



**Recreation & Culture Division**

www.thunderbay.ca/recreation

**Parks Division**

www.thunderbay.ca/parks

**Golf Thunder Bay Division**

www.golfthunderbay.ca



**Recreation & Culture**

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**To Register Call Now!**

**625-8463**

# How to Register

## PHONE

**“Registration Hotline”**  
**625-TIME (8463)**  
**Or Toll Free 1-844-288-4700**

Our registration hotline will be open Monday to Friday 8:30 AM – 4:30 PM. After hours or when a registration agent is not available to take your call, you will be forwarded to voice mail or you can call the facility directly. Phone numbers are listed.

We will need:

- the course name and code
- participant name
- address and postal code
- date of birth
- phone numbers

When we call back please have your Visa or Mastercard number and expiry date ready. Do not leave credit card information on the voicemail.

Payment is required at time of registration.

## IN PERSON

Register at the following location.  
Please call the facility for hours of operation

**Victoriaville Civic Centre**  
Victoriaville Mall

111 Syndicate Avenue S. • 625-2351

**Thunder Bay 55 Plus Centre**  
700 River Street • 684-3066

**Sir Winston Churchill Community Pool**  
130 Churchill Drive • 577-2538

**Volunteer Pool**  
180 Martha Street • 345-5143

**Canada Games Complex**  
420 Winnipeg Avenue • 684-3403

Payment can be made by cash, cheque,  
money order or Visa/Mastercard.

## Extra Registration Hotline Coverage

*We staff the registration hotline, starting on the Monday that follows the weekend delivery of The Key. For a week we have staff answering the phones in the evenings and on the weekends during the following hours:*

**Monday – Friday 6:00–8:00 p.m.**

**Saturday & Sunday 1:00–4:00 p.m.**

These staff are dedicated to just taking registration calls. If you are having trouble getting through on the hotline during business hours, we now have this option for you to try.

## General Registration Information

- Most programs have limited registration done on a first come, first served basis.
- Payment in full must accompany registration

## Satisfaction Guaranteed

We sincerely hope that you enjoy our programs. If not completely satisfied with your programs, please speak to the Supervisor of the program area before the SECOND class to receive a full refund. Refunds granted after the second class are pro-rated. Medical certificates may be required. No refunds after mid-point of programs.

## Services for People With a Disability

- The Community Services Department works to improve the availability and accessibility of recreation for people of all ages and abilities. **Information and program support** is provided to assist people with a disability to participate in recreation activities. For more information, please call 625-3220 (Children & Youth) or 684-3338 (Adults) or the the TTY Relay Service at 711.
- Alternative formats of program information can be requested by contacting the Community Services Department.
- **Support Person** – No fee is supporting a person with a PAL (Personal Attendant for Leisure) Card.
- **Service Animals** – Permitted in all City facilities unless otherwise excluded by law from the premises. If animal is excluded by law, contact facility for staff to arrange for alternate provision of services. Staff may ask for service animal ID.
- **Assistive Devices** – Use of these devices by people with disabilities is permitted in City facilities.

## Subsidization

The RECREATION & CULTURE DIVISION has a policy to assist people who wish to participate in its instructional programs. If you require assistance with program fees, you must contact the Program Supervisor 625-2351. This policy applies to registered programs directly administered by the Recreation & Culture Division. Children may apply for program assistance through P.R.O. Kids. For information call 625-3212

## Receipts

If you need a copy of a receipt, please call 625-2351 or 625-2696.

**HOW TO REGISTER**  
[www.thunderbay.ca/recreation](http://www.thunderbay.ca/recreation)

CITY OF THUNDER BAY

**Thunder Bay**  
Superior by Nature

49

# thunderbay.ca

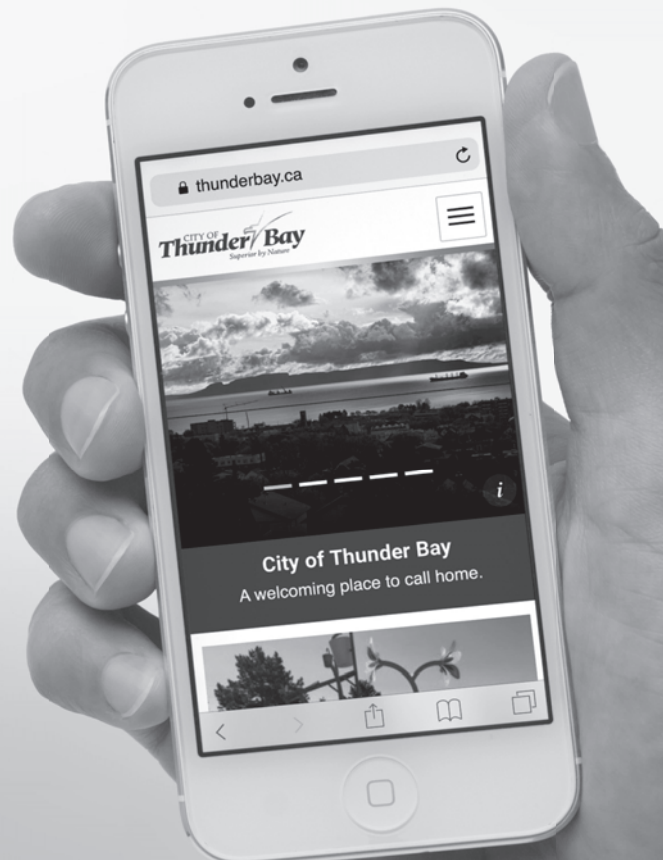
## DISCOVER WHAT YOUR CITY HAS TO OFFER

Recreation, culture, aquatics, fitness, facilities, programming, services, events, and more!

- Access information anytime from anywhere
- Explore programs
- Quickly find what you need
- Share to social media
- Connect with us
- Learn more

**City information  
in the palm of  
your hand**

**Visit the new  
site today!**



# Volunteers Wanted:



www.thunderbay.ca/recreation



## Winter Programs and Events

### Swimming Lessons

Assist Instructors in the pool.  
Volunteers must have  
at least Swim Patrol and be  
13 years of age or older.  
Call **Sean** – Volunteer Pool (345-5143)  
Or **Calli** – Churchill Pool (577-2538)

### Winter Fun Days

Sunday Afternoons  
Prince Arthur's Landing

### Rockin' Santa Skate

Friday, December 7  
Fort William Gardens

### SnowDay

Monday, February 18  
(Family Day)  
Marina Park

### Apply Now to Volunteer

Complete the application online:  
[www.thunderbay.ca/volunteers](http://www.thunderbay.ca/volunteers)  
and click **Apply Now**

### Matthew Carrol

Volunteer Coordinator  
(807) 625-3169  
[volunteer@thunderbay.ca](mailto:volunteer@thunderbay.ca)

 CTBVolunteers

 @TbayVolunteers

 **Volunteer  
Recreation & Culture**

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# SUMMER JOBS CHILDREN & YOUTH PROGRAMS

**THUNDERBAY.CA/JOBS**

## QUALIFICATIONS

Standard First Aid, Level C CPR

HIGH FIVE PHCD

Grade 10 or 16 years old

Police Record Check, Vulnerable Sector (over 18)



## UPCOMING TRAINING

HIGH FIVE PHCD

March 1, 2018

Call 625-8463

to register

Code: 403243 - \$45



## NEIGHBOURHOOD RECREATION PROGRAM

NRP is a free, inclusive registered recreation program for children in grades 1-6. Our Leaders are trained in the High Five Principles of Healthy Childhood Development, First Aid, Behaviour Management, Games, Sports and Crafts.

### SITES & TIMES

All sites are open on Tuesdays, Wednesdays & Thursdays

Edgewater Park School from 2:30 - 5:30pm

St. Thomas Aquinas School from 3:15 - 6:15pm

St. Margaret School from 3:30 - 6:30pm

Participants can register for 1, 2 or 3 days of the week.

**Parent / Guardian or Alternate Contact MUST be available to promptly pick up the participant during Program hours if required.**

- To register or to make any changes to your child's registration, call 625-8463.
- If registration is full, please add your child to the waitlist. We have Attendance Management Procedures in place to optimize Program usage.
- Junior Inclusion Services facilitates the inclusion of participants with disabilities in NRP. If you are interested in accessing JIS, please call 632-9430 prior to registering.



For Program information call 625-2954 | [nrp@thunderbay.ca](mailto:nrp@thunderbay.ca) or visit [thunderbay.ca](http://thunderbay.ca) under Recreation/Children and Youth



## Junior Inclusion Services (JIS)

JIS staff facilitate the inclusion of children and youth who have disabilities within Recreation & Culture Division's programs. JIS staff can help your child/youth meet people, make connections, be physically active, try a new skill and have fun!

### Quick Facts

- JIS support is free.
- Participants can access up to 20 hours of support per session (40 hours in the summer session).
- A home/site visit will be conducted prior to your child/youth attending.
- Support must be scheduled before registering for the program.
- Support is scheduled based on participant needs and staff availability.
- A Participant Intake Form needs to be filled out if this is your child/youth's first time attending.
- Contact us if you are interested in the current session, or the next session.

### Winter Programs

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Instructional Swimming Lessons

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The Neighbourhood Recreation Program (NRP)

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Youth Move

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Children's Programs at the Canada Games Complex

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For more information, and to access the intake form, please go to: [thunderbay.ca/jis](http://thunderbay.ca/jis)

### Contact information

**If you have any questions or would like to access JIS, please contact Sarah Smart at 625-3220 or [SSmart@thunderbay.ca](mailto:SSmart@thunderbay.ca)**

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## Inclusion Services (IS)

It is the goal of Inclusion Services, in partnership with Community Living Thunder Bay, is to provide accessible opportunities for all adults with disabilities by removing barriers to participation. Inclusion Services include much more than physical activity and can help provide access the programs offered through the City of Thunder Bay's Recreation and Culture Division, including activities at the following locations:

- Canada Games Complex
- 5 Plus Centres
- Volunteer Pool
- Churchill Pool
- City of Thunder Bay Golf Courses
- Waterfront/Marina Park
- Other Recreation and Culture Run Programming

For more information, and to access the intake form, please go to: [thunderbay.ca/is](http://thunderbay.ca/is)

### Contact information

If you have any questions please contact:

Darrik Smith  
Program Supervisor –  
Adult Fitness and Wellness  
807-684-3338  
DSmith@thunderbay.ca





# PAL CARD

## Personal Attendant for Leisure Card



A **P.A.L. Card** is used by a person with a disability to enable their support person access to a facility that accepts the **P.A.L. Card** at no cost to the support person.

**P.A.L. Card** applications are available at Victoriaville Civic Centre, online at [www.thunderbay.ca/pal](http://www.thunderbay.ca/pal) or by calling: (807) 625-3220 (under 18) or (807) 684-3338 (19 and older)

For an up to date listing of facilities that accept the **P.A.L. Card** please visit [www.thunderbay.ca/pal](http://www.thunderbay.ca/pal)

The **P.A.L. Card** cannot be used on specialized transit and City Transit. Please call 684-3744 for information on their Transit I.D. Card.



# YOUTH MOVE

Youth Move | [thunderbay.ca/youth](http://thunderbay.ca/youth)

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CHILDREN / YOUTH



## YOUTH MOVE (AGES 12-18)

JANUARY  
11TH

**PAINT NIGHT**  
6:00-9:00PM  
\$5  
CODE: 404294

Join us at the Kinsmen Centre for Paint night! Follow along with our very own professional as you learn to paint a master piece... snacks included!

JANUARY  
18TH

**ICE STOCK  
SPORT**  
6:00-9:00PM  
FREE  
CODE: 404295

Curling meets Bocce Ball! See you at the Kinsmen for this unique event!

JANUARY  
25TH

**SKATE DAY**  
6:00-9:00PM  
FREE  
CODE: 404296

Come to the Kinsmen for an evening of skating out back! Form some teams for a game of hockey, or just come out and enjoy a beautiful night of skating. There will be hot chocolate to follow!

FEBRUARY  
9TH

**FAT BIKING**  
12:00-4:00PM  
\$10  
CODE: 404297

Are you waiting for winter to end so you can pull out your bike again? Wait no more! Meet us at the Kinsmen and try out Fat Biking this winter.

**YOUTH MOVE**  
[www.thunderbay.ca/youth](http://www.thunderbay.ca/youth)

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FEBRUARY  
15TH

**LU  
BASKETBALL  
GAME**  
6:30-9:30PM  
\$5  
CODE: 404298

Meet us at the LU Hangar where we will cheer on our Thunderwolves in an intense game of Basketball. Please bring money if you wish to purchase snacks!

FEBRUARY  
23RD

**WINTER  
WONDERLAND**  
1:00-5:00PM  
FREE  
CODE: 404299

This is an event you won't want to miss! Join us at the Kinsmen for a fun-filled afternoon outdoors. We will be making snow candy, participating in some action packed winter sports and much MUCH more!

MARCH  
20TH

**BOWLING**  
6:00-9:00PM  
\$5  
CODE: 404300

Who doesn't like a night of bowling with friends? See you at Mario's for an awesome evening followed by pizza.

MARCH  
29TH

**MOVIE NIGHT**  
6:00-9:00PM  
FREE  
CODE: 404301

The Youth Move staff has chosen some of their favourite movies that they think you'll love. Don't miss out of a relaxing evening with popcorn, snacks and our favourite flicks.

MARCH  
11TH-16TH

**MARCH BREAK  
CAMP  
1:30-9:00PM**

Tuesday March 12th - Video Games Day  
Wednesday March 13th - Cooking Day  
Thursday March 14th - Outdoors Day  
Friday March 15h - Leader vs Youth Day  
Saturday March 16th - Lazy Saturday  
No registration required

For program information call 625-2344

To register for events call 625-TIME (8463)

**Drop-in Site Winter Hours**

Youth Move @ the Kinsmen (609 James st) - Tuesday-Friday  
3:30-9:00 pm Saturday 1:00-5:00 pm

Youth Move @ Mary J Black Library (901 Edwards st S) - Monday,  
Wednesday, Friday 4:00-8:00 pm

Youth Move @ John Jumbo (330 Toivo st) - Tuesday, Thursday  
4:00-8:00 pm Saturday 1:00-4:00 pm

Youth Move @ Evergreen (139 Heron st) - Monday, Tuesday,  
Thursday 5:30-8:30 pm



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Many thanks to all our partners who donate spaces in their programs to PRO Kids!

**Art**

Baggage Building Arts Centre  
Confederation College  
Gallery 33  
Thunder Bay Art Gallery  
Willow Springs Creative Centre **NEW**

**Baseball**

Murillo Athletic Association  
Thunder Bay Girls Softball Assoc.  
Port Arthur Nationals  
Westfort Internationals

**Basketball**

Blaze Basketball Club  
LU Athletics Basketball

**Bowling**

Galaxy Lanes  
Mario's Bowl  
Superior Bowladrome

**Camps**

Aurora Lutheran Bible Camp  
Biz Kids, NWO Innovation Centre  
Camp Gitchigomee  
Camp 911  
Canada Games Complex  
Career Samplers (Confed. College)  
Chippewa Summer Camp  
Dorion Bible Camp  
EcoSuperior Camp  
Evangel Church, Day Camp  
Finlandia Association  
Fort William Historical Park  
Kakabeka Falls Bible Camp  
LU Athletics Camp  
Maple Tops Activity Centre  
Novocentre Thunder Bay  
NRP - March Madness  
Redwood Kids  
Science North  
Superior Science  
Thunder Bay Boys & Girls Club  
Thunder Bay Museum

**Canoeing**  
Lakehead Canoe Club

**Cheerleading**  
Dynamite Cheer Allstars  
Miss Christine's Cheerleading

**Climbing**  
Boulder Bear Climbing

**Cooking**  
RFDA Kids Cook  
Confederation College

**Curling**  
Fort William Curling Club  
Kakabeka Falls Curling Club  
Port Arthur Curling Club

**Cycling**  
Black Sheep Mountain Bike Club  
Thunder Bay Cycling Club

**Dance**

Chaban Ukrainian Dance Co  
Dance Dynamics Studio  
Dance Basics  
Dream Dance Company  
Experience Dance  
Fay Gleeson Dance Centre  
Image Studio of Dance NWO  
International Dance Academy  
Le Stelle Alpine Dancers  
Legacy Performing Arts Centre  
Margan School of Highland Dancing  
Satu's Belly Dance & Drum  
Spirit of Dance  
Studio One  
T.B. Society of Ballet & Dance  
Zorya Ukrainian Dance

**Diving**

Thunder Bay Diving Club  
Thunder Country Diving

**Equestrian**

Amanda's Green Barn  
Barryard Friends  
Royal Denver Farms  
Thunder Bay Therapeutic Riding

**Fitness**

Canada Games Complex  
Confederation College Wellness Centre  
Push Fitness Centre  
Superior Cross Fit  
Training with a Pro Clinics

**Football**

Thunder Bay Minor Football Assoc.

**Golf**

Golf Thunder Bay  
Whitewater Golf Club

**Gymnastics**

Giant Gymnastics  
Thunder Bay Gymnastics Assoc.  
Ultimate Gymnastics

**Hockey**

Current River Comets  
Current River Mighty Mites  
Elks Minor Hockey Assoc.  
Fort William Canadiens  
Fort William Hurricanes  
Grandview Rec. Hockey  
Hockey Northwestern Ontario-Clinics  
KC Minor Hockey  
Neebing Minor Hockey  
North End Flames  
Northwood Hockey League  
Norwest Minor Hockey Assoc.  
Port Arthur Minor Hockey Assoc.  
South End Minor Hockey  
Thunder Bay Beavers  
Thunder Bay Minor Hockey Assoc.  
Thunder Bay Women's Hockey Assoc.  
VP Bearcats  
West End Bruins  
Westfort Hockey League

Westfort Maroons  
Westfort Rangers

**Hockey Camps**

Core Hockey Camp  
Haley Irwin Elite Hockey School  
Katie Weatherston Hockey School  
Northern Lakes Hockey Development  
Rick St. Croix School of Goaltending  
Thunderwolves Hockey Skills School

**Lacrosse**

Thunder Bay Lacrosse League

**Leadership**

Canadian Red Cross  
Girl Guides of Canada  
Northern Lights-Parent&Child Program **NEW**  
NWOSSAA  
Roots & Branches  
St. John Ambulance  
Scouts Canada

**Martial Arts**

Black Tigers TaeKwonDo Academy  
Canada Games Complex Isshin Ryu  
Current River Isshin Ryu Karate  
Hoku Shin Karate (Shotokan)  
Karate North Tae Kwon Do  
Leading Edge Gym  
Mountainside Judo **NEW**  
North End Karate Club  
Sakamoto Judo Dojo  
Shotokan Karate  
Thunder Bay Judo Club  
Thunder Bay Karate School  
Thunder Bay Shintaki Wado Kai  
Thunder Dragons Tae Kwon Do  
Thunder Valley Martial Arts  
United Fighter Thunder Bay  
West Thunder Akira & Kokoro Karate  
Whitefish Martial Arts  
Woodcrest Chitora Dojo

**Music**

Applauze Productions  
Avila Music School  
Coran's Music Education Centre  
Gentlemen of Harmony  
Growing with Musik-Musikgarten  
Jennifer Arra-Happonen Piano **NEW**  
Jim Krawchuk Drums  
Kathleen's Piano Studio **NEW**  
Kindermusik with Mary-Ann  
Lakehead Suzuki Strings  
Lakehead Youth Choir **NEW**  
Make Some Noise Music Studio  
Marvelous Music Makers  
Mr. J's Music Studio  
Music for Young Children  
Music Workshop  
Musical Discovery w Suzanne Gilmore  
Susan's Kindermusik  
TB Symphony Youth Orchestra  
Valente's Music

**Performing Arts**

ACTion Arts  
All the Daze Productions



- Eleanor Drury Children's Theatre
- Magnus Theatre
- Paramount Live
- Photography**  
Confederation College
- Roller Skating**  
Thunder Bay Jr. Roller Derby League
- Rowing**  
Thunder Bay Rowing Club
- Running**  
Thunder Bay Meter Eaters
- Sailing**  
Sail Thunder Bay
- Sewing**  
Sewing by Cherylene
- Skating**  
Fort William Figure Skating Club  
Thunder Bay Figure Skating Club  
Thunder Bay Skating Academy  
Thunder Blades Speed Skating Club
- Skiing / Snowboarding**  
Kamview Jackrabbit Ski League  
Lappe Nordic Ski Club  
Lappe Nordic Ski Centre  
Loch Lomond Ski Area  
Mount Baldy Ski Area  
Norwesters Alpine Ski Club  
Thunder Bay Nordic Trails
- Soccer**  
Lakehead Express Soccer Club  
Lappe & Area Local Services Board  
Li' Kicks Soccer  
Murillo Minor Athletic Assoc  
North End Mini Soccer  
Tarbutt Street Soccer Club  
Thunder Bay Chill Soccer  
Inter Lucania Soccer Club  
Thunder Bay Women's Soccer
- Swimming**  
Canada Games Complex  
Churchill Pool  
Dease, Heath, Widnall Pools - CTB  
Northwest Narwhal Swim Club  
Superior Sea Lions Swim Club  
TB Thunderbolts Swim Club  
Volunteer Pool
- Tennis**  
TB Community Tennis Centre
- Volleyball**  
Thunderwolves Volleyball  
Superior North Volleyball Club  
Ontario Volleyball Association
- Wrestling**  
Lakehead Wrestling Club
- Yoga**  
Discover Yoga  
Injoy Yoga  
The Bodymind Centre

**APPLY ONLINE** AT PROKIDSTHUNDERBAY.CA

# I'M PRO ENCOURAGEMENT

Celebrating 20 years of making it possible for children and youth to get involved in activities when families cannot afford the fees.

**APPLY ONLINE!**


Application forms are also available at:

Public Libraries | Canada Games Complex  
Volunteer Pool | Churchill Pool | Victoriaville Civic Centre



★ 20 YEARS ★



PROKidsThunderBay.ca | 807.625.3212 |  Visit PRO Kids on Facebook!



ROCKIN' SANTA SKATE  
[www.prokids thunderbay.ca](http://www.prokids thunderbay.ca)

# ROCKIN' SANTA SKATE

IN SUPPORT OF PRO KIDS!

Friday December 7th, 2018

7:00 to 9:00 pm

Fort William Gardens

Helmets are mandatory for children 12 years & under  
and recommended for all skaters.



**ADMISSION: \$3 PER PERSON**

**GAMES | PRIZES | BEGINNER SKATE AREA**

For more information visit [prokidsthunderbay.ca](http://prokidsthunderbay.ca)  
or PRO Kids Facebook page!



CITY OF THUNDER BAY



**TRAINING WITH A PRO**  
In support of PRO Kids  
**THE FOOTBALL EDITION**

Presented by  
**tbaytel**

Featuring

**NIGEL ROMICK**  
OTTAWA REDBLACKS

**COST \$ 50**

PER CLINIC  
PER PARTICIPANT  
SPACES ARE LIMITED

ALL PROCEEDS IN SUPPORT OF PRO KIDS

Dry land training clinics for children and youth ages 5 to 13 years (child's age in 2018)

**SATURDAY DECEMBER 22ND**  
**AT THE GOAL SPORTS CENTRE**

**CLINIC #1** (9:00 am - 11:00 am)

**CLINIC #2** (11:00 am - 1:00 pm)

Ages 5-9 yrs .....Code 405089

Ages 10-13 yrs .....Code 405090

**REGISTRATION IS NOW OPEN, CALL 625-8463 TODAY**

For more information visit:  
[www.prokidthunderbay.ca](http://www.prokidthunderbay.ca)



\* WINTER  
**FUN**

**Days**  
**AT MARINA PARK**

A DIFFERENT WINTER ACTIVITY FOR THE  
WHOLE FAMILY EVERY WEEK - FREE!

WARM UP WITH A CREATIVE ACTIVITY INSIDE THE  
BAGGAGE BUILDING ARTS CENTRE

EVERY SUNDAY, DECEMBER 30 - MARCH 17 • TIME: 2-4PM

FOR MORE INFORMATION  
[THUNDERBAY.CA/WINTERFUNDAYS](http://THUNDERBAY.CA/WINTERFUNDAYS) • 807.625.2351



PRESENTING SPONSOR



RECREATION & CULTURE DIVISION

# Current River Community Centre

Family membership is \$5.00 per family.

## CRRA Board Meetings

The meetings are held the 3rd Thursday of each month (except for the summer).

## Volunteers

Volunteers are essential to your Community Centre. Please come and donate an hour of your time and have fun doing it. There are events for all ages.

## Hall Rentals

We feature 2 rooms for rentals - the Cedar Star Room and a small meeting room. We provide full banquet catering services for weddings, banquets, as well as catering for luncheons, teas, showers, funerals, etc. Call Pat Baker (Hall Manager) to book your event at 683-8451.

## Fundraising Campaigns

- **Canadian Tire Money for Youth Programs:** Donation of your Canadian Tire money goes towards youth programs. Place your Canadian Tire money in the Wishing Well located in the lobby of the community centre.
- **Meat Bingo:** Dec. 9 (Turkey), Jan. 13, Feb. 3, Mar. 10 & Apr. 14. Early birds beginning at 6:15 pm, regular games start at 7:00 pm, \$0.50 per card. Call the office for more information.

## Events

- **Winter Carnival:** Feb. 8, 9 & 10. A fun filled weekend for all ages.
- **Walleye Dinner:** Jan. 27, Mar. 31 & Apr. 28 from 4:00 – 7:00 pm. Walleye dinner includes homemade fries, coleslaw, dessert, coffee or tea for \$16.00 per plate. Children's menu and takeout available.
- **CRRA Kids Christmas Party:** Sunday Dec. 2 from 1:00 – 3:00pm. Admission in \$1 or a can good (per person). Membership with Centre is required.

## Programs

- **Quilting:** Mondays from 1:00 – 4:00 pm. No formal instruction. Come out and sew your quilts with others. This is a good time for you all to get together and finish your own projects and help others. Call 683-8451 for more information.

- **Parents & Tots:** Monday to Thursday from 9:30 – 11:15 am. Moms and Dads come enjoy this social program for you and your children. \$3.50 per child and .50 each additional child. Call the office for more information.
- **Fitness Class:** Tuesdays & Thursdays from 1:30 – 2:30 pm. Cardio salsa dance moves with weights & stretching. Also cardio circuits using step, balls, tubes & weights. Please bring your own weights. Instructed by Lisa Guerts. Call Lisa 472-7676. Drop-in fee \$5.
- **Zumba:** Wednesdays from 6:00 – 7:00 pm. Call Lisa for more information. 472-7676. \$5 drop-in fee.
- **CRRA 55 Plus:** Every Wednesday afternoon. Come and play crib from 1:00 – 3:30pm. Enjoy time with your friends or make new friends. Everyone is welcome. Get together for a fun afternoon of cribbage with our seniors. They do break after 3 games for coffee and dessert, then play 3 more. Every once in a while, they do have tournaments.
- **Ballroom Dancing/Social Style Beginner/Intermediate:** Tuesdays, starting Jan. 8 for 9 weeks. Cost is \$70.00 per couple, 7:00 – 9:00pm. Please join us for the wonderful experience of learning to dance. This class will teach you the Fox Trot, Waltz, Swing, Tango, Cha Cha & more in a relaxed & friendly atmosphere. If you have never danced before or need a refresher, this is the class for you. Call Frank at 768-9102.
- **VON Canada – Seniors Exercise and Falls Prevention Program:** Mondays and Thursdays at 1:00 pm. This program is designed to help you stay active, social, and healthy. We focus on preventing debilitating falls by doing exercises that strengthen your upper and lower body. Call 344-0012 for more information.
- **VON Foot Care:** Includes nail trimming, corn & callus care. Registered Nurses with advanced foot care certificates provide this medical service monthly at the community centre. Please call 344-0012 for more information.

450 Dewe Ave., PO Box 22010 • Phone: **683-8451** • Fax: 683-3601

E-mail: [community@currentrivercom.com](mailto:community@currentrivercom.com) • Web Page: [www.currentrivercom.com](http://www.currentrivercom.com)

Office Hours: Monday – Friday 9 am – 3 pm



# Current River Community Centre

**Family membership is \$5.00 per family.**

- **Is Shin Ryn Karate with Dinah Jung:** The Karate Club has been in operation for many years under the leadership of Sensei Dinah Jung. The Club teaches Is Shin Ryn Karate which uses natural body mechanics and natural stances to make a highly effective self-defense style. Children's Classes are on Mondays from 6:00 – 7:00pm. Teen and Adult Classes are on Mondays from 7:00 – 9:00pm. If you are interested in any of these classes, please call Dinah at 768-7930.
- **All Level Evening Stretch Classes with Lisa:** Thursday Evenings 6:00 – 7:00pm starting Jan. 10 to Apr. 2. Call 472-7676 to register. 14 classes, \$99.00.



**WINTER  
carnival**

**February 8, 9 & 10**

*A fun filled weekend for all ages.*

450 Dewe Ave., PO Box 22010 • Phone: **683-8451** • Fax: 683-3601  
E-mail: [community@currentrivercom.com](mailto:community@currentrivercom.com) • Web Page: [www.currentrivercom.com](http://www.currentrivercom.com)  
Office Hours: Monday – Friday 9 am – 3 pm

## Jumbo Gardens Community Centre

330 Toivo Street • Phone: **621-0035**



One-time rentals for birthday parties, meetings, showers, etc. are not available at this centre.

### Programming Space

If you are looking for space to run regularly scheduled, ongoing programming, call 621-0035 for more information. User groups must provide proof of general liability insurance.

For more information or to register for any of the programs listed below, please call the key contact of that program or activity.

### Dance & Pilates with Lynda DePiero

\*ACE & Zumba certified and STOTT certified Pilates Instructor\*  
Contact Lynda for more details at 767-4942, or email [bldipper@tbaytel.net](mailto:bldipper@tbaytel.net).

- Pilates Matwork – Monday 5:30-6:30pm (starting Jan. 7)
- Adults Tap Level Two – Wednesday 4:30-5:30pm. (starting Jan.16) This class is geared for those with previous tap experience. Great for your brain and for your coordination.
- Beginner Irish Celtic Dancing – Wednesdays 6:45pm – 7:45pm (starting Jan. 16)
- Advanced Irish Celtic Dancing – Wednesdays 5:40-6:40pm (starting Jan. 16)

### Open Country and Western Dancing

Wednesdays from 8:00 – 10:00 pm. For more information, please call Chris Goodheart at 767-2365.

### Square Dance

Thursdays from 8:00 – 10:00 pm. For more information, call Rick and Brenda Wright at 623-0369 or June Gill at 345-7517.

### Recreation Discovery

Gather among your peer group to take part in a variety of sports and activities and discover your preferred interests, like snowshoeing, tobogganing, ice skating, indoor sports and more! Wednesdays from 12:30 – 4:00 pm. For more details, contact Earle at Avenue II at 346-3336.

### Thunder Bay Weavers and Spinners Guild

The Guild holds meetings at 7:00 pm on the 4th Monday of every month. For more information about workshops or to register, email [tbwsguild@gmail.com](mailto:tbwsguild@gmail.com) or call Aletha at 768-0228. For more information, look us up on Facebook.

### VON Canada

Mondays and Fridays at 2:00 pm. Designed to help you stay active, social and healthy, this program focuses on preventing debilitating falls by doing exercises that strengthen your upper and lower body. Call Tiffany 344-0012 ext. 260 for more information.

### Youth Move

Youth Move is for anyone between the ages of 12 and 18 looking for some fun. Drop in for food, gaming, social atmosphere, board games and much more. Tuesdays and Thursdays from 4-8 pm, Saturdays 1-4 pm

# North End

# Community Centre

## President:

Barb Kukko 344-4830

## Hall Rentals:

The hall is available for birthday parties, family functions, wedding/baby showers, etc. All rentals include full use of kitchen facilities. Cost: \$100. Full day rental is \$170. Liquor functions: \$150 4:00–1am. Also available is a projector and 120" screen for movies, workshops, etc. at an extra charge of \$50.

## Volunteers:

We're always looking for volunteers to participate on the Board of Directors and/or assist with various events. If you'd like to become more active in your community centre, call Barb Kukko at 344-4830.

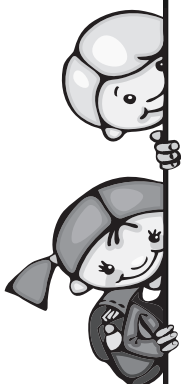
## Programs:

- **Violin and Viola Lessons with Patrick Horn:** Masters of Music Performance and Pedagogy Northwestern University. Member of the Thunder Bay Symphony Orchestra and the Ontario Registered Music Teachers. Weekly lessons in classical, folk, and/or theory. Email [ephorn@yahoo.com](mailto:ephorn@yahoo.com), or phone 345-6149.
- **TOPS:** Wednesdays, weigh-in at 11:30 am. Contact Rose Marie Shandruk at 577-5924 or Sue Gallo at 345-8447 for more information.
- **Caribbean African Multicultural Association:** Come check us out for new and exciting events for the kids and family alike. Caribbean and African descent or anyone with a love for the culture. For more information, please contact Colleen Peters at 251-2636 or [colleenpeters15@gmail.com](mailto:colleenpeters15@gmail.com).
- **ZUMBA™:** Give in to Latin and World rhythms as you dance your way into shape! A calorie-burning dance party combining all elements of fitness – cardio, muscle conditioning, balance and flexibility. Mondays 7 – 8 pm, start date January 7th, 2019, \$8 drop-in. Registration option available. Instructor: Jaime Briggs, Licensed Zumba

Instructor. Contact at 344-8258 or visit [www.jaimebriggs.zumba.com](http://www.jaimebriggs.zumba.com) for registration.

- **Afternoon Ballroom Line Dancing:** Do you want to have a fun afternoon? Learn Ballroom and Latin Line Dances with Barrie Rooks. The classes are relaxed, casual, fun and good exercise and Barrie teaches at the speed of the class to ensure you learn the steps for each dance. No partner needed. Classes start Tuesday Jan 15th, 2019. Classes run for 8 weeks at \$25 per person for the session. Classes run from 1:30 PM to 2:30 PM. To get more information and to register, please email [bgrmail5@gmail.com](mailto:bgrmail5@gmail.com) or phone 473-1922. You must register before starting date.
- **Ballroom Dance Classes – Beginner and Intermediate:** Do you want to make new friends? Do you want to have some fun? Are you tired of just sitting at dances? Surprise your friends and learn to ballroom dance in a social style suited to Thunder Bay's dance floors. It is easy! Just let Barrie and Sandy show you all the popular steps. We have 2 sessions- A beginners to learn the basic steps and an intermediate for more advanced steps. Classes are relaxed, casual, and good exercise and done at the speed of the class with review each week. **BEGINNERS CLASSES:** Classes start Sunday Jan 13th, 2019 from 7:00 PM to 8:30 PM. Length of class is 8 weeks. Cost is \$70 per couple for the session. **INTERMEDIATE CLASSES:** Now that you have the basic steps, let Barrie and Sandy show you more advanced steps in Fox Trot, Tango, Cha-Cha, Rumba, Swing, Waltz, Samba, Hustle, Night Club 2 Step, or pattern dances. In each session, we teach 3 or 4 dance routines. Classes start Sunday Jan 13th, 2018 from 8:30 to 10:00 pm. Length is 8 weeks. Cost is \$70 per couple for the session. To get more information and to register, please email [bgrmail5@gmail.com](mailto:bgrmail5@gmail.com) or phone 473-1922. You must register before starting date. We will also choreograph dances for special occasions.

## Kids Corner



- **Birthday Parties.** Free use of indoor equipment i.e. floor hockey, bean bag toss, fish pond & basketball game. Book your party early by calling Barb at 344-4830. For information regarding rental of inflatable bouncer, please contact Ron at Party Pro at 621-3886.

- **Movie Nights.** January 11, February 8 – A favourite children's movie is shown each month. Admission \$2.00. Doors and canteen open at 6:00 pm for social time. Board games, puzzles and colouring books provided. Showtime is 6:45 pm. After the movie, children play 2 free games of bingo to win prizes. Home time is 8:30 pm. Bring your friends and family for a fun night out! Free pizza for the first 12 people.

954 Huron Ave. • Phone: 345-1951



# NORTH McINTYRE Rec Centre

2051 Government Rd.  
Thunder Bay, ON P7G 2E9

"Your Family..... Our Community!"

☎ 807-767-1400

@ nmacrec@tbaytel.net

f Facebook.com/NorthMcIntyre

### Office Hours:

Mondays – Wednesdays, 9:00 am – 1:00 pm

Thursdays, 2:00 – 5:00 pm

Call 767-1400 or email: nmacrec@tbaytel.net

### Rentals:

We have 3 different areas to rent for your function. Let us help you with your Wedding, Anniversary, Shower, Meeting, Workshop, Birthday Party, etc. We also have kitchen access for our renters at a small additional fee. We are a Tbaytel Wifi Hotspot and we are wheelchair accessible but please call ahead to confirm we are able to meet your specific needs. We are located in city limits, only 5 minutes from County Fair Plaza, just off Dawson Road. Call today and we can provide you a quote.

### Volunteers:

We are always looking for volunteers to help out with our monthly Bingos and other events we host throughout the year. It is a great way for students to earn their volunteer hours.

### Meat Bingos:

January 27, February 24, March 31, April 28

Doors open at 5:00 pm. Early Birds at 5:30 pm. Regular Games at 6:00 pm. Cost is only \$0.50 per card (Don't forget to bring your bingo chips or pennies)

### Cribbage:

Tuesdays, starting at 7:00 pm

Everyone is welcome! \$3.00 Drop-In Fee.

### NorMac Seniors (50+):

Thursdays, 10:00 am – noon

Join us for a little exercise and stretch, and then coffee and socialization.

### Knitting:

Tuesdays, 6:30 – 8:30 pm

Patterns, Yarn and Needles will be available for purchase, or bring your own project to complete! \$5.00 drop-in fee.

### Ladies Auxiliary:

Wednesdays, 9:30 am – noon

Come out and join our ladies to pinch our famous cheddar cheese perogies. Coffee and laughs and lots of fun await. Free!

### Perogies For Sale:

Made fresh every Wednesday. Cooked \$5.00 dozen or \$4.50 dozen for uncooked frozen. Call Olga at 767-7210 or the Rec Centre at 767-1400.

### Quilting:

Thursdays, 5:00 – 9:00 pm

Call Lori @ 768-0304 or the office at 767-1400 for more information

### Hatha Yoga:

Align & Shine with Karen E

Monday Evenings 6:30 – 7:30 pm

A gentle Hatha Yoga Program that will awaken your inner strength, expand your awareness and bring an experience of increased peace and well-being.

### Kids in the Kitchen:

Mondays, 6:00 – 8:00 pm

Register your young Chefs to explore the world of health meal and snack creation. This series will encourage children to consider healthy alternatives as well as gain confidence in meal preparation. Cost 6 weeks for \$150.00

### Drop-In Programs

Visit our website to see the current schedule for Drop-In Programs. Activities include Pickleball, Cards, Floor Curling, Carpet Bowling and more! Have an activity you would like to see at the centre? Let us know!

### Registered Seniors Programs

New programs will be launching in January! These programs are supported by the Government of Ontario! For a complete schedule visit our website as programs will be added regularly! Activities include:

**Seated Fitness Class: Tuesdays, 10:00 AM.** Join Certified Seniors Fitness Instructor Jeanette Rawana for this weekly class that will be sure to keep you in shape for the fall! Classes will include work with weights and resistance bands and are a great addition to your week, no matter your fitness level. New classes starting in January. Sign-up today as registration is limited!

**Seniors Self Defense: Tuesdays, 11:00 AM.** This one of a kind class will teach the basics of self defense, and will leave participants with a new sense of confidence and strength. Taught by Sensei Katryn Saunders, you don't want to miss this new and exciting class!

**Tai Chi: Thursdays, 1:00 PM.** Master Peng Youlian is excited to expand his successful Tai Chi classes to North McIntyre! These classes will be a great fit for everyone, regardless of your experience level. Register today to reserve your spot!

**iPad Beginners Class: Fridays, 1:00 PM.** Taught by "Dr. Donna" from PC Medic, participants will learn how to use their iPads for everything that they were designed for! Donna Brown will start with the basics, and provide instruction on everything that you wish you knew about your device! Class size is limited, so call today to make sure that you don't miss this awesome class!

Additional classes will be added, including Art, Yoga, Fitness, and more! Contact us for more information, or visit [thunderbay.ca/northmcintyre](http://thunderbay.ca/northmcintyre). Call 767-1400 to register!

### We're on Facebook:

Follow us on Facebook for up to date Information. Visit us at [www.facebook.com/NorthMcIntyre](http://www.facebook.com/NorthMcIntyre)

If your school, group, team or organization would like to host a pancake breakfast for fundraising, please call the centre for more information.

☎ 807-767-1400

@ nmacrec@tbaytel.net

f Facebook.com/NorthMcIntyre



**President**

Wilma Wood  
Office hours are Monday to Friday between 9:00 am – 1:00 pm and Thursday evenings between 6:00 – 8:00 pm.

**General Meetings**

February 1st at 7:00 pm.  
Everyone is welcome.

**Ladies Auxiliary Meetings**

Held the first Monday of the month at 1:30 pm. Come out and make new friends!

**2019 Memberships**

Memberships are \$5 per year. Come to the office and fill out your membership today! Become a member, become a volunteer! This is your community centre – come out and take an active part.



**Hall Rentals and In-House Catering**

Oliver Road Community Centre has rental space for weddings, showers, socials, anniversaries, meetings and special parties. Enjoy the use of our large projection screen for showing slides or movies over our stage. We also have Wi-Fi. We feature two rooms – the MAIN HALL, capacity 170, and the OLIVER ROOM, capacity 80. We also offer FULL banquet catering: hot meals, cold plates, sandwiches. Be sure to ask for a menu!

**PROGRAMS**

**Registration**

Monday, December 10th to Monday, January 7th. Call the office at 345-9531 during office hours. NOTE: Registration MUST be paid before classes start.

**Oliver Road Dance Classes**

Mondays, 7:00 – 9:00 pm, January 7th to March 11th. If you have never taken dance before or need a refresher, this is the class for you. Learn to foxtrot, waltz, swing, tango, cha cha/rumba in a relaxed and friendly atmosphere. Call Frank for more information at 768-9102, 345-0565 or fcartwri@tbaytel.net. Fee \$70.00

**Morning Stretch & Relaxation**

Tuesdays & Thursdays, 9:30 - 10:30 am, January 8 - March 7. Stretch and move your body through a series of postures and routines and relax your body & mind. Fee \$45.

**Northern Images Art Club**

Tuesdays, 7:00 - 10:00 pm, January 8 - March 12. We are a group of diverse artists ranging from beginners to professionals who gather to paint & socialize. The purpose is to develop & enhance one's skills to promote an interest in original fine art. This is done by encouraging & inspiring each other and sharing artistic information. Fee \$25.00. Drop-ins welcome.

**Oliver Road Social Bridge Drop-In**

Fridays, 12:50 – 3:30 pm, starting January 4th. Come out and play a fun game of bridge. Fee: \$5.00/afternoon.

**T.O.P.S. (Take Off Pounds Sensibly)**

Tuesdays, weigh-in 6:15 to 7:15 pm and support meeting at 7:30 pm, downstairs around back. Call Tracey at 683-7228 or Rose Marie at 577-5924.

**Skating**

A supervisor will be monitoring the rinks on evenings and weekends. Our outdoor rinks will be open the latter part of December or early January, weather permitting.

**73rd Annual**  
**winter carnival**  
**February 23rd & 24th**  
**Come join us!**



# South Neebing Community Centre

1841 Mountain Rd. southneebingcc@gmail.com

## Hall Rentals

Looking for a venue to hold your meetings, parties and gatherings? Space is available at an affordable rate. Please contact Linda at 621-9060 or by email at southneebingcentre@gmail.com.

## Radiant Yoga with Colleen

Classes are held Wednesdays, 6:00 – 7:30 pm. Drop-ins are welcome! For more information, contact Colleen at 622-2764 or email radiantyoga.colleen@gmail.com or visit her website at www.radiantyogawithcolleen.com.

## Mountain Judo

Please contact Kerry at 474-1601 or kerryconlon@gmail.com for more information.

## Holiday Open House

Bring your family for some Holiday activities and treats on Dec 16th from 530-730pm. There's no cost nor age limit! Tacky sweaters are permitted.

## Indoor Flea Mark

January 26, 2019 - Centre will be hosting an indoor flea market. Table rentals are only \$15 each. Contact the Centre to reserve your spot.

## Winter Outdoor Rink

Our outdoor rink will be beginning in December (weather permitting!). We will be looking for volunteers to help with flooding and supervision; please contact the centre if you can help out. Please visit our website page for updated hours of the Rink Shack and special skating events.

## Snowshoe Club

Will be meeting the 3rd Sunday of the month in Jan/Feb/March at 2pm at the Centre to explore the trails around our neighbourhood. We will meet back at the Centre to enjoy some hot chocolate and treats.

# Volunteer!

## Board Members & Volunteers Needed!

South Neebing Community Centre is solely operated by volunteers and your help is needed. Whether you have an idea for a new group, program or event, you would like to join the Board or you just have time now and again and would like to help out, your Community Centre needs you! Please contact Linda at 621-9060 or by email at southneebingcentre@gmail.com.

Visit us at <https://m.facebook.com/SouthNeebingCommunityCentre/>

# Community Centres are the heart of communities...

## Volunteers are the heart of community centres!

Volunteering is a great way to:

- Meet new people
- Use your skills
- Take an active role in your community
- Learn something new
- Make a difference
- Help build community spirit
- Make new friends
- Have fun, and...
- Volunteer work looks great on a resumé!

Contact a community centre near you or call 621-0035 to find out how you can get involved.

[www.thunderbay.ca/communitycentres](http://www.thunderbay.ca/communitycentres)



COMMUNITY CENTRES  
[www.thunderbay.ca/communitycentres](http://www.thunderbay.ca/communitycentres)

## Vale Community Centre

*Unfortunately, there are no one-time rentals for birthday parties, meetings, showers, etc.*

### Rentals

If you are looking for space to run regularly scheduled, ongoing programming, call 621-0035 for more information. User groups must provide proof of general liability insurance.

### Thunder Bay Boys & Girls Club – After School & Evening Programs

The After School Program runs Monday to Friday from 2:45 – 5:30pm. The evening program runs Monday to Thursday from 6:30 – 8:00pm. For more information on the programs offered by the Boys and Girls Club at Vale Community Centre, please visit the website [www.tbayboysandgirlsclub.org](http://www.tbayboysandgirlsclub.org) or call 623-0354.

### Games and Conversation Drop In

Every Monday, from 1:00 – 3:00pm, join old friends and make new ones over some cards, board games and conversations. Free Program! Some games provided but feel free to bring your own. Call Pina at 621-4349 for more information.

### TOPS (Take Off Pounds Sensibly)

Non-profit, non-commercial weight loss support group. Meet every Friday; weigh in starts at 9:00am with meeting at 10:00am. For more information, please contact Rose-Marie Shandruk at 577-5924 or [rmshandruk@tbaytel.net](mailto:rmshandruk@tbaytel.net).

### Vale 55 Plus

Every Wednesday from 1:00 – 3:00pm. Afternoon coffee at 2:30pm. New members welcome! Join the fellowship and meet your neighbours! Call Dianne for more information at 577-6870.

20 Vale Ave. • Phone 621-0035

RECREATION & CULTURE

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# Vickers Heights Community Centre

Visit us at [www.vhcc.ca](http://www.vhcc.ca) or follow us on Facebook <https://www.facebook.com/vickersheightscommunitycenter> for the most up-to-date information and event details.

Find us on Broadway Avenue "on the way to the Old Fort"

## HALL RENTALS

Call Leila 577-8596 or use the on-line reservation form at [www.vhcc.ca](http://www.vhcc.ca). The hall is available for showers, birthday parties, meetings, courses, seminars, and family reunions. Catering can be arranged or prepare your own food. WiFi Hotspot



## REGULAR PROGRAMMING (shaded items are not weekly)

### Monday

Women's Fitness Classes  
(Mon., Wed., Fri)  
10 am - 11 am  
Nellie 475-4630

Women's Institute  
*\*First Monday of each month\**  
An organization for personal growth  
and community action.  
1 pm Leila 577-8596

Board Meetings  
*\*Forth Monday*  
September 24<sup>th</sup>, November 26<sup>th</sup>  
Everyone welcome

### Hunter Safety Course

Hunter Education and Canadian  
Firearms Safety Course.  
Register 474-8119

### Wednesday

Women's Fitness Classes  
(Mon., Wed., Fri)  
10 am - 11 am  
Nellie 475-4630

Needing Needlers  
*\*Second & forth Wednesday per/month\**  
Anyone interested in quilting and  
sharing ideas are welcome.  
1:00 pm - 3:00 pm  
Leila 577-8596

Bluegrass & Old Tyme Music Jam  
7 pm - 10 pm  
A jam session and social event.  
Everyone is welcome.  
\$3/person includes refreshments.  
623-8119 or 630-9914

### Thursday

Social, Ballroom Swing &  
Latin Dancing  
Every Thursday starting January 10,  
2019. \$40 for 8 weeks \$25 for 4  
weeks. 6:00 pm - 7:30 pm for Waltz,  
Foxtrot, Tango, Rumba, Quickstep &  
Jive/Swing. 7:30 pm - 9:00 pm for  
Cha Cha, Salsa/Mambo, Bachata,  
Samba, Slow 2-step, & Argentine  
Tango.  
Carmela or Armin 473-4875  
[adelrosa@tbaytel.net](mailto:adelrosa@tbaytel.net)

### Friday

Women's Fitness Classes  
(Mon., Wed., Fri)  
10 am - 11 am  
Nellie 475-4630

### Saturday

Scrapbooking Workshops  
9am - 5pm  
2018  
Nov. 3rd, Dec. 1<sup>st</sup>  
2019  
Jan.12, Feb.16, March 9. April 13,  
May 4, June 8, Sept. 14, Oct. 5,  
Nov. 2, Dec. 14.  
Darcy 623-8130

## Lumberjack Jamboree

**Sunday, January 27, 2019**

Fun for the whole family with outdoor events and prizes for all  
age groups. 12:30 pm - 4:30 pm Concession opens at 1 pm.  
Pancake breakfast 10am - 12:30 pm. Call Julie to volunteer 476-5971.

# West Arthur Community Centre

Winter 2019

• 1914 Arthur St. W. • 577-6661 • westarthur@tbaytel.net

**Office Hours: Monday to Friday 8:30—4:30**

**COMMUNITY CENTRES**  
www.thunderbay.ca/communitycentres



**Follow us on Facebook to find out about all the new and exciting upcoming events happening this Winter!**

Get involved in your neighborhood! Join our Community Centre board to help us plan and organize some new events this year!

### Hall Rentals

Looking for a place to have an anniversary party, baby shower, birthday party (any age) bridal shower, family reunion, luncheon, funeral gathering, meetings of any size, wedding or workshop? We have a large hall as well as smaller meeting rooms available.

### General Meetings

Centre board meetings are held on the 3rd Monday of every month at 1:30PM (except July & August). Join the board and make a difference!

### Table Tennis

Join this fun, active group for table tennis on Thursday & some Friday evenings from 7-9PM (except holidays) Cost is \$5 for 2 nights. Call John at 622-2401 for more info.



### Carpet Bowling

If you would like to limber up and meet some social and active seniors, come join us on Thursday afternoons from 1:30-3:30pm Cost \$2.00 drop in fee. Call Dennis at 474-0835 for more info

### Ballroom Dance Classes for Beginners & Intermediate

Have fun and make new friends! Classes are relaxed, casual, and great exercise. Begins January 15th

#### Beginner Class

Tuesdays (10 weeks)  
8:30-10PM  
\$80 per couple

#### Intermediate Class

Tuesdays (8 Weeks)  
7-8:30pm  
\$80 per couple

Contact 473-1922 or email [bgrmail5@gmail.com](mailto:bgrmail5@gmail.com) for info

**You must register before classes begin.**



### Pilates

Diminish hip, neck and shoulder pain or sculpt your body by learning the art of Pilates.

Every Monday at 5:30pm (except holidays).  
Cost: \$12 drop ins or 12 classes for \$132  
Call Jeanie at 707-3651 for more info.

### CRIBBAGE



Join our social crib group every Wednesday from 7:30-10PM.

Call Wayne at 473-5703 for info

### Square Dancing

Learn modern square dancing and get fit while having fun! Every Monday from 7:30-9:30PM.  
Cost \$4 per person. Call 577-1354 for info.

### Round Dancing

Learn how to Round Dance! Saturday mornings from 9:30-11:30AM. Couples only please.  
Cost \$4 per person. Call 577-2731 for info.

RECREATION & CULTURE

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# WEST THUNDER COMMUNITY CENTRE

915 South Edward Street  
Thunder Bay, ON P7E 6R2

Ph: 475-9396  
Email: [westthunder@tbaytel.net](mailto:westthunder@tbaytel.net)



**VON**  
CANADA  
Senior stretch & exercise program  
Monday, Thursday 11:45 – 12:30.  
Foot Care Clinic  
3<sup>rd</sup> Friday Call 475-0012



**CRAFT GROUP**  
Mondays, 1PM  
Sept 2018 - May 2019  
\$3 Drop-in

**EUCHRE**  
Tuesdays 1PM  
Sept 2018 - May 2019  
\$4 Drop-in

**DISKING**  
Tuesdays, 9:30 - 11:30AM  
Sept 2018 - May 2019  
\$4 Drop-in

**CRIBBAGE**  
Thursdays, 1:15 - 3:15PM  
Sept 2018 - May 2019  
\$5 Drop-in



Be sure to check us out  
on Facebook and 'Like'  
our page!



## KOKORO KARATE

Mondays & Thursdays  
7-9 pm  
Ages 12 years & Up  
Sensei James Stewart 472-4490

## AKIRA KARATE

Mondays 6:15 – 7PM  
4 – 12 years  
Sensei Hayley Tennier  
(475-3163 / 629-1389)  
Pro Kids spots available

**KARATE**

## WEST THUNDER CAFÉ



**Tuesday Breakfast 9:30-11:30**  
**Tuesday Plated Lunch 11:30-1:00**  
**Thursday Breakfast 9:30-1:00**  
**Friday Lunch 11:30-1:00**

## Activities

Cash **BINGO** Fridays 1pm-3pm  
Pickle ball Mon. 3PM, Wed. 1PM  
Badminton Mon. 1pm, Wed. 6:30PM  
Fri. 10AM  
Basketball Wed. 9PM  
Parents & Tots Thurs. 9:30-11:30AM



## THE ULTIMATE ZUMBA EXPERIENCE

### ZUMBA® TONING

First class starts Jan 10 2019  
Thursdays 5:30-6:30p.m  
\$50 for 10 week session  
or \$5 Drop-in  
Instructor : Sharon Smith-Baxter



### ZUMBA® FITNESS

First class starts Jan 9 2019  
Wednesdays 5:15 - 6:15pm  
For 10 week session \$50 or Drop-in \$5  
Instructor: Sharon Smith-Baxter



**Radiant Yoga**  
with Colleen

### Radiant Yoga with Colleen

First class Mon January 7 2019  
Monday and Wednesday 9:30 – 11AM  
\$180 for 10 weeks or \$10 Drop In

### CHAIR YOGA BEGINNER, BEGINNER

Starts January 11  
**Fridays**  
1030am-1130am  
10 weeks \$70 or  
\$8 drop in

### BEGINNER YOGA

First class starts Jan 12 2019  
Saturdays 9:30am – 11:00am  
\$90 for 10 weeks or \$10\_drop in

## Special Events

Movie Day-Starts January  
Winter Vendors Market-March 2  
Christmas dinner- Sat December 15  
Annual General Meeting- March 20



# Thunder Bay 55 Plus Centres

## WINTER SESSION OF REGISTERED PROGRAMS

For more information call 684-3066  
To register call the Hotline 625-8463  
Travelling or out of town, call toll free  
1-844-288-4700 to register

The Winter Session begins on Monday, January 7th,  
and runs for 10 weeks, unless otherwise stated.  
*No classes on Monday, February 18 (Family Day)*

55 Plus Registration starts on  
**WEDNESDAY, DECEMBER 5 @ 8:30 am**  
(NO REGISTRATIONS WILL BE ACCEPTED BEFORE THIS DATE)



### REGISTRATION PROCESS

1. Avoid the lineup and register by calling the registration Hotline at 625-8463.  
*(You must pay with VISA or MasterCard)*
2. In-Person: at the Thunder Bay 55 Plus Centre, Victoriaville Centre, Canada Games Complex, Churchill Pool and Volunteer Pool.
3. Payments will be processed and receipts issued at time of registration.



RECREATION & CULTURE DIVISION

**Thunder Bay 55 Plus Centres**  
700 River Street & 1914 W. Arthur Street  
*There is no membership fee to participate.  
Open to everyone 55 or better!*

**THUNDER BAY 55 PLUS CENTRE**  
[www.thunderbay.ca/55plus](http://www.thunderbay.ca/55plus)



RECREATION & CULTURE



**THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET**



**WINTER 2019 REGISTERED PROGRAMS**

Programs start the week of Monday, January 7, 2019 and run 10 weeks unless otherwise stated. For information about programs listed, please call 684-3066 or to register by phone using VISA or MasterCard, call 625-8463.

**FITNESS**

*\*All prices include HST*

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
<b>LOW IMPACT AEROBICS</b> (No Class Feb 18)	403489	MON & WED	1:30 – 2:30 pm	L. Mork-Geurts	\$85

Join in the fun! Energize your mind, body & spirit. A gentle warm-up, 20 minutes of a low impact aerobic cardio workout, use of light hand weights, bands and other equipment. **NO PUNCH CARDS.**

<b>FUSION FITNESS</b>	403490	TUE & THU	8:35 – 9:05 am	L. Mork-Geurts	\$50
<b>FUSION FITNESS</b>	403491	SAT	12 – 12:45 pm	L. Mork-Geurts	\$38

This 1/2 hour class will Fuse all the movements of YOGA and PILATES together. You will METABOLIZE, gain MUSCLE and get into WAIST MANAGEMENT in this amped up Body Resistance Workout...NO WEIGHTS...just SWEAT and SMILES! All you need is your yoga mat, chair, water bottle and towel. Suitable for beginners and strong seniors as well.

<b>MORNING ENERGIZER GOLD</b>	403492	MON, WED & FRI	8:35 – 9:35 am	L. Mork-Geurts	\$110
<b>MORNING ENERGIZER GOLD</b>	403493	MON, WED & FRI	9:40 – 10:40 am	L. Mork-Geurts	\$110

This class will get you moving with a mixture of cardio, stretching, toning using a variety of equipment. Get moving to some fantastic music and get your morning on track with this great class.

<b>F.I.T. (Fitness Interval Training)</b>	402892	TUE & FRI	1:30 – 2:30 pm	A. Parr	\$85
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Learn to work the core, become strong from the inside out. Specific exercises will be taught to strengthen weak muscles, balance alignment and posture. This progressive class will challenge cardio & muscular strength, endurance, flexibility and agility.

<b>BENDER BALL FITNESS</b>	402894	THURS	1:15 – 2:15 pm	A. Parr	\$50
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This is a low impact class using the little ball that does it all! Bender Balls are highly effective for strengthening your core muscles, relaxing muscles that are too tight, increasing your range of motion, improving your posture & body awareness. All levels welcome.

<b>METABOLIC TRAINING W/POLES</b>	402895	WED	12:15 – 1:15 pm	A. Parr	\$50
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This class will take you outdoors when the weather permits. Learn how to train your metabolic system, to utilize fats in the body through a variety of intervals. Learn about heart rates, oxygen consumption and ways to reduce belly fat all while having fun!

<b>SIMPLY STRETCHING</b>	403495	TUES & THURS	9:15 – 10:15 am	L. Mork-Geurts	\$85
<b>SIMPLY STRETCHING</b>	403496	SAT	10:30 – 11:30 am	L. Mork-Geurts	\$50

This beginner stretch class will start your day with flowing movements of Taiji, energizing postures of Yoga and gentle stability of Pilates. Balls, chairs and mats will be used during this fun and functional class. All fitness levels welcome. **NO PUNCH CARDS.**

<b>YOGA (9 WEEKS)</b> (No class Feb 18)	402747	MON & WED	11:00 – 12:00 pm	I. Hauta	\$75
<b>YOGA (9 WEEKS)</b>	402748	TUES & FRI	10:30 – 11:30 am	I. Hauta	\$75
<b>EVENING YOGA (9 WEEKS)</b> (No class Feb 18)	402749	MON & WED	6:30 – 7:30 pm	I. Hauta	\$75
<b>YOGA (9 WEEKS)</b>	402750	SUN	3:00 – 4:30 pm	I. Hauta	\$40

Yoga is gentle movement through stretches and postures. This class is designed for those with some previous yoga experience but not necessary. Expanding upon learned yoga movements and offering a few more yoga positions. Please note that all positions can be modified to meet participant's needs.

<b>ZUMBA GOLD (9 WEEKS)</b>	403293	TUES	2:15 – 3:15 pm	K. Gorst-Vigliarolo	\$45
<b>ZUMBA GOLD (9 WEEKS)</b>	403295	SAT	10:30 – 11:30 am	K. Gorst-Vigliarolo	\$45

Are you ready to party yourself into shape? Join the fitness class that is fun, full of energy and tailored to people 55 Plus! Groove your way to a more healthy you! This program is exhilarating, effective and easy to follow.

<b>HOOP IT UP!</b>	403497	FRI	11 am – 12 pm	L. Mork-Geurts	\$45
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This fitness class is fun and will help you meet your fitness goals. Use a hula hoop as an exercise tool for stretching, strengthening and to help you improve your balance and flexibility. Go back in time and use a hula hoop in a whole new way! Hoop it up with Lisa!

## THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET

<b>JUST FOR GUYS FITNESS</b>	403339	TUE & THURS	9 – 10 am	D. Ortgiese	\$80
<b>JUST FOR GUYS FITNESS</b>	403340	MON & WED	9 – 10 am	D. Ortgiese	\$80

*This fun and popular class is returning for men only! Help increase your cardiovascular fitness level along with toning and stretching. This class will use a variety of equipment to help you reach those fitness goals!*

<b>20-20-20</b>	403440	TUES&THURS	6:15 – 7:15 pm	S. Taymaz	\$80
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*20 minutes of cardio work; 20 minutes of toning using weights and finish with 20 minutes for some abs & stretching as well as cool-down and relaxation.*

<b>*NEW* HAVIN' A BALL!</b>	404813	MON	3 – 4 pm	L. Mork Geurts	\$45
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*Join this bouncy, energetic class! You will get fit and have fun using all types of fitness balls; the soft medicine ball, bender ball and the big fitness balls. Getting your heart rate up, gain muscular endurance and enjoy some stretching, all in this fun class!*

<b>*NEW* EVENING ENERGIZER</b>	404814	MON	5:15 – 6:15pm	L. Mork Geurts	\$45
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*Inject some energy into your Mondays! This class will get you moving with a mixture of cardio, stretching, toning using a variety of equipment. Get moving to some fantastic music and get your week on track with this great class.*

### Don't forget about our "TRY A CLASS ON US" PROMOTION!

All those 55 or better are welcome to try any fitness class for FREE with a Try a Class on Us Card, pick one up at the main office or call us to find out more 684-3066!

### SPECIALTY CLASSES (Fitness & Wellness) \*All prices include HST

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
<b>MEDITATION FOR BEGINNERS</b>	403297	WED	12:15 – 1 pm	K. Makinen	\$50

*Join certified yoga teacher Kaija Makinen to embrace the power of meditation in this beginner class. Learn the art of breathing, focusing and find your inner calm.*

<b>MEDITATION - ADVANCED</b>	403299	WED	11 – 12 pm	K. Makinen	\$50
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*If you previously enjoyed beginner meditation, get ready to take your skills up a notch with our advanced classes. Must have taken beginner meditation previously.*

<b>SIT AND BE FIT</b>	404842	MON	12:15 am – 1:15 pm	L. Winter	\$50
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<b>SIT AND BE FIT</b>	404843	THURS	11:15 am – 12:15 pm	L. Winter	\$50
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*This gentle exercise class is perfect for those just starting a fitness program or reintroducing fitness into their lives. This class is for those wishing to exercise while seated. It includes rhythmic movement, range of motion, strength and stretching exercises.*

<b>CHAIR/SEATED YOGA LEVEL 1</b>	402789	TUE	10:15 – 11:15 am	K. Makinen	\$50
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<b>CHAIR/SEATED YOGA LEVEL 1</b>	402790	WED	9:45 – 10:45am	K. Makinen	\$50
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<b>CHAIR/SEATED YOGA LEVEL 2</b>	402791	FRI	9:30 – 10:30 am	K. Makinen	\$50
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<b>CHAIR/SEATED YOGA LEVEL 1</b>	402792	TUE	11:30am – 12:30am	K. Makinen	\$50
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*Chair Yoga - one hour of stretching, toning, breathing exercises, smiling and laughing. Using the chair, we learn basic yoga postures and breathing techniques designed to de-stress, strengthen and bring flexibility to your body and mind. All levels of ability welcome. Level 2 same as level 1 in addition more balancing postures.*

<b>KEEP MOVING WITH PARKINSON'S</b> (NO CLASS FEB. 18)	403301	MON & WED (9 WEEKS)	11 – 12 pm	K. Gorst-Vigliarolo	\$90
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<b>KEEP MOVING WITH PARKINSON'S</b>	403300	FRI (10 WEEKS)	9 – 10 am	D. Ortgiese	\$50
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*This class is specifically designed for those with Parkinson's Disease. Includes aerobic conditioning, functional strengthening, and mobility and balance exercises. Must have been assessed by St. Joe's. If not, call Kyla at St. Joe's 346-2334.*

**THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET**

<b>STRENGTH IN MOTION</b> (NO CLASS FEB 18)	403289	MON (9 WEEKS)	9:45 – 10:45 am	K.Gorst-Vigliarolo	\$45
<b>STRENGTH IN MOTION</b> (NO PUNCH CARDS)	403290	WED (9 WEEKS)	9:45 – 10:45 am	K.Gorst-Vigliarolo	\$45
<b>STRENGTH IN MOTION</b>	403291	WED (9 WEEKS)	5 – 6 pm	K.Gorst-Vigliarolo	\$45

Join us for an easy-to-follow work out that includes exercises designed to increase flexibility, joint stability, balance, coordination and muscular strength. A chair is used in this work-out for standing and seated support when necessary. **NO PUNCH CARDS.**

<b>INTRO TO FELDENKRAIS – EASY MOVEMENTS</b>	402745	FRI	12:15 – 1:15 pm	O. Reimer	\$50
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Involves small easy movement patterns that will help you move with more ease and less pain. Designed for people with pain and movement challenges. Despite the inevitable changes of age, illness and accident, it's still possible to make improvements. You will be able to improve range of motion, balance, & coordination.

<b>FELDENKRAIS CHALLENGE</b>	402746	WED	5:15 – 6:15 pm	O. Reimer	\$50
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These classes will interest people who enjoy moving, who move well and would like to move better. For people who are curious and willing to put time and effort into exploring how unique movement can result in improvement in whatever physical activities you enjoy. If you have stalled or feel stuck in making improvements, find out how these lessons will help you find finesse.

<b>JOY OF LATIN LINE DANCING - Beg</b>	403239	THURS	9 – 10 am	A. Del Rosario	\$55
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Line dancing isn't just country and western anymore! It's modern, urban sophistication, flowing waltz and night club rhythm and Latin flavour. It is FUN, GREAT EXERCISE and YOU DON'T NEED A PARTNER. Learn new and traditional line dances in a comfortable, welcoming class. For beginners and those who feel they have two left feet.

<b>JOY OF LATIN LINE DANCING - Int</b>	403241	THURS	10:15 – 11:45 am	A. Del Rosario	\$60
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If you have already taken the Joy of Line Dancing at the beginner level, it is time to move on to the next steps. ...enjoy moving and grooving with Armin with new moves and more complex steps.

<b>PILATES FOR BEGINNERS (8 WEEKS)</b>	404845	TUES	11:15 pm – 12 pm	R. Karioja	\$40
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Pilates may sound intimidating, but it's an accessible way to build strength in your core muscles. Join this beginner class and gain better posture, balance and flexibility.

<b>YOGA ON THE BALL</b>	403242	TUES	5 – 6 pm	K. Makinen	\$50
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A total body workout, enjoy a fun class with an experienced instructor. This class involves yoga moves and postures while seated on a ball. This easy and safe workout will improve balance and enhance breathing techniques.

<b>YOGA FIT – HATHA YOGA</b>	403498	WED & FRI	10:30 – 12:00pm	M. Levanto Gleeson	\$80
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A fitness class with yoga moves as a base. Focus is on balance, coordination, stretching and strengthening using movement, strength training and the use of balls and bands.

**OFFSITE WORKSHOPS AND PROGRAMS**

– the following programs take place at other facilities  
but are geared to those 55 or better,  
get involved in a program today!

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	LOCATION	FEE*
<b>AQUA EXTRAVAGANZA</b>	404591	MON (11 WEEKS)	1:15 – 2 pm	A. Parr	Volunteer Pool, 180 Martha St.	\$58.15

Join in this great aqua fitness class that will help to improve cardiovascular and muscle strength with endurance for better health. A little bit of everything, aqua zumba, aqua jog, aqua boot camp and more! Join in the fun in the water with great music and an experienced instructor!

Stay informed with all the exciting events and programs happening at the 55 Plus Centre by following us on Facebook!

Find us on 

## THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET

### TAIJI

\*All prices include HST

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
<b>ADVANCING TAIJI</b>	402941	TUE & FRI	10:45 – 12 pm	O. Reimer	\$75

We will practice Taiji Qigong, 8, 16, 24 and 48 Forms. The emphasis will be on refining movements to make them more relaxed, efficient and enjoyable and on cultivating inner calm and focus.

<b>WHOLE BODY TAIJI QIGONG</b>	402889	FRI	11 am – 12 pm	S. Mackenzie	\$50
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This class is a good introduction to Taiji and Qigong but will also enhance the health benefits of those who already practice Taiji. This new class encompasses unique whole body moves, along with warm up and cool down routines.

<b>TAIJI – QIGONG – 6 Forms</b>	402890	THURS	2:30 – 3:30 pm	S. Mackenzie	\$50
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Taiji Qigong is a combination of the ancient Chinese forms of Taiji and Qigong. Mental concentration and calmness are developed as one practices these forms. They can also be done standing or in a seated position.

<b>TAIJI – 16 Forms</b> (No Class Feb 18)	403189	MON & THURS	10:45 – 11:45 am	O. Reimer	\$75
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16 Forms is a good progression when you are very comfortable with the 8 Forms. You will maintain and improve balance, range of motion and strength. You will learn to relax your mind and body so you can move with greater strength, efficiency and pleasure.

<b>SEATED/STANDING TAI CHI</b>	404839	THURS	2 – 3 pm	B. Cadene	\$50
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Tai Chi is the centuries old Chinese art of moving meditation; with slow controlled movement. This class includes gentle exercises using Tai Chi movements that can be performed either seated or standing. Helps to improve mental & physical balance; increase & maintain range of motion and improve flexibility and co-ordination.

<b>TAIJI – 8 Forms</b>	403139	TUE & FRI	9:30 – 10:30 am	B. Cadene	\$75
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An introduction to taiji. It combines choreography, body awareness and meditation through movement. Improve and maintain strength, range of motion, co-ordination and balance and have fun doing it.

<b>TAIJI – 24 FORMS</b> (No Class Feb 18)	403039	MON & THURS	9 – 10 am	O. Reimer	\$75
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24 Forms is a good progression when you are comfortable with the 16 Forms. The emphasis continues on learning to move with body awareness and internal focus. You will maintain and improve balance, range of motion and strength. You will learn to relax your mind and body so you can move with greater strength, efficiency and pleasure.

### VISUAL ARTS

\*All prices include HST

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
<b>MIXED MEDIA</b> (No Class Feb 18)	403443	MON	9 am – 12 pm	G. Zelinski	\$95

This course will cover techniques for mixed media as life drawing using both wet and dry mediums. Students are encouraged to work on independent projects and the instructor will assist with instruction throughout the project.

<b>MECHANICS OF WATERCOLOURS</b> (No Class Feb 18)	403445	MON	1 - 4 pm	G. Zelinski	\$95
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If you ever admired a watercolour painting and wanted to try out this age old art, this class is for you! The aim is to understand various differences of transparent, opaque and staining colours then adapt colours best suited to your style or subject matter.

<b>DRAWING/SKETCHING PEN &amp; INK</b>	403447	WED	9 am – 12 pm	G. Zelinski	\$95
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<b>DRAWING/SKETCHING PEN &amp; INK</b>	403446	WED	1 – 4 pm	G. Zelinski	\$95
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Classes are designed to help artists develop their visual perception. Skills are developed by drawing what we actually see & not what we think it should look like. You will use pen & ink primarily for this class

THUNDER BAY 55 PLUS CENTRE  
www.thunderbay.ca/55plus

RECREATION & CULTURE

CITY OF  
**Thunder Bay**  
Superior by Nature

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**THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET**

**WORKSHOPS – THUNDER BAY 55 PLUS**  
700 River Street - 684-3066

WORKSHOP TITLE	CODE	DATE	TIME	INSTRUCTOR	FEE*
<b>CRIBBAGE LESSONS</b> (Begins Jan 10)	402739	THURS (6 WEEKS)	1 – 3 pm	C. Snow	\$50

*Learn to play the game of Cribbage with our experienced instructors, Charlie & Jean. Some math skills are required to play crib.*

<b>GREETING CARDS</b>	402740	WED, JAN 16	1:30 – 4:30 pm	P. Llyod	\$25
<b>GREETING CARDS</b>	402741	WED, FEB 20	1:30 – 4:30 pm	P. Llyod	\$25
<b>GREETING CARDS</b>	402742	WED, MAR 13	1:30 – 4:30 pm	P. Llyod	\$25

*This workshop is suitable for the beginner as well as more accomplished card makers. You will create 3-4 cards and learn different processes and techniques in designing your cards. Please bring a pair of scissors, all other supplies provided.*

<b>GEAR UP FOR GOLF</b>	404810	SAT, FEB 9	1:30 – 3:30pm	A. Parr	\$20
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*Golf lovers! Are you going south of the boarder to get some early golfing in? This is the workshop for you. We will look at injury specific training, and strengthen muscles that need to be trained. Will learn good posture, technique and form through balanced exercises specific for the game of golf.*

<b>EXPLORE YOUR CORE WITH PILATES</b>	404847	SAT, JAN 26	10:30am – 12:30pm	R. Karioja	\$12
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*What the heck is your "Core" anyway? How do you use it? When do you use it? Join Reija as she answers these questions and any others you may have! Learn how to activate the right muscles and some simple exercises you can use now to strengthen your core!*

<b>KNITTING – FAIR ISLE TECHNIQUE</b> (Begins Jan 22)	403448	TUE (3 WEEKS)	1:30 – 4:30 pm	M. Duncan	\$65
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*This workshop is for the intermediate knitter. You learn to work with 2 colours at the same time and will make either a cowl or hat.*

<b>KNITTING – SOCKS</b> (Begins Feb 19)	403449	TUE (3 WEEKS)	1:30 – 4:30 pm	M. Duncan	\$65
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*This 3 week workshop will teach you how to knit a pair of socks and is suitable for beginners.*

<b>VALENTINE ORIGAMI</b> (Begins Jan 22)	403047	TUE (4 WEEKS)	1 – 4 pm	A. Houstoun	\$40
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*Have you always wondered about the art of origami? In this 4 week workshop, you will learn how to fold paper into wonderful Valentine themed Origami designs. Please bring your own scissors. All other supplies provided.*

<b>BEGINNERS WINTER LANDSCAPE ACRYLIC ON CANVAS</b>	402647	MON, JAN 21	10 am – 12 pm	P. Clark	\$45
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*Working on a 9x12 canvas, you will paint a quaint snow-covered lamp post illuminated by the night sky.*

<b>RUSTIC BIRD FEEDER</b>	402650	MON, FEB 4	10 am – 12 pm	Willow Springs	\$45
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*Working on a 9x12 canvas, you will paint a quaint snow-covered lamp post illuminated by the night sky.*

<b>COPPER AND STONE JEWELRY</b>	402651	WED, MAR 20	1 – 3:30 pm	Willow Springs	\$50
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*Using a combination of smooth river stones, copper wire, wood and glass beads and a copper sheet, you will create an individualized amulet, cuff bracelet or broach.*

**Thunder Bay 55 Plus Support Service Programs**



**Friendly Visiting Program**

The program connects a volunteer with a senior who resides in their own home. The match is based on mutual interest, and if possible, residing within the same neighbourhood. The volunteer visits in person to provide friendship and support

**Telephone Assurance Program**

Provides telephone friendship for socialization and security. Volunteers call on a regular basis; either daily or weekly.

**Walk-A-Bit Program**

Volunteers accompany a senior for a walk in their neighbourhood.

**For more info, please call Twyla or Suzanne at 684-3471 or email [tbiluk@thunderbay.ca](mailto:tbiluk@thunderbay.ca)**

## THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET

### GENERAL INTEREST

\*All prices include HST

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
<b>GUITAR LESSONS – BEGINNER 1</b>	403501	WED	1 – 2 pm	T. O'Brien	\$120

*You must have your own guitar to participate. Must have taken Beginner 1 in the fall session*

<b>GUITAR LESSONS – BEGINNER 2</b>	403539	WED	9:30am–10:30am	T. O'Brien	\$120
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*You must have your own guitar to participate. Must have taken Beginner 2 in the fall session*

<b>GUITAR LESSONS – INTERMEDIATE</b>	403540	TUE	11 am – 12 pm	T. O'Brien	\$120
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*For those with previous guitar experience, you must have taken beginner 1 & 2. You must have your own guitar to participate*

<b>GUITAR LESSONS – ADVANCED</b>	404784	WED	11 am – 12 pm	T. O'Brien	\$120
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*For those with previous guitar experience, you must have taken advanced 1 in the fall. You must have your own guitar to participate*

<b>GUITAR LESSONS – ADVANCED 2</b>	404789	TUE	9:30 – 10:30 am	T. O'Brien	\$120
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*Must have completed Advanced lessons previously. You must have your own guitar to participate.*

<b>AFRICAN STYLE HAND DRUMMING</b> (Begins Jan 7)	403140	MON (4 WEEKS)	10:15 – 11:30 am	S. Jesseau	\$80
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<b>AFRICAN STYLE HAND DRUMMING</b> (Begins Feb 4)	403141	MON (4 WEEKS)	10:15 – 11:30 am	S. Jesseau	\$80
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*In these 4 week sessions, you will learn the 3 sounds that provide a foundation for numerous styles of drumming! This is an ideal first instrument with easy movements, large targets and no wrong notes! If you love music you will surprise yourself at this class. The djembe music sounds powerful and uplifting. We will learn complete arrangements with calls, traditional parts, soloing (by Sean) and dynamic endings! NO PUNCH CARDS*

<b>MERLIN M4 GUITAR</b> (Begins Jan 8)	404815	TUE (4 WEEKS)	11 am – 12 pm	S. Jesseau	\$60
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<b>MERLIN M4 GUITAR</b> (Begins Feb 5)	404816	TUE (4 WEEKS)	11 am – 12 pm	S. Jesseau	\$60
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*The Canadian made Seagull Merlin or M4 is the world's easiest guitar! It only has 4 strings, a very thin neck and easy to grasp. If you love the sound of guitar, mandolin, dulcimer or banjo, then this class is for you. NO PUNCH CARDS.*

### TECH CLASSES – Apple Ipad & Iphone only

\*All prices include HST

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
<b>IPAD BEGINNER</b> (Begins Jan 8)	404848	TUE (5 WEEKS)	10 am – 12 pm	D. Brown	\$75
<b>IPAD BEGINNER</b> (Begins Feb 19)	404849	TUE (5 WEEKS)	10 am – 12 pm	D. Brown	\$75

*This class is for individuals that own an APPLE iPad and wish to learn the basics. You will learn about texting, emails, contacts, calendars, taking pictures, internet, apps and so much more. Please know or bring your Apple ID user name & password.*

<b>IPAD INTERMEDIATE</b> (Begins Jan 9)	404864	WED (5 WEEKS)	10 am – 12 pm	D. Brown	\$75
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<b>IPAD INTERMEDIATE</b> (Begins Feb 20)	404865	WED (5 WEEKS)	10 am – 12 pm	D. Brown	\$75
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*This class is best suited for those with some iPad experience. You will learn more in depth editing of photo's, video's, panoramic settings, apps, free downloading, split screens, Facetime, copy and pasting items as well as individual likes. With a small class size, you get one on one and group class time. Please know or bring your Apple ID user name & password.*

<b>IPHONE BEGINNER</b> (Begins Jan 7)	404855	MON (5 WEEKS)	6 – 8 pm	M. Demillo	\$75
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<b>IPHONE BEGINNER</b> (Begins Feb 11, No Class Feb 18)	404856	MON (5 WEEKS)	6 – 8 pm	M. Demillo	\$75
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*This class is designed for those who have an iPhone and are looking to maximize its use and efficiency. Course will cover basic settings, using the internet, text messaging, email using contact list, calendar, photos, Facetime and apps and much more.*

<b>IPHONE INTERMEDIATE</b> (Begins Jan 9)	404859	WED (5 WEEKS)	6 – 8 pm	M. Demillo	\$75
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<b>IPHONE INTERMEDIATE</b> (Begins Feb 20)	404860	WED (5 WEEKS)	6 – 8 pm	J. Laudone	\$75
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*For those of you with your own Iphone, who can navigate programs, email and contacts with sufficient ease, try our next steps in Intermediate Iphone This class focuses on making your Iphone work more efficiently for your needs.*



**THUNDER BAY 55 PLUS CENTRE, 700 RIVER STREET**

**COMPUTER WORKSHOPS & CLASSES**

*\*All prices include HST*

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
<b>WINDOWS 10</b> (Begins Jan 7)	403044	MON & WED	9:30 – 11:30 am	G. Reguly	\$75
<b>WINDOWS 10</b> (Begins Feb 4)	403045	MON & WED	9:30 – 11:30 am	G. Reguly	\$75

*This class is well suited for beginners or those who are starting to use Windows 10. This class focuses on how to navigate the software changes in Windows 10 and how to optimize the use of your computer.*

<b>LEARN YOUR MAC FOR BEGINNERS</b> (Begins Jan 10)	403040	THUR (6 WEEKS)	1 – 3 pm	A. Houstoun	\$75
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*Bring your own laptop or use our Mac desktops (Only 4 spaces available for desktops). This course will cover settings for security and better performance, email, contacts and bookmarks. Setting other accounts, Facetime, photos and more.*

<b>ADVANCED MAC</b> (Begins Feb 21)	403041	THUR (6 WEEKS)	1 – 3 pm	A. Houstoun	\$75
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*Bring your own Macbook or use one of our Mac desktops. This class is not for beginners! You will learn how to improve Safari, iTunes, photo's, system preferences, games, and much more!*

<b>ITUNES FOR MAC AND WINDOWS 10</b> (Begins Jan 23)	403042	WED (4 WEEKS)	1 – 3 pm	A. Houstoun	\$40
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*Do you want to know how to organize your iTunes library? In this workshop you will learn all about iTunes, how to expand your library, email songs, import CD music and videos, and hare music with your ipad and iphone, plus more! Bring your own laptop or use our desktop.*

<b>WINDOWS 10 SECURITY</b> (Begins Feb 27)	403043	WED (3 WEEKS)	1 – 3 pm	A. Houstoun	\$40
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*Learn about features offered in Windows 10 security, plus privacy, phishing prevention & reporting, useful short cuts and back issues.*

**Looking for a way to beat the winter blues?**



**Make new friends, see old ones  
and learn something new!**

**Join the volunteer team at the  
Thunder Bay 55 Plus Centre!**

**Great opportunities just waiting  
for someone like you!**



**Contact Tessa TODAY for more information**

**684-3277 or thettrick@thunderbay.ca**





## WINTER 2019 REGISTERED PROGRAMS

Programs start the week of Monday, January 7, 2019 and run 10 weeks unless otherwise stated. For information about programs listed, please call 625-3135 or to register by phone using VISA or MasterCard, call 625-8463.

### FITNESS & WELLNESS

\*All prices include HST

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
<b>JOY OF LATIN LINE DANCING</b> (No Class Feb 18)	403240	MON	10 – 11:30am	A. Del Rosario	\$60

*Line dancing isn't just country and western anymore! It's modern, urban sophistication, flowing waltz and night club rhythm and Latin flavour. It is FUN, GREAT EXERCISE and YOU DON'T NEED A PARTNER. Learn new and traditional line dances in a comfortable, welcoming class. Beginners welcome!*

<b>YOGA FIT - HATHA YOGA</b>	403499	THURS	10:30 -12 pm	M. Gleeson	\$50
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*A fitness class with yoga moves as a base. Focus is on balance, coordination, stretching and strengthening using movement, strength training and the use of balls and bands.*

<b>ZUMBA STRETCH!</b>	403294	FRI	1:30 – 2:30 pm	L. Mork-Geurts	\$50
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*Get in the Groove with this fun Zumba dance class, moves are easy to follow and you won't even realize you're working out! Enjoy a nice stretch and cool down at the end of the class.*

<b>LOW IMPACT AEROBICS</b> (No Class Feb 18)	404863	MON & WED	1:30 – 2:30 pm	W. Tiboni	\$85
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*Join in the fun! Energize your mind, body & spirit. A gentle warm-up, 20 minutes of a low impact cardio workout, use of light hand weights, bands and other equipment.*

### VISUAL ARTS & WORKSHOPS

\*All prices include HST

ACTIVITY	CODE	DAY	TIME	INSTRUCTOR	FEE*
<b>OIL &amp; ACRYLIC PAINTING</b>	402939	FRI	9 – 12 pm	L. Lindsey	\$95

*This class is designed for those who are just starting out with oil and acrylic painting. Everything from composition to personal expression will be covered. Individual critiques, one on one instruction and personal guidance is provided at your own pace.*

<b>MECHANICS OF WATERCOLOURS</b>	403444	TUES	1 – 4 pm	G. Zelinski	\$95
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*This class is designed for those with some watercolour experience. Students will work on honing the principles and techniques of this medium with a fantastic instructor. Instructor will review supplies needed at the first class.*

<b>RUSTIC BREAD MAKING</b>	402645	MON, FEB 25	11 am – 2 pm	Willow Springs	\$51
<b>RUSTIC BREAD MAKING</b>	402646	WED, MAR 6	11 am – 2 pm	Willow Springs	\$51

*Learn to make 3 different types of bread (focaccia, honey oat and braid sweet loaf) in 3 different shapes. Bake and enjoy! Beverages and additional lunch food included. Everyone takes home 3 loaves of bread.*



# Thunder Bay 55 Plus Centre Weekly Activity Schedule

## PURSUING LIFE

ENGAGING, EXCITING, ENERGIZING

### MONDAY

1:00 pm - Cribbage  
1:00 pm - Line Dancing Beg. (Sept - May)  
1:00 pm - Guitar  
2:00 pm - Line Dancing Beg. Plus (Sept - May)  
4:30 pm - Painting  
6:30 pm - Euchre

### TUESDAY

12:15 pm - Badminton  
1:00 pm - Quilting  
1:00 pm - Rug Hooking  
1:00 pm - Whist (excl. 1st Tues. of month)  
1:10 pm - Bridge  
6:00 pm - Pickleball  
6:30 pm - Canasta  
7:00 pm - Hardanger Needle Art / Crazy Quilting  
(2nd Tues)

### WEDNESDAY

12:45 pm - Floor Shuffleboard  
1:00 pm - Mah Jong  
3:00 pm - Pickleball  
6:30 pm - Bid Euchre  
6:30 pm - Bridge

### THURSDAY

9:00 am - Watercolours Painting  
9:30 am - Knitting & Crochet  
10:15 am - Silver Sound Choir  
1:00 pm - Oil & Acrylics Painting  
1:15 pm - Euchre  
1:30 pm - Badminton  
2:00 pm - Swedish Weaving  
6:00 pm - Evening Quilting  
7:00 pm - Cribbage  
7:00 pm - Dance (\$7) (1st & 3rd Thurs., excl. July & Aug.)

### FRIDAY

8:30am-4:15pm - Ladies Only Billiards  
9:30 am - Quilting  
12:15 pm - Badminton  
12:45 pm - Contract Bridge  
1:30 pm - Bid Euchre  
2:15 pm - Floor Curling

### SATURDAY

12:30 pm - Pickleball  
1:00 pm - Entertainment (September - May)

### SUNDAY

2:00 pm - Sunday Music & Variety Program (Oct. - April)

### HEALTH & WELLNESS PROGRAMS

10:00 am - Blood Pressure Screening  
1st Wednesday, September to June

1:00 pm - Hearing Screening Testing  
2nd Wed. September to June - call 684-3471

1:30 pm - Grief Support Group, Every Friday  
Call 684-3471 for dates in July & August

1:30 pm - Myeloma Support Group  
2nd Wednesday

1:30 pm - Caregivers Support Group  
3rd Wednesday, September - June



Phone: 807-684-3066 Fax: 807-345-1612  
700 River Street Thunder Bay, ON P7A 3S6

www.thunderbay.ca/55plus  
Find us on Facebook

All activities with the exception of the Health & Wellness Programs are \$2.00.  
All activities are subject to change to accommodate Centre programming.

# 55 Plus COMMUNITY Winter

CITY OF  
**Thunder Bay**  
Superior by Nature

RECREATION & CULTURE DIVISION

55 PLUS COMMUNITY  
www.thunderbay.ca/recreation

## WIT KNITS

EVERY THURS FROM  
THURS, JAN 10 TO APR  
25, 1:30-3PM

Mary J L Black Library,  
901 Edward Street South

**FREE!**

Knit, crochet,  
embroider and  
socializing. No  
instructor, drop  
in program.

## BOCCE BALL Everyone 55+ is Welcome

EVERY THURS FROM  
JAN 17 TO MARCH 14,  
1PM-2:30PM

Da Vinci Centre, 420  
Waterloo St

Drop in program with the  
Thunder Bay 55 Plus Centre

**FEE:** \$2 (pay at arrival)

## RETIREMENT EXPLORERS Everyone 55+ is Welcome

EVERY FRI FROM JAN 11  
TO APR 26, 1PM-2:30PM

Mary J L Black Library,  
901 Edward St S.

**FREE!**

Join others who  
are retired or  
thinking of  
retirement to discuss  
things to do and places to  
see in Thunder Bay. Make  
connections with new  
people and explore the  
benefits retirement has  
to offer.

## SUPERIOR HEARING 55+LU HANGAR WALK



EVERY TUES, JAN 15 TO APR 9,  
2PM-3PM EVERY FRI JAN 18 TO APR  
12, 10AM-11AM

Lakehead University Hangar, 955 Oliver Rd

**FREE!**

FREE walking program  
provided by Superior Hearing.  
Additional donation provided  
to us by Northern Hearts.

Parking Pass is needed; \$1.25 each hour  
(parking booth outside main doors). Walk  
at your own pace at an indoor walking  
program for 55 plus. Please only indoor  
shoes on the track. Please use the main  
entrance, side track entrance may be used  
only for individuals with mobility devices.

## SKI 55 CLUB Beginners & Everyone 55 +is Welcome!



THURS, FEB 7, 14, 21, & 28 (weather  
permitting), 3PM (arrive at 2:30PM to  
register and to be fitted for equipment)

Kamview Nordic Centre, 851 20<sup>th</sup> Side Rd

**FEE:** Trail pass is \$8 plus tax,  
Ski Rentals available \$10 plus tax)

## SNOWSHOE ADVENTURE



MON, JAN 7, 14, 21, 28 &  
FEB 4, 11, & 25 (weather permitting),  
3PM (arrive at 2:30PM to register and  
to be fitted for equipment)

Kamview Nordic Centre, 851 20<sup>th</sup> Side Rd

After enjoying the beautiful scenery on a  
guided tour through the country trails come  
into Kamview and try some delicious soup,  
chilli or their famous homemade cookies.  
Call Lis for more information at 475-7081 or  
tbntskigroups@tbaytel.net or Thunder Bay  
55 Plus Centre at 684-3066.

**FEE:** Trail pass is \$6 plus tax,  
Snowshoe Rentals available \$10 plus tax)

fun active babes

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

Proudly Sponsored by:



## LADIES BOCCE LEAGUE

WED, JAN 16 TO MAR 13, 1PM TO  
2:30PM

Da Vinci Centre, 420 Waterloo St.

**FEE:** \$2 Drop In Fee

## RUMMOLI WITH FUN ACTIVE BABES

THURS, JAN 31, 1PM-3PM

Thunder Bay 55 Plus Centre,  
700 River Street

Come enjoy an afternoon of games  
and fun with Fun Active Babes.

**FEE:** FREE! (Registration required –  
code: 402644)

## SLEIGH RIDE WITH FUN ACTIVE BABES

THURS, FEB 14, 12PM-3PM

Gammondale Farms

Please bring a blanket for the sleigh ride  
and dress for the weather. Sleigh ride can  
be up to an hour. Lunch will be served by  
the Fun Active Babes (FABS) group, chili,  
buns and coffee/tea.

**FEE:** \$10 (Registration required –  
code: 402643)

## WOMEN'S SELF DEFENSE WITH SEAN MULLIGAN

THURS, MAR 28, 7PM-8PM

Thunder Bay 55 Plus Centre

Instruction on awareness, prevention,  
risk reduction, avoidance, hands-on self-  
defense training. Please note this class  
will be hands on with mat/floor work.

**Registration required. Only 20  
spots available – Code: 402689**

For more information on Recreation 55 Community Programs and partnerships, contact Jennifer Hyytiainen,  
Community Program Developer – Older Adults at 625-3135 [jhyytiainen@thunderbay.ca](mailto:jhyytiainen@thunderbay.ca) or [55plusinfo@thunderbay.ca](mailto:55plusinfo@thunderbay.ca).

**To register please call the HOTLINE at 625-8463.**

CITY OF THUNDER BAY

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**Thunder Bay**  
Superior by Nature



**2018/2019**

# Indoor Public Skate Schedule

**Delaney Arena – 622-9888**

Fridays ~ 7:15 P.M. – 8:45 P.M.

**Grandview Arena – 767-2832**

Fridays ~ 7:45 P.M. – 9:15 P.M.

Sundays ~ 1:15 P.M. – 2:45 P.M.

Wednesday ~ 10:00 A.M. – 12:00 P.M.  
(Adult Skate)

**Neebing Arena – 939-1919**

Sundays – 2:00-3:30 P.M.

**Admission Prices (HST Incl)**

Child (14 & under) \$4.50

Student (15-18) \$5.00

Adult (over 18) \$6.00

Adult ONLY Public Skate \$6.00

Older Adult (65 & over) \$5.00

Family Rate \$14.00

(2 adults & 2 children OR  
1 adult & 3 children)

## 2018/2019 Free Public Skating

**Port Arthur Arena & Fort William Gardens**

Friday, Dec. 28 – 2:00pm-3:30pm

**Current River Arena & Fort William Gardens**

Wednesday, Jan. 2 – 12:00pm-1:30pm

**Grandview Arena & Fort William Gardens**

Friday, Jan. 4 – 12:00pm-1:30pm

**Delaney Arena & Grandview Arena**

Monday, Mar. 11 – 1:30pm-3:30pm

**Fort William Gardens & Port Arthur Arena**

Wednesday, Mar. 13 – 1:30pm-3:30pm

**Current River Arena & Fort William Gardens**

Friday, Mar. 15 – 1:30pm-3:30pm

**For more information go to [www.thunderbay.ca](http://www.thunderbay.ca)  
or to our Facebook page City of Thunder Bay Arenas and Stadia.**

# Thunder Bay's Outdoor Skating Rinks 2018-2019

**OUTDOOR RINKS**  
www.thunderbay.ca/rinks

## CITY SUPERVISED RINKS

Rink Hours: 2 pm – 10 pm weekdays & 1 pm – 9 pm weekends

North	
Carrick Park	open 7 days per week
North End C.C.	open 7 days per week
Brent Park (*New-Skating Oval)	closed Mon/Tues
Oliver Rd. C.C.	closed Mon/Tues
Waddington Park	closed Mon/Tues
West End Park	closed Wed/Thurs

South	
James St. Playfield	open 7 days per week
West Thunder C.C.	open 7 days per week
Wayland Park	closed Mon/Tues
Tarbutt Park	closed Wed/Thurs
Frank Charry Park	closed Wed/Thurs



CITY OF THUNDER BAY

**Thunder Bay**  
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BOARDED – UNSUPERVISED		
County Park	North Neebing	Third & High Park
John Jumbo C.C.	Parkdale	Volunteer Pool C.C.
John Kuszniar Park	River Terrace	Wilson Park
Minnesota Park	Stanley Park	

BOARDED – COMMUNITY SUPERVISED	
Castlegreen	Vickers Heights C.C.
North McIntyre C.C.	West Arthur C.C.
South Neebing C.C.	

SOUTH - UNBOARDED		
Centennial Village	Green Acres Park	Vale C.C.
Franklin Park	Holt Parkette	
Friendship Gardens (west pond)	Thornloe Park	

NORTH - UNBOARDED
Anten Parkette
Woodside Parkette
Picton Parkette

**MARINA PARK RINK**  
open 11 am - 9 pm daily

For information contact Parks Division 625-2313

**CITY OF Thunder Bay**  
Superior by Nature

# RECYCLING SAVES VALUABLE NATURAL RESOURCES, ENERGY, TIME AND MONEY



RECYCLING JUST ONE NEWSPAPER CAN PRODUCE ONE NEW CEREAL BOX



RECYCLING ONE SHAMPOO BOTTLE CAN POWER A LIGHT BULB FOR 3 HOURS



ONE BOX OF TISSUE CAN BE MADE FROM 2 RECYCLED MILK CARTONS



RECYCLING ONE CAN WILL POWER A TV FOR THREE HOURS

THUNDER BAY  
SOLID WASTE MANAGEMENT STRATEGY

**REEN-VISION**  
WASTE

CITY OF  
**Thunder Bay**  
Superior by Nature

INFRASTRUCTURE & OPERATIONS 625-2195  
thunderbay.ca/recycle