


# Community Events Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 <ul style="list-style-type: none"> <li>Bowling (PYO)</li> <li>Horses and Bonfire (12-4) (\$5.00)</li> </ul>	3 <ul style="list-style-type: none"> <li>Coffee at Tim Horton's (PYO)</li> <li>Yoga (Free)</li> <li>Bingo 1-2:30 (\$3.00)</li> </ul>	4 <ul style="list-style-type: none"> <li>Learn to cook 9-12 (\$5.00)</li> <li>Pilates (Free)</li> <li>Restorative yoga with Kcristal (Free) 1:30-2:30</li> </ul>	5 <ul style="list-style-type: none"> <li>YMCA Easy Fit (PYO)</li> <li>Amelia Rising Drop-in (<b>women only</b>) (Free)</li> </ul>	6 <ul style="list-style-type: none"> <li>Forever Young Fitness (PYO)</li> <li>Experiential Art (\$8.00)</li> <li>Gardening 1-4 (\$5.00)</li> <li>F-J Friday Lunch Special(PYO)</li> </ul>
9 <ul style="list-style-type: none"> <li>Bowling (PYO)</li> <li>Krazy Kraft Kritters and Karaoke (\$5.00) 1-4</li> </ul>	10 <ul style="list-style-type: none"> <li>Coffee at Tim Horton's (PYO)</li> <li>Yoga (Free)</li> <li>Drumming with David (\$5.00) 1:30-2:30</li> </ul>	11 <ul style="list-style-type: none"> <li>Learn to cook 9-12 (\$5.00)</li> <li>Pilates (Free)</li> <li>Restorative yoga with Kcristal (Free) 1:30-2:30</li> </ul>	12 <ul style="list-style-type: none"> <li>YMCA Easy Fit (PYO)</li> <li>Amelia Rising Drop-in (<b>women only</b>) (Free)</li> <li>Bingo 1-2:30 (\$3:00)</li> </ul>	13 <ul style="list-style-type: none"> <li>Forever Young Fitness (PYO)</li> <li>Experiential Art (\$8.00)</li> <li>9-12 Swim and Coffee (PYO)</li> <li>F-J Friday Lunch Special(PYO)</li> </ul>
16 <ul style="list-style-type: none"> <li>Dream catcher craft and drumming with David (\$5.00) 9-12</li> <li>Bowling (PYO)</li> </ul>	17 <ul style="list-style-type: none"> <li>Coffee at Tim Horton's (PYO)</li> <li>Yoga (Free)</li> <li>Music with Jason (\$5.00) 1:30-2:30</li> </ul>	18 <ul style="list-style-type: none"> <li>Learn to cook 9-12 (\$5.00)</li> <li>Pilates (Free)</li> <li>Restorative yoga with Kcristal (Free) 1:30-2:30</li> </ul>	19 <ul style="list-style-type: none"> <li>YMCA Easy Fit (PYO)</li> <li>Amelia Rising Drop-in (<b>women only</b>) (Free)</li> <li>Songs with Serra 1-2 (\$5.00)</li> </ul>	20 <ul style="list-style-type: none"> <li>Forever Young Fitness (PYO)</li> <li>Experiential Art (\$8.00)</li> <li>Gardening 1-4 (\$5.00)</li> <li>F-J Friday Lunch Special(PYO)</li> </ul>
23  <p><b>STATUTORY HOLIDAY WEEKEND</b></p>	24 <ul style="list-style-type: none"> <li>Coffee at Tim Horton's (PYO)</li> <li>Yoga (Free)</li> <li>Bingo 1-2:30 (\$3.00)</li> </ul>	25 <ul style="list-style-type: none"> <li>Learn to cook 9-12 (\$5.00)</li> <li>Pilates (Free)</li> <li>Restorative yoga with Kcristal (Free) 1:30-2:30</li> </ul>	26 <ul style="list-style-type: none"> <li>YMCA Easy Fit (PYO)</li> <li>Amelia Rising Drop-in (<b>women only</b>) (Free)</li> <li>Drumming with David 1-2 (\$5.00)</li> </ul>	27 <ul style="list-style-type: none"> <li>Forever Young Fitness (PYO)</li> <li>Experiential Art (\$8.00)</li> <li>Blue Sky Bingo 12-4(PYO)</li> <li>F-J Friday Lunch Special(PYO)</li> </ul>
30 <ul style="list-style-type: none"> <li>Bowling (PYO)</li> <li>Waterfront/picnic/walk/photo club 1-4</li> </ul>	31 <ul style="list-style-type: none"> <li>Coffee at Tim Horton's (PYO)</li> <li>Yoga (Free)</li> <li>Songs with Serra 1-2 (\$5.00)</li> </ul>		✂ <b>(PYO) means pay your own way</b>	

**May 2011**

## MONDAY

### **BOWLING:** May 2, 9, 16, 30

**Location:** Partner's Billiards and Bowling, 361 Main Street, North Bay Not wheelchair accessible

**Time:** 10:30 a.m. – 11:30 a.m.

**Cost:** \$4.50 per game (PAY PARTNER'S BILLIARDS AND BOWLING DIRECTLY)

### **HORSES AND BONFIRE** May 2

Come out and enjoy a bonfire and visit with some horses.

**Location:** 395 Carmichael Drive, North Bay

**Time:** 12:00 noon – 4:00 p.m.

**Cost:** \$5.00

### **KRAZY KRAFT KRITTERS AND KARAOKE:** May 9

Let's make some crazy critters and participate in a karaoke challenge.

**Location:** F-J Dellandrea Place, 741 Wallace Road, North Bay

**Time:** 9:00 a.m. – 12:00 noon

**Cost:** \$5.00

### **DESIGN YOUR OWN DREAM CATCHER AND LISTEN TO NATIVE DRUMMING:** May 16

Let's get our design juices flowing to help chase our bad dreams away while being entertained with native music.

**Location:** F-J Dellandrea Place, 741 Wallace Road, North Bay

**Time:** 9:00 a.m. – 12:00 noon

**Cost:** \$5.00

### **WATERFRONT PICNIC AND WALK:** May 30

Come and enjoy the beautiful waterfront (Kiwans band shell), play a few games and enjoy a great picnic lunch.

Walk down the waterfront and take pictures of our favorite things.

**Location:** North Bay waterfront on Memorial Drive

**Time:** 12:00 p.m. – 4:00 p.m.

**Cost:** \$5.00

## TUESDAY

### **COFFEE AT TIM HORTON'S:** May 3, 10, 17, 24, 31

**Location:** Tim Horton's, 890 McKeown Ave., North Bay

**Time:** 10:00 a.m. – 11:00 a.m.

**Cost:** (PAY TIM HORTON'S DIRECTLY FOR YOUR OWN COFFEE AND SNACKS)

### **YOGA:** May 3, 10, 17, 24, 31

**Location:** North Bay Indian Friendship Centre, 980 Cassells Street, North Bay - Not wheelchair accessible

**Time:** 12:00 p.m. – 1:00 p.m. (Estimated time)

**Cost:** Free

**PLEASE CALL 705-472-2811 EXT. 223 TO REGISTER FOR THIS ACTIVITY.**

### **BINGO:** May 3, 24

Enjoy getting together with your friends for some bingo and enjoy a snack while taking our chances at winning.

**Location:** F-J Dellandrea Place, 741 Wallace Road, North Bay

**Time:** 1:00 p.m. – 2:30 p.m.

**Cost:** \$3.00

### **MUSIC WITH JASON:** May 17

Come and listen to soft instrumental music while Jason plays his chapmen stick.

**Location:** F-J Dellandrea Place, 741 Wallace Road, North Bay

**Time:** 1:30 p.m. – 2:30 p.m.

**Cost:** \$5.00

**DRUMMING WITH DAVID:** May 10

**Location:** F-J Dellandrea Place, 741 Wallace Road, North Bay

**Time:** 1:30 p.m. – 2:30 p.m. (Estimated time)

**Cost:** \$5.00 (PAYMENT REQUIRED AT REGISTRATION)

**SONGS WITH SERRA:** May 31

**Location:** F-J Dellandrea Place, 741 Wallace Road, North Bay

**Time:** 1:00 p.m. – 2:00 p.m.

**Cost:** \$ 5.00 (PAYMENT REQUIRED AT REGISTRATION)

**WEDNESDAY**

**PILATES:** May 4, 11, 18, 25

**Location:** North Bay Indian Friendship Centre, 980 Cassells Street, North Bay - Not wheelchair accessible

**Time:** 12:00 p.m. – 1:00 p.m. (Estimated time)

**Cost:** Free

**PLEASE CALL 705-472-2811 EXT. 223 TO REGISTER FOR THIS ACTIVITY.**

**RESTORATIVE YOGA WITH KCRISTAL:** May 4, 11, 18, 25

This is a therapeutic form of yoga that is safe for all people. It is said to be the yoga of “being”. Kcristal will teach postures and breathing techniques that will encourage you to relax and renew. Restorative yoga provides healing for the body and mind through a series of specific yoga poses.

**Location:** F-J Dellandrea Place, 741 Wallace Road, North Bay

**Time:** 1:30 p.m. – 2:30 p.m.

**Cost:** Free

**Please Note: If you have a mat please bring it with you.**

**LEARN TO COOK:** May 4, 11, 18, and 25

Come and learn all about cooking/planning/ nutrition/ scrap booking.

**Location:** 175 Chippewa Street W., North Bay

**Time:** 9:00 a.m. – 12:00 noon

**Cost:** \$5.00

**THURSDAY**

**YMCA – EASY FIT:** May 5, 12, 19, 26

**Location:** YMCA, 186 Chippewa Street W., North Bay

**Time:** 10:30 a.m. – noon

**Cost:** Free with membership or \$11.85 for a day pass (PAY DIRECTLY TO THE YMCA) No cost to support staff when accompanying a participant.

**SONGS WITH SERRA:** May 19

**Location:** F-J Dellandrea Place, 741 Wallace Road, North Bay

**Time:** 1:00 p.m. – 2:00 p.m.

**Cost:** \$5.00

**AMELIA RISING DROP- IN:** May 5, 12, 19, 26 (This activity is for women only)

**Location:** 101 Worthington Street E., North Bay

**Time:** 1:00 p.m. – 3:00 p.m.

**Cost:** Free **Contact #: 705-840-2403**

**DRUMMING WITH DAVID:** May 26

**Location:** F-J Dellandrea Place, 741 Wallace Road, North Bay

**Time:** 1:30 p.m. – 2:30 p.m. (Estimated time)

**Cost:** \$5.00 (PAYMENT REQUIRED AT REGISTRATION)

**BINGO:** May 12

Enjoy getting together with your friends for some bingo and enjoy a snack while taking our chances at winning.

**Location:** F-J Dellandrea Place, 741 Wallace Road, North Bay

**Time:** 1:00 p.m. – 2:30 p.m.

**Cost:** \$3.00

**FRIDAY**

**GARDENING:** May 6, 20

We are going to grow our own food this summer and will use our produce for something in the fall to make or harvest and share with our friends.

**Location:** F-J Dellandrea Place, 741 Wallace Road, North Bay

**Time:** 1:00 p.m. – 4:00 p.m.

**Cost:** \$5.00

**SWIMMING & COFFEE:** May 13

Let's meet at the YMCA for a morning swim and then enjoy a walk to Northgate Square for a nice warm drink at Tim Horton's.

**Location:** YMCA, 186 Chippewa Street W., North Bay  
Northgate Square, 1500 Fisher Street

**Time:** 9:00 a.m. - 10:00 a.m. at the YMCA

10:00 a.m. – 12:00 noon- walk to Northgate Square and enjoy a coffee at Tim Horton's

**Cost:** Free with membership or \$11.85 for a day pass (PAY DIRECTLY TO THE YMCA) No cost to support staff when accompanying a participant.

**FOREVER YOUNG FITNESS:** May 6, 13, 20, 27

**Location:** Dance Obsessed, 162 Main Street E., North Bay

**Time:** 10:00 a.m. – 11:00 a.m.

**Cost:** \$12.00 for drop-ins (if attending on a regular basis call 705-495-2602 for a rate).

**PAY DANCE OBSESSED DIRECTLY.**

**EXPERIENTIAL ART:** May 6, 13, 20, 27

**Location:** F-J Dellandrea Place, 741 Wallace Road, North Bay

**Time:** 10:00 a.m. – 11:00 a.m.

**Cost:** \$8.00 each time (limited to 5 participants)

**BLUE SKY BINGO:** May 27

Let's meet at the Blue Sky Bingo Hall for lunch and then a game of bingo.

**Location:** 420 Airport Road, North Bay

**Time:** 12:00 noon - 3:30 p.m.

**Cost:** Lunch special \$6.95 (PAY BLUE SKY BINGO DIRECTLY

Bingo strip is \$3.00 (PAY BLUE SKY BINGO DIRECTLY)

**HOME STYLE CAFÉ LUNCH SPECIAL** May 6, 13, 20, 27

Come and join your friends for our weekly lunch special.

**Location:** Home Style Café, 741 Wallace Road, North Bay

**Time:** 11:30 a.m. - 1:00 p.m.

**Cost:** \$6.95 plus tax (includes special, coffee or tea and dessert)

**PAY HOME STYLE CAFÉ DIRECTLY.**


**REGISTRATION FORM** - Please check the appropriate

Name of Participant: \_\_\_\_\_ Phone #: \_\_\_\_\_

**\*\*\*For cost of programs please refer to the front calendar or under the descriptions.**

- Horses and Bonfire (Mon)  May 2
- Bowling (Mon)  May 2  May 9  May 16  May 30
- \*PAY PARTNER'S BILLIARDS AND BOWLING DIRECTLY.**
- Krazy Kraft Kritters and Karaoke (Mon)  May 9
- Dream Catchers and Drumming (Mon)  May 16
- Waterfront picnic/walk/ photo club (Mon)  May 30
- Coffee Social at Tim Horton's (Tues)  May 3  May 10  May 17  May 24  May 31
- Bingo (Tues)  May 3  May 24
- Drumming with David (Tues)  May 10
- Songs with Serra (Tues)  May 31
- Music with Jason (Tues)  May 17
- Restorative Yoga with Kcrystal (Wed)  May 4  May 11  May 18  May 25
- Learn to Cook (Wed)  May 4  May 11  May 18  May 25
- Songs with Serra (Thurs)  May 19
- Bingo (Thurs)  May 12
- Drumming with David (Thurs)  May 26
- Experiential Art (Fri) limited to 8 participants  May 6  May 13  May 20  May 27
- Gardening (Fri)  May 6  May 20
- Blue Sky Bingo (Fri)  May 27
- Friday Lunch Special at Home Style Café  May 6  May 13  May 20  May 27

**Cost: \$6.95 plus tax (PAY DIRECTLY TO HOME STYLE CAFÉ)**

Please pre-arrange all your transportation requirements prior to attending. Please do not arrive more than 15 minutes prior to program start time. Ensure that all participants requiring individual support make all necessary arrangements; as activities are not chaperoned. All events are  wheelchair accessible unless otherwise noted.

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

**REGISTRATION DEADLINE IS APRIL 27, 2011**

**Select the events which are of interest to you and return the form with payment to:**

**Community Living North Bay  
741 Wallace Road  
North Bay, ON P1B 8G4  
ATTN: Shannon Johnson**

**Ph: 705-476-3280 Ext. 230  
Fax: 705-476-6918  
sjohnson@communitylivingnorthbay.org**