


Monday	Tuesday	Wednesday	Thursday	Friday
OCTOBER				
			1	2
			10:30 -11:30 AM Yoga for Vitality 10:30 AM – 12:30 PM Watercolour Winter Scene 12:30 – 1 PM Low Impact Cardio 1:30 -2 PM Stretching & Strengthening 4 – 6 PM Pickle Ball	10:15 AM – 12 PM Crochet 10:30 AM-12 PM Acrylics “Landscape/Field Grasse/Flowers” 10:30 AM-12:30 PM Wii Bowling 10:30 -11:30 AM Zumba 1:30 – 3:30 PM Shuffleboard
5	6	7	8	9
10:30 AM – 12 PM Tai Chi 1 – 3 PM Knitting/Swedish Weave	11 – 11:30 AM Stretching & Strengthening 12:30 – 1 PM Pilates on the Chair 1:30 – 4:30 PM Watercolours Leaves/Branches/Bird 4– 6 PM Pickle Ball 6:30-8:30 PM Wood Bee Carvers 7 – 9 PM Darts	10:15-12:15 PM Open Painting 10:30 – 11:45 AM Christmas Cheer 10:30 AM – 12 PM Tai Chi	10:30 -11:30 AM Yoga for Vitality 10:30 AM – 12:30 PM Watercolours Winter Scene 10:30 AM- 4:00 PM Paper Quilling Chickadees 12:30 – 1 PM Low Impact Cardio 1:30-2 PM Stretching & Strengthening 4 – 6 PM Pickle Ball	10:15 AM – 12 PM Crochet 10:30 AM-12 PM Acrylics “Landscape/Field Grasse/Flowers” 10:30 AM-12:30 PM Wii Bowling 10:30 – 11:30 AM Zumba 1– 4 PM Quilting “BOO” to You Pillow 1:30 – 3:30 PM Shuffleboard
12	13	14	15	16
CLOSED HAPPY THANKSGIVING 	10:15 AM – 12:15 PM Traditional Hand Rug Hooking 11 – 11:30 AM Stretching & Strengthening 12:30 – 1 PM Pilates on the Chair 1:30 – 4:30 PM Watercolours Leaves/Branches/Bird 4– 6 PM Pickle Ball 6:30-8:30 PM Wood Bee Carvers 7 –9 PM Darts	10:15 AM - 12:15 PM Open Painting Culture Day Project 10:30 – 11:45 AM Christmas Cheer 10:30 AM – 12 PM Tai Chi 1:30 – 4:30 PM Quilting Scrappy Strip Blocks 2-3:30 PM Bingo	10:30 -11:30 AM Yoga for Vitality 10:30 AM – 12:30 PM Watercolour Winter Scene 12:30 – 1 PM Low Impact Cardio 1:30 -2 PM Stretching & Strengthening 4 – 6 PM Pickle Ball	10:15 AM – 12 PM Crochet 10:30 AM-12 PM Acrylics “Landscape/Field Grasse/Flowers” 10:30 AM-12:30 PM Wii Bowling 10:30 – 11:30 AM Zumba 1:30 – 3:30 PM Shuffleboard
19	20	21	22	23
10:30 AM – 12 PM Tai Chi 1 – 3 PM Knitting/Swedish Weave 1-4 PM Comfort Dolls	10:30 AM -4 PM Photo Scrap Booking 11 – 11:30 AM Stretching & Strengthening 12:30 – 1 PM Pilates on the Chair 1:30 – 4:30 PM Watercolours Leaves/Branches/Bird 4– 6 PM Pickle Ball 6:30-8:30 PM Wood Bee Carvers 7 –9 PM Darts	10:15 AM - 12:15 PM Open Painting Culture Day Project 10:30 – 11:45 AM Christmas Cheer 10:30 AM – 12 PM Tai Chi 10:30 AM - 4 PM Paper Quilting Falling Leaves	10:30 -11:30 AM Yoga for Vitality 10:30 AM – 12:30PM Watercolour Winter Scene 12:30 – 1 PM Low Impact Cardio 1 -4 PM Hug a Tree, Knit a Scarf 1:30 -2 PM Stretching & Strengthening 4 – 6 PM Pickle Ball	10:15 AM – 12 PM Crochet 10:30 AM – 4:00 PM Quilting “Trimming the Tree” 10:30 AM-12 PM Acrylics “Landscape/Field Grasse/Flowers” 10:30 AM-12:30 PM Wii Bowling 10:30 – 11:30 AM Zumba 1:30 – 3:30 PM Shuffleboard
26	27	28	29	30
10:30 AM – 12 PM Tai Chi 1 – 3 PM Knitting/Swedish Weave 1:30 to 3:30 PM Fused Glass Butterfly/Dragonfly	11 – 11:30 AM Stretching & Strengthening 12:30 -1 PM Pilates on the Chair 1:30 – 4:30 PM Watercolours Leaves/Branches/Bird 2:30-3:30 PM Savvy Book Chat 4 – 6 PM Pickle ball 6:30-8:30 PM Wood Bee Carvers 7-9 PM Darts	10:15 to 12:15 PM Open Painting 10:30 – 11:45 AM Christmas Cheer 10:30 AM – 12 PM Tai Chi 2-3:30 PM Bingo	10:30 -11:30 AM Yoga for Vitality 12:30 – 1 PM Low Impact Cardio 1:30 -2 PM Stretching & Strengthening 4 – 6 PM Pickle Ball	10:15 AM – 12 PM Crochet 10:30 AM -12PM Acrylics “Landscape/Field Grasse/Flowers” 10:30 AM-12:30 PM Wii Bowling 10:30 – 11:30 AM Zumba 1:30 – 3:30 PM Shuffleboard

Drop-In Centre 619 Bay Street

For details and to register call the Drop-In Centre 705-254-6474 or email active55+@cityssm.on.ca



ZOOM PROGRAMMING

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Due to Covid 19</p> <p>Our "program calendar" has changed. Check dates & times. Arrive no more than <u>10</u> minutes prior to the start of your program.</p> <p>Masks are mandatory.</p> <p>Use hand sanitizer upon entry. If you are unwell, stay home.</p> <p>Practice social distancing.</p> <p>Call 705-254-6474 or email active55+@cityssm.on.ca for details.</p> <p>We welcome you back!</p>			<p>1</p> <p><u>Yoga for Vitality</u> 10:30 -11:30 AM</p> <p><u>Low Impact Cardio</u> 12:30 – 1 PM</p> <p><u>Stretching & Strengthening</u> 1:30-2 PM</p>	<p>2</p> <p><u>Mindfulness for the Daily Life</u> 10-11 AM</p> <p><u>Zumba</u> 10:30 – 11:30 AM</p> <p><u>Zoom Zoom Zoom</u> 2-3:30 PM</p>
<p>5</p> <p><u>Cooking Class</u> Loaves, Loaves, Loaves 11 – 12 PM</p> <p><u>Laughter Yoga</u> 1:30 to 2PM</p>	<p>6</p> <p><u>Stretching & Strengthening</u> 11 – 11:30 AM</p> <p><u>Pilates on the Chair</u> 12:30 – 1 PM</p>	<p>7</p> <p><u>Meditation & Drumming</u> 10:30 – 11:30 AM</p>	<p>8</p> <p><u>Yoga for Vitality</u> 10:30 -11:30 AM</p> <p><u>Low Impact Cardio</u> 12:30 – 1 PM</p> <p><u>Stretching & Strengthening</u> 1:30-2 PM</p>	<p>9</p> <p><u>Mindfulness for the Daily Life</u> 10-11 AM</p> <p><u>Zumba</u> 10:30 – 11:30 AM</p> <p><u>Zoom Zoom Zoom</u> 2-3:30 PM</p>
<p>12</p> <p>CLOSED</p> <p>HAPPY</p> <p>THANKSGIVING</p> 	<p>13</p> <p><u>Stretching & Strengthening</u> 11 – 11:30 AM</p> <p><u>Pilates on the Chair</u> 12:30 – 1 PM</p>	<p>14</p> <p><u>Meditation & Drumming</u> 10:30 – 11:30 AM</p> <p><u>Cooking</u> <u>Risotto 101</u> 2:30 to 5 PM</p>	<p>15</p> <p><u>Yoga for Vitality</u> 10:30 -11:30 AM</p> <p><u>Low Impact Cardio</u> 12:30 – 1 PM</p> <p><u>Stretching & Strengthening</u> 1:30-2 PM</p>	<p>16</p> <p><u>Mindfulness for the Daily Life</u> 10 – 11 AM</p> <p><u>Zumba</u> 10:30 – 11:30 AM</p> <p><u>Zoom Zoom Zoom</u> 2-3:30 PM</p>
<p>19</p> <p><u>Laughter Yoga</u> 1:30 – 2 PM</p>	<p>20</p> <p><u>Stretching & Strengthening</u> 11 - 11:30 AM</p> <p><u>Pilates on the Chair</u> 12:30 – 1PM</p>	<p>21</p> <p><u>Meditation & Drumming</u> 10:30 – 11:30 AM</p> <p><u>Cooking Class</u> <u>Dipping, Spreading and Sharing</u> 1:30 to 2:30 PM</p>	<p>22</p> <p><u>Yoga for Vitality</u> 10:30 -11:30 AM</p> <p><u>Low Impact Cardio</u> 12:30 – 1 PM</p> <p><u>Stretching & Strengthening</u> 1:30-2 PM</p>	<p>23</p> <p><u>Mindfulness for the Daily Life</u> 10 – 11 AM</p> <p><u>Zumba</u> 10:30 – 11:30 AM</p> <p><u>Zoom Zoom Zoom</u> 2-3:30 PM</p>
<p>26</p> <p><u>Laughter Yoga</u> 1:30 – 2 PM</p>	<p>27</p> <p><u>Stretching & Strengthening</u> 11 – 11:30 AM</p> <p><u>Pilates on the Chair</u> 12:30 -1 PM</p> <p><u>Italian Cooking</u> 1:30 -2:30 PM</p>	<p>28</p> <p><u>Meditation & Drumming</u> 10:30 – 11:30 AM</p>	<p>29</p> <p><u>Yoga for Vitality</u> 10:30 -11:30 AM</p> <p><u>Low Impact Cardio</u> 12:30 – 1 PM</p> <p><u>Stretching & Strengthening</u> 1:30-2 PM</p>	<p>30</p> <p><u>Mindfulness for the Daily Life</u> 10 – 11 AM</p> <p><u>Zumba</u> 10:30 – 11:30 AM</p> <p><u>Zoom Zoom Zoom</u> 2-3:30 PM</p>

Active 55+ Recreational Programs**Drop-In Centre 619 Bay Street****SAULT STE. MARIE**

To register call 705-254-6474 or email active55+@cityssm.on.ca

Note: An Active 55+ "Drop-in Program Pass" is now available for all \$2 programs. Purchase your pass at the service desk. Food items are not allowed at this time. Please bring a personal water bottle for fitness programs.

Active Healthy living**Low Impact Cardio Workout: Drop in Centre & Zoom**

This 30 minute workout is an effective way to exercise the whole body without stress, this class presents a well-choreographed walking routine through different movements building cardio endurance, coordination and strength. Running shoes are needed.

Cost: \$8 Duration: 4 weeks Instructor: Lan Gao

Stretching & Strengthening: Drop in Centre & Zoom

Designed to increase strength, flexibility, balance, improve posture and activities of daily living. This 30 minute class is good for all fitness levels. Chairs are used for seated exercise and standing support, light weights and stretch bands are used for various flexibility exercises.

Cost: \$8.00 Duration: 4 weeks/ 8 sessions. Instructor: Lan Gao

Yoga for Vitality: Drop in Centre & Zoom

Tone and stretch through yoga poses, while incorporating meditation and breathing exercises. This class is executed from the floor. Please bring your own yoga mat.

Cost: \$42.00 Duration: 4 weeks Instructor: Shirling Kao

Zumba: Drop in Centre & Zoom

Zumba is a Latin dance inspired, easy to follow, calorie burning fitness program. Zumba borrows movement patterns from Latin and other cultural dances.

Cost: \$40.00 Duration: 4 weeks Instructor: Ildiko Horvath

Tai Chi: Drop in Centre

Tai Chi is an ancient Chinese martial form and uses a series of movements preformed in a slow focused manner. Join the practice to improve balance, strength, memory, flexibility and overall mood.

Cost: \$2.00 Drop in pass

Meditation & Drumming: Zoom

Bonnie introduces meditation using the breath as a calming tool, repetitive sounds and vibration of chanting & drumming. This is an ancient form of self-care and stress release.

Cost: \$20.00 Duration: 4 weeks Instructor: Bonnie Baranski

Laughter Yoga: Zoom

Join Allyne in laughter and breathing exercises that are suitable for everyone. Get fit through laughter!

Cost: \$10.00 Duration: 4 weeks Instructor: Allyne Leonard

Pilates on the Chair: Drop in Centre & Zoom

With a focus on breathing and alignment, slow and precise movement are designed to develop long and lean muscles which increase flexibility, improve posture and provide better mobility. This exercise is performed on a chair to make it accessible for all.

Cost: \$8.00 Duration: 4 weeks Instructor: Lan Gao

Mindfulness for the Daily Life: Zoom

Anne will discuss how to take care of yourself with kindness and explore simple practices that can be used in everyday life!

Cost: \$8 Duration: 4 weeks Instructor: Anne O'Connor

Shuffleboard: Drop in Centre

This game is played on the floor courts. You must call in to pre-register for your time slot.

Cost: \$2.00 Drop in pass

Darts: Drop in Centre

An evening of darts. You must call in to pre-register for your time slot. Bring your own darts.

Cost \$2.00 Drop in pass

Pickle Ball: Drop in Centre

A fun game to play! This hybrid sport is a mix of badminton, tennis and table tennis. Please bring your own paddles.

Cost: Drop in pass \$2.00

Wii Bowling: Drop In Centre

Call and register your time slot for this fun sport played with Wii remotes on the TV screen.

Cost: \$2.00 Drop In Pass

Arts & Crafts**Knitting/Swedish Weaving/Crochet: Drop in Centre**

This group meets weekly to work on individual projects. You must come with all your own supplies.

Cost: \$2.00 Drop in pass

Open Painting: Drop in Centre

Work on your own individual painting project. Must bring all your own supplies.

Cost: \$2.00 Drop in pass

Collaborative Art Project: Drop in Centre

We invite you to take part in a community art project of Culture Days. We have 400 (4x4) canvases to be painted by community members. Canvas and set paint pallet will be provided. Planned painting dates are Wednesdays October 14th and 21st. Call 705-254-6474 to register.

Creative Memories Photo Scrapbooking: Drop in Centre

Let's get creative and organized through scrapbooking. Lanny will be here to guide you through steps in creating your memorable pages. Please bring all your own supplies. Cost: \$15.00 Instructor: Lanny Clarke

Acrylic Painting "Winter Scene": Drop in Centre

Join our instructor as she guides you through this painting project of a cabin in winter. Painting experience is required. Cost \$12.00 plus supplies, 4 weeks. Instructor: Ann Lalonde

Acrylic/Oils Landscape, Field Grasses, and Flowers – Drop in Centre

In this class you will be focusing on techniques to create landscapes, grasses and flowers.

Experience painters. Cost \$63.00 plus supplies, 6 weeks Instructor: Taimi Poldmaa

Watercolours Leaves, Branches and Bird: Drop in Centre

This colourful picture is fun to paint. Our Instructor will be there to guide you through the steps.

Cost \$43.00 plus supplies, 4 weeks Instructor: Marilyn Mills

Christmas Cheer: Drop in Centre

This group of ladies meet weekly to work on various projects that will be donated to Christmas Cheer. The centre supplies yarn, please bring your favourite pattern and needles. This is a free program.

Quilting "BOO to You Pillow"

Create a fun and whimsical Halloween pillow to greet your spooky guests! Make one, two or a whole pile for some fun seasonal décor. Cost \$7.00 plus supplies. Instructor Joan Davis. Register early as limited seating is available.

Quilting Scrappy Strip Blocks: Drop in Centre

Let's make a table runner with scrappy strip blocks – 4 blocks, background and border. Easy to make.

Cost \$7.00 plus supplies. Instructor: Sandie Hrycyk

Comfort Dolls: Drop in Centre

This group of volunteers come to knit, crochet or stuff dolls. Projects are then donated to the Sault Area Hospital Volunteer Resource Centre. Yarn and patterns are supplied. Please bring a set of 4.5 mm needles. Call to register.

Quilting Trimming the Tree Quilt: Drop in Centre

This quilt is a lap size and each of the 12 blocks are a decorative ball shaped tree ornament. This project is suitable for the beginner quilter. Cost \$10.00 plus supplies. Instructor Jennifer Freiburger

Hug a Tree, Knit a Scarf: Drop in Centre

Knit, crochet these scarfs in various colours and sizes. These scarfs will hug a tree at Clerque Park and other outdoor skating parks. Yarn is supplied. Bring your own needles.

Fused Glass Butterfly/Dragonfly: Drop in Centre

Create a stunning fused glass dragonfly, butterfly or owl. Size approx. 5"-6" tall. Hang in a window or wall. All supplies for one is included in cost. No glass cutting is involved. Cost \$21.00 includes kit. Instructor Tiffany Runge

Traditional Hand Rug Hooking: Drop in Centre

Using recycled wool cloth and other fabrics, complete a rug hooking project.

Cost \$2.00 Drop In Pass Instructor: Betty Currie

Paper Quilling Chickadees: Drop in Centre

Join our instructor to make this new craft.

Cost: \$ 23:00 includes kit Instructor: Ann Lafave

Paper Quilling Falling Leaves: Drop in Centre

A very colourful, fun and interesting craft to make.

Cost: \$23.00 includes Kit. Instructor: Ann Lefave

Wood Bee Carvers: Drop In Centre

Join this group & work independently on individual projects. Must bring all your own supplies.

Cost: \$2.00 drop in pass.

Education

Zoom Zoom Zoom: Drop In Centre

Get online using the free app "Zoom". Call and make an appointment. Brooke will take you through the steps in getting you connected.

Call 705-254-6474 or email active55+@citssm.on.ca.

Savvy Senior Book Chat: Drop In Centre

A representative from the Sault Ste. Marie Public Library will be hosting a book chat for all seniors. A great way to share your favourite book, poem or movie. Cost: Drop In pass \$2.00.

Cooking Loaves, Loaves, Loaves: Zoom

Cathie will show you how to make a breakfast loaf and a focaccia bread. Don't miss out on this exciting class.

Cost: \$5.00 Instructor: Cathie Bishop

Italian Cooking: Zoom

Mary will be making stuffed pasta shells with spinach and 3 cheeses. This vegetarian dinner is always a crowd pleaser. Cost: \$5.00 Instructor: Mary Piraino

Cooking Risotto 101

Join Rick in the kitchen as he demonstrates to you the basics for risotto; a Northern Italian rustic dish.

Cost: \$5.00 Instructor: Rick Borean

Cooking Dipping, Spreading and Sharing

Traditional and healthy dips and spreads served at every Hungarian dinner party.

Cost: \$5.00 Instructor: Ildiko Horvath

Games

Bingo: Drop in Centre

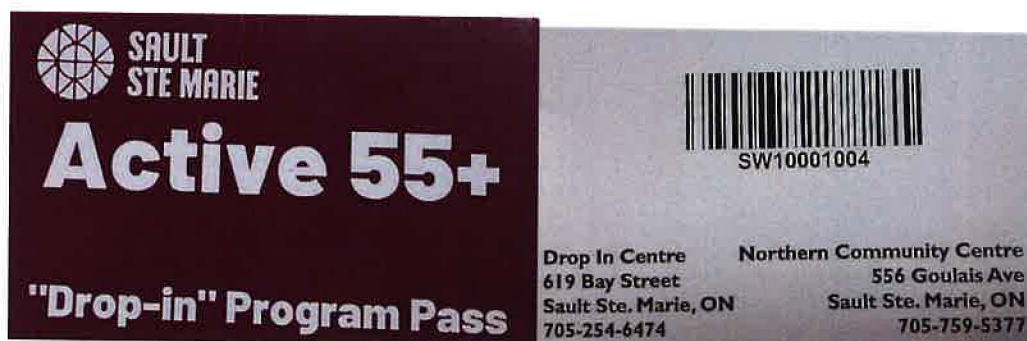
Play bingo with fellow enthusiasts. Limited seating call 705-254-6474 to reserve your seat.

Cost: Drop in pass \$2.00

Snooker: Drop in Centre

To play a game of snooker please call 705-254-6474 to register your time slot. Please bring your own pool cue.

Cost: \$2.00 Drop in pass.



Drop-In Passes are now available!! Please stop in at the front counter to purchase yours today.

5 pass	\$10.00
10 pass	\$20.00
15 pass	\$30.00
20 pass	\$40.00
25 pass	\$50.00