

SPRING / SUMMER

2021

NORTH BAY AND AREA

sport & culture

digital guide



Arts, Culture, Recreation & Leisure Services
www.northbay.ca



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Councillor Message

Welcome to the 2021 Spring and Summer Sport and Culture Guide.

This past year has been difficult for everyone and we're all eager for a return to normalcy as soon as possible, especially now that the signs of spring are in the air, reminding us of the warm breezes and sunny days ahead.

Though this edition of the guide may look different from years past, it contains valuable information related to the programs and services provided by the City's Arts, Culture, Recreation and Leisure Services Department. Keep this guide handy as you plan your recreation and healthy active living activities over the next few months.



From parks and beaches to trails and other recreation facilities, there are many opportunities to stay active and get outside during the summer in North Bay. In addition, the Arts, Culture, Recreation & Leisure Services Department continues to support programs and services to facilitate virtual opportunities for a healthy, active lifestyle. This includes our COVID-19 Resource Page, which provides activities, contests, virtual tours, exercise programs and more. These resources can be found at www.northbay.ca/our-community/covid-19/.

I encourage you to browse through this guide and find out more about activities that interest you. There is definitely something for everyone. Should you have any questions, please contact one of the staff listed in this guide. Stay safe.

Yours in Recreation,

Johanne Brousseau

Chair Community Services' Committee

2018-2022 Mayor & Members of Council



Mayor

- **Al McDonald**
mayor@cityofnorthbay.ca

Members of Council

- **Tanya Vrebosch**
tanya.vrebosch@northbay.ca
- **Johanne Brousseau**
johanne.brousseau@northbay.ca
- **George Maroosis**
george.maroosis@northbay.ca
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- **Dave Mendicino**
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- **Marcus Tignanelli**
marcus.tignanelli@northbay.ca

City of North Bay

Arts, Culture, Recreation & Leisure Services Department



Arts, Culture, Recreation and Leisure Services Department

City Hall, 2nd Floor
200 McIntyre Street E.
North Bay ON P1B 8V6
P: (705) 474-0400
F: (705) 474-9782

- **Ian Kilgour**
Director, Community Development & Growth
- ext. 2405
- **Paula M. McCloskey**
Arts, Culture, Recreation & Leisure Services Manager
- ext. 2322
- **Melinda Fry**
Sports & Events Manager
- ext. 2662
- **Erin Vaughan**
Community Event Facilitator
- ext. 2312
- **Bryan Kimber**
Community Development Facilitator
- ext. 2321
- **Jennifer Smart**
Administrative Assistant
- ext. 2335

Parks Office

Lee Park Office
Memorial Drive, North Bay ON
P: (705) 472-3932
F: (705) 472-7423

- **David Schroeder**
Manager of Parks and Facilities
- ext. 2601
- **Elaine Pepin**
Parks Supervisor
- ext. 2602
- **Mark Thomas**
Parks Supervisor
- ext. 2670
- **Carolyn Cundari**
Clerk Dispatcher
- ext. 2600

Arenas

West Ferris Community Centre

Contact any of the staff below

Memorial Gardens

100 Chippewa Street W. North Bay, ON
P: (705) 474-3770 F: (705) 474-4868

- **Nicole Beaulieu**
Clerk/Cashier
- ext. 2663
- **Peter Sutherland**
Facility Supervisor
- ext. 2661

Pete Palangio Arena

603 Wallace Road North Bay, ON
P: (705) 476-2000 F: (705) 472-1146

- **Louise Ranger**
Clerk/Cashier
- ext. 2610
- **Mike Seguin**
Facility Supervisor
- ext. 2612



www.northbay.ca

North Bay Waterfront Marina



Enjoy beautiful Lake Nipissing from our 200 slip marina located on Memorial Drive. Your boats are kept secure with twenty-four hour security. We offer boat slip rentals by the season, month, and day. Services include: fuel (regular to mid-grade unleaded), boat launch, sewage pump out, pop, ice and worms.

Seasonal Boat Slip Renewal – Registration 2021

For returning seasonal slip holders who wish to renew - you can mail your registration immediately to Memorial Gardens, 100 Chippewa St. W, North Bay ON P1B 6G2 or call 705-474-3770 ext 2663. Your application and payment must be made by Thursday, May 6, 2021 no later than 4:00 pm in order to confirm the same slip for 2021. After this registration date, all remaining slips will be open to new seasonal applicants and the general public. The onsite marina office on Memorial Drive will open on Monday, May 10, 2021 at 8:30 a.m.

Marina Opening Day – Monday, May 17, 2021 at 7:00 am.

All marina services will be available at this time. The onsite office will be open at this time. Marina attendants will be on duty and security begins at 11:00 pm on this day.

Marina Closing Day – Friday, October 8, 2021 at 12:00p.m.

2021 North Bay Waterfront Marina Rates

Boat Slip	16'	17-20'	21-24'	25-28'	29-32'	33-36'	37-42''
Season includes security fee	\$849.98	\$1021.76	\$1168.59	\$1324.25	\$1491.66	\$1631.19	\$1795.65
Month includes security fee	\$228.06	\$264.78	\$305.91	\$347.03	\$382.27	\$423.38	\$467.45
Weekly includes security fee	\$70.46	\$79.29	\$89.56	\$99.83	\$110.13	\$118.92	\$130.67

Daily Rate	\$ 1.21	per foot plus \$1.34 security fee
Sewage Pump Out	\$ 23.54	per pump out
	\$ 77.52	per season
Shore Power	\$ 18.70	per week
	\$ 80.63	per month
	\$ 235.32	per season
Boat Launch	\$ 15.91	per launch
	\$ 72.52	per season

For further information:

City Hall
705-474-0626 ext 2323

*Prices do not include HST

Beaches & Swim Lessons

SWIM LESSONS SCHEDULE 2021

Classes are held Monday to Friday

Session One: June 28 - July 16

Session Two: July 19 - August 6

Cost: \$70.12

All lessons will be held at Birchaven Cove only

NOTE: Insufficient registration may result in class cancellations

Registration begins April 1st, 2021
in person, 2nd floor City Hall
Arts, Culture, Recreation & Leisure
Services Department
Monday-Friday
8:30 a.m. – 4:30 p.m.

Payment accepted:
interac, credit card, cheque, cash

LIFEGUARDS COMMENCE SATURDAY JUNE 22, 2021

Lifeguards will be on duty from
12:00 p.m. to 7:00 p.m.

Seven (7) days a week at the following locations:

Birchaven Cove
Waterfront Beach
Olmsted Beach

Lakeside Drive
Memorial Drive
Lakeside Drive

LIFEGUARDS TERMINATE SUNDAY AUGUST 22, 2021

Please note:

Bronze Star, Swim Patrol, Bronze Medallion, Bronze Cross and Leaders can be taken at the Base Pool. Check page 29 for details.

For more information, log onto www.northbay.ca

SUMMER 2021

CLASS #1

10:15 a.m. – 10:45 a.m.**

Starfish & Duck**

CLASS #2

Sea Turtle & Salamander**

10:45 a.m. – 11:15 a.m.

Swim Kids 1

Swim Kids 2

Must be 5 years old

11:30 a.m. – 12:00 p.m.

Swim Kids 3

Swim Kids 4

1:00 p.m. – 1:45 p.m.

Swim Kids 5

Swim Kids 6

1:45 p.m. – 2:30 p.m.

Swim Kids 7

Swim Kids 8

2:45 p.m. – 3:30 p.m.

Swim Kids 9

Swim Kids 10

3:30 p.m. – 4:00 p.m.

Swim Kids 1

Swim Kids 2

4:15 p.m. – 4:45 p.m.

Salamander

& Sea Turtle**

Private Lessons

Sea Turtle is an assisted level to which parents must accompany their children in the water. Children must be 18 months - 3 years of age to participate.

Salamander is an unassisted level for children between the ages of 3 and 5 years.



** Please note that all summer programming is subject to COVID-19 restrictions. **




Share the Way

Trails are intended for the shared use of walkers, cyclists, and in-line skaters. To ensure that everyone is able to enjoy the trail system, please observe the following **Courtesy Code**:

- ✓ Cyclists and in-line skaters must yield to pedestrians
- ✓ Travel in single file. Walk, run or roll in a safe consistent and predictable manner
- ✓ Move completely off the pathway when stopping
- ✓ Keep to the right except when passing
- ✓ Sound your bell or call out, "Passing on your left" before passing
- ✓ Please do not litter; this is your pathway
- ✓ Please keep your pets on a leash within your lane and remember to clean up after them

ENJOY!



Trail Distance Guide

Kate Pace Way – total distance 12.4 km

Kinsmen Trail – total distance 5.1 km

For more Information

City of North Bay

www.northbay.ca/living/recreation/trails

Or call City of North Bay, Arts, Culture, Recreation and Leisure Services: 705-474-0626 ext. 2329 or 2335

After hours call: 705-474-4340



NOTICE

The City of North Bay wishes to advise the public of an amendment to By-Law 35-96 (Being a By-Law to regulate the use of public parks within the City of North Bay)

By-Law 2010-165 amends this By-Law by inserting the following under Part V.

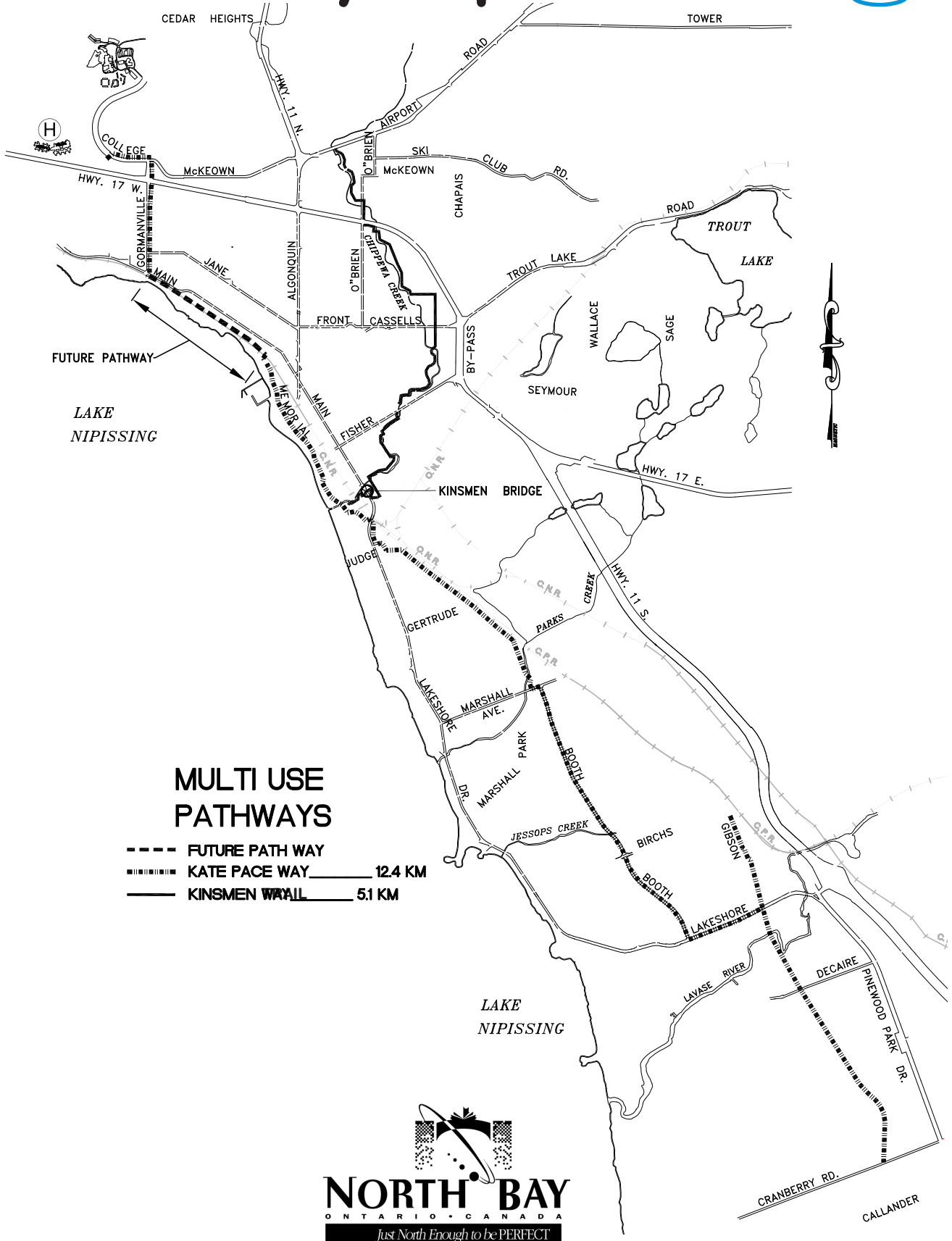
BICYCLE HELMETS

28.1 (a) No person under 18 years of age shall ride on or operate a bicycle while on the Kate Pace Way or the Kinsmen Trail unless the person is wearing a bicycle helmet that complies with the regulation under the Highway Traffic Act, R.S.O. 1990, c. H.8 and the chin strap of the helmet is securely fastened under the chin.

(b) No parent or guardian of a person under sixteen years of age shall authorize or knowingly permit that person to ride on or operate a bicycle on the Kate Pace Way or the Kinsmen Trail unless the person is wearing a bicycle helmet that complies with the regulations under the Highway Traffic Act. R.S.O. 1990, C. H.8 and the chin strap of the helmet is securely fastened under the chin.

For more information please contact the Arts, Culture, Recreation and Leisure Services Department at 705-474-0626 ext 2329.

Multi-Use Pathway Map



MULTI USE PATHWAYS

- FUTURE PATHWAY
- KATE PACE WAY 12.4 KM
- KINSMEN WALL 5.1 KM





NORTH BAY PLAYGROUNDS & ADDRESSES

Playground	Address	Playground	Address
Bellevue Park (off McNamara)	20 McGibbon Street	Armstrong Park	60 Lakeside Dr.
Besserer Maple Ridge (off hwy. 11)	1 Gregory Dr.	Portage Park	1350 Peninsula Rd.
Champlain Park	1250 Premier Rd.	Pumphouse/ Water Treatment Playground	246 Lakeside Dr.
Circle Lake Playground	275 Lake Heights Rd.	Sage/ Birchaven	465 Sage Rd.
Feronia Playground	150 Cemetery Rd.	Sunset Park	65 Sunset Blvd.
Graniteville Playground	100 Carlo Cres.	Superior Crescent Playground	24 Prince Edward Dr.
Greenhill Playground	251 Pearce St.	Thomson Park	100 Chippewa St. W
Kenwood Hills Playground	30 Kenwood Hills Dr.	Veronica Playground	44 Veronica Dr.
Kinette Playground	430 Rock St.	Waterfront Park	133 Memorial Dr.
Laurentian Playground (Caldwell Ellam)	398 Carruthers St.	West Ferris/Massey Park	152 Massey Dr.
Lee Park	800 Memorial Dr.		



MUNICIPAL BALL FIELDS

Facility	Complex	Address
Amelia Ball Field	Amelia Park	75 Memorial Dr.
Centennial Ball Field	Laurentian Park	398 Carruthers St.
Handley Ball Field	Optimist Park	603 Wallace Rd.
Johnson Ball Field	Thomson Park	100 Chippewa St. W.
Kelly Ball Field	Optimist Park	603 Wallace Rd.
Lennox Ball Field	Armstrong Park	60 Lakeside Dr.
Phillips Ball Field	Kinette Park	430 Rock St.
Tapper Gray Ball Field	Sam Jacks Complex	42 Gertrude St. E.
Veterans Ball Field	Veterans Park	10 Judge Ave.

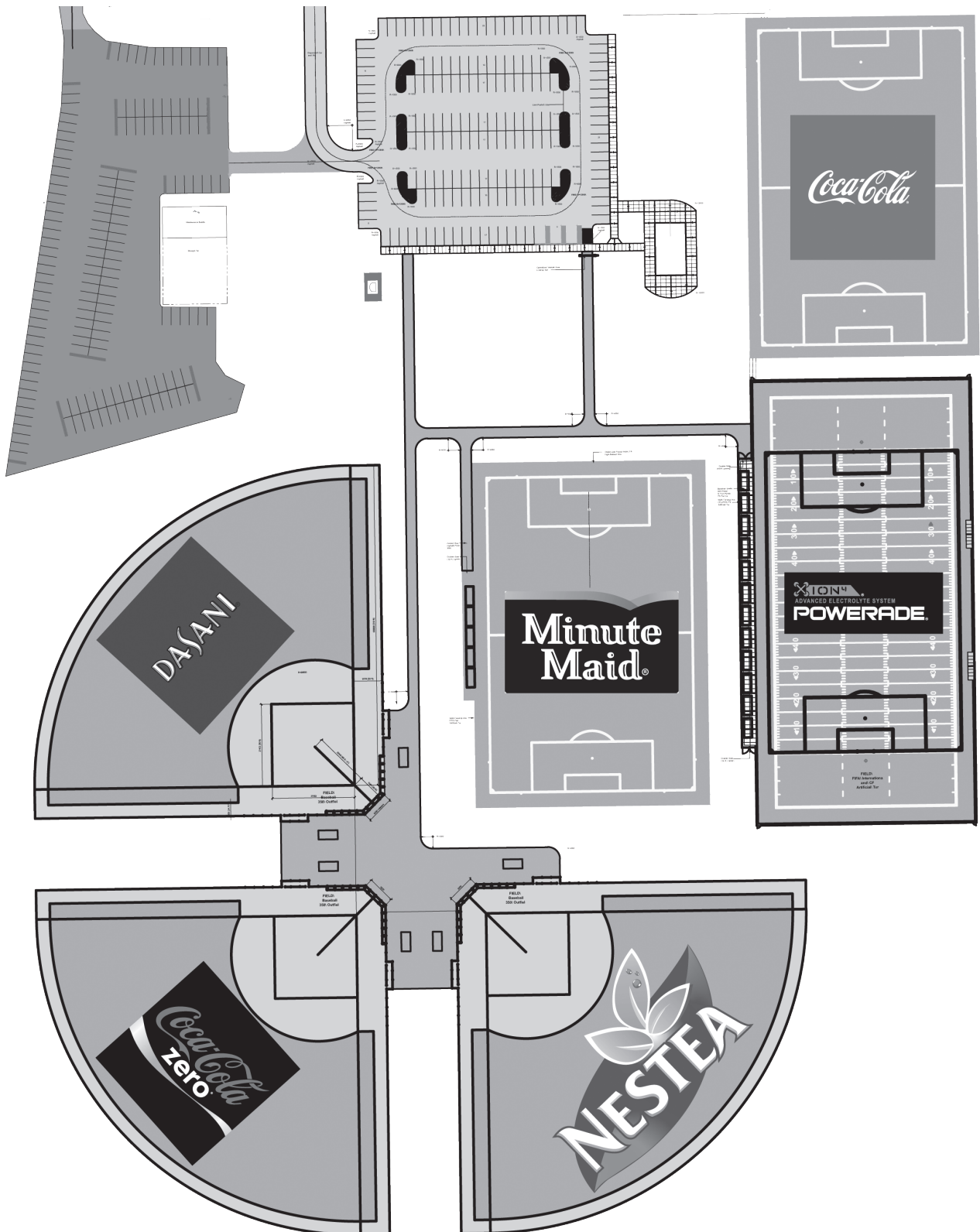
MUNICIPAL ATHLETIC / SOCCER FIELDS

Facility	Complex	Address
Amelia Soccer Field	Amelia Park	75 Memorial Dr.
Fischer Football Field	Thomson Park	100 Chippewa St. W.
Graham Soccer Field	Armstrong Park	60 Lakeside Dr.
Ike Bowness Mini Fields (6)	Sam Jacks Complex	42 Gertrude St. E.
ONR Soccer Field	Veterans Park	10 Judge Ave.
Sunset Soccer Field	Sunset Park School	1191 Lakeshore Dr.
Veterans Soccer Field	Veterans Park	10 Judge Ave.

Sports Field Complex Steve Omischl

1105 LAKESHORE DRIVE

- 3 Ball Diamonds
- 2 Artificial Turf Athletic/Soccer Fields
- 1 Natural Turf Athletic/ Soccer Field





Staff	Melinda Fry – Manager of Sports and Events ext. 2662	Mike Seguin – Facility Supervisor ext. 2612
	Nicole Beaulieu – Clerk Cashier ext. 2663	Peter Sutherland – Facility Supervisor ext. 2661
	Louise Ranger – Clerk Cashier ext. 2610	

Memorial Gardens	<p>100 Chippewa Street West P: (705) 474-3770 F:(705) 474-4868</p> <p>Hours of operation:Monday to Friday Business Office:8:30 a.m. – 4:30 p.m. <i>Closed 12:30 p.m.-1:30 p.m.</i> Box Office (2nd Floor).....8:30 a.m. – 4:30 p.m.</p> <hr/> <p>This office responds to enquiries about event bookings, parties, arena meeting rooms and ice rentals for all arena facilities. All bookings and payments must be made during regular business hours.</p> <p>This is North Bay’s facility for events for over 500 people. This facility can be transformed to accommodate elegant dinners, trade shows, meetings, concerts and other types of special events.</p>	<p>Facilities include:</p> <p>Ice surface - 200’ X 85’ Hall of Fame Room - 60 capacity Club Lounge (2nd Floor) - 60 capacity Dressing Rooms - 5 Box Office - Automated ticketing system. Customized event ticketing provided by North Bay Battalion Hockey Club. Service of Alcohol - This facility holds a license under the Alcohol and Gaming Commission of Ontario. Certain restrictions may apply to licensed events. Parking - 450 plus Concessions - Opened around activities. Arrangements can be made with our operator to consider your individual requests for catering as well.</p> <p>* The box office on the main level is open at 10 a.m. on Battalion game days and one hour before a Nipissing Lakers hockey game.</p>
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Pete Palangio Arena	<p>603 Wallace Road P: (705) 476-2000 F: (705) 472-1146</p> <p>Hours of operation:Monday to Friday Business Office:.....8:30 a.m. – 4:30 p.m. <i>Closed 1 p.m.-2 p.m.</i></p> <hr/> <p>This location has extended hours on evenings and weekends depending on the activity in the building.</p>	<p>Facilities Include:</p> <p>Ice surface - 2 surfaces at 80’ x 180’ Spectator Seating - 150 capacity per side Board Room - 30 capacity Dressing Rooms - 12 Parking - 200</p> <p>This office responds to enquiries about arena meeting rooms and ice rentals for all arena facilities. All bookings and payments must be made during regular business hours or dropped into the afterhours mail slot located under the front counter of the business office.</p>
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Sam Jacks Complex a.k.a. West Ferris Community Centre	<p>42 Gertrude Street East Direct enquiries to: (705) 476-2000 or (705) 474-3770</p> <p>There is no administrative staff located at this facility. All rental enquiries should be directed to the Pete Palangio Arena or the Memorial Gardens Arena.</p> <hr/> <p>West Ferris Auditorium:</p> <p>This is the perfect place for your next family wedding, anniversary or retirement party. The facility offers the flexibility of hiring your own caterer and running your own bar. This room seats 150 plus for dinner. Amenities include: microwave, fridges, tables, and chairs.</p>	<p>Facilities Include:</p> <p>Ice surface - 80’ x 180’ Board Room - 20 capacity Dressing Rooms - 5 Parking - 80</p> <p>Meeting Rooms:</p> <p>A variety of rooms are available at our arenas that could accommodate community meetings, recreation programs, fundraising events and other special activities. These rooms vary in size to accommodate groups up to as many as 150 people. For more information, call (705) 476-2000.</p>
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Rates - For rental rates, log on to the City's website at www.northbay.ca/our-community/sports-facilities/arenas/ice-rentals

Availability Information - For information on ice and floor availability, you can contact Memorial Gardens or Pete Palangio Arenas during regular business hours, or for evening and weekend enquiries please contact Pete Palangio Arena at (705) 476-2000, or visit the City website for the Online Ice Fax at www.northbay.ca/our-community/sports-facilities/arenas/ice-rentals/ice-availability

Casual Ice and Floor Rentals - Ice and floor rentals can be booked and confirmed over the phone when accompanied by a credit card number. Casual rentals must be paid for 7 days prior to the date booked.

North Bay Battalion - You brought the Battalion home, North Bay. Now head to the newly renovated Memorial Gardens Arena and enjoy hockey at the OHL level. For game and ticket information, log on to the North Bay Battalion website at www.battalionhockey.com.

Nipissing Lakers Varsity Hockey (Men's and Ladies) - Catch the action of Varsity Hockey. Come out and watch the Nipissing Lakers battle various universities as they fight for a spot in the OUA playoffs. Game and ticket information are available online at the Nipissing Lakers website at www.nulakers.ca/



For more information, log on to www.northbay.ca

Student Employment Opportunities 2021

AQUATICS PROGRAM

Position: **BEACH DIRECTOR**

Qualifications:

- Employment is not confirmed until the receipt of a satisfactory criminal reference check
- Must hold a minimum standard of N.L.S. Waterfront
- Must hold a current A.C.E
- Must hold a current C.P.R. certificate
- Must be a minimum of 16 years of age or older
- Must display managerial and supervisory skills
- Must hold a current class G driver's license

Responsibilities:

- Assist with staff selection
- Assist with the design and implementation of the aquatics training program
- Day-to-day aquatics program administration
- Staff scheduling
- Some budget monitoring
- Delivery of supplies
- Assist with the weekend and evening "on call" duty
- Assist with the enforcement of policies and procedures
- Be responsible for the promotion of a "Water Smart" program

Duration: May to August

Hours of Work: approx. 35 hrs/wk

Wage: \$15.68/hr

Deadline: April 18th, 2021

APPLICATIONS

can be found on:
www.cityofnorthbay.ca
and returned to:
staffing@northbay.ca
OR

**Human Resources Dept.
City Hall, 7th Floor
200 McIntyre Street East
North Bay ON P1B 8V6**

For more information, call
705-474-0400 or log on at

www.cityofnorthbay.ca

Position: **LIFEGUARD**

Qualifications:

- Employment is not confirmed until the receipt of a satisfactory criminal reference check
- Must be a minimum of 16 years of age or older
- Must hold a current C.P.R. certificate
- Must hold a minimum standard of N.L.S. Waterfront
- Preference given to candidates holding Aquatic Emergency Care

Responsibilities:

- Carry out Lifeguard duties at one of the City's supervised beaches
- Prepare and carry out emergency procedures effectively
- Follow department policies and procedures
- In the event of Beach Postings, the Lifeguard must be prepared to work alternate duties as assigned (this may require safety-toed work boots)

Duration: June to end of August

Hours of Work: Shift work 7 days/wk

Wage: \$14.28/hr

Deadline: April 18th, 2021

Position: **INSTRUCTOR**

Qualifications:

- Employment is not confirmed until the receipt of a satisfactory criminal reference check
- Preference given to candidates with experience
- Must be a minimum of 16 years of age or older
- Must hold a current Royal Life Saving and Red Cross Instruction Program
- Must hold a current C.P.R. certificate
- Must hold a minimum standard of N.L.S. Waterfront
- Must be certified in First Aid or Aquatic Emergency Care

Responsibilities:

- Teach children aged pre-school and up safety and swimming skills at one of the waterfront locations
- Must follow the Royal Life Saving and Red Cross Instruction Program

Duration: July and August

Hours of Work: Monday to Friday

Wage: \$14.28/hr

Deadline: April 18th, 2021

Position: **HEAD GUARD**

Qualifications:

- Employment is not confirmed until the receipt of a satisfactory criminal reference check
- Must hold a minimum standard of N.L.S. Waterfront
- Must hold a current A.C.E
- Must hold a current C.P.R. certificate
- Must be a minimum of 16 years of age or older
- Must display managerial and supervisory skills

Responsibilities:

- Staff supervision
- Decision making
- Monitoring staff scheduling
- Ensuring compliance with policies and procedures
- Assist with staff training
- Day-to-day administration and reports
- Assist with staff training
- Monitor facility and safety hazards

Duration: June to End of August

Hours of Work: Shift work 7 days/wk

Wage: \$14.56/hr

Deadline: April 18th, 2021

PARKS & FACILITIES

Position: **MAINTENANCE LABOURER**

Qualifications:

- Good physical condition
- Currently attending secondary or post-secondary facility
- Preference given to students who have landscape maintenance experience

Responsibilities:

- General park maintenance duties

Duration: Students will be required between May and August. Starting and termination dates pending summer programs.

Hours of Work: 7:30 a.m. to 4:00 p.m.

Wage: \$14.00/hr

Deadline: April 18th, 2021

**** Please note that all summer student employment opportunities are subject to COVID-19 restrictions. ****

Student Employment Opportunities 2021

Position:
YOUTH CENTRE STAFF

Qualifications:

- Good physical condition
- Must hold a current First Aid and C.P.R. certificate
- Minimum of 16 years of age
- Display leadership and supervisory skills
- Employment is not confirmed until the receipt of a satisfactory criminal reference check

Responsibilities:

- Coordination of youth activities and sports
- General program coordination of games, crafts and special events
- Day-to-day operation of centre — report writing, program planning, paperwork, communication with supervisor

Duration: Approx. May to September
Hours of Work: 25 to 35 hrs/wk
Wage: \$14.28/hr
Deadline: April 18th, 2021

Position:
MARINA ATTENDANT

Qualifications:

- Good physical condition
- Currently attending secondary or post-secondary facility
- Preference will be given to students who have marina, and/or retail experience
- Able to deal effectively with the public

Responsibilities:

- Sale of gas and other marina services
- Security of marina facilities
- Customer service
- General marina operations

Duration: May to September
Hours of Work:
 Monday to Sunday
 7:00 a.m. to 3:00 p.m.
 3:00 p.m. to 11:00 p.m.
Wage: \$14.25/hr
Deadline: April 18th, 2021



APPLICATIONS

can be found on:
www.northbay.ca
 and returned to:
staffing@northbay.ca
 OR
Human Resources Dept.
City Hall, 7th Floor
200 McIntyre Street East
North Bay ON P1B 8V6

For more information, call
705-474-0400 or log on at
www.northbay.ca



**** Please note that all summer student employment opportunities are subject to COVID-19 restrictions. ****

Community Emergency Preparedness

Know what to do before disaster strikes

Emergencies and disasters can happen at any time. This could mean utilities are out, roads are closed and we can't get the crucial supplies we need. Local, provincial and federal officials prepare for emergencies and so should you!

In the event of an emergency or disaster, everyone should be prepared to take care of themselves and their families for up to three days.

Here's how...

- Post emergency telephone numbers
- Check your home insurance
- Prepare a 3-day emergency survival kit (including food and medications)
- Choose an out of town emergency contact
- Train family members in emergency procedures and have a plan (including a designated meeting place to reunite with family)
- Learn about your community's emergency plan

Prepare Now, Learn How... Emergency Survival Checklist*

* Three-day supply per person

- | | |
|--|--|
| <input type="checkbox"/> Flashlight and batteries | <input type="checkbox"/> Clothing and footwear |
| <input type="checkbox"/> Radio and batteries or crank radio | <input type="checkbox"/> Blankets or sleeping bags |
| <input type="checkbox"/> Spare batteries (for radio or flashlight) | <input type="checkbox"/> Toilet paper and other personal items |
| <input type="checkbox"/> First-aid Kit | <input type="checkbox"/> Medication |
| <input type="checkbox"/> Candles and matches/lighter | <input type="checkbox"/> Backpack/duffel bag (to hold all of the emergency survival kit items) |
| <input type="checkbox"/> Extra car keys and cash | <input type="checkbox"/> Whistle (to attract attention, if needed) |
| <input type="checkbox"/> Important papers (identification) | <input type="checkbox"/> Playing cards, games |
| <input type="checkbox"/> Food and bottled water | |



For more information, visit:
www.emergencymanagementontario.ca



ON THE WEB: www.northbay.ca/fire/preparedness



NORTH BAY
TRANSIT



For more information on Transit routes, schedules, trip planning,
COVID-19 and our new Dynamic Dispatching service.
Visit www.northbay.ca or call 705-474-0419.

INTRODUCING

Dynamic Dispatching

Evening, Sunday & Holiday Service



Operated by



Powered by



8A West Ferris-Marshall

DOWNLOAD to RIDE

8B West Ferris-Junction



9 On-Demand Buses



or CALL 705-474-0419 to BOOK

summer Youth Center



For youth
ages 7-12 who
are interested
in sports,
games and
hanging out
with friends!



For locations and other information
contact the Arts, Culture,
Recreation and Leisure Services
Department at (705) 474-0400
ext 2329 or ext 2335.

Open Monday-Friday
10am - 6pm
at Caldwell Ellam
Community
Centre & Circle Lake
Community Centre

FREE After School Program

Open
Monday,
Wednesday
& Fridays
from 3:00pm-
6:00pm



For youth ages 7-12 who are interested in
physical activity, health & wellness, food &
nutrition, arts & culture and a homework club!

For locations and other information
contact the Arts, Culture, Recreation
and Leisure Services Department at
(705) 474-0400 ext 2329 or ext 2335.



**** Please note that all summer programming is subject to COVID-19 restrictions. ****

City of North Bay's Household Hazardous Waste Depot

Hours of Operation
WEDNESDAY to SATURDAY
8am to 6pm
OPEN YEAR ROUND

Safe Use of Hazardous Products

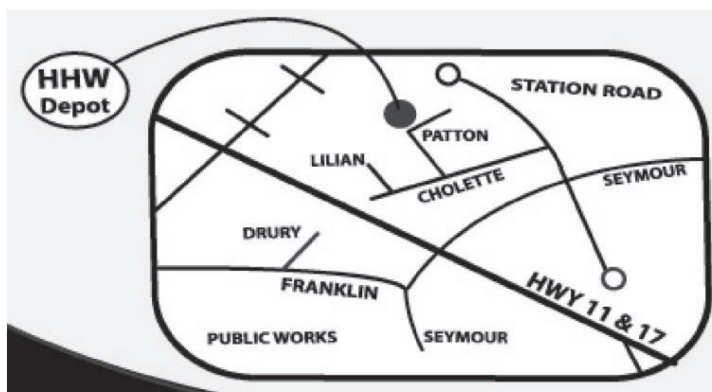
If you must use hazardous products, keep the following tips in mind in order to minimize your exposure to chemicals and potential danger to the environment:

- Buy only what you need.
- Give away what you do not use.
- Share seldom used products.
- Buy alternative products that are less hazardous.
- Never mix products together.
- Use only recommended amounts (more is not better).
- Choose products with child-resistant caps.
- Safely store all hazardous materials out of reach of children and pets.
- Use products in a well-ventilated area.
- Never pour HHW in the storm sewer - it leads to Lake Nipissing.
- Do not bury hazardous waste or pour it into the ground - it can contaminate groundwater.

Preparing HHW for Safe & Easy Transport

All materials should be left in the original container to allow easy identification of the contents.

- Never mix products together
- Waste should be sealed & labeled
- Bring all hazardous waste in a cardboard box or rigid container
- Collect household batteries in a small plastic container or coffee can



For more information please contact
the Wasteline at (705) 474-0400 ext. 2333

Examples of Household Hazardous Waste accepted at the HHW depot:

- AEROSOL CANS
- ANTIFREEZE
- ASPHALT & ROOFING TAR
- AUTOMATIC TRANSMISSION FLUID
- BATTERIES/BATTERY ACID
- BRAKE FLUID
- BUG & TAR REMOVER
- CAR WAX & POLISH
- COSMETICS
- DEGREASERS
- DISINFECTANT
- DRAIN CLEANER
- ENGINE/RADIATOR FLUSHERS
- FERTILIZERS
- FIRE EXTINGUISHERS
- FLEA COLLARS
- FLOOR STRIPPERS & POLISHES
- FLUORESCENT BULBS & TUBES
- FUNGICIDE
- FURNITURE STRIPPERS & POLISHES
- GASOLINE, KEROSENE
- GLUES
- GREASE & LUBES
- HEATING OIL, DIESEL FUEL
- HERBICIDES
- HOUSEHOLD CLEANSERS
- INSECTICIDES
- LAUNDRY SOAP & STAIN REMOVER
- LIGHTER FLUID
- METAL POLISH
- MOTOR OIL & WASTE OILS
- NAIL POLISH
- OIL FILTERS
- OVEN CLEANER
- PAINT, VARNISH, STAIN, DYE
- PAINT & LACQUER THINNERS
- PAINT & VARNISH REMOVERS
- PHARMACEUTICALS
- PESTICIDES & WEED KILLER
- POISONS
- PROPANE TANKS (ANY SIZE)
- RUST PROOFERS
- SOLVENTS
- SWIMMING POOL CHLORINE
- SYRINGES
- TURPENTINE
- WOOD PRESERVATIVE

SAVE your **MONEY** it **PAYS** to **RETURN**

Returning your wine and liquor bottles to the Beer Store will put money back in your pocket and will help lower your taxes spent on recycling.



DONATE your bottles or start a **BOTTLE DRIVE** for a local team or a charitable organization.



Throwing away clothes is never in style



Let your used clothes live on through donation. Learn more at [OTDC.co](https://www.otdc.co)

OTDC ONTARIO
TEXTILE
DIVERSION
COLLABORATIVE

Community Contact List

This list is derived from information provided to us by Community Leisure groups and organizations in North Bay and area. If the information needs updating, or if your organization is not listed and you would like it to be, please mail, fax, or email the information to: **City of North Bay, Department of Arts, Culture, Recreation & Leisure Services 200 McIntyre St. E., North Bay, Ontario P1B 8V6 Tel: (705) 474-0400 - Fax: (705) 474-9782 - erin.vaughan@northbay.ca**

CATEGORY	ORGANIZATION	CONTACT	PHONE	CATEGORY	ORGANIZATION	CONTACT	PHONE
ARTS & MUSIC				RECREATION/SPECIAL INTEREST			
Art / Galleries	North Bay Art Association	northbayartassociation@gmail.com		Aircraft Club	Nipissing Miniature Aircraft Club	Foley Soroye	705-978-0455
	White Water Gallery		705-476-2444	Aquatics	CFB Fitness & Wellness Centre	Aquatics Programmer	705-494-2011 Ext. 2611
	WKP Kennedy Gallery	Alix Voz	705-474-1944		CFB Thunderbirds Swim Club	Pierre Simard	705-494-2011 Ext. 2240
Balloon Animals & Face Painting	Ken the Balloon Dude	Tickled Teals Tealia Carriere	705-825-2833		Royal Lifesaving Society	Penny Lecour	705-472-3132
Ceramics	North Bay & Area Potters Guild	Ken	705-493-9025		Swimming Lessons		705-474-0400 ext. 2329
Dance	BTS Dance Corp.	Betty Ackroyd	705-478-7205		YMCA Titans Swim Team	Kerry Spencer	705-471-2010
	Dance Expressions de Danse	Natasha Goudreault	705-472-1513	Archery	YMCA	YMCA	705-497-9622 Ext. 228
	Gateway Gliders Modern Square Dance	Jayne & Tara Lee Vaillancourt	705-495-0333		The Archery Place	Andy Bourgeois	705-752-5853
	Porter's School of Scottish Art	Keith Topps	705-476-0958		North Bay Bow Hunters & Archers	Joe Pigeon	705-471-6398
	Renee's Dance Connections	Colleen Porter	705-494-8686	Badminton	CFB Fitness & Wellness Centre	Paul Best	705-494-2011 Ext. 2241
	Samantha's School of Fiddle & Stepdance	Renee Chayer	705-474-8334		KTP Racquet Club	Kurt Tempelmans Plat	705-498-9353
	Shadly Stompers	Samantha Depatie	705-474-7982		YMCA	YMCA	705-497-9622
Drama/Theatre	Capitol Centre	M. Bruce-Payne	705-476-0890	Ball Hockey	North Bay Youth Ball Hockey League	John Loyst	705-494-4573
	Gateway Theatre Guild		705-474-4747		YMCA		705-497-9622
	Dreamcoat Fantasy Theatre		705-358-1425	Baseball	North Bay Baseball Association	Kurtis Winrow	Kwinrow11@gmail.com
	Near North Mobile Media Lab	Holly Cunningham	705-472-1590		Men's Baseball League	Jacob Brown	705-978-0968 jbrownie_1@hotmail.com
Film	North Bay Film Festival		705-476-6402	Basketball	Nipissing Basketball Association	Tim Simpson	705-499-1515
	Al Carlson Guitar Studio	Al Carlson	705-476-6402		Summer Hoop Camp (July)	Jim Davidson	705-497-9505
	Brian McDowell Guitar Lessons Plus	Brian McDowell	705-476-3168		22 Wing JR NBA	Lindsay Seguin	705-494-2011 ext. 2613
Music	Brava Music Studios	June DeSousa	705-303-8760		Summer Skills Basketball Camp	Tim Simpson	705-499-1515
	North Bay Legion Pipes and Drums	Lisa Hurtubise	705-472-7282	Billiards/Bowling	Partners Billiards & Bowling	Bonnie Zufelt	705-474-1420 x3
	North Bay Musicians & Entertainment	Done Brose	705-472-0961	Boating	North Bay Power and Sales		705-980-0455
	North Bay Symphony Orchestra	Rosalind Zimbalatti	705-494-7744	Boxing	Ares Kickboxing & Fitness	Robert Dixon	705-472-2543
	Ont. Registered Music Teachers	Beth Chartrand	705-752-3552		Elite Twin Dragon Karate, Boxing & Kick	Chantal Nadon	705-494-9249
	Symphony String School	Jordan Wyshniowsky	705-498-7744	Bridge	North Bay Duplicate Bridge Club	Andy Aitchison	705-495-1756
Painting	King's Framing & Art Gallery		705-752-4211		Callander Legion	Main office	705-752-3773
	Melanie's Country Paint & Brush	Melanie Malkowski	705-752-5232	Campgrounds	Champlain Tent & Trailer Park		705-474-4669
Pottery	Jane's Pottery Factory Incorporated		705-476-7369		Fairview Park Camping & Marina		705-474-0903
	North Bay & Area Potters Guild				Franklin Motel & Trailer Park		705-472-1360
Quilting	The Cottage Quilter	nbpottercourses@gmail.com			Lake Bernard Park	Steve Rawn	705-384-5455
	Near North Quilt Guild	Kelly Schroeder	705-752-1496	Camps	Land O' Lakes Canoe & Kayak	Bill & Karen Ritzel	705-892-2322
	Northern Lights Quilters Guild	Barbara Parkinson	705-753-6138		Camp Caritout - Bonfield	Cindy Brownlee	705-476-4043
Rug Hooking	Rags to Riches	Beulah Hamilton	705-474-3029		Camp Olympics (Summer Camp)		705-492-3731
Vocal	Baytones Harmony Singing Chorus	Bonnie Sue Dowdall	705-752-2330		Camp Wabikon - Temagami		705-237-8940
	Gateway Harmony Company	Barry Lajeunesse	705-713-0499		Euro Camp Hockey School	Randy Edmonds	705-495-6243
	Near North Voices	Dr. Adam Adler	705-471-7766		Hockey Opportunity Camp	Lance Barrs	705-386-7702
	Nipissing Country Music Association	Harley Renaud	705-474-0776		New Friends Youth Camp		705-765-5597
	North Bay Choral Society	Gina King	705-358-5860		YMCA Rotary Camp Tillicum		705-497-9622 ext. 232
	Rapport Singers of North Bay	Peggy Millar	705-474-4884		YMCA Camp Falcona		705-674-8315
Weaving	Gateway Weavers & Spinners	Wendy Champaign	705-474-4052		YMCA John Island Camp		705-674-8315
EDUCATION				Canoeing	North Bay Canoe Club	Edward Hong	705-476-2030
Adult	St. Joseph Adult Education Campus	North Bay Office	705-472-7771		Warriors of Hope-Dragon Boat Racing	Kathleen MacDonell	705-358-4342
	Canadore College		705-474-7600 Ext. 5600		Smoothwater Outfitters & Ec lodge	Caryn Colman	705-868-6464
Astronomy	North Bay Astronomy Club	Bill Montague	705-492-3048	Car Club	Land O' Lakes Canoe & Kayak	Bill & Karen Ritzel	705-892-2322
Children	Creative Learning	April Porter	705-472-9832	Carousel	North Bay Cruisers	Terry Daigle	705-497-7520
	EarlyON	Diane Sarrazin-Dubeau	705-474-8910	Charter/Cruises	Heritage Railway & Carousel Company		705-495-8412
	Learning Together		705-494-2011 ext. 2056	Cheerleading	Chief Commanda II operated by Georgian	Bay Cruise Company Inc.	1-866-660-6686
	Montessori Learning Centre		705-495-1173	Curling	Apollo Gymnastics	Shannon Parks	705-474-4486
	North Bay Kumon Centre	Geoff Brown	705-474-5132	Darts	North Bay Granite Club	Office	705-472-6740
	Oxford Learning Centre	Danielle Trudeau	705-472-0972		Callander Legion	Main Office	705-752-3773
Childcare	Little Wings Childcare Centre	Leanna Neault	705-494-2011		Royal Canadian Legion	Main Office	705-476-0566
	North Bay Daycare Centre	Beryl Johansen	705-474-1850	Fitness	CFB Fitness & Wellness Centre	Paul Best	705-494-2011 ext. 2241
	YMCA Child Care		705-497-9622 Ext. 227		Fit4Less		705-474-7161
Computer	KIS Computer Schoolhouse	Mike Butti	705-497-1525		Fit for Life	M. Bruce-Payne	705-476-0890
Driving	A-1 Driving School	Jim Carlson	705-472-7800		Goodlife Fitness Centre		705-476-6245
	Future Drivers of Canada		705-495-6636		Stay Put Senior Fitness		705-845-6461
	Transport Training Centres of Canada		705-840-1176	Football	World Gym		705-707-1600
	Young Drivers of Canada	Tom Denley	705-476-5320	Gardening	YMCA		705-497-9622
Health	Active Living Community Action Project	Lorrie Mickelson	705-647-8534		North Bay Bulldogs	Marc Mathon	705-200-4856
	Holistic Health Harvest	Jackie Tracey	705-744-4729		Heritage Gardeners	Jade Scognamillo	705-472-4006
	Living Fit Inside/Out	Hariett Madigan	705-495-4045		North Bay and Area Master Gardeners		705-472-2388
	NB & District Cardiac Fitness	Dr. Andrews-Diagnostic	705-472-2898	Genealogy	North Bay Horticultural Society	Maureen Ranger	705-472-8086
	North Bay Parry Sound Dist. Health Unit		705-474-1400 ext-5354	Germania Club	Genealogical Society of Nip. Dist.	Barb Moore	705-497-7819
	Ontario Physical & Health Education		1-855-526-7120	Golf	Germania Club - Social Activities	Hilde Weber	705-472-6005
Literacy	Frontier College	Natalie Wilson	705-471-3474		Clear Springs Golf Course		705-724-5735
	North Bay Literacy Council	Jane Jackson	705-494-9416		High View Golf Course		705-724-5230
Museum	Callander Bay Heritage Museum	Carol Pretty	705-752-2282		Laurentide Golf Club		705-753-0983
	Canadian Forces Base Museum of Aerospace Defense		705-494-2011 Ext. 2261		Mattawa Course		705-744-5818
	Discovery North Bay	Naomi Rupke	705-476-2323		North Bay Golf & Country Club		705-472-7270
Nature	Nipissing Naturalists Club	Fred Pinto	705-476-9006		Osprey Links		705-752-5225
	Nipissing First Nations		705-753-2050	Gymnastics	Pinewood Golf Course		705-472-2264
	North Bay Mattawa Conservation		705-474-5420		Apollo Gymnastics	Shannon Parks	705-474-4486
Parenting	Family Enrichment Program	Jane Meil	705-472-2152		North Bay Gymtrix	Nicki Chretien-Ranney	705-476-3999
Parenting/Prenatal	North Bay Parry Sound Dist. Health		705-474-1400	Health & Wellness	Health & Wellness	Cor Maximus	705-476-8888
	Place du Passage	Kim Bergeron	705-474-8809		Gateway North Bay TaiChi	Gisele Harney	705-980-1291
Post Secondary	Canadore Recreation & Leisure Services	Dave de Jourdan	705-474-7600 Ext. 5223		Good Food Box (NDHC)	Tracy Bethune	705-472-2441 ext. 3740
Pre-School	Montessori Children's House	Debbie Ashley	705-476-5156		FLK Taoist Tai Chi	Rita Ott	705-497-9029
tRadio	North Bay Amateur Radio Club	Keeling Little	705-476-1126		Wellness Kits (NDHC)	Tracy Bethune	705-472-2441 ext. 3740
Robotics	Near North Student Robotics Team	"Nancy Dewar-Stenning"	705-752-1333		Acupuncturist & Shiatsu Aromatherapy	Colleen Scanlan	705-499-6837
School Board	Conseil Scolaire Catholique Franco-Nord	Administration	705-472-1702		North Bay & District Girls Hockey		705-845-5577
	Conseil Scolaire Public du Nord-Est de l'Ontario	Lynn Lauzon	705-472-3443		North Bay & District Sledge Hockey Association		705-474-5628
	Near North Dist. School Board		705-472-8170		North Bay Minor Hockey Association	Scott Kile	705-472-9751
Science	Nip. Parry Sound Catholic School Board	Kate Bondett	705-472-1201		Northern Ontario Hockey Association		705-474-8851
Sewing	Science North - Sudbury	Crystal Craig	800-461-4898		Special Needs Hockey (North Stars)		
	The Academy of Fine Sewing & Design	Kathryn Brenne	705-494-8529		Summer Sledge Hockey		705-474-5628
					West Ferris Minor Hockey		705-497-1560

CATEGORY	ORGANIZATION	CONTACT	PHONE	ORGANIZATION	CONTACT	PHONE
Hockey (OHL)	North Bay Battalion Hockey Club		705-495-8603	Economic Development Office	Erin Richmond	705-474-0400
Horseshoes	Callander Legion		705-752-3773	Easter Seals Ontario	Lisa Lounsbury	1-800-316-5730
Holistic Health	Lifeworks Centre		705-476-1635	Ferris Lions Club	Ken Gray	705-474-0499
Horticulture	Callander Horticultural Society	Isla & Ted Reed	705-752-2565	Friends of Laurier Woods	Dick Tafel	705-472-7907
Hunter/Angler	Hunters & Anglers, OFAH	Brian Velemorovich	705-476-6650	Girl Guides of Canada		1-800-565-8111
Martial Arts	North Bay Judo Club	Kim Boaro	705-724-9657	Golden Age Club	Bobbi Nelson	705-474-6520
	North Bay Ving Tsun Kung Fu	Colin Young	705-707-7950	Greater Nipissing Stewardship Council	Bill Hagborg	705-471-2956
	Gateway Karate	Sue Robson	705-475-1300	Habitat for Humanity & Blue Sky Region		705-495-6244
	Marceau's Martial Arts	Chris Marceau	705-840-3464	Hands - The Family Network		705-476-2293
	North Bay Karate Club	Linda Labbe	705-474-4794	Heritage Railway & Carousel Co.		705-495-8412
	3 Fires Martial Arts Academy		705-495-3656	Indigenous Friendship Centre		705-472-2811
Motorcycle	Canadian Vintage Motorcycle Group	Bryan McCutcheon	705-494-9875	International Connections	Foley Soroye	705-978-0455
	Harley Owners Group - Nipissing Chapter			IODE - Dr. Herbert A. Bruce Chapter	Heather Stuart	705-472-8160
Pickleball	Pickleball North Bay	Tom Cook	705-476-0648	IODE - Manitou		705-472-6637
	KTP Racquet Club	Kurt Tempelmans Plat	705-498-9353	IODE Victory Shop		705-472-8160
Railroad Model Club	Railroad Model Club	Peter Chandler	705-472-9568	Juvenile Diabetes Research Foundation		877-287-3533
Ringette	West Ferris Ringette Association	Kelli Van Buskirk	705-497-4856	KidSport	Shannon Anello	705-474-0626 ext. 2328
Sailing	Blue Sky Sailing Club	Henry Van Brussel	705-476-0557	Kiwanis Club of Nipissing	Justin Wigelius	justin.wigelius@ig.ca
	North Bay Yacht Club		705-474-7462	Labour Council		705-472-0215
Scouts Canada	Scouts Canada		888-726-8876	Ladies Auxiliary		705-474-4190
	1st Callander Group		705-752-2340	Laurentian Ski Patrol	Candice Micucci	705-492-9422
	1st North Bay Group	Anna Wright	705-472-4213	Leisure World		705-476-2602
	3rd Widdifield Group		705-479-1413	Les Compagnons des Francs Loisirs		705-472-5547
	Powassan Group			Navy League Cadets	Lt. (NL) Ramon O'Neil	705-493-7181
	West Ferris Group	Julie Carson	705-476-1381	Near North Crime Stoppers		1-800-222-TIPS
Scrabble	North Bay Scrabble Club		705-663-1313	Near North Palliative Care Network	Monica Monni	705-497-9239
Scuba Diving	North Bay Scuba Club		705-474-9848	Neighbourhood Watch		705-497-5555
Seniors	Callander Over 50		705-752-3773	Nipissing Association for Disabled Youth (NADY)	Lucy Ricci	705-497-3246
	North Bay Golden Age Centre	Bobbi Nelson	705-474-6520	Nipissing District Women's Institute	Francis Morris	705-663-2235
	Victims Services		705-472-2649	Nipissing District & Housing Corporation		705-472-2441
	Stay Put Companion Care		705-845-6461	Nipissing Down Syndrome Society		705-476-5806
	YMCA		705-497-9622	Nipissing Environmental Watch		705-752-2387
	Young at Heart	Maureen Bruce Payne	705-476-0890	Nipissing First Nation	Doreen Nashkawa	705-753-2050
Shooting Club	Nipissing Rifle & Revolver Club	Wayne Montgomery	705-474-6656	Nipissing Rock & Mineral Club	Richard Page	705-474-6841
	Rockcut Shooting Club	Jamie Barkwell	705-492-4600	Nipissing Respiratory Organization	Rosemary Wickman	705-474-1964
Skating	North Bay Figure Skating Club			North Bay Aktion Club		
	North Bay Synchronized Skating Teams	Linda Knight	705-495-6287	North Bay & Area Disabled Adult and Youth Centre	Andrea Jones	705-474-3851
	Power Plus Power Skating	Mary Jane White	705-752-2007	North Bay & District Canadian Club	Bill Brownlee	705-472-3226
Skiing	Elite Alpine Ski Cross		705-492-3731	North Bay & District Chamber of Commerce		705-472-8480
	Laurentian Ski Hill		705-494-7463	North Bay & District Multicultural Centre	Don Curry	705-495-8931
	Nipissing Trackers		705-472-7872	North Bay Elks Lodge #25		705-474-1491
	North Bay Nordic Ski Club	Gary Jodouin	705-495-0332	North Bay Granite Club		705-472-6740
	North Bay Antoine Ski Racers	Duncan Cornthwaite	705-493-4174	North Bay Lions Club		705-476-3099
	Pinewood Cross Country	Clarion Resort	705-472-0810	North Bay Mattawa Conservation Authority		705-474-5420
Snowmobile	North Bay Snowmobilers Club			North Bay Municipal Heritage Committee	Peter Carello	705-474-0626 ext. 2409
Soccer	Masters Soccer	Jamie Graham	705-494-7470	North Bay Odd Fellows #271	Howard Kizell	705-471-0860
	Nipissing District Soccer Club	Mark Hopper		North Bay Power & Sail Squadron		705-980-0455
	North Bay Youth Soccer		705-494-7388	North Bay Public Library		705-474-4830
	Powassan Soccer Club	Keri & Rox Poirier	705-303-3201	North Bay Sports Hall of Fame	Bill Jacko	705-476-1429
Softball/Slopitch	North Bay Minor Girls	Lisa Hotte	705-471-9779	One Kids Place		705-476-5437
	Nipissing Slopitch League	Dave Wray		PADDLE - Adult Learning Centre		705-493-2401
Special Olympics	Shannon Johnson			Peer Pension & Social Service Support Group	Brenda Pagnini	705-845-7644
Spikeball	North Bay Spikeball		705-471-8628	PEP - People for Equal Partnership in Mental Health	John Bowcott	705-494-4774
Squash	CFB Fitness & Wellness Centre	Paul Best	705-494-2011 ext. 2241	PHARA - Physically Handicapped Adults Rehabilitation Association	Alice Radley	705-476-0733
	YMCA		705-497-9622	P.L.A.Y.S. Parents Lending Autistic Youth Support		705-476-5437 ext. 3570
Stamp	North Bay & District Stamp Club	Larry Brown	705-498-1234	Rorab Shrine Club		705-472-3650
Table Tennis	KTP Racquet Club	Kurt Tempelmans Plat	705-498-9353	Rotary Club of Nipissing		
Tennis	North Bay Tennis	Bobby Ray	705-476-6688	Rotary Club of North Bay	Don Coutts	705-494-6128
Track & Field	North Bay Legion Track Club			Royal Canadian Air Cadet RCACS 547	Cpt. David Badgley	705-477-0549
Trails	Discovery Routes		705-472-8480	Royal Canadian Air Force Alliance 406 Wing Squadron	Tracy	705-472-3119
	Near North Trails Association		705-495-4333	Royal Canadian Army Cadets		705-472-4270 ext. 5155
	North Bay Mattawa Conservation Authority		705-474-5420	Royal Canadian Legion Branch #23		705-472-0390
	Trout Lake Conservation Association		705-474-5420	Royal Canadian Legion Branch #445	Ron Devost	705-752-3773
Volleyball	Lakers Club Volleyball	Jen Shantz	705-471-7306	Royal Canadian Legion Branch #599		705-476-0566
	North Bay Ladies Volleyball League			Royal Canadian Sea Cadet	Nadine Leblond	705-477-5266
	Nipissing Association Officials	Hollie Roy	705-499-8835	St. John Ambulance	Emily Mauer	705-495-3626 ext. 5158
Walking Club	Gateway Walkers	André Tardif	705-495-2242	Social Planning Council		705-472-0200
Wilderness Tour Outfitters	Smoothwater of Temagami		1-800-491-6126	Special Olympics	Shannon Johnson	705-474-0797
Yoga	Grounded Studios		705-472-4444	Sport North Bay		
	Vinyasa Yoga Studio	Christina or Rob	705-498-9642	Take Heart Partnership		705-474-1400
	YMCA		705-497-9622	United Way		705-223-3330

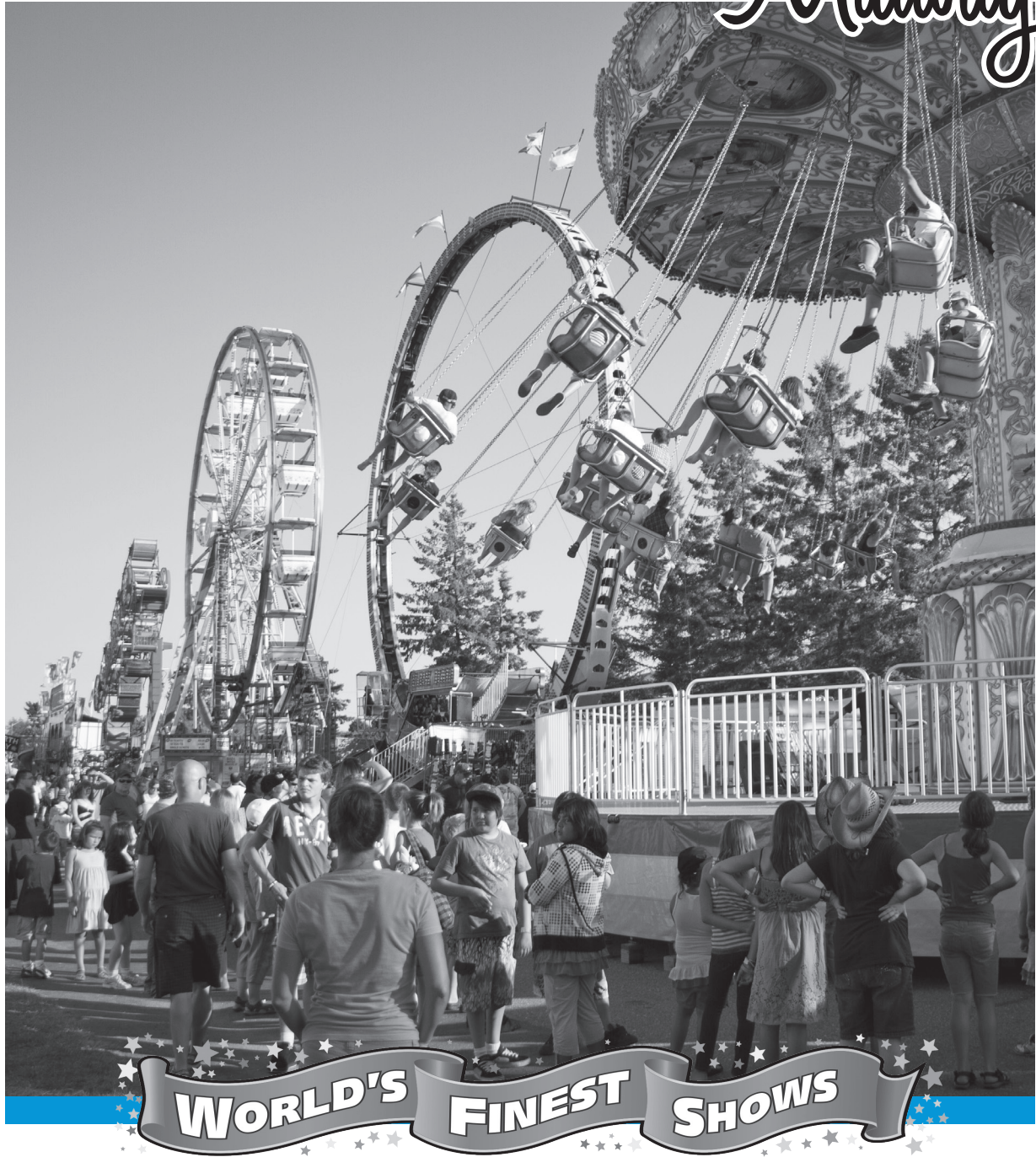
SERVICE CLUBS / ORGANIZATIONS

Aids Committee of North Bay and Area	Stacey Mayhall	705-497-3560
Air Cadets		705-477-0549
Associated Canadian Travellers	Vince Boissonneault	705-495-6517
Autism Ontario North Bay & Area Chapter		705-476-5437 ext. 3561
AWANA Clubs Canada	Dave Kinsey	705-724-3834
Big Brothers Big Sisters of North Bay & District		705-474-3041
Brain Injury Association of North Bay & Area		705-478-8664
Business Centre Nipissing-Parry Sound		705-474-0400 ext. 2528
Canadian Cancer Society		705-472-9072
Canadian Hearing Society		1-866-518-0000
Canadian Red Cross		705-472-5760
Cassellholme for the Aged		705-474-4250
Centre of Friends	Marg McGlynn	705-474-0518
Children's Aid Society		705-472-0910
CNIB Canadian National Institute for the Blind		705-472-2710
Community Living North Bay		705-476-3288 ext. 231
Discovery North Bay		705-476-2323
Downtown North Bay	Kimberley James	705-472-8480 ext. 233

SPECIAL EVENTS

Canada Day Celebration	Erin Vaughan	705-474-0626 ext. 2312
Armed Forces Day	Leah Pierce	705-494-2011
Families First Celebration	Erin Vaughan	705-474-0626 ext. 2312
Santa Claus Parade	Erin Vaughan	705-474-0626 ext. 2312
Bay Days	Steve Dreany	705-472-8480

World's Finest Shows *Midway*



COMING TO:

**Lee Park, North Bay
this Spring & Summer
(Civic Holiday Weekend)**

For more information please visit:

www.worldsfinestshows.com

Please note these events/activities will only occur if we are permitted to do so based on the Provincial & District Health Guidelines and are subject to change.

ARMED FORCES DAY 2021

In appreciation of the Canadian Armed Forces and United States Air Force

Save the Date: Wednesday, June 9, 2021
North Bay Waterfront

* Musical Performances

* The Canadian Forces Snowbirds, CF-18 Demo Team, The Skyhawks

* Military Vehicles, Equipment and Weapons Displays

* More exciting displays to be confirmed!



Please note these events/activities will only occur if we are permitted to do so based on the Provincial & District Health Guidelines and are subject to change.

CANADA DAY 2021

At the North Bay Waterfront Thursday, July 1, 2021



For more information, or if you would like to volunteer, please call
705-474-0400 ext. 2329
www.northbay.ca

scan here with your smart phone for website information



A.C.T.
Cake Cutting

Multicultural Showcase

Canada Day Kid Zone

Fireworks

Canada Day Fireworks Cruise On
The Chief Commanda

Musical Guests

Sailing Regatta

and lots more!!



Event Partners confirmed as of January 2021

Please note these events/activities will only occur if we are permitted to do so based on the Provincial & District Health Guidelines and are subject to change.

CULTURE

DAYS *Culture Days Weekend: September 24 - October 24, 2021*

Culture Days is a national celebration of arts and culture. At the end of each September, millions of people attend thousands of participatory arts and culture events across the country. Culture Days programs invite the public to get hands-on and behind-the-scenes to highlight the importance of arts and culture in our communities.

The Culture Days organization supports a Canada-wide network of arts, culture, and heritage organizers to facilitate free public events in their communities every year during the Culture weekend.

***Visit the Arts, Culture, Recreation & Leisure Services
Department COVID-19 Resource Page***

www.northbay.ca/our-community/covid-19/at-home-resources/



Do You Live Alone? Do you know someone who lives alone?

Would you, or they, like a contact call each day?

The "Are You Okay" Program (RUOK)

is a telephone reassurance program that will telephone each day to ensure all is well. If you are unable to answer the phone, we will contact a designated person for you.

THIS PROGRAM IS FREE AND CONFIDENTIAL

Phone: 705-474-6520

(9:00 a.m. to 4:00 p.m. Monday to Friday)

Call 705 499 1732 (Maureen) for an appointment or for more information.

Operated by:

The North Bay Golden Age Club

135 Worthington St. W, North Bay ON P1B 8M6

With Funding from: NECO (Community Future Development Corporation)

North Bay Golden Age Club

The City's Premiere 50+ Activity Centre



Mondays Euchre Lessons & other games
Young at Heart Fitness
Line Dancing
Computers For The Curious

Tuesdays Line Dancing
Bid Euchre
Yoga
Computers For The Curious

Wednesdays Floor Shuffleboard
Computers for the Curious
Young at Heart Fitness
Euchre

Thursdays Carpet Bowling
Ballroom Dancing
Painting

Fridays Knit for Charity
Bid Euchre

Saturday Saturday Night Dance

Membership Benefits

Reduced entrance fees for: Saturday Night Dances, Sunday Socials, Weekly Activities, and other Special Annual Events.

Many opportunities to get involved in modern air conditioned facilities with a lounge, library, T.V. room, free wi-fi, and a professional Beauty Salon.

Always lots of friends to meet and enjoyable things to do. Try one of our fun Bus Trips!

Note our weekly affordable activities as shown below.

Join Today! *Membership is only \$20.00 per year.*

Don't delay. Apply at the reception desk for all your exciting benefits!

135 Worthington St. W. North Bay ON P1B 8M6

Ph: (705) 474-6520 Fax: (705) 476-0666

Email: nbgac@hotmail.com

website: www.northbaygoldenageclub.com

Full Club details available in our monthly magazine "The Bulletin".