

A MAN AND HIS DREAM

In the early 1960's, Robert Labcock looked around himself and saw so many lonely people over 50 years of age, living alone, with no families, few friends and nowhere to go.



One day, he suggested to his wife, Florence that they should have a party and invite these people. Week after week, eighteen people would come together and they in turn brought friends. The eighteen people were the Golden Age Club Charter Members. After several moves, the club was finally housed in the old Worthington street school. The club had the opportunity to purchase the property through fund raising and the efforts put forth by the members. Caring members recognized the need for affordable seniors' housing in North Bay and they agreed to sell that property to the then Ontario Housing Authority with an agreement that the club would rent space in the new building for the Centre.

Now, many years later, the North Bay Golden Age Club has an active membership of over 100 men and women. It is a spacious and accessible facility designed with seniors in mind. This allows the members a chance to socialize and share their knowledge and experience with others.

The doors are always open for anyone wishing to join in on the activities and projects that the club members participate in. (Some fees may apply). This is the place where, "You are only a stranger once." New faces, ideas, and thoughts are welcome with open arms. Drop in to see us soon!

Some of our WEEKLY activities:

Yoga – Tuesday afternoon
Dances – Every Saturday Night
Fun & Fitness – Mon./Wed. afternoons
Line Dancing – Mon. evening/Tues. Morning
Floor Shuffleboard – Wednesday morning
Euchre Lessons – Monday afternoon
Euchre – Wednesday evening
Bid Euchre – Tues. afternoon/Fri. evening
Carpet Bowling – Thursday afternoon
Computers for the curious: Mon./Tues./Wed.
Ballroom Dancing – Tues./Thurs. evenings
Oil Painting – 1st Thurs. morning each month
Knitting for Charity – Friday mornings
Also available when participants desire:
Darts, Trump Bowling, Wii Bowling/exercise

Some of our ANNUAL Events:

Fashion Show
Country Hoedown
Toonie Tea Entertainment
Various Bus Trips, other Travels
Barbeque/Line Dance Jamboree
Christmas Dinner/Dance
Spring/Fall Tea & Bake Sale/Silent Auction
Indoor Garage Sale/Craft Sales
St. Patrick's/Halloween Dance
Valentines, New Year's Eve Parties/Dance
Volunteer Appreciation, 80+ Appreciation

Facilities Available:

Professional Beauty Salon
Auditorium/Floor Shuffleboard courts
Computer use in house rentals
Open Library/Lounge/T.V. room
Full Kitchen/Licensed Bar
Billiards/Table Shuffleboard room
Card room/Craft room/Meeting rooms
Spacious Washrooms with power doors
Fully equipped Business Office

Services Available:

R.U.O.K.: A computer generated calling system that calls clients to assure they are ok, and not in need of assistance or help by calling them each day at a preset time. This service is free of charge to any senior within our non-toll calling area. This service hardware and software has been funded by NECO Community Futures Development Corporation. For more detailed information, call the club at: 705-474-6520.

Photocopies: Discounted rates for members.

Wi Fi: We have free Wi Fi available in our facilities for use by our members

Hall Rentals: Members of the club have the privilege of renting a room, auditorium, kitchen facilities for their private use, or function at very reasonable rates. A Chef or Bartender is also available for functions on site on a contract basis.

Hospital Visits: Some members volunteer

Location/Hours:

The Centre is located in downtown North Bay, on the main floor of the Golden Age Towers 135 Worthington Street West North Bay, Ontario P1B 8M6. Our business hours are 9:00 am to 4:00 pm, however, the centre is also open various evenings and weekends when events are being held.

Contact:

Email: nbgac@hotmail.com

Phone: 705-474-6520

Fax: 705-476-0666

Office Manager: Peter W. Baranow

Our Website:

For more detailed information about the club go to: www.northbaygoldenageclub.com