

# Calendar of Events

# February 2020

Mon	Tue	Wed	Thu	Fri
3 Healthy Lunches - am  Spa - pm	4 Baking - am  Brian Risk - pm Drumming - pm	5 Gymtrix - am  Bingo - pm  Board Games and Supper - pm	6 Art with Shannon- am  Brian Risk - pm Music with Ken - pm	7 SMART - am Yoga - am   Bowling - pm
10 Healthy Lunches - am  Adventures in Art - pm	11 Baking - am  Don and Don - pm	12 Gymtrix - am  Valentine's Craft - pm	13 Art with Shannon - am  John Macdonald - pm Don and Don - pm	14 SMART - am Yoga - am   Movie and Popcorn - pm
17 Program Closed 	18 Baking - am  Music with Ken - pm Drumming - pm	19 Gymtrix - am  Karaoke - pm  Board Games and Supper - pm	20 Art with Shannon - am  Music with Ken - pm  Home Depot Workshop - pm	21  SMART - am Yoga - am   Bowling - pm
24 Healthy Lunches - am  Adult Coloring - pm	25 Baking - am  Music with Ken - pm	26 Gymtrix - am  Tobogganing - om	27 Art with Shannon - am  John Macdonald - pm Don and Don - pm	28 SMART - am Yoga - am  Bowling - pm

**All participants are responsible for getting to and from all activities.**

\*\*\*\*\* PAYMENT FOR ACTIVITIES WITH A COST ARE DUE AT REGISTRATION UNLESS INDICATED TO PAY DIRECTLY \*\*\*\*\*

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 Calendar cell #705-471-5012

# VALENTINE'S *DANCE*

**Dance the night away until your heart's  
content at our Valentine's Dance!**

**ST Andrews Church  
Entertainment by Joanne  
Smart**

**\$ 5**

**14th  
February**

**7:00-  
10pm**

## **MONDAY**

### **HEALTHY LUNCHES** - February 3, 10, 24

Come and participate in making your own lunch from beginning to end. Lunch will be prepared on an individualized basis so please bring support if needed.

#### **Containers are NOT supplied**

February 4 - Summer Quinoa Salad

February 11 - Buffalo chicken Wraps

February 25 - Easy Keto Taco Salad Bowl

**Location:** 345 Oak Street West, North Bay

**Time:** 10:00 a.m.. - 11:30 a.m.

**Cost:** \$5.00 each

### **SPA AFTERNOON** - February 3

It is time for a little pampering; come and enjoy a foot massage or lie down and enjoy a hot rock massage on your back while listening to soft relaxing music.

**Location:** 741 Wallace Road, North Bay

**Time:** 1:30 p.m. - 3:30 p.m.

**Cost:** \$3.00 each

### **ADVENTURES IN ART** - February 10

Adventures in Art is back. Come and try your hand at creating a masterpiece. An artist will demonstrate the technique that we will use.

**Location:** 741 Wallace Road, North Bay

**Time :** 1:30 p.m. to 3:30 p.m.

**Cost:** \$5.00

### **ADULT COLORING** - February 24

Come relax with your friends and spend an afternoon coloring to your hearts content.

There will be a variety of pictures to choose from.

**Location:** 741 Wallace Road, North Bay

**Time :** 1:30 p.m. to 3:30 p.m.

**Cost:** Free



# Craft/Workshop

With Craig Brooks Seasonal Department Supervisor

Thurs, Jan 16<sup>th</sup>, 2020

Hockey Theme

\*Workshops will run monthly

every Third Thursday

At Home Depot

**All are from 6pm-8pm**

**Come join us and support our new partnership with Home Depot**

## TUESDAY

### **BAKING** - February 4, 11, 18, 25

Easy to make desserts that you can make at home. This activity will be done as a group. **Containers NOT supplied.**

February 5 - Delicious Raspberry Oatmeal Bars

February 12 - Easy Valentine Sandwich Cookies

February 19 - Blueberry Muffins

February 26 - Snickerdoodle Cookies

**Location:** 345 Oak Street West, North Bay

**Time:** 10:00 a.m. - 11:30 a.m.

**Cost:** \$5.00 each

### **BRIAN RISK** - February 4,

Brian Risk is a talented musician skilled in guitar, harmonica, and vocals. His music includes classic rock, southern rock, blues, country, originals, and more.

**Location:** One Kid's Place, 400 McKeown Ave., North Bay

**Time:** 1:15 p.m. - 2:00 p.m.

**Cost:** \$5.00 each

### **MUSIC WITH KEN** - February 18

Come meet our newest entertainer. Ken will play a bit of old rock and roll and easy listening music to entertain us for an hour.

**Location:** One Kid's Place, 400 McKeown Ave., North Bay

**Time:** 1:15 p.m. - 2:15 p.m.

**Cost:** \$5.00

### **DRUMMING** - February 4, 18

Sit, enjoy and relax or feel free to drum along. The drumming is provided by members of the Rainbow Group.

**Location:** One Kid's Place, 400 McKeown Ave., North Bay

**Time:** 2:30 p.m... - 3:30 p.m.

**Cost:** \$5.00 each

### **DON AND DON** - February 11

Let's welcome Don and Don and their musical talents. They play a wide variety of country and old rock music.

**Location:** 741 Wallace Road, North Bay

**Time:** 1:30 p.m.. - 3:30 p.m.

**Cost:** \$5.00 each

### **MUSIC WITH KEN** - February 25

Come meet our newest entertainer. Ken will play a bit of old rock and roll and easy listening music to entertain us for an hour.

**Location:** 741 Wallace Road, North Bay

**Time:** 1:30 p.m. - 3:30 p.m.

**Cost:** \$5.00

## WEDNESDAY

### **GYMTRIX** - February 5, 12, 19, 26

This is an open gym time for all ages. Come join your friends for some physical activity.

**Location:** 7 Ferris Drive, Gymtrix on Lakeshore

**Time:** 10:00 a.m. - 11:00 a.m.

**Cost:** \$25.00 one time (valid July 1 2018-June 30 2019) then \$9.00 per Week.

### **BINGO** - February 5

Try your hand at a friendly game of bingo, challenge your friends to see who can yell **B I N G O** first. Have a chance to win great prizes from the variety available.

**Location:** 741 Wallace Road., North Bay

**Time:** 1:30 p.m. - 3:30 p.m.

**Cost:** \$5.00 each

### **BOARD GAMES AND SUPPER** - February 5, 19

Get together with your friends, learn to make a light meal together then enjoy an evening of laughter when challenging your friends to a board game of your choice.

**Location:** 741 Wallace Road., North Bay

**Time:** 4:30 p.m. - 8:00 p.m.

**Cost:** \$5.00

February 5 – Fish and Chips

February 19 - Luba's Chicken Casserole

### **VALENTINES CRAFT** - February 12

Get your creative juices flowing to make a wonderful Valentine for that someone special in your life.

**Location:** 741 Wallace Road., North Bay

**Time:** 1:30 p.m. - 3:30 p.m.

**Cost:** \$5.00 each

### **KARAOKE** - February 19

Do you like to sing, spend time with your friends, share some laughs then come on out and enjoy the fun!

**Location:** 741 Wallace Road., North Bay

**Time:** 1:30 p.m. - 3:30 p.m.

**Cost:** Free

### **TOBOGGANING** - February 26

We will be meeting at the entrance to Thomson park behind Food Basics. When we are done we will go for a hot chocolate at Tim Horton's on Trout Lake road.

**Location:** Thomson Park

**Time:** 1:30 p.m. - 3:30 p.m.

**Cost:** Free

## The Ontario Electricity Support Program (OESP)

Did you know that if you pay for electricity and are in a lower-income home, you may qualify for a reduction on your electricity bill. The OESP will reduce the cost of your household electricity by applying a monthly credit directly to your bill. The credit amount will depend on how many people live in your home and your combined household income.

Applications are simple and can be done online by clicking here: <https://ontarioelectricitysupport.ca/>. In order to apply, you must be the account holder for the electricity bill AND live at the service address for the account. The reduction is generally \$45 per month for ODSP recipients.

You can apply any time in the year, and applications take about 6 to 8 weeks to process. The credit is applied to your utility bill fairly quickly after your application has been approved. Eligible customers will receive on-bill credits for two years regardless of when a customer applies and their credits begin.

## THURSDAY

### ART WITH SHANNON - February 6, 20

I will be leading the art classes while Sandra is on holidays. We will do a different medium each week

**Location:** 741 Wallace Road, North Bay

**Time:** 10:00 a.m. - 11:00 a.m.

**Cost:** \$8.00 each

### ART WITH SHANNON - February 13, 27

Come express your creative side with a variety of mediums.

**Note the location**

**Location:** 107 Lansdowne Ave, Callander \*New Location\*

**Time:** 10:00 a.m. - 11:00 a.m.

**Cost:** \$8.00 each

### BRIAN RISK MUSIC - February 6

Brian Risk is a talented musician skilled in guitar, harmonica, and vocals. His music includes classic rock, southern rock, blues, country, originals, and more.

**Location:** 603 Wallace Road, North Bay

**Time:** 1:15 p.m.. - 2:00 p.m. \*New Time\*

**Cost:** \$5.00 each

### MUSIC WITH KEN - February 6, 20

Come meet our newest entertainer. Ken will play a bit of old rock and roll and easy listening music to entertain us for an hour.

**Location:** 603 Wallace Road, North Bay

**February 6 - Time:** 2:00 p.m.. - 3:30 p.m.

**February 20 - Time:** 1:30 p.m. - 3:30 p.m. **Note time change**

**Cost:** \$5.00

### JOHN MACDONALD - February 13, 27

John will be joining our group. Come listen to his easy listening music, accompanied by acoustics.

**Location:** 225 Oak Street West, North Bay

**Time:** 1:30 p.m.. - 2:30 p.m.

**Cost:** \$5.00 each

### DON AND DON - February 13, 27

Let's welcome Don and Don and their musical talents. They play a wide variety of country and old rock music.

**Location:** 225 Oak Street West, North Bay

**Time:** 2:30 p.m... - 3:30 p.m.

**Cost:** \$5.00 each

### HOME DEPOT WORKSHOP - February 20

Come join Craig Brooks for an evening of creativity. You will complete a craft that you will be able to take home.

**Location:** 1275 Seymour Street, North Bay

**Time:** 6:00 pm p.m. - 8:00 p.m.

**Cost:** Free



# CONNECTIONS GROUP

Community Living North Bay  
741 Wallace Road  
P1a 0E6

Thursday's 2:00-4:00  
Held in the Links Room  
Beginning February 7th

**NO NEED TO CONFIRM ATTENDANCE  
DROP IN AND ENJOY!**



- Connect with others
- Games; wii, board games, cards
- Crafts
- Learn new information
- Baking and cooking
- Relax and visit with others

**Do you want to meet new people?**

**Play Games?**

**Learn in an interactive way?**

**Gain new skills?**

**Connections Group is the place for you**

## **Information**

- You must have your own transportation to group as it is not provided
- There is no cost, and it is a drop in group! Stop by anytime between 2-4pm
- Please check the Community Living web page for details
- Two staff members will always be present during group
- Ages 18+ welcome

## **FRIDAY**

### **SMART PROGRAM** - February 7, 14, 21, 28

The SMART program is **S**eniors **M**aintaining **A**ctive **R**oles **T**ogether. This is offered by the VON designed for people aged 55 +. For those who wish to improve their strength, balance and flexibility, regardless of current physical ability.

**Location:** 741 Wallace Road, North Bay

**Time:** 9:30 a.m. - 10:30 a.m.

**Cost:** Free

### **YOGA** - February 7, 14, 21, 28

Come join Lynn Boissonneault as she leads us in gentle yoga stretches to complete our morning we will prepare a fruity smoothie.

**Location:** 741 Wallace Road, North Bay

**Time:** 10:00 a.m. - 11:00 a.m.

**Cost:** \$8.00

### **BOWLING** - February 7, 14, 21, 28

Join your friends at a chance with a strike or spare.

**Location:** 361 Main Street, North Bay

**Time:** 1:30 p.m. - finished your game

**Cost:** PYO

### **MOVIE AND POPCORN** - February 14

We will be playing a movie of your choice and enjoying some theatre style popcorn

**Location:** 741 Wallace Road, North Bay

**Time:** 1:30 p.m. - 3:30 p.m.

**Cost:** \$5.00

February Registration: Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

**Monday :**

**Dates:**

Healthy Lunches (\$5)	3	10	24
Spa (\$3)	3		
Adventures in Art (\$5)	10		
Adult Coloring (Free)	24		

**Tuesday:**

**Dates:**

Baking (\$5)	4	11	18	25
Brian Risk (\$5)	4	18		
Drumming (\$5)	4	18		
Don and Don (\$5)	11			
Music with Ken (\$5)	25			

**Wednesday:**

**Dates:**

Gymtrix (PYO)	5	12	19	26
Bingo (\$5)	5			
Dinner and Games (\$5)	5	19		
Valentines Craft (\$5)	12			
Karaoke (Free)	19			
Tobogganing (Free)	26			

**Thursday:**

**Dates:**

Art with Shannon (\$8)	6	20
Art with Shannon (\$8)	13	27
Brian Risk (\$5)	6	
Music with Ken (\$5)	6	20
John Macdonald (\$5)	13	27
Don and Don (\$5)	13	27
Home Depot (Free)	20	

**Friday:**

**Dates:**

S. M. A. R. T (Free)	7	14	21	28
Yoga (\$8)	7	14	21	28
Movie and Popcorn (\$3)	14			
Bowling (PYO)	7	14	21	28

**PLEASE CIRCLE ALL THE DATE YOU ARE REGISTERING FOR**

**TOTAL OF MONEY OWING: \_\_\_\_\_**