



**September 2021**

Thunder Bay 55 Plus Centre, 700 River Street  
684-3066 [www.thunderbay.ca/55plus](http://www.thunderbay.ca/55plus)

*Pursuing Life!*



**Daily Activities, Drop In**

Nominal fee applies to all.

Activities are subject to change based on special activities and events.

**Monday**

- 1 pm - Guitar Jam
- 1 pm - Painting (Sept-June)
- 1 pm - Line Dancing Beg. (Sept-May)
- 2 pm - Line Dancing Beg. Plus (Sept-May)

**Tuesday**

- 12:15 pm - Badminton
- 1 pm - Quilting
- 1 pm - Rug Hooking (Sept-June)
- 5 pm - Pickleball
- 5:30 pm - Sewing Needle Arts (1st & 3rd)

**Wednesday**

- 12:45 pm - Floor Shuffleboard
- 3 pm - Pickleball (Sept-May)

**Please note there will be limited spaces in the above drop in activities. It will be on a first come, first serve basis.**

**Thursday**

- 9 am - Watercolours Painting (Sept-June)
- 9:30 am - Knitting & Crochet
- 1 pm - Oil & Acrylic Painting
- 1:30 pm - Badminton
- 2 pm - Swedish Weaving
- 5 pm - Evening Quilting

**Friday**

- 9:30 am - Quilting
- 12:15 pm - Badminton
- 2:15 pm - Floor Curling

**Spots Open In Our Registered Fall Evening & Weekend Programs**

Registration for Fall Programs is on now. There are still lots of openings available in our evening & weekend classes. To register you can call the hotline, 625-8463 or register online at [cityofthunderbay.perfectmind.com](http://cityofthunderbay.perfectmind.com). **Classes begin the week of September 13.** Check online or our main bulletin board for more information. We look forward to seeing you this Fall! **No Punch Cards Accepted at this Time**

- Strength in Motion (Code: 2415), Wed, 5 - 6 pm
- Evening Yoga (Code: 1365), Mon & Wed, 6:30 - 7:30 pm
- Evening Energizer (Code: 1331), Mon & Thurs, 5:15 - 6:15 pm
- Solid Gold Fitness (Code: 1622), Wed, 5:15 - 6:15 pm
- Getting Into The Core (Code: 1611), Tues & Thurs, 6:30 - 7:30 pm
- Yoga on the Ball (Code: 1404), Tues, 5 - 6pm
- Simply Stretching (Code: 1333), Sat, 9:30 - 10:30am
- Fusion Fitness (Code: 1334), Sat, 11 - 11:45am
- \*NEW\*** Functionally Fit (Code: 2233), Wed, 11:30 - 12:30pm

**ENGAGING • EXCITING • ENERGIZING**

**Celebrating 30 Years of Service!!**



**Wednesday, September 29**

**Time:** 11 am - 3 pm

The Centre will be celebrating 30 years of service & friendship in Thunder Bay with a free BBQ and festive ceremony.

**Registration is required. Call 684-3066 between September 8 - 22 to reserve your spot. Limited spots available.**

**\*\*If you sign up and then are unable to attend, please call us and let us know so we can take you off the list and fill that spot.\*\***

**30th Anniversary Car Show**

The Thunder Bay 55 Plus Centre invites you to our 30th Anniversary Car Show

**Friday, October 1**

**Time:** 6 - 8 pm

700 River Street Parking Lot

Come on down and check out some classic and vintage cars being displayed in our parking lot!



**The Centre will be Closed on the following statutory holidays:**

**Monday, September 6 - Labour Day &**

**Thursday, September 30 for National Day of Truth & Reconciliation**



Congratulations to 55 Plus Volunteers **Crystal Kell** and the late **Elsie Koivisto** on their **Citizens of Exceptional Achievement 50th Anniversary Volunteer Service**

**Award.** Both of these ladies were recognized for their outstanding volunteer contributions within the City of Thunder Bay. Congratulations also go out to the other two winners, Alice Chony and Brenda Reimer.

**September Lunch & Learn**

**Sept. 23 - COPD**

When your breathing isn't what it used to be! Let's talk about lung health.

**12:00 - 1 pm**

Free lunch will be served at 12 pm in the 55 Plus Auditorium

**Limited seating available, call 684-3276 to reserve your spot** or you can join us from the comfort of your own home.

**Centre Hours**

Starting September 13th, the Centre's hours will be as follows:

**Monday to Thursday, 8:30 am - 8 pm**

**Fridays, 8:30 am - 4:30 pm**

**Saturdays, 9 am - 3 pm**

**Greeting Card Workshops**

**Time:** 1:30 - 4:30 pm

Wed. Oct 6, code: 1772

Wed. Nov. 3, code: 1773

Wed. Dec. 1, code: 1774

You will create 3 themed cards and learn different processes and techniques in designing your cards. Please bring a pair of scissors

**Library is Open**

Library is open Tuesdays & Fridays, 10 am - 3 pm in a limited capacity.

Returns can be made anytime in the bin located outside the library door. **We are only accepting our books at this time, no new donations.**