



June 2022

Thunder Bay 55 Plus Centre, 700 River Street
684-3066 www.thunderbay.ca/55plus



Daily Activities, Drop In

Nominal fee applies to all.

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

Monday

1 pm - Cribbage
1 pm - Guitar Jam
1 pm - Painting (Sept-June)
4 pm - Rummoli
6:30 pm - Euchre

Tuesday

12:15 pm - Badminton
12:30 pm - Whist
1 pm - Quilting
1 pm - Rug Hooking (Begins Feb 15)
1 pm - Bridge
5:30 pm - Sewing Needle Arts (1st & 3rd)
6 pm - Pickleball
6:30 pm - Canasta

Wednesday

8:30 am - Beginner Billiards
12:45 pm - Floor Shuffleboard
1 pm - Mahjong
1 pm - Drawing & Sketching
3:15 pm Pickleball (Sept-May)
6:30 pm - Bid Euchre

Thursday

9 am - Watercolours Painting (Sept-June)
9:30 am - Knitting & Crochet
1 pm - Oil & Acrylic Painting
1 pm - Swedish Weaving
1:15 pm - Euchre
1:30 pm - Badminton (except 4th Thurs)
6 pm - Evening Quilting
7 pm - Cribbage

Friday

All Day - Ladies Only Billiards
12:15 pm - Badminton
12:45 pm - Contract Bridge
1:30 pm - Bid Euchre

Saturday

12:00 pm - Pickleball

"The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others"

Health & Wellness Services, Meetings, Presentations

Blood Pressure Screening, 10 am, 1st Wednesday
Hearing Screening Testing, call 684-3471 for more information
Caregivers Support Group, 1:30 pm, 3rd Wednesday
Respiratory Clinic, call 684-3471 for more information
Grief Support Group, 1:30 pm, Every Friday, call 684-3471 for appt.
Senior Social & Fix-It Club Meeting, 10 am, 2nd & 4th Wednesday

ENGAGING • EXCITING • ENERGIZING

June is Seniors' Month

June is Seniors Month in Ontario. It's a time when we recognize our amazing older Ontarians and the contributions they have made in communities across the province. This year's theme is **Stay Active, Connected, and Safe**

Summer Registration

Registration for Summer Programs is on now. There are still openings available. Programs will begin the week of June 27th. Call the Hotline 625-8463 or go online www.cityofthunderbay.perfectmind.com to register. Please check the Key or our Main Bulletin Board for more information

World Elder Abuse Awareness Day BBQ

Wednesday, June 15
To raise awareness about elder abuse, we are showing our support for older adults by hosting a free BBQ takeout lunch that has been funded by IG Wealth Management.

Pick Up will be curbside at the Thunder Bay 55 Plus Centre. You must register for your takeout meal by calling 684-3276

Wear purple to show your support!

Lawn Care Volunteers Needed

Do you love being outside and have a few hours to give this summer? The Centre is looking for volunteers to help maintain the grounds around the Centre with lawn cutting, trimming. If the answer is YES, stop by the Main Office and pick up a volunteer application or call us at 684-3066 for more info

Community Garden

Are you interested in gardening? We have 6 spots left. For more information, call Corinne at the Support Services Office at 684-3276

Punch Cards Are BACK

General Arts - \$70 for 5 classes
Fitness Classes - \$70 for 10 classes
If you would like to purchase a punch card stop by the Centre today

If you have punch cards with an expired date from 2020 we will still be honoring them

Recreation 55 Plus Community

Summer Outdoor Walks - FREE!

Mon. Jun. 20 - Aug 29
10:30 - 11:30 am
Marina (Meet at Splash Pad)

Wed. Jun. 22 - Aug 31
10:30 - 11:30 am
Boulevard Lake (Lyon Blvd Parking lot beside the Mini Putt)

55 Plus Golf - Drop In

Northern Lights Golf Course
Thursdays, June 16 - Aug. 25, 2 pm
Fee: \$12.00, pay on arrival

Photography Club - FREE

Mondays, Jun. 6 - Sept. 8
3:30 - 4:30pm
Bring your own camera/devices, No instruction
June 6 - Rabbit Mountain Lookout
June 13 - The Cascades
June 20 - George Burke Park
June 27 - Silver Harbour
July 4 - The Marina (Alexander Henry)

55 Plus Summer Trail Pass - FREE!

Come out this summer to walk & explore the wonderful scenery in and around Thunder Bay. Walks are led by local experts (weather permitting)
Wednesdays, 2 pm
June 29 - Mission Island Marsh
July 27 - Hazelwood Lake
Aug 24 - Kamview Nordic Centre
Aug 31 - The Cascades