM	BALC	\$10.00	26026
Scrap Booking Class	Lanny	T	Sep 15	1	10:30 AM-3:30 PM	BALC	\$15.00	24362
	Lanny	T	Oct 20	1	10:30 AM-3:30 PM	BALC	\$15.00	24363
	Lanny	T	Nov 17	1	10:30 AM-3:30 PM	BALC	\$15.00	24364
	Lanny	T	Dec 15	1	10:30 AM-3:30 PM	BALC	\$15.00	24365
Wood Burning	Anna	T	Sep 8	1	10:30 AM-3:30 PM	BALC	\$20.00	25866
	Anna	T	Oct 13	1	10:30 AM-3:30 PM	BALC	\$20.00	25873
Handmade Christmas Cards	Anna	T	Sep 15	1	10:30 AM-3:30 PM	BALC	\$20.00	25867
Oil Painting - Mountains	Anna	T	Sep 22	1	10:30 AM-3:30 PM	BALC	\$27.00	25869
Watercolour Poinsettia Flowers	Anna	T	Sep 29	1	10:30 AM-3:30 PM	BALC	\$20.00	25871
Alcohol Ink 3D Painting - Mountain and Water Scene	Anna	T	Oct 6	1	10:30 AM-3:30 PM	BALC	\$20.00	25875
Iris Folding Christmas Cards	Anna	T	Oct 20	1	10:30 AM-3:30 PM	BALC	\$20.00	25872
Oil Painting - Night Winter Scene	Anna	T	Oct 27	1	10:30 AM-3:30 PM	BALC	\$27.00	25877

PROGRAM	INSTRUCTOR	DAY	START	WEEKS	TIME	CENTRE	FEE	CODE
Christmas Card Embroidery	Anna	T	Nov 10	1	10:30 AM-3:30 PM	BALC	\$20.00	25879
Handmade Christmas Cards	Anna	T	Nov 17	1	10:30 AM-3:30 PM	BALC	\$20.00	25883
Oil Painting - Christmas Candles	Anna	T	Nov 24	1	10:30 AM-3:30 PM	BALC	\$27.00	25878
Open Painting	--	W	Ongoing	Weekly	10:30 AM-12:30 PM	NCC	\$2.50 PAYG	23575
Learn to Draw	Ashlyn	W	Dec 30	1	1:00 PM-3:00 PM	BALC	\$10.00	26027
Open Painting	--	Th	Ongoing	Weekly	10:30 AM-12:30 PM	BALC	\$2.50 PAYG	23576
Landscape Painting - Applying The Elements	Taimi	Th	Sep 10	4	10:30 AM-12:30 PM	BALC	\$70.00	26001
Wood Burning	Anna	Th	Sep 17	1	10:30 AM-3:30 PM	NCC	\$20.00	25868
	Anna	Th	Oct 29	1	10:30 AM-3:30 PM	NCC	\$20.00	25880
	Anna	Th	Nov 26	1	10:30 AM-3:30 PM	NCC	\$20.00	25881
Pumpkin Wreath	Taryn	Th	Sep 17	1	1:00 PM-4:00 PM	NCC	\$32.00	26059
Halloween 3D Light-Up Haunted House	Anna	Th	Sep 24	1	10:30 AM-3:30 PM	NCC	\$25.00	25870
Landscape Painting - Mood & Atmosphere	Taimi	Th	Oct 8	4	10:30 AM-12:30 PM	BALC	\$70.00	24696
Christmas Card Embroidery	Anna	Th	Oct 15	1	10:30 AM-3:30 PM	NCC	\$20.00	25874
Watercolour Painting Winter Scene	Anna	Th	Oct 22	1	10:30 AM-3:30 PM	NCC	\$20.00	25876
Watercolour Techniques Class	Nora	Th	Nov 5	4	11:00 AM-1:00 PM	BALC	\$12.00	26029
Crepe Paper Poinsettia Flowers	Anna	Th	Nov 12	1	10:30 AM-3:30 PM	NCC	\$20.00	25882
Watercolour Painting - Christmas Candles	Anna	Th	Nov 19	1	10:30 AM-3:30 PM	NCC	\$20.00	25884
Holiday Paint & Sip	Ashlyn	Th	Dec 17	1	5:00 PM-8:00 PM	BALC	\$25.00	26025
Cricut - Christmas T-Shirt	Paola	F	Nov 20	1	1:30 PM-4:00 PM	BALC	\$10.00	24352
PD Day Grandparent & Me: Christmas Critters	Sarah	F	Nov 20	1	1:00 PM-3:00 PM	NCC	\$4.00	25982

EVENTS & TALKS

Live Music:

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

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.

Halloween Harvest Dinner Dance: Join us for a delightful evening featuring live music, dancing and great food! Enjoy a delicious fall feast with turkey, stuffing, mashed potatoes, carrots, gravy, cranberry sauce, and pumpkin squares with whipped cream.

Christmas Carol Singalong & Social: Join us for a festive morning of Christmas carol singing, with music provided and lyrics projected on the wall so everyone can sing along. Afterward, enjoy a hot beverage, cookies, and time to visit with friends. Come celebrate the season in a warm and welcoming atmosphere!

**** 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.**

Food:

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

Cooking Classes:

Cozy Comfort in a Bowl: Warm up with two cozy recipes that are perfect for cooler days. Learn to make a creamy Roasted Garlic & White Bean Soup, full of rich flavour and simple ingredients. Then create the viral Pork Soup Dumpling Lasagna, a deconstructed take on soup dumplings featuring seasoned pork filling layered with wonton wrappers and savoury broth-inspired flavours. Along the way, pick up helpful cooking tips, enjoy a delicious meal, and take home recipes to recreate these comforting dishes in your own kitchen.

Italian Zucchini Fritters & Friselle: Join us for a hands-on Italian cooking class where you'll learn to make crispy zucchini fritters and traditional friselle—twice-baked rustic bagel perfect for topping with fresh seasonal ingredients. Discover authentic techniques, simple ingredients, and classic Mediterranean flavors while creating delicious dishes you can easily recreate at home.

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

Baking Classes:

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

Pineapple Paradise Cupcakes: Learn how to make the delicious cupcakes everyone was talking about after the Fashion Show! In this class, you'll bake moist pineapple cupcakes, fill them with homemade pineapple curd, and top them with light whipped cream, toasted coconut, and a beautiful pineapple flower garnish. You'll learn techniques for creating each component and leave with a stunning tropical-inspired dessert that's as impressive as it is delicious.

Quickbread Basics: Learn to make three classic baked goods: Southern-style biscuits, fruit-filled scones, and moist banana bread. Along the way, you'll discover simple techniques and helpful tips to improve your results while keeping the baking process easy and enjoyable.

Cookies, cookies, cookies! Learn the fundamentals of three classic cookie styles in this baking class. We'll explore the techniques behind soft cake-style cookies, hearty drop cookies, and crisp cookies while making spiced chocolate cake cookies, hermit drops, and quick-and-easy gingersnaps. Perfect for beginners or anyone looking to build confidence in the kitchen. Samples, recipes, and baking tips included.

Easy Puff Pastry and Yorkshire Pudding: Discover two versatile baking staples in this baking class. Learn an easy homemade puff pastry recipe and use the finished dough to create delicious fruit turnovers. You'll also make a foolproof Yorkshire pudding recipe that can be easily scaled up or down for any occasion.

Events:

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

Thursdays in the Theatre: Led by Living History Algoma, these monthly heritage-focused cultural session held in the theatre at the Historic Site. Each event features a short presentation, historic film, or guest speaker, followed by open conversation. This creates a welcoming and accessible cultural outing that encourages learning, reflection, and social interaction. This program is funded in part by the Government of Ontario.

Movie Matinee - EPiC: Elvis Presley in Concert: Never-before-seen footage and recordings feature Elvis Presley in concert at his Las Vegas residency during the later stage of his career. Popcorn, coffee, tea and water included.

Movie Matinee - The Odyssey: Odysseus, king of Ithaca, embarks on a perilous journey to return home after the Trojan War. Crossing the Mediterranean Sea with his fellow soldiers, they soon find themselves battling not only the elements, but an array of deadly obstacles and mythical creatures along the way. Popcorn, coffee, tea and water included.

Miss Marie Boat Tour: Get ready to set sail aboard the Miss Marie alongside our 55+ participants. We are pleased to provide this FUNtastic opportunity in partnership with the Seniors Community Grant Funding Program. The Miss Marie is a spectacular tour experience. The tour is approximately two hours long and will take you through both the Canadian and American Locks. Passports are not required for the tour. Please arrive on the dock at 65 Foster Drive, Sault Ste. Marie, Ontario, Canada at least 40 minutes prior to your scheduled tour. The Miss Marie departs the dock promptly at the scheduled tour time.

Falling for Bingo: Cozy up to crisp leaves and cool nights with Falling for Bingo! The season of change brings colorful chances to win. 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.

Spooktacular Bingo: Get into the spirit with Spooktacular Bingo! Ghosts, ghouls, and thrilling prizes make every call a treat. 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.

Rockin' 50's Bingo: Shake, rattle, and roll into Rockin' 50's Bingo! Retro fun and classic vibes bring this month to life. 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.

Holly Jolly Bingo: Celebrate the most festive time of year with Holly Jolly Bingo! Snow, cheer, and joyful wins will fill your holiday season. 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.

Sylvan Circle Art & Artisan Tour: Travel the picturesque countryside between Echo Bay and Bruce Mines with friends via a coach bus. We will stop at designated Sylvan Circle Tour stops along the way, stopping at Johnson Township Community Centre where lunch will be available for purchase. We will board the bus @ 8:30 AM and depart @ 9:00 AM from the 619 Bay Street parking lot. Return time is approximately 3:00 PM. Funding provided by the Government of Ontario.

Loretta Lynn & Conway Twitty Celebration

Show: Loretta Lynn & Conway Twitty Celebration show with Brian Tremblay and Lynn Eckroth.

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.

Seniors Active Living Fair: Join us for our Seniors Active Living Fair, presented in partnership with the Ontario Association of Community and Development Officers (OACAO) through funding from the Ministry for Seniors and Accessibility (MSAA). This free community event brings together local organizations, services, and resources to help older adults stay active, connected, and informed. Discover programs and supports that promote healthy aging, independence, and overall wellbeing. Enjoy visiting vendor booths, connecting with community partners, and free snacks and refreshments throughout the event. Attend the Fair, the Presentations, or Both! Along with exploring community resources, join us for our free presentation series featuring topics on technology, health, and travel.

11:30am – Techie Nesters. Learn helpful tips and resources to build confidence with technology, stay connected, and make everyday digital tasks easier.

12:30pm – SAH Geriatric Services. Discover local health supports focused on healthy aging, mobility, independence, and improving quality of life for older adults.

1:30pm – Sunshine Travel Club. Explore upcoming travel opportunities and learn how group travel can make discovering new destinations fun, accessible, and social.

Seniors Active Living Fairs help reduce social isolation, strengthen community connections, and support older adults in living active, healthy, and independent lives.

Talks and Workshops:

Brain Health Talk: This presentation provides a general overview of brain health, including the different types of dementia, common warning signs, and the importance of early recognition. The session will also focus on modifiable risk factors for dementia and practical lifestyle strategies that can help support long-term brain health. Brought to us by: Alzheimer Society Sault Ste. Marie & Algoma District

Comfort & Joy with Techie Nesters: Learn to use technology with more confidence and ease. Topics include password tips, online safety, AI and ChatGPT, scam and fraud protection, and helpful local apps. Learn about the Kind Nest community, offering tech support and a local support system to help you stay independent and connected. The session includes dedicated tech support time—bring your fully charged phone, tablet or laptop, along with your questions and any usernames or passwords you may need. Free workshop provided by Techie Nesters.

Book Review “Joyspan” by Dr. Kerry Burnight: BOOK REVIEW “Joyspan” by Dr. Kerry Burnight The Art and Science of Thriving in Life’s Second Half Join a book review by Irene covering topics of longevity or lifespan, good health or health span and the experience of well-being and satisfaction in longevity or joy span. The difference between joy and happiness will be explored. An interactive discussion with participants will follow. Attend and prepare to be more joyful.

Concussion Education For Seniors: The concussion education program for seniors is an educational program for individuals aged 55 years and older. The program includes an hour long presentation where attendees will learn about concussion and its impact on seniors. In addition, the presentation will provide information on concussion prevention and management strategies for seniors. After the presentation, attendees will also be given a guide to concussion in seniors that was developed Parachute Canada, a partner in this work. The program is also suitable for caregivers and staff who work with seniors and want to learn more concussion in seniors.

Grocery Store Tour: Romes Independent

Grocer: Shop smarter with guidance from a chef and a retired dietitian! Learn how to read nutrition labels, compare unit prices, choose the best products by their look, feel, and smell, spot the best deals, and make informed, budget-friendly grocery choices during this interactive grocery store tour.

Protein and Fibre: How does protein intake and fibre intake factor in you feeling full. Daily requirements will be discussed. Soluble and insoluble fibre intake examples will be provided. How does eating too much or not enough protein or fibre affect your food costs. Session will be facilitated by a retired dietitian.

Weight Management Solutions: How does housing, education, income and relationship status factor in managing your weight. Ideas for self-management and team management will be discussed. Session will be facilitated by a retired dietitian.

Holiday Eating and Entertaining: Enjoy the holidays while feeling your best! Learn simple strategies for balancing holiday favourites, what to eat more of and less of, and how to make nourishing choices without missing out. Sample holiday recipes will be demonstrated for your tasting pleasure. Session facilitated by chef Taryn and retired dietitian Irene.

Preparing Your Home For What's Next: A practical guide to decluttering, planning, and selling your home with confidence. Led by Megan Giulietti Real Estate Agent EXIT Realty North.

Scooter Safety Seminar: Thinking about using a mobility scooter, or already own one? Hosted by Wellwise, this informative session will cover road rules, required safety equipment, and tips for navigating roads, sidewalks, and public spaces safely. Ask questions, view a mobility scooter demonstration, and gain practical knowledge to help you travel with confidence.

Organize Photos and Free Up Space on your Phone: Learn how to organize photos, delete duplicates, back up pictures, and free up storage on your smartphone.

Essential Smartphone Tips & Hidden Features:

Discover useful smartphone features, including accessibility settings, voice commands, battery-saving tips, emergency contacts, and other everyday tools.

Everyday AI: How to use Gemini or Chat GPT Safely:

Learn safe, practical ways to use Gemini or Chat GPT for everyday tasks such as writing emails, planning trips, finding recipes, summarizing documents and much more.

Repair Cafe: Sewing Repairs with Clean North:

Give your clothing and textiles a second life! Visit our Repair Cafe in partnership with Clean North and get help with simple sewing repairs such as hems, seams, sock darning, small fixes and more. Work with a volunteer to repair your item, learn a few sewing tips, and help keep usable items out of the landfill. Basic sewing supplies including thread, buttons, and snaps, etc. Please bring your own replacement zipper. Please bring clean items only, one per person. First come, first served, choose a time slot.

Festive Centerpieces with Riley Greco Design Studio:

Join us in making holiday centerpieces with fragrant greenery, fresh blooms and festive baubles. All supplies are included and no experience is required. This program is funded in part by the Government of Ontario.

Aging by Design: This workshop is for adults 55+ who want to stay strong, independent, and engaged. Learn key areas for healthy aging, explore meaningful goals, and start building your personalized aging plan. Includes a short workbook and practical takeaways to inspire your next chapter.

Native Plant Seed Collecting Walk & Talk:

Led by Clean North's Abby Obenchain and Bill Cole, learn about native plants, how to collect seeds responsibly, and collect your own seeds to take home. Meet at the public catwalk between 5 and 9 Healy St to visit a beautiful well-established native garden before walking together to Sutton Park to collect additional seeds from a variety of plants. Park along Healy St. or along Golf Range Crescent (behind Healy) and then walk through the catwalk to Healy St. Funded by the Government of Ontario.

PROGRAM	INSTRUCTOR	DAY	START	TIME	CENTRE	FEE	CODE
Grocery Store Tour: Romes Independent Grocer	Irene	M	Sep 21	10:00 AM-11:00 AM	Rome's	\$3.00	26020
Baking Class: Italian Peaches	Silvana	M	Sep 28	10:15 AM-11:45 AM	BALC	\$10.00	25964
Cooking Class: Italian Zucchini Fritters & Friselle	Silvana	M	Oct 5	10:15 AM-11:45 AM	BALC	\$10.00	25965
Cooking Class: Knife Skills 101	Taryn	M	Nov 23	10:15 AM-12:15 PM	BALC	\$8.00	26035
Holiday Eating and Entertaining	Irene	M	Dec 7	10:15 AM-12:15 PM	BALC	\$15.00	26024
Scooter Safety Seminar	Wellwise	M	Sep 14	10:30 AM-12:00 PM	BALC	Free	25843
Aging by Design	Lou	M	Oct 5	10:30 AM-12:00 PM	BALC	\$5.00	26072
Weight Management Solutions	Irene	M	Oct 19	10:30 AM-12:00 PM	BALC	\$5.00	26022
Protein and Fibre	Irene	M	Nov 16	10:30 AM-12:00 PM	BALC	\$5.00	26023
Christmas Carol Singalong & Social	Taryn	M	Dec 14	10:30 AM-12:30 PM	BALC	\$5.00	26040
Brain Health Talk	Alzheimer Society	M	Nov 9	11:00 AM-12:00 PM	BALC	Free	26055
Movie Matinee - The Odyssey	Dean	M	Nov 16	1:00 PM-3:30 PM	BALC	\$5.00	26017
Movie Matinee - EPiC: Elvis Presley in Concert	Dean	M	Dec 21	1:00 PM-3:30 PM	BALC	\$5.00	26018
Book Review "Joyspan" by Dr. Kerry Burnight	Irene	M	Nov 2	1:30 PM- 3:00 PM	BALC	\$2.50 PAYG	26021
Loretta Lynn & Conway Twitty Celebration Show	Brian & Lynn	M	Sep 28	6:30 PM-8:30 PM	BALC	\$12.00	25393
Native Plant Seed Collecting Walk & Talk	Clean North	T	Sep 29	10:00 AM-12:00 PM	See Description	Free	26098
Baking Class: Pineapple Paradise Cupcakes	Taryn	T	Sep 15	10:15 AM-12:15 PM	BALC	\$7.00	26034
Cooking Class: Cozy Comfort in a Bowl	Taryn	T	Oct 20	10:15 AM-12:15 PM	BALC	\$12.00	26033
Everyday AI: How to use Gemini or Chat GPT Safely	Wendy	T	Sep 22	1:00 PM-2:30 PM	BALC	Free	26077
Organize Photos and Free Up Space on your Phone	Wendy	T	Oct 20	1:00 PM-2:30 PM	BALC	Free	26078
Essential Smartphone Tips & Hidden Features	Wendy	T	Nov 24	1:00 PM-2:30 PM	BALC	Free	26079
Holiday Treasures Craft Show and Dessert Tea	--	W	Nov 18	10:00 AM-2:00 PM	BALC	\$5.00	23674
Falling for Bingo	--	W	Sep 23	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	23683
Spooktacular Bingo	--	W	Oct 28	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	23684
Rockin' 50's Bingo	--	W	Nov 25	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	23685

PROGRAM	INSTRUCTOR	DAY	START	TIME	CENTRE	FEE	CODE
Holly Jolly Bingo	--	W	Dec 16	10:15 AM-12:00 PM	BALC	\$2.50 PAYG	23686
Christmas Song and Brunch	Senior Singers	W	Dec 2	10:30 AM-12:30 PM	BALC	\$15.00	25325
Seniors Active Living Fair		W	Oct 7	11:00 AM-3:00 PM	NCC	Free	26129
Lunch	--	W	Sep 9	12:00 PM-12:45 PM	BALC	\$7.00	24423
		W	Sep 16	12:00 PM-12:45 PM	BALC	\$7.00	24424
		W	Sep 23	12:00 PM-12:45 PM	BALC	\$7.00	24425
		W	Oct 7	12:00 PM-12:45 PM	BALC	\$7.00	24422
		W	Oct 14	12:00 PM-12:45 PM	BALC	\$7.00	24427
		W	Oct 21	12:00 PM-12:45 PM	BALC	\$7.00	24426
		W	Nov 4	12:00 PM-12:45 PM	BALC	\$7.00	24428
		W	Nov 18	12:00 PM-12:45 PM	BALC	\$7.00	26154
		W	Nov 25	12:00 PM-12:45 PM	BALC	\$7.00	24429
		W	Dec 9	12:00 PM-12:45 PM	BALC	\$7.00	24430
		W	Dec 16	12:00 PM-12:45 PM	BALC	\$7.00	26030
Concussion Education For Seniors	Canadian Concussion Centre	W	Nov 25	1:00 PM-2:00 PM	BALC	Free	26155
Kiwanis BINGO	Kiwanis Club of Lakeshore	W	Sep 2	1:00 PM-3:00 PM	BALC	Free	25663
Miss Marie Boat Tour	--	W	Sep 16	1:00 PM-3:00 PM	65 Foster Dr.	\$15.00	25889
Repair Cafe: Sewing Repairs with Clean North	Clean North	W	Sep 9	1:30 PM-2:30 PM	BALC	Free	25306
		W	Sep 9	2:30 PM-3:30 PM	BALC	Free	26152
		W	Sep 9	3:30 PM-4:30 PM	BALC	Free	26153
Preparing Your Home For What's Next	Megan	W	Oct 14	1:30 PM-2:30 PM	BALC	Free	26056
Dance Matinee with Forty Creek Country	Forty Creek	W	Sep 23	1:45 PM-3:15 PM	BALC	\$2.50 PAYG	24609
Cookies, cookies, cookies!	Lynn	W	Oct 7	1:30 PM-3:30 PM	BALC	\$12.50	25860
Comfort & Joy with Techie Nesters	Techie Nesters	W	Oct 21	2:00 PM-4:00 PM	BALC	Free	26032
Easy Puff Pastry and Yorkshire Pudding	Lynn	W	Nov 4	1:30 PM-3:30 PM	BALC	\$12.50	25861
Quickbread Basics	Lynn	W	Dec 9	1:30 PM-3:30 PM	BALC	\$12.50	25862
Halloween Harvest Dinner Dance	--	W	Oct 28	5:30 PM-8:30 PM	BALC	\$25.00	23668
Thursdays in the Theatre		Th	Oct 8	1:30 PM-3:00 PM	ECNHS	\$4.00	26046
		Th	Nov 12	1:30 PM-3:00 PM	ECNHS	\$4.00	26047
		Th	Dec 10	1:30 PM-3:00 PM	ECNHS	\$4.00	26048
Festive Centerpieces with Riley Greco Design Studio	Riley Greco	Th	Dec 10	1:00 PM-2:30 PM	NCC	\$20.00	25990
Sylvan Circle Art & Artisan Tour	--	Sa	Sep 19	8:30 AM-3:30 PM	Meet @ BALC	\$15.00	25967

My Program Wish List

Participant Name: _____
(First) (Last)

[illegible]

Community Services Department City of Sault Ste. Marie Recreation Program Waiver Form

By registering for these activities, I, the undersigned, do hereby release and agree to indemnify and save harmless the Community Services Department, City of Sault Ste. Marie and their respective employees or agents from all claims for loss, injury or damage to persons and property while participating in or traveling to and from the above activity, which I or any person claiming through me or on my behalf, may at any time have arising out of or connected with the operation of activities.