

# Calendar of Events

# March 2020



Mon	Tue	Wed	Thu	Fri
<b>2</b> Healthy Lunches - am  Spa - pm	<b>3</b> Baking - am  Brian Risk - pm Drumming - pm	<b>4</b> Gymtrix - am  Bingo - pm  Board Games and Supper - pm	<b>5</b> Art with Karen - am  Brian Risk - pm Music with Ken - pm	<b>6</b> SMART - am Yoga - am Bowling - pm Pete Palango Skating with PADDLE - pm
<b>9</b> Healthy Lunches - am  Skating - pm	<b>10</b> Baking - am  Don and Don - pm	<b>11</b> Gymtrix - am  St. Patrick's Day Craft - pm  DDP Yoga - pm	<b>12</b> Art with Shannon - am  John Macdonald - pm Don and Don - pm	<b>13</b> SMART - am Yoga - am Movie and Popcorn - pm Bowling - pm
<b>16</b> Healthy Lunches - am  Adventures in Art - pm	<b>17</b> Baking - am  Brian Risk - pm Drumming - pm	<b>18</b> Gymtrix - am  Karaoke - pm  Board Games and Supper - pm	<b>19</b> Art with Karen - am  Brian Risk - pm Music with Ken - pm  Home Depot Workshop - pm	<b>20</b> SMART - am Yoga - am  Bowling - pm
<b>23</b> Healthy Lunches - am  Pete Palango Skating with PADDLE - pm	<b>24</b> Baking - am  Music with Ken - pm	<b>25</b> Gymtrix - am  Blue Sky Bingo - pm  TV Bingo - pm	<b>26</b> Art with Shannon - am  John Macdonald - pm Don and Don - pm	<b>27</b> SMART - am Yoga - am  Bowling - pm
<b>30</b> Healthy Lunches - am  Dog Making Biscuits - pm	<b>31</b> Baking - am  Brian Risk - pm Drumming - 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

It is important to include name and contact information in case of changes so we can notify you if necessary

## **MONDAY**

### **HEALTHY LUNCHES** - March 2,9, 16, 23, 30

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**

March 2 - Chicken Salad Wraps

March 9 - Quinoa Stuffed Peppers

March 16 - Veggie Lasagna rolls

March 23 - Chicken Alfredo Pasta

March 30 - Lemon Garlic/Herb Chicken

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

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

**Cost:** \$5.00 each

### **SPA AFTERNOON** - March 2

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

### **SKATING** - March 9

We will going to the outdoor rink at Lee Park for an afternoon of skating when done we will head to the Tim Horton's on Lakeshore for a hot chocolate. Please bring your own skates.

**Location:** 800 Memorial Drive, North Bay

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

**Cost:** PYO

### **ADVENTURES IN ART** - March 16

Adventures in Art is back. Come and try your hand at creating a masterpiece. Karen Sherry 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

### **SKATING WITH PADDLE**- March 23

We will be joining up with PADDLE friends for an hour of skating then a social time.

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

**Time :** 1:00 p.m. to 3:00 p.m.

**Cost:** Free

### **DOG BISCUIT MAKING** - March 30

Want to be a part of giving back to the community? Do you like dogs? Do you like to bake? Here is an opportunity to do just that. We will be baking dog treats for the Humane Society.

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

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

**Cost:** Free

## TUESDAY

### **BAKING** - March 3, 10, 17, 24, 31

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

March 3 - Sunny Energy Balls

March 10 - Peanut Butter Granola Cups

March 17 - Cowboy Cookies

March 24 - Molasses Crackle Cookies

March 31 - Raspberry Scones

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

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

**Cost:** \$5.00 each

### **BRIAN RISK** - March 3, 17, 31

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

**Cost:** \$5.00 each

### **DRUMMING** - March 3, 17, 31

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** - March 10

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** - March 24

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

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

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

**Cost:** \$5.00

## WEDNESDAY

### GYMTRIX - March 4, 11, 18, 25

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 - March 4

Try your hand 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 pm

**Cost:** \$5.00 each

### BOARD GAMES AND SUPPER - March 4, 18

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

March 4 - Taco's

March 18 - Chicken Stir Fry

### ST. PATRICKS DAY CRAFT - March 11

We will be doing some St. Patrick day crafts for you to take home and share with your friends and family

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

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

**Cost:** \$5.00 each

### DDP YOGA - March 11 \*\*\*\* NEW ACTIVITY \*\*\*

Come join Dan as he leads us in a session of DDP yoga that is good for everyone to do. We will make a healthy smoothie to finish off the night.

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

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

**Cost:** \$5.00 each

### KARAOKE - March 18

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

### BLUE SKY BINGO - March 25

For those who would like to try their hand at winning the jackpot while spending time with your friends than this is the activity for you.

**Location:** 420 Airport Road

**Time:** 12:30 p.m.- 3:30 p.m.

**Cost:** \$21.00 for all your games. (please bring cash with you. Do not add to calendar fees)

### TV BINGO IS COMING YOUR WAY - March 25

We will be meeting and playing an evening of BINGO, purchase your tickets and join us for an evening of fun. We will be making soup and a sandwich prior to playing bingo.

**Location:** 214 Second Avenue

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

**Cost:** \$8.00 fee includes bingo card

## THURSDAY

### **ART WITH KAREN** - March 5, 19

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** - March 12, 26

Come express your creative side with a variety of mediums.

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

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

**Cost:** \$8.00 each

### **BRIAN RISK MUSIC** - March 5, 19

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:** Gertrude Street, North Bay (Sam Jacks Arena)

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

**Cost:** \$5.00 each

### **MUSIC WITH KEN** - March 5, 19

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:** Gertrude Street, North Bay (Sam Jacks Arena)

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

**Cost:** \$5.00

### **JOHN MACDONALD** - March 12, 26

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

**Location:** 235 Oak street, North Bay (Marina Point)

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

**Cost:** \$5.00 each

### **DON AND DON** - March 12, 26

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

**Location:** 235 Oak street, North Bay (Marina Point)

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

**Cost:** \$5.00 each

### **HOME DEPOT WORKSHOP** - March 19

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



# Craft/Workshop

With Craig Brooks Seasonal Department Supervisor

**\*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 Free ~ Material is Supplied**

**Register with: [rtremblay@communitylivingnorthbay.org](mailto:rtremblay@communitylivingnorthbay.org)**

## **FRIDAY**

### **SKATING WITH PADDLE** - March 6

We will be joining up with PADDLE friends for an hour of skating then a social time.

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

**Time :** 1:00 p.m. to 3:00 p.m.

**Cost:** Free

### **SMART PROGRAM** - March 6, 13, 20, 27

The SMART program is **Seniors Maintaining Active Roles Together**. 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** - March 6, 13, 20, 27

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

**Cost:** \$8.00

\*this is an attend on your own, no staff will be facilitating.\*

### **MOVIE AND POPCORN** - March 13

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

### **BOWLING** - March 6, 13, 20, 27

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

\* this is not an event attended by the staff from community Participation Supports program

# ST PATRICKS

DANCE

St Andrews Church

7-10pm

\$5



March Registration: Name: \_\_\_\_\_

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

**Monday :**

**Dates:**

Healthy Lunches (\$5)	2	9	16	23	30
Spa (\$3)	2				
Skating (\$3)	9				
Adventures in Art (\$5)	16				
Skating with PADDLE (Free)	23				
Dog making Biscuits (Free)	30				

**Tuesday:**

**Dates:**

Baking (\$5)	3	10	17	24	31
Brian Risk (\$5)	3	17	31		
Drumming (\$5)	3	17	31		
Don and Don (\$5)	10				
Music with Ken (\$5)	24				

**Wednesday:**

**Dates:**

Gymtrix (PYO)	4	11	18	25
Bingo (\$5)	4			
Dinner and Games (\$5)	4	18		
St. Patrick's Day Craft (\$5)	11			
DDP Yoga (\$5)	11			
Karaoke (Free)	18			
Blue Sky Bingo (PYO)	25			
TV Bingo (\$5) plus Cards	25			

**Thursday:**

**Dates:**

Art with Karen (\$8)	5	19
Art with Shannon (\$8)	12	26
Brian Risk (\$5)	5	19
Music with Ken (\$5)	5	19
John Macdonald (\$5)	12	26
Don and Don (\$5)	12	26
Home Depot (Free)	19	

**Friday:**

**Dates:**

Skating with PADDLE (Free)	6			
S. M. A. R. T (Free)	6	13	20	27
Yoga (\$8)	6	13	20	27
Movie and Popcorn (\$3)	13			
Bowling (PYO)	6	13	20	27

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

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