

Northwood PROGRAM GUIDE

COMMUNITY RECREATION & WELLNESS PROGRAMS

Summer 2026



Contact

902-454-3351

crec@nwood.ns.ca

Please visit our website or Facebook page for additional resources at:

www.northwoodcare.ca



Northwood Live More

Registration & Membership

For the last forty years, Northwood has offered residents and members of the community an opportunity to become involved and live more through its community outreach initiative. Membership to Community Recreation & Wellness including Fitness is \$25.00 per month or you can sign up for recreation membership at \$25.00 a year. Membership including fitness, offers access to Pauline Potter Fitness Centre in addition to the membership offerings of the recreation membership. Membership offers access to recreation & wellness programs, special events, entertainment and bus trips. To get your membership or to renew, please stop by one of the Community Recreation & Wellness offices or email us.

Three Ways to Register!

1. Call our office at 902-454-3351. Please leave a message with your name, contact information, and the program you're interested in.
2. Stop by either the Halifax or Bedford office during business hours. Call for updated business hours.
3. Visit us online at <https://nwcommunity.recdesk.com/Community/Home>. You will be able to register for programs, events, and renew your membership online. Payment of cash or cheque required in person.

Office Locations:

Halifax: Northwood Manor
2630 Gottingen Street, Ground Floor

Bedford: Northwood Community Centre
185 Gary Martin Drive, Ground Floor

Programs, events, education, workshops, etc. are for Community Recreation & Wellness members only, unless otherwise specified.

Advance registration is required unless otherwise specified.

Drop-in programs do not require an ongoing commitment and are on a pay-as-you-go basis. However, registration is still required if you plan to attend a drop-in program. Please register in advance using one of the methods listed.

Gift Certificates Available

Community Recreation & Wellness gift certificates are available in any denomination and can be used for any program, event, or membership (new or renew)!

Multiple Locations

NORTHWOOD HALIFAX CAMPUS

2615 Northwood Terrace, Halifax

- Harbourview Lounge
- Joyce Bond Centre
- Manor Meeting Space
- Pauline Potter Fitness Centre

NORTHWOOD ALMON PLACE COMMON ROOM

5534 Almon Street, Halifax

- Almon Place Common Room

NORTHWOOD COMMUNITY CENTRE

185 Gary Martin Drive, Bedford

- Studio Space
- Bedford Fitness Centre

NORTHWOOD BEDFORD CAMPUS

123 Gary Martin Drive, Bedford

- William E. Live More Park

Office Closure

Please note that the Community Recreation & Wellness offices will be closed on weekends and holidays.

Gift Certificates Available

Community Recreation & Wellness gift certificates are available in any denomination and can be used for any program, event, or membership (new or renew).

TABLE OF CONTENTS

Halifax Programs

Harbourview Live Entertainment Evenings	5
Karaoke Night	5
Elderberries	5
Main Street Markets	6
Book Club	6
Harbourview Bar Social	6
Irish Music Nights	7
Harbourview Summer Nights	7
Harbourview Tropical Nights	7
Walking Group	8
Yoga	8
Fitness Centre Personal Training	8
Pilates	9
Conversation Club	9
Scrabble Club	9
Mindfulness Group	10
Tuesday	11

Crossover Programs

Bus Trips	12-14
-----------------	-------

Bedford Programs

Art Class with Jean	15
Chair Yoga with Weights	16
The William E. Frank Live More Park & Community Garden	16
Functional Fitness	17

Please note, programs may be cancelled at our discretion due to public health concerns.

Harbourview Live Entertainment Evenings

We are excited to bring live entertainment back to the halls of Northwood this Summer. Our live entertainment nights will feature various performers such as Eclipse, Triple Play and more! Tap your toes, sing along, or laugh aloud. This social atmosphere will allow you to relax and unwind among friends. Bar is open.

When: Wednesday evenings, entertainment starts at 7:00pm

Where: Harbourview Lounge, Halifax Campus

Cost: \$4 door fee

Karaoke Night

Join the Harbourview lounge for its monthly karaoke night! Sing a song, join in with some friends or just enjoy the music. The social atmosphere is bound to make you come back for more. Sign up at the beginning of the night with your favorite sing along songs and wait for your name to be called. Bar is open.

When: 4th Thursday of Every Month, starting June 25th

7:00pm – 8:30pm, Bar Opens 6:30pm

Where: Harbourview Lounge, Halifax Campus

Cost: Free

Elderberries

Are you 50 or older; lesbian, gay, bisexual, transgender, or two-spirited, and looking for a mixed social group beyond the bar scene? The Elderberries may be the group for you. No registration required.

When: 2nd Sunday of each month

Where: Adult Day Space, Halifax Campus

Cost: No Fee. All are welcome

Main Street Markets

We are bringing shopping and vendor/selling opportunities to you! We book a variety of local vendors with baked goods, jewelry, crafts, personal care items, and more. Markets take place from Monday to Friday, pending vendor availability. Tables are \$25. Please email crec@nwood.ns.ca or call 902-454-3351 for more information.

When: Monday-Friday, 9:00am to 3:00pm

Where: Main Floor Market Space, Northwood Halifax Campus

Book Club

Our book club is run through the Halifax Public Library Book Club kits.

When: Mondays, 10:00am. (June 1, July 13, August 17, September 28)

Where: 2nd Floor Manor Dining Room

Harbourview Bar Social

Head to the Harbourview lounge for an evening of conversation, cards or a game. There will be crib boards, scrabble, colouring sheets and more at the bar for people to use and return, or you can simply enjoy the atmosphere and have a chat with our bar tenders. Bar is open.

When: Every Monday in May. Last day, May 25th.

(Closed May 18 in observance of holiday)

Bar open from 6:30 to 8:30pm

Where: Harbourview Lounge, Halifax Campus

Cost: Free

Harbourview Summer Nights

Join us this summer on Thursday evenings from July through August for relaxing summer nights! Programs may include karaoke, sing-alongs, trivia nights, live entertainment, and paint nights. These summer nights will be a social atmosphere with a chance to relax and unwind among friends. Bar is open. Contact for schedule of events.

When: Thursday evenings July 2nd - August 20th, entertainment starts at 7:00pm

Where: Harbourview Lounge, Halifax Campus

Cost: Free

Harbourview Tropical Night

Feel like you are on a tropical vacation without going too far from home. Sip on a tropical drink and enjoy live musical entertainment and a chance to win prizes. This social atmosphere will give you a chance to relax and unwind among friends. Bar is open.

When: Wednesday, July 29th, entertainment starts at 7:00pm

Where: Harbourview Lounge, Halifax Campus

Cost: \$4.00 door fee

Irish Music Nights

Join local musician Ellen Gibling and crew for a good old fashioned jam session. Local Irish musicians gather in the Northwood Harbourview lounge every Thursday evening to Jam and dance to the music.

When: Thursdays at 6:30pm. May 5th - June 11th

Where: Harbourview Lounge, Halifax Campus

Cost: Free

Walking Group

Join the walking club for a 30-minute walk each week through the North End of Halifax. Have a chat and walk at your own pace to explore our neighborhood!

When: Mondays, 10:00am - 11:00am

Duration: Starts May 11th

Where: Meet at Northwood's Gottingen St Entrance,
2630 Gottingen St, Halifax

Yoga

Join Northwood yoga instructor Alicia Granger for an 'on the mat' vinyasa style class. This class is suitable for beginners, able to move around on their mat without or with limited support from a mobility aid. Chair modifications provided. Classes will be 45 minutes and will focus on a stretch and strength flow.

When: Tuesdays and Thursdays, 8:30am - 9:15am

Duration: April 7th to June 30th

Where: Joyce Bond Centre, Halifax Campus

Cost: Free

Fitness Centre Personal Training

Join our certified Personal Trainers for an educational 1:1 to enhance your daily workouts. In these personalized sessions you will learn technique, new exercises, and proper alignment. Open to all Fitness Centre Members. Registration required. Call for fees.

*Personal training offered at the Halifax and Bedford Fitness Centre.

Pilates

Join our certified Pilates instructor for a core strengthening mat class. This class is aimed at active adults who can get up and down from the floor with ease. Pre-registration is required.

- Instructor:** Ruth-Ellen Jackson
When: Mondays, 9:30am - 10:30am
Duration: April 20th - June 15th, no class May 18th
Where: Joyce Bond Centre, Halifax Campus
Cost: \$48, no drop in permitted

Conversation Club

Join the Conversation club and meet someone new or connect with friends. This is a friendly group where people can build community and support!

- When:** Tuesdays, 2:00pm - 3:00pm
Where: 2nd Floor Manor Dining Room

Scrabble Club

Come play scrabble! All levels of experience are welcome.

- When:** Wednesdays, 1:30pm - 3:00pm
Where: 2nd Floor Manor Dining Room

Mindfulness Group

Take some time to focus on you! Mindfulness helps manage stress, improve focus, and boost emotional well-being. In this group you will build community and tools to support your mind!

When: Wednesdays, 10:00 am

Where: Manor Meeting Space

Second Chances Program of Nova Scotia

The Second Chances Program of Nova Scotia is a community based music education program in Halifax and is registered as a non-profit organization with the province. The mission of the organization is to offer various levels of learning ensembles for the absolute beginner musician right up to the more advanced player. Founded in 2012 by Chris Ward, the Second Chances program has spent the last ten years focused on building its musical programming in two broad categories: concert bands and jazz bands.

When: Mondays, 7:00pm to 9:00pm

Where: Joyce Bond Centre, Halifax Campus

Instructor: Chuck Homewood

****Register through <https://www.secondchancesband-ns.com/>**

The Nova Scotia Second Chances Band Program is funded entirely through our membership fees. These fees are vital and are used to cover the cost of instruction, the purchase of new music and its distribution to the players, the purchase of new equipment, advertising expenses, insurance costs and the rental of both our practice and performance spaces. The cost to participate in the Second Chances Program is \$175 per four month season.

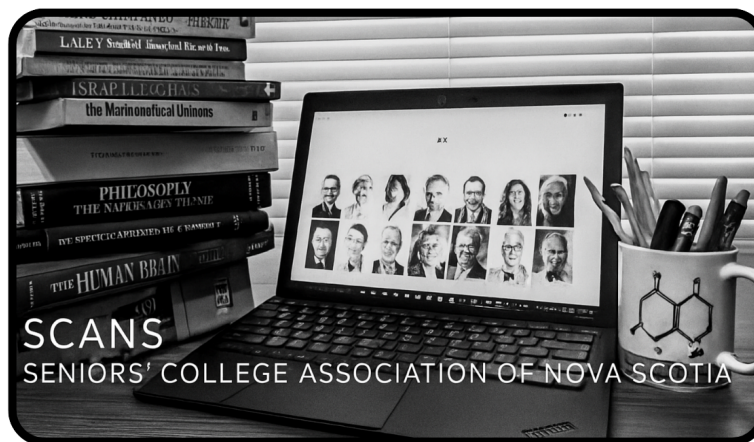
Tuesday

Join us for live music mentorship and performance series hosted every Monday from June 1st through August at Northwood's Harbourview Lounge. Led by renowned local musician Mike Cowie, the program brings together professional musicians, emerging young artists, residents, and the broader community through the power of live music. Join us for an evening of great music made possible with the generous support of the J&W Murphy Foundation.

When: Rehearsal takes place from 5:30–6:30 pm, followed by the live music program from 7:00–9:00 pm

Where: Harbourview Lounge

Cost: Free will donation at the door



Have you heard about the Seniors' College?
Join us for our 2026 Term

The Seniors' College Association of Nova Scotia (SCANS) is a volunteer-run nonprofit that offers engaging non-credit academic courses for lifelong learners aged 50 and up.

Classes are presented in person and some are also live streamed.

Visit www.theSCANS.org to learn more.



Bus Trip: Masstown Market

Take a drive out to Masstown market, shop around and grab some lunch. You don't want to miss their delicious baked goods. After lunch we will go across the street to the Masstown creamery and butchershop.

- When:** Wednesday, June 10
- Pick up:** 9:30am Halifax, 2630 Gottingen Street
10am Bedford, Community Centre Studio, 185 Gary Martin Drive
- Drop off:** 2:30pm Bedford, Community Centre Studio,
185 Gary Martin Drive 3:00pm Halifax, 2630 Gottingen Street
- Cost:** \$20 Member, \$45 Non-Member *lunch and shopping expenses not included

Bus Trip: A Trip Down Memory Lane

Join us for a day trip to Nova Scotia's scenic Eastern Shore. We will visit Memory Lane Heritage village, a museum depicting Nova Scotia in the 1940's. This bus trip includes a traditional "Chow" lunch.

- When:** Wednesday, July 8
- Pick up:** 9:00am Bedford, Community Centre Studio,
185 Gary Martin Drive 9:30am Halifax, 2630 Gottingen Street
- Drop off:** 2:15pm Halifax, 2630 Gottingen Street 3:00pm Bedford,
Community Centre Studio, 185 Gary Martin Drive
- Cost:** \$25 Member, \$50 Non-Member *lunch included

Bus Trip: Mahone Bay

Enjoy a scenic drive to one of Nova Scotia's picturesque towns. Stroll along the waterfront, explore local shops and sights.

When: Wednesday July 15

Pick up: 10am Halifax, 2630 Gottingen Street

Drop off: 3:45pm, Halifax, 2630 Gottingen Street

Cost: \$15 Members, \$25 Non-Member *lunch and shopping expenses not included

When: Wednesday July 22

Pick up: 10am, Bedford, Community Centre Studio, 185 Gary Martin Drive

Drop off: 3:00pm, Bedford, Community Centre Studio,
185 Gary Martin Drive

Cost: \$15 Members, \$25 Non-Member *lunch and shopping expenses not included

Bus Trip: Wolfville Farmers Market

Take a drive to the Valley as we visit the lively Wolfville Farmers' Market, where you'll have time to explore local vendors, fresh produce, baked goods, and handmade items. On the way back we will make a stop at Hennigar's Farm Market and flower u-pick. Sit back, relax, and enjoy a delightful day of local charm, fresh finds, and beautiful countryside views.

When: Saturday August 1

Pick up: 9:30am Halifax, 2630 Gottingen Street, 10:00am Bedford,
Community Centre Studio, 185 Gary Martin Drive

Drop off: 2:30pm Bedford, Community Centre Studio,
185 Gary Martin Drive, 3:00pm Halifax, 2630 Gottingen Street

Cost: \$15 Members, \$25 Non-Members *lunch and shopping expenses not included

Bus Trip: Peggy's Cove

Take a scenic drive out to Peggy's cove and see one of the most well known lighthouses in Nova Scotia. We will grab lunch at the Sou'Wester or pack a lunch and enjoy a picnic on the rocks!

When: Wednesday August 19

Pick up: 10:00am Halifax, 2630 Gottingen Street
10:30am Bedford, Community Centre Studio,
185 Gary Martin Drive

Drop off: 2:30pm Bedford, Community Centre Studio,
185 Gary Martin Drive, 3:00pm Halifax, 2630 Gottingen Street

Cost: \$15 Members, \$25 Non-Members *lunch and shopping expenses not included

Northwood
INTOUCH

NORTHWOOD INTOUCH

Always have a peace of
mind knowing that help is
at your fingertips.

CONTACT US TODAY!

902-492-3346
1-800-461-3346
www.northwoodcare.ca



Light Housekeeping • Yard Work • Leisure and Social Visits



prescott. | FREE Home Services for 65+

Call (902) 454-7387 and ask for "Home Services" to learn more.

Prescott Group is a member of the DirectioNS Council for Vocational Services.

Sponsored by Home Services Nova Scotia. Funded by the Province of Nova Scotia.

Art Classes with Jean

Calling all painters! These series of instructional artist studio times are for all experience levels of artists to work on their independent projects in a social, yet serious environment. Through the shared space, you will have the opportunity to learn new skills from the professional instructional artist, Jean L. Watson. Jean has over 40 years of artist experience. Through her instruction, you will have the opportunity to seek support on various skills. Supplies are not included.

Instructor: Jean Watson

When: Wednesdays, 1:00pm - 3:00pm

June 10 to August 12 (10 weeks)

September 9 to November 25 (12 weeks)

Duration: 10 weeks starting January 12th

Where: Bedford Studio Space, Bedford Campus

Cost: \$50, pre-registration required

Materials purchased at own expense

Chair Yoga with Weights

Experience a gentler approach to Hatha Yoga. Stretch and strengthen your body in standing, seated, and balance yoga postures. Breathing exercises and other mindfulness techniques will be used to promote relaxation, healing, and resiliency. Chair yoga has many benefits for participants with arthritis, high blood pressure, and anxiety. All levels and abilities welcome. Modifications and variations will be shown.

Instructor: Cathy Grad

When: Fridays, 10:00am - 11:00am

Where: Bedford Studio Space

Cost: Per session fee (pre-registration for each session required)

Session 4: May 8 to May 29 (4 classes \$20.00)

Session 5: June 5 to June 26 (4 classes \$20.00)

Session 6: July 3 to July 24 (4 classes \$20.00)

Session 7: July 31 to Aug 21 (4 classes \$20.00)

The William E. Frank Live More Park & Community Garden

Welcome to the Community Garden at Northwood Bedford Campus (123 Gary Martin Drive)! Whether you would like to grow your own organic vegetables, try out new seed varieties or learn new composting techniques, our Community Garden has space for you. Building on the success of our first few years, we have 42 newly installed beds available for spring and summer sowing, including six accessible units ready for all of your planting needs. A stocked tool shed will be available for all registered gardeners and there will be a host of events offered. Limited spaces available. Registration opens for new members on March 2. Beds available for use after opening event in April - TBA. For more information, please contact us by phone at (902) 454-3351, or email crec@nwood.ns.ca.

Where: 123 Gary Martin Drive, Bedford

Cost: \$60 per bed for the season

Functional Fitness

A gentle class using the chair, fitness exercises, yoga stretches, and core work. This class incorporates free weights, standing balance work, seated postures, breathing exercises, marching, dance breaks, body-weighted strength exercises, and a short meditation component. Great for all levels and abilities. Improve strength and balance, increase lung capacity, socialize and meet new people, and experience greater mobility. You'll leave class feeling revitalized and ready for your day!

- Instructor:** Cathy Grad
- When:** Wednesdays, 10:00am - 11:00am
- Where:** Bedford Studio Space, (pre-registration for each session required)
- Cost:** Per session fee (pre-registration for each session required)
- Session 4: May 6 to May 27 (4 classes \$20.00)
- Session 5: June 3 to June 24 (4 classes \$20.00)
- Session 6: July 8 to July 29 (4 classes \$20.00)
- Session 7: Aug 5 to Aug 26 (4 classes \$20.00)

Northwood
LIVE MORE

APARTMENTS FOR RENT

Now leasing at Northwood Manor, 2630
Gottingen Street, Halifax.

Contact:

Call Kim at (902) 401-2693 to learn more or
book your tour.



Roots to Resilience, Seeds of Success Mental Health & Wellness Program



At Northwood, we believe in nurturing both mind and body through creative, nature-based, programs. Roots to Resilience is a pilot project offered through the Seeds of Success program at Northwood's Bedford Campus. The pilot offers therapeutic gardening and wellness programs to support mental health through planting, harvesting, and time in nature. Our nature-based therapeutic art programs invite participants to explore creativity and self-expression. Together, these programs create opportunities for reflection, connection, and emotional well-being.

In addition to group programs, we offer support groups, opportunities for learning, and peer support over focused, short-term, sessions. These are offered during set times throughout the year, varying with each program season. Topics can include living with anxiety/ depression, grief & loss, adjusting to life in long term care, and more.

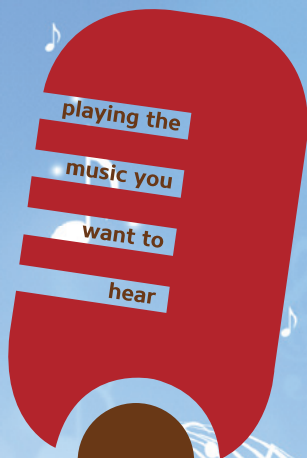
Through our therapeutic groups, we use several evidence-based approaches to equip you with tools to help you cope with or manage daily stressors; set meaningful goals; increase resilience; gain health literacy; self-advocate and develop therapeutic alliances; learn & practice self-care strategies, mindfulness, and more.

Interested participants and their carers can self-refer by contacting the Seeds of Success team at seeds@nwood.ns.ca or by calling 902-454-8311 ext. 3115

**Mental & Health
Foundation**
of Nova Scotia

Northwood
LIVE MORE

OUR KIND OF MUSIC



Northwood's Radio Station
Broadcasting Daily
10AM - 12PM

NWBC

Northwood Broadcasting Club

Channels 10 & 610 HD
on
eastlinktv



Northwood

LIVE MORE

www.northwood.care

Northwood

LIVE MORE

Northwood is Nova Scotia's original senior citizen advocate, dating back to 1962. As a not-for-profit organization, we re-invest our surpluses back into a caring community that helps our Northwood community live more. We are recognized both here at home and across Canada as an extraordinary example of the power of social justice.

We like to call it the power of love.

Northwood is a full spectrum health, lifestyle and continuing care organization.

Health, Fitness & Lifestyle Programs
and Services in your community

Home Care

Fall Alert & Other Assistive Technologies

Adult Day, specializing in memory loss

Affordable Retirement Living

Assisted Living

Long Term Care

On Campus Health, Fitness, Lifestyle
and Wellness Programs and Services

Northwood Foundation



Northwood Community
Recreation & Wellness
2615 Northwood Terrace
Halifax, NS B3K 3S5

Place address label here