



Daily Activities, Drop In

Nominal fee applies to all.

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

Monday

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

Tuesday

12:15 pm - Badminton
1 pm - Cribbage 10/10
1 pm - Quilting
1 pm - Rug Hooking (Sept-June)
1 pm - Bridge
4:30 pm - Ukulele
6 pm - Pickleball
6:30 pm - Canasta

Wednesday

8:30 am - Beginner Billiards
12:45 pm - Floor Shuffleboard (Sept-June)
1 pm - Drawing & Sketching
1 pm - Mahjong
2 pm - Blue Grass Jam
3:15 pm Pickleball (Sept-May)

Wednesday con't

6:30 pm - Bid Euchre
7 pm - Board Games

Thursday

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

Friday

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

Saturday

9 am - Quilting
12:00 pm - Pickleball

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

Health & Wellness Services, Meetings, Presentations

Blood Pressure Screening, 10 am, 1st Wednesday
Hearing Screening Testing, 10 am, 2nd Tuesday, call 684-3276 for appt.
Respiratory Clinic, call 684-3276 for more information
Grief Support Group, 1:30 pm every 2nd Friday, call 684-3276 for more info
Senior Social & Fix-It Club Meeting, 10 am, 2nd and 4th Wednesday
NWO Sr. Citizen's Amateur Radio Club Meeting, 2 pm, 2nd Sunday

ENGAGING • EXCITING • ENERGIZING

June Is Seniors Month

Wednesday, June 7 at 1 pm
Join the Thunder Bay 55 Plus Board of Directors and the River Street Café Food Board for coffee and cupcakes!

June is Seniors Month in Ontario. It's a time when we recognize our amazing older Ontarians and the contributions they have made in communities across the province.

Lawn Care Volunteers Needed

Do you love being outside and have a few hours to give this summer? The Centre is looking for volunteers to help maintain the grounds around the Centre with lawn cutting, trimming. If the answer is YES, stop by the Main Office and pick up a volunteer application. Ages 16 and up are welcome

Summer Registration

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

Punch Cards

Looking for a flexible fitness option for the summer? **Try a Drop In Punch Card!** Not sure which fitness class best meets your needs? **Try A Class on Us.** Before you commit to a session, you are welcome to check out a fitness class at no cost and see if it is a good fit for you. For more information call 684-3066 or check out our complete program listing in the Key.

Elder Abuse Awareness Day - June 15

To raise awareness about elder abuse, we are showing our support for older adults by hosting a free BBQ lunch that has been funded by IG Wealth Management. Your meal will include a hamburger, macaroni salad, coleslaw, and a cupcake Come join us in the garden at the Thunder Bay 55 Plus Centre. Please register by calling 684-3066. We look forward to seeing you.

10:00 am - 11:00 am Flag Raising at City Hall
11:20 am - 12:00 pm Walk the Block at 55 Plus
12:00 pm - Lunch will be served in the garden

Wear purple and show our seniors that you care!

Recreation 55 Plus PHOTOGRAPHY CLUB

Mondays, 1:30 - 2:30 pm
Join others at various locations to photograph the beauty of Thunder Bay
June 5 - International Friendship Gardens
June 12 - Cowen Park
June 19 - Terry Fox Monument Trails
June 26 - Hazelwood Lake Conservation Area
There are no instructions or equipment provided, please bring your own camera

MARINA PARK SUMMER OUTDOOR WALKING GROUP

Mondays, June 12 - August 28 (Weather Permitting)
Time: 9:30 - 10:30 am
Meet at The Splash Pad

CHAPPLES PARK SUMMER OUTDOOR WALKING GROUP

Wednesdays, June 14 - August 30 (Weather Permitting)
Time: 9:30 - 10:30 am
At parking lot across from golf course

55 PLUS MIXED SLO-PITCH LEAGUE

Dates: Tues. & Thurs. May 25 to Sept. 21 (Weather Permitting)
Code: 4897 - call **625-8463** to register or register online at: cityofthunderbay.perfectmind.com
Registration begins May 10th
Price: \$30.00 **Time:** 10 am - 1 pm
Location: Diamond behind the 55 Plus Centre, 700 River Street
***Please Note this is a non-competitive league* - No Experience Needed!**

Please bring your own glove