

Zoom - Online and Phone in Programs

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2 <u>Gentle Yoga</u> 10:30 – 11:30 AM
5	6 <u>Fitness with Ainsley</u> 10-10:30 AM	7 <u>Low Impact Dance Fitness</u> 10 :30 – 11 AM <u>Chair Fitness</u> 11:30 – 12 PM <u>Bingo</u> 1:15-3:30 PM	8	9 <u>Gentle Yoga</u> 10:30 – 11:30 AM
12 Closed Happy Thanksgiving 	13 <u>Fitness with Ainsley</u> 10-10:30 AM	14 <u>Low Impact Dance Fitness</u> 10 :30 – 11 AM <u>Chair Fitness</u> 11:30 – 12 PM <u>Cooking Around the World</u> 2 -3 PM	15	16 <u>Gentle Yoga</u> 10:30 – 11:30 AM
19 <u>Morning Meditation</u> 10 – 11 AM	20 <u>Fitness with Ainsley</u> 10-10:30 AM <u>Portuguese Winter Soup</u> 11:00 AM – 12:00 PM	21 <u>Low Impact Dance Fitness</u> 10 :30 – 11 AM <u>Chair Fitness</u> 11:30 – 12 PM <u>Bingo</u> 1:15-3:30 PM	22 <u>Craft in a Bag</u> 2:30 -3:30 PM	23 <u>Gentle Yoga</u> 10:30 – 11:30 AM
26 <u>Morning Meditation</u> 10 – 11 AM	27 <u>Fitness with Ainsley</u> 10-10:30 AM	28 <u>Low Impact Dance Fitness</u> 10 :30 – 11 AM <u>Chair Fitness</u> 11:30 – 12 PM	29	30 <u>Gentle Yoga</u> 10:30 – 11:30 AM

How to sign up for Zoom:

Visit the website <https://www.zoom.us/>
Click on **sign up, it's free button**.


How to register for Active 55+ programming:

Choose one of the following options that suits you best.

- *visit the city of Sault Ste. Marie web page <https://saultstemarie.ca/>.
Go to popular pages, choose register for activities.
- *call 705-759-5377
- *stop by the service desk at the Northern Community Centre – 556 Goulais Ave.
- *email active55+@cityssm.on.ca



In-person Programs

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1</p> <p><u>Open Painting</u> 10:30 AM – 12:30 PM</p> <p><u>Walking on the Indoor Turf/Seniors Only</u> 1-3 PM</p> <p><u>Bocce</u> 1 – 3 PM</p> <p><u>Soccer</u> 1:30 -3:30 PM</p> <p><u>Circle of Friends</u> 2 – 3:30 PM</p>	<p>2</p> <p><u>Gentle Yoga</u> 10:30 – 11:30 AM</p> <p><u>Japanese Bunka</u> 11 -12:30 PM</p> <p><u>Ping Pong</u> 1 – 3 PM</p> <p><u>Virtual Art Lessons</u> 1:30 – 3:30 PM</p>
<p>5</p> <p><u>Morning Meditation</u> 10 – 11 AM</p> <p><u>Walking in the Indoor Turf/Seniors Only</u> 1-3 PM</p> <p><u>Washer Toss</u> 1 – 3 PM</p> <p><u>Yoga for All</u> 5:30 – 6:15 PM</p>	<p>6</p> <p><u>Fitness with Ainsley</u> 10-10:30 AM</p> <p><u>Quilt Club</u> 1 – 3:30 PM</p> <p><u>Model Aircraft Flyers</u> 1:30 – 3 PM</p> <p><u>Craft & Crochet</u> 2 -3:30 PM</p>	<p>7</p> <p><u>Low Impact Dance Fitness</u> 10 :30 – 11 AM</p> <p><u>Chair Fitness</u> 11:30 – 12 PM</p> <p><u>Bingo</u> 1:15-3:30 PM</p>	<p>8</p> <p><u>Open Painting</u> 10:30 AM – 12:30 PM</p> <p><u>Walking on the Indoor Turf/Seniors Only</u> 1-3 PM</p> <p><u>Bocce</u> 1 – 3 PM</p> <p><u>Soccer</u> 1:30 -3:30 PM</p> <p><u>Circle of Friends</u> 2 – 3:30 PM</p>	<p>9</p> <p><u>Gentle Yoga</u> 10:30 – 11:30 AM</p> <p><u>Japanese Bunka</u> 11 -12:30 PM</p> <p><u>Ping Pong</u> 1 – 3 PM</p> <p><u>Virtual Art Lessons</u> 1:30 – 3:30 PM</p>
<p>12</p> <p>Our Facility is Closed Today</p> 	<p>13</p> <p><u>Fitness with Ainsley</u> 10-10:30 AM</p> <p><u>Oil Painting Class</u> 1 – 2 PM</p> <p><u>Quilt Club</u> 1 – 3:30 PM</p> <p><u>Model Aircraft Flyers</u> 1:30 – 3 PM</p> <p><u>Craft & Crochet</u> 2 -3:30 PM</p>	<p>14</p> <p><u>Low Impact Dance Fitness</u> 10 :30 – 11 AM</p> <p><u>Chair Fitness</u> 11:30 – 12 PM</p> <p><u>Acrylic Paint Class</u> 2 – 4 PM</p>	<p>15</p> <p><u>Collaborative Art Project</u> 10:30 AM-12:30 PM</p> <p><u>Paper Quilling</u> 10:30 AM – 3 PM</p> <p><u>Open Painting</u> 10:30 AM – 12:30 PM</p> <p><u>Walking on the Indoor Turf/Seniors Only</u> 1-3 PM</p> <p><u>Bocce</u> 1 – 3 PM</p> <p><u>Soccer</u> 1:30 – 3:30 PM</p> <p><u>Circle of Friends</u> 2 – 3:30 PM</p>	<p>16</p> <p><u>Gentle Yoga</u> 10:30 – 11:30 AM</p> <p><u>Japanese Bunka</u> 11 -12:30 PM</p> <p><u>Ping Pong</u> 1 – 3 PM</p> <p><u>Virtual Art Lessons</u> 1:30 – 3:30 PM</p> <p><u>Woodland Style Paint Class</u> 2-4 PM</p>
<p>19</p> <p><u>Morning Meditation</u> 10 – 11 AM</p> <p><u>Walking in the Indoor Turf/Seniors Only</u> 1-3 PM</p> <p><u>Washer Toss</u> 1 – 3 PM</p> <p><u>Yoga for All</u> 5:30 – 6:15 PM</p>	<p>20</p> <p><u>Fitness with Ainsley</u> 10-10:30 AM</p> <p><u>Oil Painting Class</u> 1 – 2 PM</p> <p><u>Quilt Club</u> 1 – 3:30 PM</p> <p><u>Model Aircraft Flyers</u> 1:30 – 3 PM</p> <p><u>Craft & Crochet</u> 2 -3:30 PM</p>	<p>21</p> <p><u>Low Impact Dance Fitness</u> 10 :30 – 11 AM</p> <p><u>Low Impact Dance Fitness</u> 11:30 – 12 PM</p> <p><u>BINGO</u> 1:15 – 3:30 PM</p> <p><u>Acrylic Paint Class</u> 2– 4 PM</p>	<p>22</p> <p><u>Collaborative Art Project</u> 10:30 AM-12:30 PM</p> <p><u>Open Painting</u> 10:30 AM – 12:30 PM</p> <p><u>Walking on the Indoor Turf/Seniors Only</u> 1-3:00 PM</p> <p><u>Bocce</u> 1 – 3 PM</p> <p><u>Soccer</u> 1:30 -3:30 PM</p> <p><u>Circle of Friends</u> 2 – 3:30 PM</p>	<p>23</p> <p><u>Gentle Yoga</u> 10:30 – 11:30 AM</p> <p><u>Japanese Bunka</u> 11 -12:30 PM</p> <p><u>Ping Pong</u> 1 – 3 PM</p> <p><u>Virtual Art Lessons</u> 1:30 – 3:30 PM</p> <p><u>Woodland Style Paint Class</u> 2-4 PM</p>
<p>26</p> <p><u>Morning Meditation</u> 10 – 11 AM</p> <p><u>Walking in the Indoor Turf/Seniors Only</u> 1-3 PM</p> <p><u>Washer Toss</u> 1 – 3:00 PM</p> <p><u>Novel Book Club</u> 1:30 -3 PM</p> <p><u>Yoga for All</u> 5:30 – 6:15 PM</p>	<p>27</p> <p><u>Fitness with Ainsley</u> 10-10:30 AM</p> <p><u>Oil Painting Class</u> 1 – 2 PM</p> <p><u>Quilt Club</u> 1 – 3:30 PM</p> <p><u>Model Aircraft Flyers</u> 1:30 – 3 PM</p> <p><u>Craft & Crochet</u> 2 -3:30 PM</p>	<p>28</p> <p><u>Low Impact Dance Fitness</u> 10:30 – 11 AM</p> <p><u>Low Impact Dance Fitness</u> 11:30 – 12 PM</p> <p><u>Acrylic Paint Class</u> 2 – 4 PM</p>	<p>29</p> <p><u>Poinsettia Craft</u> 10:30 AM – 3:00 PM</p> <p><u>Open Painting</u> 10:30 AM – 12:30 PM</p> <p><u>Walking on the Indoor Turf/Seniors Only</u> 1-3 PM</p> <p><u>Bocce</u> 1 – 3 PM</p> <p><u>Soccer</u> 1:30 -3:30 PM</p> <p><u>Circle of Friends</u> 2 – 3:30 PM</p>	<p>30</p> <p><u>Gentle Yoga</u> 10:30 – 11:30 AM</p> <p><u>Japanese Bunka</u> 11 -12:30 PM</p> <p><u>Ping Pong</u> 1 – 3 PM</p> <p><u>Virtual Art Lessons</u> 1:30 – 3:30 PM</p> <p><u>Woodland Style Paint Class</u> 2-4 PM</p>

Active Healthy living

NEW- Yoga for All: (Bree Bennett) Yoga is a fun and healthy activity to do with a family member. The first member registers and pays \$10 per class and the second signs up when here at the Centre and pays \$2 per visit. Accommodations including sitting on a chair will be made if needed. Everyone is welcome. The number of participants is limited, wear a mask and bring a water bottle and mat. Cost: \$70 (7wks). Call the Centre between 10:00 AM and 4:30 PM for details & to register.

NEW - Walking on the Indoor Turf/Seniors Only: This walking program is for those 55 years of age and older. Due to Covid 19, registration is required and numbers are limited. Call 705-759-5377 or stop by the service desk. Free.

Gentle Yoga: (Shirling Kao) Note: offered on Zoom or in-person.

This class is designed to help you become more mindful and aware of your mind and body through yoga poses, breathing exercises and final relaxation. Through slow paced movement and well-rounded sequence, we will stretch and tone the whole body and feel relaxed. You will need: mat, pillow, light blanket, water bottle.

Cost: \$40 (4 wks). This session starts Friday, October 9th. Register & pay in advance.

Fitness with Ainsley: (Ainsley Glassford) Note: offered on Zoom or in-person.

Move through a variety of exercises to improve your functional fitness, endurance, strength, flexibility and balance. Suitable for all fitness levels. Cost: \$8 (4 wks). Register & pay in advance.

NEW- Low Impact Dance Fitness: (Lan Gao) Note: offered on Zoom or in-person.

Learn a simple dance routine that focuses on coordination & balance. This class is designed to increase your joint movement. You will leave this class filled with positive energy and positive thoughts. Wear running shoes and dress comfortably. Cost: \$16 (8 wks). Register & pay in advance.

NEW- Chair Exercises: (Lan Gao) Note: offered on Zoom or in-person.

This class combines chair yoga and chair pilates. You will work out from a sitting position which reduces the pressure on your; feet, knees, hips and lower back. This class is perfect for those who cannot stand for long periods of time but want to exercise their whole body. Light weights and Thera bands are used for various exercises. Wear running shoes. Cost: \$16 (8 wks). Register & pay in advance.

NEW- Morning Meditation: (Katie Rutledge) Note: offered on Zoom or in-person.

Join us each morning to meditate with Katie. Studies suggest meditation combats depression and anxiety. This class is intended to lower your stress level and set the tone for a calm and peaceful day. Dress comfortable. Cost: \$16 (8 wks) Register & pay in advance.

Ping Pong: Play ping pong with friends. Call 705-759-5377 to reserve your table. Cost: \$2 per visit.

Washer Toss: Washer Toss is played on the indoor turf. Cost: \$2 per visit.

Soccer: Soccer is played on the indoor turf. Change Rooms are not available at this time. Cost: \$2 per visit.

Bocce: Bocce is played on the indoor turf. Cost: \$2 per visit.

Model Aircraft Flyers:

Fly your own electric or self-propelled model aircraft on the indoor turf (wing spans may not exceed 40 inches). Cost: \$5 per visit.

Arts & Crafts

NEW- Collaborative Art Project: We invite you to take part in a community art project for Culture Days.

We have 400 (4 X 4) canvases to be painted by community members. Canvas and set paint pallet will be provided. Call 705-759-5377 to sign up. Planned painting dates are: Thursday, October 15th & 22nd. 10:30 AM – 12:30 PM. Free.

NEW – Woodland Style Painting Class: (Ron Marks) Ron is an accomplished local artist who paints in the “Woodland” style. His work can be viewed on the Art Gallery of Algoma website.

<https://www.artgalleryofalgoma.com/submissions-ndash-algoma-through-an-artists-eye.html>.

Register for this class and paint along with Ron as he demonstrates and shares his knowledge and skill.

Cost: \$20 (4 wks) plus supplies.

Acrylic Painting Class “The Mighty Sunflower”: (Ann Lalonde)

In this class you will learn how to paint a beautiful sunflower using acrylic paints. Cost: \$12 plus supplies (3 wks).

NEW – Paper Quilling “Maple Leaves”: (Anna Lefave)

Learn the art paper quilling. Cost: \$25 kit included.

Arts & Crafts

NEW – Craft in Bag. The theme of this craft bag is Halloween. Zoom in and Vicky will review everything in your craft bag and the steps to complete your crafting project. Cost: \$10

Oil Painting Class “Christmas Window”: (Anna Lefave)

The subject of this paint class is a “Christmas Window”. This class is suitable for all levels.

Cost: \$20 plus supplies (4 wks).

Circle of Friends:

This needlecraft group meets weekly to work on their own projects while enjoying a relaxing afternoon. Bring your own supplies. Cost: \$2 per visit.

Japanese Bunka: (Aline Mooney)

Japanese Bunka is a beautiful form of embroidery. This group meets weekly to work on Bunka projects. The instructor will be on hand to assist & guide you as needed. Cost: \$2 per class (plus supplies).

Quilt Club:

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

Contact the Centre for details.

Craft & Crochet:

This group meets weekly to work on their own craft and needlework projects. Bring your own supplies. Cost: \$2 per visit.

NEW- Virtual Art Lessons:

Together we will watch virtual art classes on the big screen, then enjoy an afternoon of painting, creating and conversation. There is no instructor. Bring your watercolour or acrylic paint kit & all supplies you may need.

Cost: \$2 per visit.

NEW – Craft “Poinsettia Christmas Ball”

Create a beautiful Christmas decoration for yourself or a family member. Cost \$25 kit included.

Open Painting:

This group meets weekly and works on individual projects. Ideas & conversation are shared. Bring your own supplies. Cost: \$2 per visit.

Education:

Note: the following cooking classes are offered on Zoom. Register and pay in advance.

Cooking with Karen: (Karen Gallivan)

Tuesday, Oct. 20th - Learn to make Portuguese Winter Soup. Cost: \$5.

NEW- Cooking Around the World: (Andy Benson)

Wednesday, Oct. 14 – Take a trip to East India with Andy as she demonstrates how to cook Green Beans & Basmati Rice with Curry Chicken. Cost: \$5.

Novel Book Club: This group of avid readers meets monthly to review and discuss books. Cost: \$2 per visit.

NEW- Community Kitchen links to free cooking classes provided by Algoma Family Services/Community Kitchens.

Hamburger Soup: <https://youtu.be/RbWo3SRMSHs>

Fish Fry: <https://youtu.be/kusRsugEECo>

Sweet and Sour Chicken: <https://youtu.be/PwLHPkNH8Pg>

Games

NEW-Bingo: Bingo players have two options. You can play “in-person” bingo. Participant numbers are limited and you will need to call 705-759-5377 to reserve your seat in advance. Or you can play “zoom in” on video or phone. Phone number, passcode and ID number will be provided upon payment.

All bingo cost: \$2 per visit. Everyone participating will have a chance to win a prize.

Notes:

An Active 55+ “Drop-in Program Pass” is recommended for all \$2 programs. Purchase your passcard at the service desk.

Get Involved!

Do you have an idea that you would like to share. Call 705-759-5377 or email active55+@cityssm.on.ca.