

# 55 + Community Programs



Fall in Thunder Bay

## Thunder Bay 55 Plus Community Programs

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### **Bocce Ball**

**Date:** Every Wednesday from September 26 to December 25

**Time:** 1:00pm-2:30pm

**Location:** Da Vinci Centre

**Fee:** \$2.00 drop in, everyone 55 + is welcome

### **Pottery Workshop**

**Date:** Thursday, September 20, 27 and October 4 & 11

**Time:** 11:00am-1:00pm

**Location:** Baggage Building

**Fee:** \$150 plus tax

**Registration required**—call or go to the Baggage Building to sign up today!

### **Fluid Acrylics**

#### **Level 1 Fluid Acrylics**

**Date:** Monday, October 29

**Time:** 10:00am-12:00pm

**Location:** Thunder Bay 55 Plus Centre, Craft Room 2

**Fee:** \$34.00 **Registration required** - **Code:** 401188

#### **Level 2 Fluid Acrylics**

**Date:** Tuesday, November 6

**Time:** 1:00pm-3:00pm

**Location:** Thunder Bay 55 Plus Centre, Craft Room 2

**Fee:** \$34.00 **Registration required** - **Code:** 401189

**Description:** Please wear old clothing, fluid acrylics is a messy project. Learn to manipulate the flow of acrylics, no drawing, no paint brushes involved, super easy, relaxing & FUN !



**fun active babes**

ages 55-70+ active thunder bay women's community



## **Pilates with Fun Active Babes**

**Date:** Wednesday, September 19

**Time:** 11:55am-1:30pm

**Location:** Ross Pilates

**Fee:** FREE!

**Registration Required—code:** 398638

## **Hike and Bird Watching with Fun Active Babes**

**Date:** Wednesday, October 10

**Time:** 9:00am-11:00am

**Location:** Mission Marsh

**Fee:** FREE!

**Registration Required—code:** 398640

## **MOKSHA Heated Yoga with Fun Active Babes**

**Date:** Thursday, November 15

**Time:** 1:30pm-2:15pm

(please arrive 15 minutes early, door will be locked at 1:30pm, no late arrivals)

**Location:** Oliver Road Lakehead University Field house

**Fee:** FREE!

**Registration Required—code:** 398639



## **Recreation Programs throughout the City of Thunder Bay**

**Fort William Historical Park** Fort William Historical Park, 1350 King Road

### **Fort Under Siege**

Saturday, August 18 and Sunday, August 19 from 1am-5pm

Cost: Adult \$14, Student \$12, Senior \$12, Youth ages 6-12 \$10, children under 5 are FREE!

Get pulled into the action! Experience the dramatic confrontation between two mighty rivals, the North West Company of Montreal and the Hudson's Bay Company of England. Their violent struggle to dominate the North American fur trade has brought the Hudson's Bay Company forces, led by Lord Selkirk, to Fort William's gates. Re-enactors from Canada and the U.S. bring this gripping chapter of our history to life.

## **Thunder Bay Public Library**

### **Northern Nature Trading**

**Date:** September 8, 2018

**Time:** 10:00 M –4:00pm

**Description:** The original dedicated home of the Fort William Public Library will be a featured site in Thunder Bay's 2018 Doors Open event. Participants can look forward to displays about the building and organizational history, self guided tours, a free guided tour at 2pm, a children's activity, and light refreshments (while supplies last). **Library:** Brodie Resource Library

### **Skill Building Crafternoons**

**Date:** 9/15/2018

**Time:** 2:30 PM -4:30 PM

**Description:** Come in and learn a variety of ways to cast on your knitting projects. Never cast on? Not to worry we'll get you started with a simple cast on. Hoping to learn something new? We can try out German twisted cast-on or Judy's magic cast on among others. If you want to come and knit, crochet, felt, do needlecraft, papercraft, scrapbooking, or another craft I'm thinking of please feel free to join us. We'll have coffee, tea, large table to work at, and most importantly good company.

**Library:** Waverley Resource Library

**Location:** Auditorium

### **Changing the World**

**Date:** 9/29/2018

**Time:** 2:00 PM - 4:00 PM

**Description:** Dr. Pauline Sameshima, Lakehead's Canada Research Chair in Arts Integrated Studies, will offer a talk at the Mary J. L. Black Branch Library. Using research projects as examples, this talk looks at how creative making develops understanding and a better world. When we imagine, make, and gift, we construct a future and a past of love.

**Library:** Mary J.L. Black Library **Location:** Community Program Room

## St. Paul`s United Church

### **Consortium Aurora Borealis Concert**

**is thrilled to present “The Glorious Gryphon”, a concert by Toronto’s renowned Gryphon Trio.**

**Date:** Saturday, September 29, 2018

**Time:** 8:00 pm

**Location:** St. Paul`s United Church, 349 Waverley Street, Thunder Bay.

An informative pre-concert talk by pianist Jamie Parker will be held at 7:30 p.m.

The church is handicapped-accessible (elevator).

**Admission:** \$15 adults and seniors, \$10 students, at the door. Children under 12: free.

For more information please call 577-4928.

## Intercity Shopping Centre

### **Intercity Mall in partnership with Thunder Bay District Health Unit**

Intercity Shopping Centre, 1000 Fort William Rd.

**Intercity Mall walk:** Monday to Saturday from 7:30-11:00am.

Registration: Customer Service Centre at Intercity, located at the food court entrance

## Vanderwees Garden Gallery

**Date:** Saturday and Sunday, November 3 & 4

**Time:** 11am-5pm

for more information please call 767-3666

## Valhalla Inn

### **Tis the Season Show**

**Date:** Sunday, November 4

**Time:** 11am—4pm

**Location:** Valhalla Inn, 1 Valhalla Inn Road

Inspire your holiday celebrations with a magical afternoon of exhibits, samples, fashion shows, shopping and workshops at ?Tis the Season Show and Shop at the Valhalla Inn! Thunder Bay’s first holiday entertaining show features Thunder Bay’s leading experts in fine foods, cocktails, fashion, home decor and gifting gifts gathered together for an afternoon to delight and inspire thousands of visitors with fashion shows, demonstrations, samples and featured inventory available for purchase. <http://tbchamber.ca/event/tis-the-season-show-and-shop/>



## **Marina Park**

### **Kidney Walk**

**Date:** Sunday, September 16

**Time:** Register at 10am, warmup at 10:45am, start time at 11:00am

**Location:** Marina Park, Registration at the Tai Chi Park

Walk distance is 2km or 5km

**About This Walk:** Walk for someone you love at the Kidney Walk and become part of Canada's largest community event dedicated to raising funds for kidney research and programs that help support Canadians living with kidney disease.

Raise \$100 or more and receive a Kidney Walk T-Shirt

Raise \$1000 or more and become a Kidney Walk Champion

**For more information please contact: 1-800-387-4474 or [kidneywalk@kidney.ca](mailto:kidneywalk@kidney.ca)**

### **Festival of Colours**

**Date:** Sunday, September 9

**Time:** 3:00pm

**Location:** Marina Park

**Cost:** varies depending on colours purchased

All ages welcome

Visit [www.festivalofcolours.ca](http://www.festivalofcolours.ca) for more information  
registration required.

## **Da Vinci Centre**

### **Bocce Ball Tournament**

**Date:** Friday, September 21

**Time:** 1:00-7:00pm

**Registration required by September 17, 2018 for teams, cost \$200 per team**

Please contact the Da Vinci to register.

## **Boulevard Lake**

### **ALS Walk**

**Date:** Saturday, September 22

**Time:** 10:00am-1:00pm

**Registration required:** location for registration—St. Ignatius High School, 285 Gibson Street

Registration opens at 9:45am, opening ceremony at 10:30am, walk starts at 11:00am

**Walk location:** Boulevard Lake

Registration link—[www.walkforals.ca](http://www.walkforals.ca)

## **Parks (City of Thunder Bay) Seasonal Activities**

**[www.thunderbay.ca/parks](http://www.thunderbay.ca/parks). Call 625-2941**

For a City of Thunder Bay trail map go online to [www.thunderbay.ca/parks](http://www.thunderbay.ca/parks)

**Boulevard Lake:** Walk, bike or wheel on the path around the lake.

**Chapples Park:** Enjoy a 2 km flat loop for walking, Nordic walking or in-line skating. **Directions:** Take Edward Street south of the Harbour Expressway and turn east onto Redwood Ave. Cross the floodway and you are in the park. The road is one-way with designated parking areas.

**Chippewa Park** walk along Sandy Beach Road from the main park to Sandy Beach for a great view, a sand beach and see the waves from Lake Superior. **Directions:** Park at main beach parking lot or drive to Sandy Beach along Sandy Beach Road. There's a small parking lot on the road.

**Cowan Park** hike along some short trails in this natural environment park that takes you to a manmade pond at the base of the Norwester Mountains. **Directions:** Take Mountain Road west of 15th Side road and turn south on Coppin Road. The park is at the end of the road on the right hand side. Note, there is no parking on the cul-de-sac part of the road. Park down the street and walk up.

**Fisherman's Park:** fish at the mouth of the Current River and be close to the impressive size of the grain elevators. **Directions:** Take Cumberland Street to Grenville Avenue, turn south, and then turn west on Shipyard Dr. And then turn south on Fisherman's Road.

### **VON Canada – Seniors Exercise & Falls Prevention (Various locations)**

Call 707-4276 for more information - <http://www.von.ca/> - for upcoming events

**FREE** Castlegreen Cooperative (213 Castlegreen Drive), Monday & Friday @ 2 pm

**FREE** Current River Recreation Centre (450 Dewe Avenue), Mondays & Thursday @ 1 pm

**FREE** Hilldale Lutheran Church (321 Hilldale Road), Wednesday & Friday @ 10 am

**FREE** Jumbo Gardens Community Centre (330 Toivo Street), Monday & Friday @ 2 pm

**FREE** Our Saviour's Lutheran Church (10 Farrand Street), Tuesday & Thursday @ 3 pm

**FREE** West Thunder Community Centre (915 S. Edward Street), Tuesday, Wednesday & Thursday @ 12pm

### **Walking Tours of Thunder Bay**

Self-guided tours designed for visitors and residents of Thunder Bay, experience the rich heritage and architecture while enjoying the beautiful nature of TBay. Visit places like; McVicar Creek/ Har-





## Inclusion Services

Inclusion Services facilitates the inclusion of individuals with disabilities, in the City of Thunder Bay’s recreation programming. If you are interested in participating in activities at the 55 Plus Centre, or other City run programming, and need extra assistance please call 625-3220 or visit our website at [www.thunderbay.ca/IS](http://www.thunderbay.ca/IS).

## PAL (Personal Attendant for Leisure) Card

The PAL Card is issued to an individual who has a disability and it enables their support person to enter certain recreation facilities free of charge. The PAL Card is free and eligibility is based on references. You can find the application and the list of acceptors at [www.thunderbay.ca/PAL](http://www.thunderbay.ca/PAL). If you have questions or would like an application mailed, call 625-3220.

## Recreation 55 Activators

As an activator, you are a role model for others. Lead walks, host events, make a difference. Pack more oomph into your day as a Recreation 55 Activator volunteer.

To apply call 625-3135 or go to [www.thunderbay.ca/55plus](http://www.thunderbay.ca/55plus).


Contact your community Centre's, bowling alleys, fitness clubs or other facilities to enquire about 55 plus leagues and activities. Get Involved! This list is a portion of the positive recreation opportunities offered by non-profit agencies.

ACTIVE 55 is a publication of the City of Thunder Bay Recreation & Culture Division Older Adult Unit. It provides a taste of Thunder Bay’s recreation options for people 55 plus. The information in ACTIVE 55 has been collected to give people 55 plus a point of contact to various municipal and non-profit recreation providers. Although every effort has been made to ensure its accuracy, program changes occur regularly and users are encouraged to contact the providers directly and verify the program details they are interested in. Any errors will be corrected in future editions.

**FREE** means FREE program – there is no charge to participate.

● means open to ALL ages, but of particular interest to people 55 to 105 plus!

For more information, contact the Thunder Bay 55 Plus Centres at 684-3066 or [55plusinfo@thunderbay.ca](mailto:55plusinfo@thunderbay.ca). For an online version of ACTIVE 55, go to [thunderbay.ca/55plus](http://thunderbay.ca/55plus)

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A Taste of Thunder Bay’s  
Recreation Options for People 55 Plus

A Publication of the  
City of Thunder Bay  
Recreation & Culture Division,  
Older Adult Unit

