



### 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)  
1 pm - Beginner Line Dancing  
2 pm - Beginner Plus/Intermed. Line Dancing  
6:30 pm - Euchre

#### Tuesday

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

#### Wednesday

8:30 am - Beginner Billiards  
12:30 pm - Drawing & Sketching  
12:45 pm - Floor Shuffleboard (Sept-June)  
1 pm - Mahjong  
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 pm - Euchre  
1:30 pm - Badminton (except 4th Thurs)  
5 pm - Quilting (2nd & 4th)  
6:30 pm - Cribbage  
7 pm - Intermediate Line Dancing

#### Friday

All Day - Ladies Only Billiards  
12:15 pm - Badminton  
12:45 pm - Contract Bridge  
1 pm - Bid Euchre  
2:15 pm - Floor Curling

#### Saturday

9 am - Quilting (1st & 3rd)  
12:00 pm - Pickleball

*"Drop In Activity Coupon Booklets available at  
the Main Office for \$20. Cash or Cheque"*

### Health & Wellness Services, Meetings, Presentations

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

## ENGAGING • EXCITING • ENERGIZING

### 25th Annual Harvest Craft Market

**Sunday, October 30**

10 am to 4 pm  
**Admission:** \$3 for Adults;  
Children under 10 are FREE  
Over 50 local crafters, 81 tables  
Shop early while hand-crafted  
items last!

### Annual Fundraising Blitz

**October 11 - October 21**

**All donations welcome!**  
**Income Tax receipts issued.**  
**Help support your Centre.**

*Thank You for your Support!!*

### OACAO Workshop

**EXPLORE the Body, the Mind and Technology**  
Saturday, October 22, 8:30 am - 3:00 pm  
Thunder Bay 55 Plus Auditorium \*Lunch provided\*  
**Learn about:** the science of the body and mind;  
how stress can impact the body and mind;  
preparing healthy meals with strategies to make  
cooking safer, easier and more enjoyable;  
accessibility features built into you cellphone and  
tablet; scams and frauds that can affect you  
emotionally and financially.  
For more info or to register, please call 684-3276

### Workshops

#### Trio Fabric Pumpkin

Oct. 7, 1 - 4 pm  
**Cost:** \$40 + tax **Code:** 7777  
Using a variety of fabrics,  
ribbons, wood sticks,  
pinecones and leaves, you will  
create 3 unique fabric  
pumpkins (small, medium, large).  
No sewing experience necessary

#### Center Tray Fall Decor

Oct. 14, 1 - 3:30 pm  
**Cost:** \$50 + tax  
**Code:** 7771  
Using paint, decoupage,  
vinyl and other supplies,  
you will create a unique  
Fall tray!

#### Skull Decor

Oct. 28, 1 - 3:30 pm  
**Cost:** \$40 + tax  
**Code:** 7775  
Using paper and  
napkins in black and  
white colours, you will  
cover a skull and then  
decorate it with flowers

### Lunch & Learns

**Oct 6** - Introduction to the Ontario  
Caregiver Organization  
**Oct 13** - Caregiver 101: Understanding  
Roles, Expectations and Getting Support  
**Oct 20** - Caregiver Stress and Burnout  
**Oct 27** - Contingency & Emergency  
Planning for Caregivers  
For more info or to register, please call  
the Support Services Program office at  
684-3276. 12 - 1 pm, free lunch provided

### Recreation 55 Plus

#### Indoor Walks - FREE!

Tues (Oct 4 - Dec 12), 2 - 3 pm  
Thurs (Oct 6 - Dec 14), 10 - 11 am  
Lu Hangar, 955 Oliver Rd  
Parking Pass Needed: \$1.25 / hour

#### Outdoor Walks - FREE!

Mon. Sept. 12 - Nov. 21  
9:30 - 10:30 am  
Marina Park Splash Pad  
Wed. Sept. 14 - Nov. 23  
9:30 - 10:30 am  
Chapples Park Soccer Field

#### Photography Club - FREE

Mondays, Sept. 19 - Nov. 21  
1:30 - 2:30 pm (No instruction)  
Bring your own camera/devices

#### Wit Knits - FREE

Thurs. Sept. 22 - Nov. 24  
1:30 - 3 pm  
Mary J L Black Library - 901 S Edward St.

#### Five Pin Bowling - Mario's Bowl

Tues. Sept. 13 - Nov. 29  
11 am - 1 pm  
**Cost:** \$14.99 (Bowling Shoes Included)

#### Darts Group

Wed. Sept. 14 - Nov. 30  
2:30 - 3:30 pm, Galaxy Lanes  
**Cost:** \$2.00 \*Bring own darts if possible,  
supplies are limited\*

#### Retirement Explorers

Fridays, Oct. 21 - Dec. 9  
1 - 2:30 pm  
Mary J L Black Library - 901 S. Edward St.  
*For more information or for locations of  
Photography Club, see Centre bulletin  
board or contact Lily at  
lily.zaina@thunderbay.ca*