

Active 55 Community Programs

Fall

CITY OF
Thunder Bay
Superior by Nature

RECREATION & CULTURE DIVISION

FREE WALKING PROGRAM



superior
hearing

LU Hangar, 955 Oliver Road

TUESDAYS: 2pm-3pm &

THURSDAYS: 10am-11am

Parking Pass is needed; \$1.25 each hour (parking booth outside main doors)

Please bring indoor shoes for walking on the track. Please use the main entrance, side track entrance and parking.

OUTDOOR COMMUNITY WALKING GROUP

Marina Park

DROP IN PROGRAM REGISTRATION NOT REQUIRED.

MONDAYS: SEPT 12th - NOV 22nd

TIME: 9:30am-10:30am

MEETING LOCATION:

Marina Park Splash Pad

WEDNESDAYS: SEPT 14th - NOV 23rd

TIME: 9:30am-10:30am

MEETING LOCATION:

Chapples Park Soccer Field

WIT KNITS - FREE!



Mary J L Black Library

901 Edward Street South

THURSDAYS: SEPT 22nd - NOV 24th

TIME: 1:30pm - 3:00pm

Drop in, no instruction- knit while you socialize.

RETIREMENT EXPLORERS - FREE!



Mary J L Black Library

901 Edward Street South

FRIDAYS: SEPT 23rd - NOV 25th

TIME: 1:00pm - 2:30pm

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.

MIXED BOCCE BALL

STAY TUNED FOR MORE INFORMATION

PHOTOGRAPHY CLUB

Please note there are no instructions or equipment provided, please bring your own camera. 55 Plus Community Drop in Program

MONDAYS: 1:30pm-2:30pm

Drop in. Registration not required.

DARTS GROUP

Galaxy Lanes

683 Arthur Street West

WEDNESDAYS: SEPT 14th - NOV 30th

TIME: 2:30pm - 3:30pm

COST: \$2.00

*12 person limit per day, first come first serve. *If possible please bring your own darts as supplies are limited**

FIVE PIN BOWLING

Mario's Bowl

710 Memorial Avenue

TUESDAYS: SEPT 13th - NOV 29th

TIME: 11am - 1pm

COST: \$10.99

Bowling shoes included.

fun active babes

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

AGELESS GRACE

The Workout for your Body & Brain!

Giant Gymnastic Gym (former FWCI gym)

512 Marks Street South

(please park in parking lot, entrance on Marks St.)

DATE: Thursday, September 29

TIME: 1:00pm - 2:00pm

REGISTRATION CODE: 7920

Join Nancy Angus for a lively session of Ageless Grace, a seated fitness program that mixes music and movement for maximum results. Structured around the science of neuroplasticity, your body and your brain will thank you for this workout that will make you laugh, stretch, sweat and connect with new friends. Through the art of small movements you can experience BIG gains. Have fun, play a little, and experience a session of Ageless Grace. You'll leave the session with a spring in your step, a song in your heart and a memory to last a lifetime!]

For more information on Age BIG and Ageless Grace, go to www.agebig.com



For more information on Community Programming - Older Adults please contact Lisa Galon at (807) 684-2795 or lisa.galon@thunderbay.ca or call the 55 Plus Centre at (807) 684-3066 or 55plusinfo@thunderbay.ca