

55 + Community Programs



Winter in Thunder Bay

Thunder Bay 55 Plus Community Programs

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Bocce Ball

Date: Every Thursday, January 17 to April 25
Time: 1:00 p.m. - 2:30 p.m.
Location: Da Vinci Centre
Fee: \$2.00 drop-in. Everyone 55 + is welcome.

Snowshoe 55 Club

Date: Every Monday, January 7 to 28, as well as February 4, 11, and 25
Time: 3:00 p.m. Please arrive at 2:30 p.m. to sign in and be fitted for snowshoes, if needed.
Location: Kamview Nordic Centre, 851 20th Side Rd.
Fee: Trail Pass is \$6.00. Snowshoe rentals available for \$10 plus tax.

SKI 55 Club - Beginners Welcome!

Date: Thursdays - Feb 7, 14, 21, and 28 (weather permitting)
Time: 3:00 p.m. Please arrive at 2:30 p.m. to sign in and be fitted for skis, if needed.
Location: Kamview Nordic Centre, 851 20th Side Rd.
Fee: Trail pass is \$8.00. Ski rentals available for \$10 plus tax.

Superior Hearing 55 Plus Walks - Proudly Sponsored by Superior Hearing

Date: Every Tuesday, January 15 to April 9
Every Friday, January 18 to April 12
Time: Tuesdays 2:00-3:00 p.m. & Fridays 10:00-11:00 a.m.
Location: Lakehead University Field House, 955 Oliver Rd.
Fee: **Free.** Proudly sponsored by Superior Hearing.



Thunder Bay 55 Plus Community Programs

Retirement Explorers

FREE!!

Date: Every Friday from January 11 to April 26, 2019

Time: 1:00 to 2:30 p.m.

Location: Mary J L Black Library

Proud partnership with Thunder Bay Public Library

Join others who are retired or thinking of retirement to discuss things to do and places to go in Thunder Bay. Make connections with new people and explore the benefits retirement has to offer. Each week is a new activity and a new topic. **For more information, please call 807.625-3135**

Wit Knits

FREE!!

Date: Every Thursday from January 10 to April 25, 2019

Time: 1:30 to 3:00 p.m.

Location: Mary J L Black Library

Proud partnership with Thunder Bay Public Library

If you're 55 or better and have knitting, crochet, or embroidery projects you are working on and enjoy meeting new people in a social setting, then the Wit Knits are the group for you! **For more information, please call 807.625.3135.**

55 Plus Winter Workshops

Rustic Bird Feeder

Date: Monday, February 4

Time: 10:00 a.m. to 12:00 p.m.

Location: Thunder Bay 55 Plus Centre

Fee: \$45

Registration Required - Code: 402650



Rustic Bread Making

Date: Monday February 25 & Wednesday March 6

Time: 11am –2pm

Location: West Arthur Community Centre

Fee: \$51 Registration required—Code: Feb 25, 402645, Mar 6, 402646

Cooper & Stone Jewelry

Date: Wednesday March 20th

Time: 1-3:30pm**Location:** 55 Plus Centre

Fee: \$50, Registration required—Code: 402651



Sunday Music Program, 55 Plus Centre

When: Every Sunday from 2pm-3:30pm

Where: 700 River Street

Cost – FREE! Donations greatly appreciated

Who: Sunday November 25th – Kam Valley Fiddlers

Sunday January 20th – The Model A's

Sunday January 27th – Brother John duo

Sunday February 3rd – Rusty Notes & Company

Sunday February 10th – Zorya Ukrainian Dancers

Sunday February 17th - Rod Delaney

Sunday March 3rd - TBD

Sunday March 10th - Spirit of Dance

Sunday March 17th - Rod and Arnie

Sunday March 24th - Dulcisono

Sunday April 14th - Chuck Abbey





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



Rummoli with Fun Active Babes

Date: Thursday, Jan 31

Time: 1pm to 3pm

Location: 55 Plus Centre

Fee: FREE!

Registration Required—code: 402644

Sleigh Ride with Fun Active Babes

Date: Thursday, Feb 14

Time: 12pm to 3pm

Location: Gammondale Farms

Fee: FREE!

Registration Required—code: 402643

Women's Self Defense with Fun Active Babes

Date: Thursday, Mar 28

Time: 7-8pm

Location: 55 Plus Centre

Fee: FREE!

Registration Required—code: 402689

FAB Bocce

Date: Wednesdays, Jan 16 to April 24th

Time: 1-2:30pm

Location: Da Vinci Centre

Fee: \$2.00 Drop In fee



Thunder Bay Public Library

do drop-in Crafternoons one Saturday per month (currently at Waverley), book clubs at all four branches (they usually register in the fall), craft programs on a registration basis, Northwestern Ontario Writers Workshop programs (both nights where they share writings and workshops), plus a number of other one off programs depending on what members of the public have approached us for/staff have developed.

Book Clubs at the Library You're invited to join one of our book clubs!

***Brodie Book Club**

Upcoming sessions start at 7 o'clock and are held in the Community Room. Tea, coffee and snacks are provided.

For more information, please email Rosemary at brodiebookclub@tbpl.ca or phone her at 345-8275 ext 7260 Our next meeting is scheduled for: January 8th

Casual Clerisy Club

Waverley Library Auditorium

Second Tuesdays of the month at Noon.

Bring your lunch and join in this noon-hour book club.

***County Park Book Club**

2pm-3pm in the Study Room

Coffee, tea and snacks provided.

If you are interested in joining, please email cparkbookclub@tbpl.ca

MJLB Evening Book Club

Mary J.L. Black Community Program Room

Third Tuesdays of the month at 7pm (6 pm July/August)

Gather with other book lovers to discuss great books. It's free to join and the books are provided.

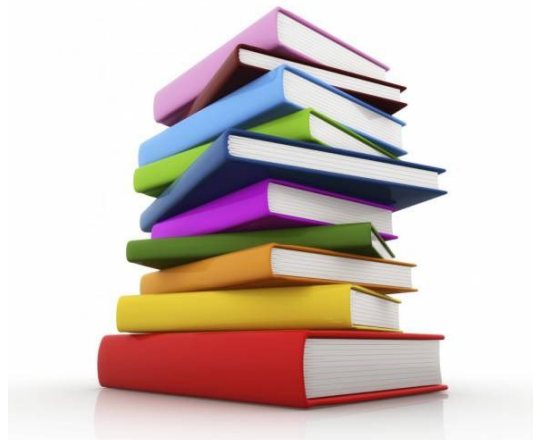
Coffee, tea and snacks included. If you are interested in joining, please call Helen at 345-8275 ext. 7300 or email bookclub@tbpl.ca

Waverley Book Club

Waverley Auditorium

Third Wednesdays of the month @ 7pm (6 pm July/August)

Please call Vania at 345-8275 or wavbookclub@tbpl.ca if you would like to join.



[Recreation Programs throughout the City of Thunder Bay](#)

Ignite the Fort

December 8th & 9th, 2018

Ignite the Fort - 2:00pm to 7:00pm

Star of Bethlehem - 7:00pm to 9:00pm

Ignite the Fort is a new family event celebrating the holiday season. Experience a holiday activity filled journey back in time. Join us afterwards in the David Thompson Astronomical Observatory for the Star of Bethlehem. Learn about the many theories on the creation of this bright object in the night sky. All Ignite the Fort ticket holders receive \$5.00 to \$3.00 off of Star of Bethlehem tickets. Two perfect activities for the holiday season!

Voyageur Winter Carnival

February 16th, 17th & 18th, 2019

11:00am-5:00pm, daily

A weekend of winter fun awaits the whole family at Fort William Historical Park's Voyageur Winter Carnival. Come out and enjoy our giant snow maze, tubing and sliding hills, skating, winter games and activities, carnival games and contests, indoor and outdoor entertainment, and more!

Norwest Community Healthcare Services

Located at 525 Simpson Street

Various FREE exercise programs offered to seniors. Wheelchair accessible. Programs included yoga chair exercises, mindful movement and more!

For more information call Debbie Ward at 807-626-7861

Marina Park

Winter Fun Days!

Every Sunday from 2:00pm - 4:00pm, December 30, 2018 - March 17, 2019,

We embrace winter by taking part in a different fun outdoor activity for FREE. After enjoying the Winter Funday activity outside, visitors can warm up with a creative activity inside the Baggage Building Arts Centre!

SnowDay

Date: February 18th 2019

Free celebration of all things winter that takes place annually on Family Day at Marina Park. SnowDay has been named one of Festivals and Events Ontario's Top 100 Festivals. SnowDay is centered around outstanding professional snow sculptures and features activities and entertainment for all ages. There are opportunities to participate in uncommon winter sports, learn snow carving, play modern and traditional winter games and go skating.



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

Fit For Life 55 Plus - Bodymind Centre

Offers a complete workout targeted to seniors

Classes are held at the BodyMind Centre on Villa St

Teaches corrective posture awareness, breathing techniques, core strengthening, and balance challenge with functional exercises

Offers a complete workout targeted to seniors

105 Villa Street #8, 344-1628

The Body Mind Centre offers Meditation every Sunday 9-10:30am, by donation.



Parks (City of Thunder Bay) Seasonal Activities

www.thunderbay.ca/parks. Call 625-2941

For a City of Thunder Bay trail map go online to 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

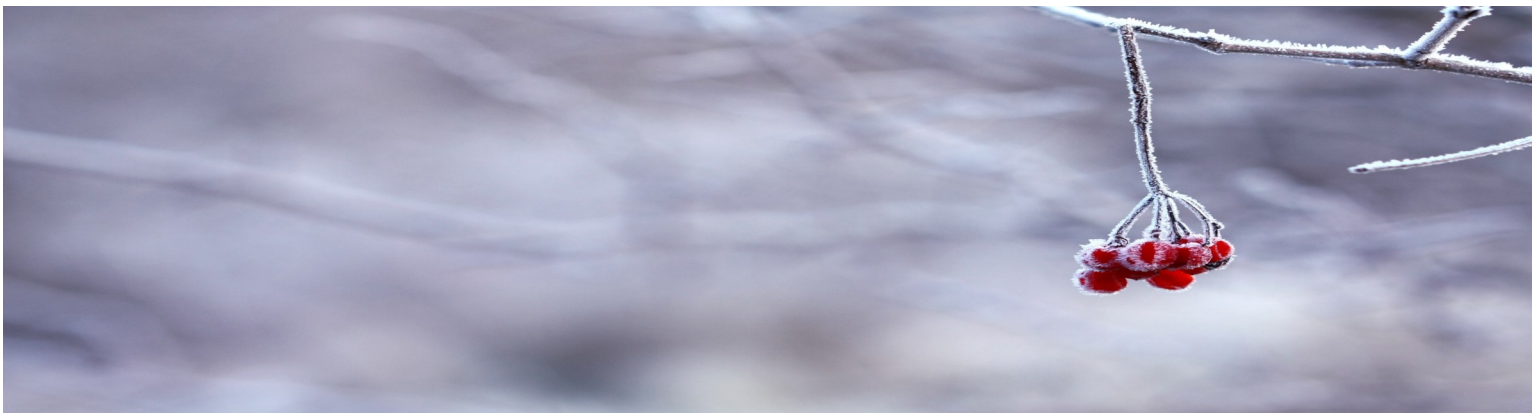
FREE Our Saviour's Lutheran Church (10 Farrand Street), Tuesday & Thursday @ 3 pm

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/ Harrington Court, Thunder Bay South and North, Vickers Park Area etc.

You can download many different tour maps on www.thunderbay.ca



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.

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. 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. For an online version of ACTIVE 55, go to thunderbay.ca/55plus

 Like us on Facebook!



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


CITY OF
Thunder Bay
Superior by Nature
RECREATION & CULTURE DIVISION