

# Northwood PROGRAM GUIDE

COMMUNITY RECREATION & WELLNESS PROGRAMS

Winter 2026



## Contact

902-454-3351  
crec@nwood.ns.ca

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

[www.northwoodcare.ca](http://www.northwoodcare.ca)

 Northwood Live More

# REGISTRATION AND MEMBERSHIP

## 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
- Activity 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

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

# HALIFAX PROGRAMS

## Harbourview Live Entertainment Evenings

We are excited to bring live entertainment back to the halls of Northwood this Winter. 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 Monday of Every Month

7:00pm – 8:30pm, Bar Opens 6:30

**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

# HALIFAX PROGRAMS

## 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 Thursday, pending vendor availability. Tables are \$25. Please email [crec@nwood.ns.ca](mailto:crec@nwood.ns.ca) or call 902-454-3351 for more information.

**When:** Monday-Thursday, 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. Every 3 weeks, starting Jan. 26 (Mar. 9, 30, Apr. 20, May 11, June 1, 22). No meeting February 16.

**Where:** 2nd Floor Manor Dining Room

## Free Tax Clinic

Through the Community Volunteer Income Tax Program (CVITP), Northwood will host a free tax clinic where volunteers complete tax returns for people with a modest income and a simple tax situation. Registration required.

**When:** Register by Feb 28, clinic date and times will be given upon registration

**Where:** Halifax Campus

# HALIFAX PROGRAMS

## Seniors Care Grant

The Seniors Care Grant helps low-income seniors with the cost of household services (like lawn care, snow removal, grocery delivery, transportation, small home repairs and phone service), healthcare services (like physiotherapy, footcare and mental health support) and home heating. Grants are \$750 for each household.

**Call to Book an appointment for assistance in applying. 902 454 3351**

## Yoga

Join yoga instructors for a slow flow with modifications to adapt to all levels of yoga experience. Classes will focus on a stretch and strengthen flow.

**Instructors:** Alister Wright and Kayla Dunphy

**When:** Tuesdays, 9:00am - 9:45am  
Thursdays, 8:30am - 9:15am

**Duration:** - Mar 31

**Where:** Northwood Activity Centre, Halifax Campus

**Cost:** Free

## Fitness Centre Personal Training

Join our certified personal trainers for an educational one on one session 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.

# HALIFAX PROGRAMS

## 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:** Jan. 5 - Mar. 16, no class Feb. 16, Mar. 30 - Jun. 15, no class  
Apr.6 or May 18

**Where:** Northwood Activity Centre, Halifax Campus

**Cost:** \$60, no drop in permitted

## Bar Social Nights

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

**When:** Every Monday, Closed February 16  
6:30 – 8:30pm

**Where:** Harbourview Lounge, Halifax Campus

**Cost:** Free

# HALIFAX PROGRAMS

## Darts

Northwood community recreation and wellness is looking for Darts players to play some darts with our local community. We have dart boards and a spacious activity center. If you are interested in forming a league call or email Community Recreation and Wellness (902) 454-3351 or [crec@nwood.ns.ca](mailto:crec@nwood.ns.ca) for more information.

**Where:** Northwood Activity Centre, Halifax Campus

## Boccia

Boccia games are facilitated in partnership with Easter Seals. Welcome to experienced and new players alike.

**When:** Tuesdays, 6:30pm (excludes last Tuesday of every month)

**Duration:** Feb. 3 - Apr. 21

**Where:** Northwood Activity Centre, Halifax Campus

**Cost:** Free

## Saint Patrick's Day

The Luck of the Irish is found at Northwood on St. Patrick's Day. Featuring live music, prizes, snacks, and a cash bar.

**When:** Tuesday, Mar. 17, 7:00 - 9:00pm

**Where:** Harbourview Lounge, Halifax Campus

**Cost:** \$8

# HALIFAX PROGRAMS

## Happy Hearts Dance

With a theme of Valentine's Day, this dance will give you a happy heart. With live music, prizes, snacks and a cash bar. Call to reserve your tickets!

**When:** Saturday, February 14, 7:00 - 9:00pm

**Where:** Harbourview Lounge, Halifax Campus

**Cost:** \$8

## Irish Music Nights

Join local musician Ellen Gilling 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

**Where:** Harbourview Lounge, Halifax Campus

## Paint & Sip

Follow a local artist and learn to paint nature and scenic landscapes. Suitable for beginners. Bar is open.

**When:** TBD, contact for dates

**Where:** Harbourview Lounge, Halifax Campus

**Cost:** \$8



# HALIFAX PROGRAMS

## Communities in Mocean - Older Adults Centre Stage

This winter join dance artists from the local dance company Mocean Dance to expand your dance practice and engage in a creative process. Together you will engage in artful play, explore storytelling through dance and drama tools, move together in community and create your own choreography and group dance together. Older adults, retirees, and seniors will contribute their stories, ideas, and more, as you work towards the final presentation day to share the new dance creation. This is a ten-week program, drop-ins are welcome but attending each week is recommended. Adult Day Program participants, the extended community, and Northwood Residents are all welcome. This activity group will develop into a spring performance opportunity on March 28 (Northwood) and April 1 (Central Library)!

**When:** Mondays, 10:45 - 11:30am, Jan 12, 19, 26, Feb 2, 9, 23,  
Mar 2, 9, 16, 23

**Where:** Northwood Activity Centre, Halifax Campus

**Cost:** No cost

MOCEAN  
DANCE

## Communities in Mocean – Live Dance Performance

A free concert of contemporary dance led by Mocean Dance. Members of the community from Northwood and the Central Library will perform their new community creation and professional artists will share dance works and perform in an afternoon beauty, grace, joy, and expressive movement. This show will perform twice, the first at Northwood Halifax campus and the second at the Halifax Central Library O'Regan Hall.

**When:** March 28, 2:00pm, April 1 , Halifax Central Library Paul  
O'Regan Hall

**Where:** Northwood Activity Centre, Halifax Campus

**Cost:** No cost

MOCEAN  
DANCE

# HALIFAX PROGRAMS

## 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. But this coming fall they are excited to announce they will be branching out to include both a pop/show choir called the Second Chances Singers, as well as a brand new string orchestra program.

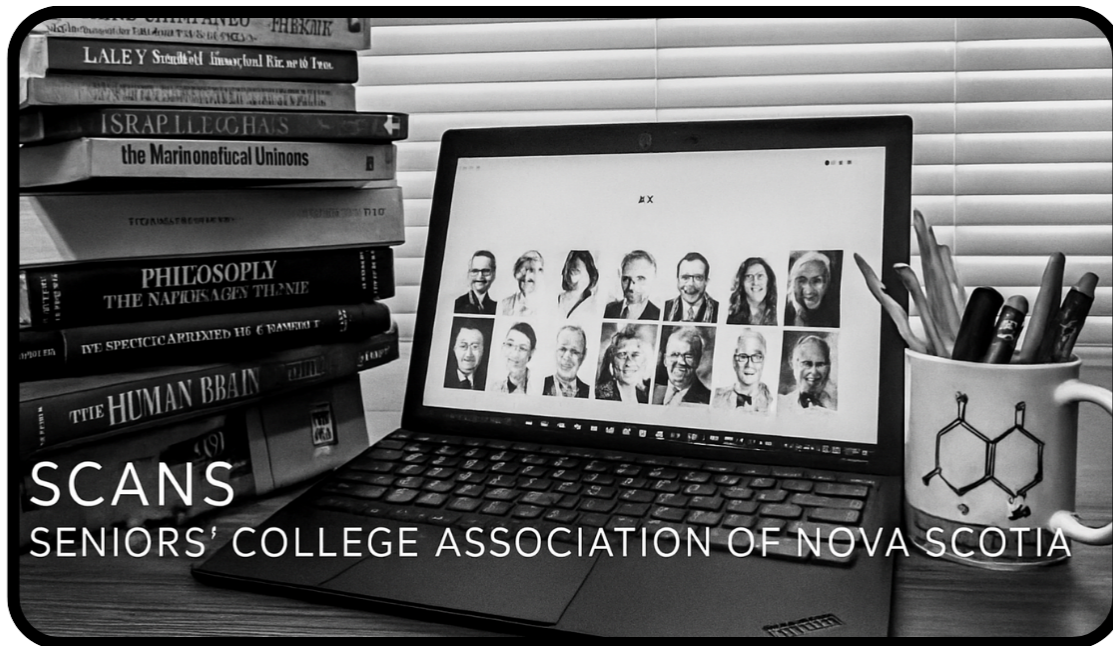
**When:** Mondays, 7:00pm to 9:00pm

**Where:** Northwood Activity 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.



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](http://www.theSCANS.org) to learn more.



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# NORTHWOOD INTOUCH

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Prescott Group is a member of the DirectionNS Council for Vocational Services.  
Sponsored by Home Services Nova Scotia. Funded by the Province of Nova Scotia.

# BEDFORD PROGRAMS

## 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  
**Duration:** 10 weeks starting January 12th  
**Where:** Bedford Studio Space, Bedford Campus  
**Cost:** \$50, pre-registration required  
Materials purchased at own expense

## Chair Yoga

Join us for a dynamic 45-minute Vinyasa flow class. This class will focus on a stretch and strengthen approach using seated and standing yoga postures. We will incorporate breathwork with our movement to support your yoga practice. No previous experience needed. Modifications will be provided.

**Instructor:** Kayla Dunphy  
**When:** Mondays, 9:00am - 9:45am  
**Where:** Bedford Studio Space  
**Cost:** Per session fee (pre-registration for each session required)  
Session 1: Jan. 12 - Feb. 9 (5 classes \$15.00)  
Session 2: Mar. 2 - Mar. 30 (5 classes \$15.00)

# BEDFORD PROGRAMS

## 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 1: Jan 16 – Feb 20 (6 classes \$30.00)

Session 2: Mar 13 – Mar 27 (3 classes \$15.00)

Session 3: Apr 10 – May 01 (4 classes \$20.00)

Session 4: May 08 – May 29 (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](mailto:crec@nwood.ns.ca).

**Where:** 123 Gary Martin Drive, Bedford

**Cost:** \$60 per bed for the season

# BEDFORD PROGRAMS

## 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 1: Jan 14 – Feb 18 (6 classes \$30.00)

Session 2: Mar 11 – Apr 01 (4 classes 20.00)

Session 3: Apr 08 – Apr 29 (4 classes \$20.00)

Session 4: May 06 – May 27 (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.

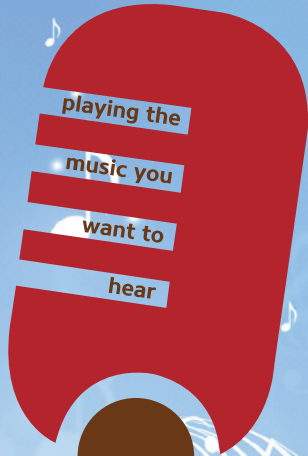
Through our therapeutic groups, we use several evidence-based approaches to equip you with tools to help you cope with or manage daily stressors; set meaningful goals; increase resilience; gain health literacy; self-advocate and develop therapeutic alliances; learn & practice self-care strategies, mindfulness,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

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

**Mental & Health  
Foundation**  
of Nova Scotia

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# OUR KIND OF MUSIC



Northwood's Radio Station  
Broadcasting Daily  
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**NWBC**  
*Northwood* Broadcasting Club

Channels 10 & 610 HD  
on  
**eastlinktv**



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[www.northwood.care](http://www.northwood.care)



LIVE MORE

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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.**

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**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



LIVE MORE

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

Place address label here

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**Northwood Corporate Office** Suite 1 South, 130 Eileen Stubbs Ave, Dartmouth, Nova Scotia B3B 2C4

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