

Active 55+ Recreational Programs

December 2021

Northern Community Centre Active 55+

Bay Street Active Living Centre 55+

NCC

BALC

556 Goulais Ave.

619 Bay Street

705-759-5377

705-254-6474

active55+@cityssm.on.ca

active55+@cityssm.on.ca

Monday-Friday

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10:00 AM – 5:00 PM

10:00 AM-5:00 PM



Following the provincial health order, those entering the Northern Community Centre 55+ and Bay Street Active Living Centre 55+ are required to show proof of being fully vaccinated and show ID upon entrance to each facility. Watch for updates to this policy.

LET'S GO GREEN: We encourage you to bring your own water bottle and refill as needed at our filtered water station. Filtered water stations are available at both the NCC and the BALC. Thank-you for your co-operation.

Active 55+ Recreational Programs are offered on Zoom or in-person. Both Active Living Centres will be closed December 20th- January 3rd and re-open for registration on Tuesday, January 4th 2022. Classes and programs start the week of January 10th 2022.

EDUCATION

Technology Classes - Zac Carmody

Topic: Learn How to Register for Active 55+ Programs Online

Bring a pen, paper and your fully charged device. Learn in a small group setting.

[15628]	Date: Monday, December 6 th	Time: 10:30-11:30 AM	Cost: \$2	Location: NCC
[15617]	Date: Friday, December 10 th	Time: 1:30-2:30 PM	Cost: \$2	Location: BALC
[15630]	Date: Thursday, December 16 th	Time: 10:30-11:30 AM	Cost: \$2	Location: NCC
[15618]	Date: Friday, December 17 th	Time: 1:30-2:30 PM	Cost: \$2	Location: BALC

SPECIAL EVENTS

[15614] Holiday Stress Rising? Try This! - Donna Coulter

Join Donna, EFT Practitioner and Coach as she leads you through guided "taping" that calms the nervous system, relaxes the body and quiets the mind. Join us to reduce the stress and let the Joy of the Season shine through. Learn more at www.nutruveyourvibe.com

Date: Wednesdays, December 1st-15th **Time:** 1-2 PM **Cost:** \$27 **Location:** BALC

[15623] Christmas Dauber Bingo

Wear your lucky Christmas sweater. Bring your own bingo dauber. Christmas Prizes to be won.

Date: Wednesday, December 15th **Time:** 1:15-3:30 PM **Cost:** \$2 **Location:** NCC **Sponsored by:** Club 235

[15660] Christmas Melodies - Todd Webb and Steven Yukich

Music is the heart and soul of everything. Todd and Steven will lift your spirits playing the piano and various stringed instruments. Join us for this holiday musical entertainment.

Date: Friday, December 17th **Time:** 12:30 – 1:30 PM **Cost:** Free **Location:** BALC

[15671] **Zoom ID:** 842 7373 5420 **Passcode:** 157543 **Location:** BALC

HOBBIES & INTERESTS

[15659] Canada Reads Book Review - Professor Ridout & English/History students of Algoma University

Join in the conversation as we review a book by the promising new writer- Joshua Whitehead.

Date: Wednesday, December 1st **Time:** 2:30-4 PM **Cost:** Free **Zoom ID:** 891 3724 4652 **Passcode:** 358396

Book: "Jonny Appleseed" by Joshua Whitehead

[13835] Journaling with Rita

If you are new to journaling or wish to get back into it, join us monthly to discuss various topics that will surely get you motivated. Grab a pen and let's get started! We will meet virtually the second Tuesday of each month.

Date: Tuesday, December 14th **Time:** 1–2 PM **Cost:** Free **Zoom ID:** 884 3824 3617 **Passcode:** 616640

[14163] Savvy Bookchat - Jennifer Misener S.S.M. Public Library

Have you read a good book lately? Come and share your thoughts and review your favourite book. Enjoy a hearty discussion with fellow book lovers while learning about other authors and their books. This group meets monthly.

Date: Tuesday, December 14th **Time:** 2:30 – 3:30 PM **Cost:** \$2 **Zoom ID:** 891 3350 3005 **Passcode:** 804508

ARTS & CRAFTS

[15611] Hand Embroidered Holiday Cards - Anna Lefave

Using card stock and embroidery floss, learn to make beautiful holiday cards anyone would be thrilled to receive.

Date: Thursday, December 2nd **Time:** 10:30 AM – 4 PM **Cost:** \$20 includes supplies **Location:** NCC

[15616] Mystery Row by Row Back Again - Susie Kainula

This is a closed group. Reconnect for this short class to finish your previous project. Susie will review with you what has been done in your previous classes so bring your started projects. See a preview of the next row that will start up in January.

Date: Thursday, December 9th **Time:** 12:30 – 3 PM **Cost:** \$5 **Location:** BALC

[13838] Swedish Weaving/Knitting

Join this group of needle crafters weekly to work on individual projects.

Date: Mondays, December 6th & 13th **Time:** 1–3 PM **Cost:** \$2 plus supplies **Location:** BALC

[14290] Comfort Dolls - Velma McClelland

Do you knit or crochet? Come out and join these needle crafters to make comfort dolls. All dolls are donated to the Sault Area Hospital. Can't knit or crochet but wish to assist, we need assistance stuffing and sewing up the dolls.

Date: Monday, December 13th **Time:** 1–3 PM **Cost:** Free **Location:** BALC

[15163] Traditional Hand Rug Hooking - Betty Currie

Working with woven material create beautiful coasters, wall hangings and rugs.

Date: Tuesday, December 14th **Time:** 10:15 AM to 12:15 PM **Cost:** \$2 plus supplies **Location:** BALC

Quilt Club:

This group of avid quilters meets every Tuesday afternoon to work on quilting projects together.

This group is not taking new members at this time.

Date: Tuesdays, December 7th & 14th **Time:** 1-3:30 PM **Cost:** Free **Location:** NCC

ARTS & CRAFTS

[14961] Wanna Bee Quilters

This group meets weekly to work on individual projects. If you want to learn to quilt this group can help you.

Date: Tuesdays, December 7th & 14th **Time:** 10:30 AM – 12 PM **Cost:** \$2 plus supplies **Location:** BALC

[15615] Photo Scrapbooking - Lanny Clark

Learn how to protect your photos in booklet form. Pens and cutters are supplied. Remember to bring your photos.

Date: Tuesday, December 14th **Time:** 10:30 AM – 4 PM **Cost:** \$15 plus supplies **Location:** BALC

[14164] Wood Bee Carvers

This group works independently on their own projects. Bring all your own supplies. This group meets weekly.

Date: Tuesdays, December 7th & 14th **Time:** 6:30 – 8:30 PM **Cost:** \$2 **Location:** BALC

[13829] Christmas Cheer/Crochet

Do you knit or crochet? This group meets weekly to knit/crochet various projects such as; mittens, hats, sweaters and more. We supply the yarn and you bring your needles and favourite patterns. The finished projects are then donated to the Christmas Cheer depot. This group meets weekly.

Date: Wednesdays, December 1st, 8th & 15th **Time:** 10:30 AM -12 PM **Cost:** Free (Christmas Cheer) \$2 (Crochet)

Location: BALC

Open Painting

Calling all artists! If you enjoy painting, join this group at either Active Living Centre to work on individual projects.

Various mediums are used. Bring your own supplies. This group meets weekly.

[13830] Date: Wednesdays, December 1st – 15th **Time:** 10:15 AM- 12 PM **Cost:** \$2 **Location:** BALC

[13817] Date: Thursdays, December 2nd-16th **Time:** 10:30 AM- 12:30 PM **Cost:** \$2 **Location:** NCC

[13812] Circle of Friends

This needlecraft group meets weekly to work on their own projects and visit. Bring your own supplies.

Date: Thursdays, December 2nd-16th **Time:** 1-3:30 PM **Cost:** \$2 **Location:** NCC

[14482] Japanese Bunka

Japanese Bunka is a beautiful form of embroidery. This group meets weekly to work on Bunka projects.

There is no instructor, ideas and patterns are shared. Bring your own supplies.

Date: Fridays, December 3rd-17th **Time:** 10:30 AM -12:30 PM **Cost:** \$2 **Location:** NCC

BODY & MIND

[15667] Drumming Class - Bonnie Baranski

Date: Wednesdays, December 1st -16th **Time:** 10:30 – 11:30 AM **Cost:** \$15 **Location:** BALC

[15619] Mindfulness for the Daily Life - Anne O'Connor

Anne will discuss how to take care of yourself with kindness and explore simple practices that can be used in everyday life. New participants are welcome.

Date: Fridays, December 3rd – 17th **Time:** 10-11 AM **Cost:** \$6

Zoom ID: 817 4433 7130 **Passcode:** 967774

ACTIVE LIVING

LET'S GO GREEN: We encourage you to bring your own water bottle and refill as needed at our filtered water station. Filtered water stations are available at both the NCC and the BALC. Thank-you for your co-operation.

[15666] Laughter Yoga - Allyne Leonard

This class combines a healthy dose of laughter, breathing and relaxation exercise.

Date: Mondays, December 6th & 13th **Time:** 2 – 2:30 PM **Cost:** \$10 **Location:** BALC

[15633] Gentle Stretch - Lan Gao

Gently stretch the muscles and joints. This calm and meditative class is the ideal way to start and end your week.

Date: Mondays & Fridays, December 6th – 17th **Time:** 10:30-11 AM **Cost:** \$4 **Location:** BALC

[15634] Zoom ID: 865 3897 5896 **Passcode:** 030722

Walking on the Indoor Turf/Seniors Only:

This walking program is for those 55 years of age and older. Walking time is 45 minutes in length. We ask that you come no more than 15 minutes prior to the start time and leave promptly after 45 minutes. Due to Covid-19, registration is required and numbers are limited. Call 705-759-5377 or stop by the service desk for details.

Cost: Free **Location:** NCC

[13822] Date: Mondays, December 6th & 13th **Time:** 1-1:45 PM

[13823] Date: Mondays, December 6th & 13th **Time:** 2-2:45 PM

[13824] Date: Thursdays, December 2nd-16th **Time:** 1-1:45 PM

[13825] Date: Thursdays, December 2nd-16th **Time:** 2-2:45 PM

[15641] Brain Gymnastics: (Lan Gao)

Just like muscles need exercise to stay strong, the brain needs exercise to keep sharp too! This program uses memory exercise, mind-fitness and physical movement to make our body and brain work together. This is a fun and easy way to support memory, concentration, focus, awareness, physical coordination and much more.

Date: Mondays, December 6th & 13th **Time:** 1-1:30 PM **Cost:** \$4 **Location:** BALC

[15640] Zoom ID: 882 2643 8800 **Passcode:** 711620

[15638] Stretching & Strengthening - Lan Gao

The exercise movements are taught with the aid of a chair. Light weights and resistance bands are used. Resistance bands can be purchased at the service desk for \$2.

Date: Tuesdays & Thursdays, December 2nd-16th **Time:** 11-11:30 AM **Cost:** \$5 **Location:** BALC

[15637] Zoom ID: 865 1981 9966 **Passcode:** 607954

[15647] Pilates on a Chair - Lan Gao

With a focus on breathing and alignment, slow and precise movements are designed to develop long and lean muscles which increase flexibility, improve posture and provide better mobility.

Date: Tuesdays, December 7th & 14th **Time:** 12:30-1 PM **Cost:** \$4 **Location:** BALC

[15246] Zoom ID: 899 6300 5090 **Passcode:** 189937

ACTIVE LIVING

LET'S GO GREEN: We encourage you to bring your own water bottle and refill as needed at our filtered water station. Filtered water stations are available at both the NCC and the BALC. Thank-you for your co-operation.

[15635] Jazz Dance Workout - Lan Gao

Jazz dance offers an improvised and energetic style of exercise that allows participants to physically express themselves through a range of routines. This fun workout helps build strength and promotes flexibility among other things.

Date: Tuesdays, December 7th & 14th **Time:** 1:30- 2 PM **Cost:** \$4 **Location:** BALC

[15636] Zoom ID: 826 8030 9210 **Passcode:** 682374

[15624] Low Impact Dance Fitness - Lan Gao

Dance to upbeat pop music while burning calories in this fun fitness class.

Date: Wednesdays, December 1st-15th **Time:** 10:30 -11 AM **Cost:** \$6 **Location:** NCC

[15625] Zoom ID: 842 9524 0602 **Passcode:** 915098

[15626] Motown Dance Party on a Chair - Lan Gao

This exhilarating cardio dance class (to great Motown music) uses easy to follow choreography, combines Motown moves and fitness to tone and sculpt your body while burning calories. It's a great workout for the whole body, with a focus on the core. The whole class can be done chair based. This class is suitable for all.

Date: Wednesdays, December 1st-15th **Time:** 11:30 AM -12 PM **Cost:** \$6 **Location:** NCC

[15627] Zoom ID: 892 8007 3763 **Passcode:** 125520

[15649] Yoga for Aging Gracefully

This class is suitable for people who have yoga experience, including beginners and advanced levels. You will improve flexibility with a focus on strength and balance.

Date: Thursdays, December 2nd-16th **Time:** 11 AM - 12:00 PM **Cost:** \$24 **Location:** BALC

[15648] Zoom ID: 872 0511 5568 **Password:** 277835

Open Line Dance - Joan Walls

Enjoy Dance! Learn new steps through a selection of music, provided by our instructor.

[15644] Date: Thursdays, December 2nd-16th **Time:** 12:15 -1:45 PM **Cost:** \$6 **Location:** BALC

[15645] Date: Thursdays, December 2nd-16th **Time:** 2 -3:30 PM **Cost:** \$6 **Location:** BALC

[15668] Low Impact Cardio Fitness - Lan Gao

Aerobic fitness exercise uses easy to follow walking step routines.

Date: Thursdays, December 2nd -16th **Time:** 12:30-1 PM **Cost:** \$6 **Location:** BALC

[15670] Zoom ID: 890 4648 4163 **Passcode:** 119513

ACTIVE LIVING

[15650] Zumba - Ildiko Horvath

Zumba is a Latin dance inspired, easy to follow calorie burning fitness class.

Date: Fridays, December 3rd -17th **Time:** 11:30 AM -12:30 PM **Cost:** \$30 **Location:** BALC

[15651] Zoom ID: 842 6591 5835 **Passcode:** 057558

[15652] Rhythmic Drumming - Todd Webb from Case Music

Rhythmic drumming gets you moving to the music, regardless of your ability or mobility. You can participate from a seated or standing position. Let's get loud and move together!

Date: Fridays, December 10th-17th **Time:** 2-2:30 PM **Cost:** \$4 **Location:** BALC

[15653] Zoom ID: 848 3595 4274 **Passcode:** 476005

[15663] Joint Freeing Yoga for Arthritis - Vicki Young

This safe and gentle arthritis friendly class will take you through a series of poses and stretches that help to lubricate your joints and improve your range of motion. It is a beginner friendly class. Vicki is a certified yoga therapist, specializing in yoga for illness and recovery.

Date: Fridays, December 3rd -17th **Time:** 11 AM -12 PM **Cost:** \$24 **Location:** BALC

[15662] Zoom ID: 882 3799 8868 **Passcode:** 994580

SPORTS

LET'S GO GREEN: We encourage you to bring your own water bottle and refill as needed at our filtered water station. Filtered water stations are available at both the NCC and the BALC. Thank-you for your co-operation.

Ping Pong: Play ping pong with friends. Call 705-759-5377 to reserve your table. **Cost:** Free **Location:** NCC

[13821] Washer Toss: Washer Toss is played on the indoor turf. Join anytime.

Date: Mondays, December 6th & 13th **Time:** 1-2:30 PM **Cost:** \$2 **Location:** NCC

[13820] Soccer: Soccer is played on the indoor turf weekly. Change rooms are not available at this time.

Date: Thursdays, December 2nd-16th **Time:** 1:30-2:45 PM **Cost:** \$2 **Location:** NCC

[13814] Model Aircraft Flyers:

Fly your own electric or self-propelled model aircraft on the indoor turf. The wing spans may not exceed 40 inches.

Date: Tuesdays, December 7th & 14th **Time:** 1- 2:30 PM **Cost:** \$2 **Location:** NCC

Note: The change to flying time.

[14280] Snooker: played Monday through Friday during hours of operation, call to book a time in advance.

Cost: \$2 **Location:** BALC

[14281] Pickle Ball: Call to book your court time in advance.

Date: Tuesdays, December 7th & 14th **Time:** 4-8 PM **Cost:** \$2 **Location:** BALC

Date: Thursdays, December 2nd-16th **Time:** 4-6 pm **Cost:** \$2 **Location:** BALC

SPORTS

[13810] **Bocce:** Bocce is played on the indoor turf weekly.

Date: Fridays, December 3rd-17th **Time:** 1-2:45 PM **Cost:** \$2 **Location:** NCC

Note: The change of playing time.

[14292] **Shuffleboard:** Call to book your court time in advance.

Date: Fridays, December 3rd – 17th **Time:** 1:30-3:30 PM **Cost:** \$2 **Location:** BALC

Note: Dec 17th game will start at 2:00 pm

[14282] **Darts:** A fun evening of darts. Call to book a time to play. Bring your own darts.

Date: Tuesdays, December 7th & 14th **Time:** 7 -8:30 PM **Cost:** \$2 **Location:** BALC

EDUCATION - CULINARY CLASSES

[13922] **Recipe Club - Mary Piraino**

If you love to cook and are interested in new recipes, this is the group for you!

Discuss and share helpful tips or collect new recipes to enjoy. This group meets monthly. Bring your traditional Christmas recipes to share.

Date: Monday, December 13th **Time:** 3–4 PM **Cost:** \$2 **Location:** BALC

[15063] **Zoom ID:** 841 0953 9173 **Passcode:** 177929

GAMES

Dauber Bingo

Join us for a fun afternoon of Bingo! Spaces are limited – register in advance for all Bingos.

[15620] **Date:** Wednesday, December 8th **Time:** 1:30 PM **Cost:** \$2 **Location:** BALC

Christmas Dauber Bingo: see front page.

[15665] **We are “BOARD “Game Afternoon - Vicky Taylor**

Join us for an afternoon of fun games played on zoom (Pictionary, Scattergories, Trivial Pursuit, Eye Spy & Spaceman). New players are welcome and we will show you how to play.

Date: Fridays, December 3rd & 17th **Time:** 1:30-2:30 PM **Cost:** Free **ID:** 837 5393 9777 **Passcode:** 820157

LENDING PROGRAM: (Try Before You Buy)

The following items are available at both the Northern Community Centre and the Bay Street Active Living Centre to borrow: tablets, watercolour kits, pyrography kits, drawing kits and light pads, walking poles.

Cost: \$2 per week

“Engaging Seniors through Virtual Programming was generously supported by the Government of Canada's New Horizons for Seniors Program (NHSP).”

E-mail List

To receive this newsletter monthly, call the Bay Street Active Living Centre and request to have your email added to our mass email list 705-254-6474.

ALGOMA PUBLIC HEALTH

To find current Covid -19 information, including vaccine clinics and testing sites near you call 705-541-2332 or go to <http://www.algomapublichealth.com>