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Leisure Guide 2019

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Welcome to our 2019/20 edition of the Fall and Winter Sport and Culture Guide. Inside this edition you will find information about community leagues, organizations, events and culture initiatives.

This year’s Santa Claus Parade will be held on November 17th at 12:00 p.m., this year’s theme is a Tropical Christmas. Whether you are interested in organizing a float to enter into the parade or if you are interested in watching the parade with family and friends this event is sure to get you into the holiday spirit.

Be sure to ring in the New Year with your family at Families First our alcohol free New Year’s Eve Celebration at Memorial Gardens and the YMCA. This is a free event for the community. Event details are on page 14 of this guide.

Our City offers a wide variety of outdoor winter experiences, Laurentian Ski Hill is located in the heart of our City, we have several community outdoor rinks operating in neighbourhoods and we have beautiful cross country ski trails. Take advantage of all North Bay has to offer and experience some outdoor fun this winter. We hope you enjoy this Fall and Winter edition of the Sport and Culture Guide.

Yours in Recreation,

Johanne Brousseau
Chair Community Services’ Committee

2019-2022
Mayor & Members of Council

<table>
<thead>
<tr>
<th>Mayor</th>
<th>Members of Council</th>
</tr>
</thead>
<tbody>
<tr>
<td>Al McDonald</td>
<td>Tanya Vrebosch <a href="mailto:Tanya.vrebosch@cityofnorthbay.ca">Tanya.vrebosch@cityofnorthbay.ca</a></td>
</tr>
<tr>
<td></td>
<td>Johanne Brousseau <a href="mailto:johanne.brousseau@cityofnorthbay.ca">johanne.brousseau@cityofnorthbay.ca</a></td>
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<tr>
<td></td>
<td>Mike Anthony <a href="mailto:mike.anthony@cityofnorthbay.ca">mike.anthony@cityofnorthbay.ca</a></td>
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<tr>
<td></td>
<td>Chris Mayne <a href="mailto:chris.mayne@cityofnorthbay.ca">chris.mayne@cityofnorthbay.ca</a></td>
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<tr>
<td></td>
<td>Bill Vrebosch <a href="mailto:bill.vrebosch@cityofnorthbay.ca">bill.vrebosch@cityofnorthbay.ca</a></td>
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<tr>
<td></td>
<td>Mark King <a href="mailto:mark.king@cityofnorthbay.ca">mark.king@cityofnorthbay.ca</a></td>
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<tr>
<td></td>
<td>Scott Robertson <a href="mailto:scott.robertson2@cityofnorthbay.ca">scott.robertson2@cityofnorthbay.ca</a></td>
</tr>
<tr>
<td></td>
<td>Mac Bain <a href="mailto:mac.bain@cityofnorthbay.ca">mac.bain@cityofnorthbay.ca</a></td>
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<tr>
<td></td>
<td>Dave Mendicino <a href="mailto:dave.mendicino@cityofnorthbay.ca">dave.mendicino@cityofnorthbay.ca</a></td>
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<tr>
<td></td>
<td>Marcus Tignanelli <a href="mailto:marcus.tignanelli@cityofnorthbay.ca">marcus.tignanelli@cityofnorthbay.ca</a></td>
</tr>
</tbody>
</table>
City of North Bay

Parks, Recreation & Leisure Services

City Hall, 2nd Floor 200 McIntyre Street E.
North Bay ON  P1B 8H8
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

- Bruce Robertson  
  Facilities and Parking Supervisor  
  - ext. 2307

- Melinda Fry  
  Sports & Events Manager  
  - ext. 2662

- Erin Vaughan  
  Community Event Facilitator  
  - ext. 2312

- Bryan Kimber  
  Community Development Facilitator  
  - ext. 2321

- Crystal McLeod  
  Administrative Assistant  
  - ext. 2329

- 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

www.cityofnorthbay.ca

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

- Roger Dutrisac  
  Facility Supervisor  
  - ext. 2612
The City of North Bay, Parks, Recreation and Leisure Services Department has committed a rink caretaker for Caldwell Ellam, Circle Lake, Police, Kerr and Greenhill Park for the 2019-2020 outdoor rink season. Caretakers assist in the provision of regular ice maintenance (flooding and shoveling) and will open the building doors for ice users on a regular seasonal schedule. As a result, designated times will be available to teams for booking practice permits. The ice time will be rented to local hockey and ringette teams at a rate of $26.10 per hour + HST.

For those who are interested in volunteering, an information package is available. This package outlines the volunteer based program, fundraising options, City support services and volunteer training and responsibilities. Each person who volunteers must complete a volunteer form. Together with volunteers and proper weather conditions, a rink with an excellent base established, could be operating in your neighbourhood in time for the Christmas break! Volunteers must be 16 years of age or older.

The following City-owned rinks need volunteers:

*Greenhill Playground ............... Pearce Street
Graniteville Playground .............. Carlo Crescent
*Circle Lake Playground .............. Lake Heights
Kinette Playground .................. Rock Street
*Police Playground ................. Stone Street
West Ferris Lions Park ............... Massey Drive

Veronica ............................. Alexander Road
Bourke Playground Skating Oval .... Lavery Street
*Kerr Park ............................ Riverbend Road
Birchaven .............................. Sage Road
*Caldwell/Ellam ...................... Montrose Avenue

Caretakers on Duty

These locations will have a caretaker on site who will open the building for public use on a regular weekly schedule during the season. At these locations, a schedule will be posted showing public skating and hockey shinny times.

For more information, call (705) 474-0400, ext. 2335

Attention Hockey and Ringette Coaches: Outdoor Rink Ice Time Available For Practice!

The City of North Bay, Parks, Recreation and Leisure Services Department has committed a rink caretaker for Caldwell Ellam, Circle Lake, Police, Kerr and Greenhill Park for the 2019-2020 outdoor rink season. Caretakers assist in the provision of regular ice maintenance (flooding and shoveling) and will open the building doors for ice users on a regular seasonal schedule. As a result, designated times will be available to teams for booking practice permits. The ice time will be rented to local hockey and ringette teams at a rate of $26.10 per hour + HST.

Interested individuals may contact the Department at (705) 474-0400 ext 2329 or 2335 or visit us on the second floor of City Hall.
**North Bay Arenas**

**Memorial Gardens**

100 Chippewa Street West  
P: (705) 474-3770 F: (705) 474-4868  
**Hours of operation:** Monday to Friday  
Business Office: 8:30 a.m. - 4:30 p.m.  
Closed 12:30 p.m. - 1:30 p.m.  
Box Office (2nd Floor): 8:30 a.m. - 4:30 p.m.  

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. 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.

This location has extended hours on evenings and weekends depending on the activity in the building.

Hockey Seating Chart can be accessed on the City of North Bay website at: www.cityofnorthbay.ca/media/1711/prl-map-mg-hockey.pdf

**Pete Palangio Arena**

603 Wallace Road  
P: (705) 476-2000 F: (705) 472-1146  
**Hours of operation:** Monday to Friday  
Business Office: 8:30 a.m. - 4:30 p.m.  
Closed 1 p.m. - 2 p.m.  

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.

Facilities Include:
- Ice surface: 2 surfaces at 80’ x 180’
- Spectator Seating: 150 capacity per side
- Board Room: 30 capacity
- Dressing Rooms: 12
- Parking: 200

**Sam Jacks Complex**  
**a.k.a. West Ferris Community Centre**

42 Gertrude Street East  
**Direct enquiries to:**  
(705) 476-2000 or (705) 474-3770  

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.

**West Ferris Auditorium:**  
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+ for dinner. Amenities include: microwave, fridges, tables, and chairs.

**Facilities Include:**  
- Ice surface: 80’ x 180’
- Board Room: 20 capacity
- Dressing Rooms: 5
- Parking: 80

**Meeting Rooms:**  
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.
## Rates
For rental rates, log on to the City’s website at
www.cityofnorthbay.ca/living/recreation/arenas/rental-rates

## 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.cityofnorthbay.ca/living/recreation/arenas/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 onto: www.cityofnorthbay.ca
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

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**Prepare Now, Learn How...**

**Emergency Survival Checklist***

*Three-day supply per person*

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

For more information, visit: www.emergencymanagementontario.ca

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**ON THE WEB:** www.cityofnorthbay.ca/fire/preparedness
City of North Bay
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

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

For more information please contact the Wasteline at (705) 474-0400 ext. 2333
JUST BECAUSE IT’S EMPTY DOESN’T MEAN IT’S GARBAGE.

Recycle your bathroom packaging.

For more information on what packaging you can recycle, please visit www.cityofnorthbay.ca or call The Waste Line at (705)474-0400 x2333.
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.
Never Miss Another Garbage Day

Once you have the Recycle app you will receive a personalized user friendly waste and recycling schedule and calendar. Residents will also receive friendly reminders for their next collection day changes when holidays occur.

The app provides:

- Info on household hazardous waste, electronics, landfill and organics
- Hours of operation and location for depots and landfill
- Local waste and recycling contact information in case you have questions
- A breakdown of where items should go

Download the North Bay Recycles App for free from the App Store for iOS, Google Play for Android

For more information please contact the Wasteline at 705-474-0400 ext.2333. or see information posted at the City website: https://www.cityofnorthbay.ca/recycle-app
Transit has a 100% accessible fleet. This means buses have a fold out ramp for easier boarding, two secure areas for wheelchairs in every bus and no stairs. The Accessible Transit buses provide more travel opportunities for people with disabilities.

SANTA CLAUS PARADE
Sunday, Nov. 17th, 2019

Join In The Holiday Spirit!!

PARTICIPATE IN THIS YEAR’S SANTA CLAUS PARADE!

Create a float to suit this year’s theme: TROPICAL CHRISTMAS

For more information, please contact the Parks, Recreation & Leisure Services Department at 705-474-0626, ext. 2329

For assistance or information including charters call:
Transit: 705-474-0400 or Dispatch: 705-474-0419

Visit our website at www.cityofnorthbay.ca

Google Transit Trip Planner available

northy.ca/myridenbt
Ring in the New Year in style at this great family event in two convenient locations: Memorial Gardens - YMCA - Thomson Park

Enjoy Fabulous Family Fun!
Swimming • Colouring Contest • Skating • Fireworks Finale • Children’s Games
Kid’s Bingo • Button Making • Inflatable Land

Bring a non-perishable food item for the Food Bank!

For more information, contact:
Parks, Recreation & Leisure Services
705-474-0400, ext. 2329
ADVERTISING YOUR EVENT IS EASY!

NEED HELP?
Call us at Parks, Recreation and Leisure Services at:
705-474-0626, ext. 2335 or 2329
and we will be happy to assist you.

YOU CAN ADVERTISE YOUR EVENT ON THE CITY’S WEBSITE!

Simply visit our website at www.cityofnorthbay.ca,
click on the blue silo “Living in North Bay”, click on
“Events & Attractions”, click on “Festivals and Events” and then click on the link “EVENT CALENDAR”. Follow the instructions to add your event and “SAVE”

FREE AFTER SCHOOL PROGRAM
Open Monday-Fridays three days a week 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 Parks, Recreation and Leisure Services Department at (705) 474-0400 ext 2329 or ext 2338.

Community Events
<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>ORGANIZATION</th>
<th>CONTACT</th>
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<tbody>
<tr>
<td>ARTS &amp; MUSIC</td>
<td>Capital Centre</td>
<td>Box Office 705-474-4747</td>
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<td></td>
<td>White Water Gallery</td>
<td>Gallery Director 705-476-2444</td>
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<td></td>
<td>WWII Special Exhibit</td>
<td>Alex Vis 705-475-2130</td>
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<tr>
<td></td>
<td>North Bay Art Association</td>
<td><a href="mailto:nortbayartassociation@gmail.com">nortbayartassociation@gmail.com</a></td>
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<tr>
<td>Balloon Animals &amp; Face Painting</td>
<td>Teckid Srteels</td>
<td>Teclia Carriere 705-825-2823</td>
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<td></td>
<td>Kim the Balloon Dude</td>
<td>Kim 705-483-8825</td>
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<tr>
<td>Ceramics</td>
<td>North Bay &amp; Area Potters Guild</td>
<td>Bette Ackroyd 705-478-7205</td>
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<td></td>
<td>B15 Dance Corp.</td>
<td>Natasha Goudreau 705-472-1513</td>
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<td></td>
<td>Dance Expressions de Danse</td>
<td>Jayde &amp; Tara Lee 705-482-0333</td>
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<td>Vallancourt</td>
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<td>Gateway Gardens Modern Square Dance Keith Topp</td>
<td>705-475-0958</td>
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<td>School of Scottish Art</td>
<td>Colleen Porter 705-484-8866</td>
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<tr>
<td></td>
<td>Renee’s Dance Classes</td>
<td>Renee Chay 705-484-8334</td>
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<td></td>
<td>Samantha's School of Fiddle &amp; Steadance</td>
<td>Samantha Depatie 705-479-7826</td>
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<tr>
<td>Drama/Theatre</td>
<td>Gateway Theatre Guild</td>
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<td></td>
<td>Dreamcoat Fantasy Theatre</td>
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<tr>
<td></td>
<td>Film</td>
<td>Northern Media Lab 705-482-0333</td>
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<td>North Bay Film Festival</td>
<td>705-476-6402</td>
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<tr>
<td></td>
<td>Golf</td>
<td>Al Carlson Golf Studio 705-476-3166</td>
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<td>Brian McDowell Guitar Lessons Plus</td>
<td>Brian McDowell 705-305-6790</td>
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<tr>
<td>Music</td>
<td>Brava Music Studios</td>
<td>June Desousa 705-472-7282</td>
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<td>North Bay Legion Pipes and Drums</td>
<td>Lisa Hurtubise <a href="mailto:ahurtubise@cogeco.ca">ahurtubise@cogeco.ca</a></td>
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<tr>
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<td>North Bay Musicians</td>
<td>Done Brose 705-476-0961</td>
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<td>Entertainment Hall of Recognition</td>
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<td></td>
<td>North Bay Symphony Orchestra</td>
<td>Rosalind Zimbalatti 705-474-7744</td>
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<td>Orchestral Reeds Chamber</td>
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<td></td>
<td>Symphony String School</td>
<td>Jordan Wyszynski 705-474-7744</td>
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<tr>
<td>Painting</td>
<td>King's Framing &amp; Art Gallery</td>
<td>705-752-4211</td>
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<tr>
<td></td>
<td>Melanie's Canvas Paint &amp; Brush</td>
<td>Melanie Malkowski 705-476-0003</td>
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<tr>
<td></td>
<td>Pottery</td>
<td>Jane's Pottery Factory Incorporated 705-476-7389</td>
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<td></td>
<td>North Bay &amp; Area Potters Guild</td>
<td><a href="mailto:nbpotterscouncil@gmail.com">nbpotterscouncil@gmail.com</a></td>
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<tr>
<td>Quilting</td>
<td>The Cottage Quilter</td>
<td>Kelly Schroeder 705-525-1496</td>
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<td></td>
<td>Homestead Stitches</td>
<td>Annie Boonmore 705-472-0993</td>
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<tr>
<td></td>
<td>Near North Quilt Guild</td>
<td><a href="mailto:cqraginarst@canadianquilter.com">cqraginarst@canadianquilter.com</a></td>
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<td></td>
<td>Northern Lights Quilters Guild</td>
<td>Barb Parkinson 705-573-6138</td>
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<td></td>
<td>Rug Hooking</td>
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<td>Rags to Riches</td>
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<td>Vocal</td>
<td>Bayhamonones Singing Chorus</td>
<td>Bonnie Sue Dowdall 705-752-2330</td>
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<td>Gateway Harmony Company</td>
<td>Beverly Lausje 705-743-0999</td>
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<td>Near North Voices</td>
<td>Dr. Adam Adler 705-771-7766</td>
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<tr>
<td></td>
<td>Nipissing Country Music Association</td>
<td>Harley Renaud 705-474-0776</td>
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<td></td>
<td>North Bay Choral Society</td>
<td>Sina King 705-358-5580</td>
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<td>Rapport Singers of North Bay</td>
<td>Peggy Miller 705-472-7140</td>
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<td>Weaving</td>
<td>Wendy Cagampi 705-472-5829</td>
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<td>Gateway Weavers &amp; Spinners</td>
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<td>EDUCATION</td>
<td>Active Living Community Action Project</td>
<td>Lorrie McKay 705-647-8534</td>
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<td>Adult St.Joseph Adult Education Campus</td>
<td>North Bay Office 705-472-7727</td>
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<td>Canadore College</td>
<td>General Information 705-474-7600 Ext. 5600</td>
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<td>Astronomy</td>
<td>North Bay Astronomy Club</td>
<td>Bill Montague 705-492-3048</td>
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<td>Children's Learning</td>
<td>Diane Santerre-DuBain 705-492-2011 Ext. 2056</td>
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<td>Montessori Learning Centre</td>
<td>705-495-1173</td>
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<td>EarlyON</td>
<td>April Porter 705-474-8790</td>
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<td>Oxford Learning Centre</td>
<td>Danielle Trudeau 705-472-0972</td>
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<td>Childcare</td>
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<td>North Bay Daycare Centre</td>
<td>Beryl Johnson 705-474-1858</td>
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<td>Computer</td>
<td>KIS Computer Schoolhouse</td>
<td>Mike Butti 705-495-6636</td>
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<td>Future Drivers of Canada</td>
<td>Jim Carlson 705-495-6636</td>
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<td>Don Tenley 705-472-5300</td>
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<td>Health</td>
<td>Holistic Health Harvest</td>
<td>Jacket Tracy 705-474-7479</td>
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<td>Living Fit InsideOut</td>
<td>Harriet Madigan 705-495-4085</td>
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<td>North Bay &amp; District Cardiac Fitness Club</td>
<td>Dr. Andrews-Diagnostic Clinic 705-472-2890</td>
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<td>Football</td>
<td>North Bay Bulldogs</td>
<td>705-474-1400 ext.5354</td>
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<td>North Bay Park, Field Hockey</td>
<td>1-800-416-7120</td>
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<td>Literacy</td>
<td>Frontier College</td>
<td>Natalie Wilson 705-471-3474</td>
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<td>Museum</td>
<td>North Bay Literacy Council</td>
<td>Jane Jackson 705-494-9416</td>
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<td>Calander Heritage Museum</td>
<td>Candie Prem 705-725-2992</td>
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<td>Canadian Forces Base Museum</td>
<td>Office 705-494-2011 Ext. 2281</td>
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<td>Nature</td>
<td>Discovery North Bay</td>
<td>705-498-7336</td>
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<td>Nipissing Naturals Club</td>
<td>Fred Pinto 705-496-9006</td>
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<td>Nipissing First Nations</td>
<td>705-753-2050</td>
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<tr>
<td>Post Secondary</td>
<td>Community Rec. &amp; Leisure Services</td>
<td>Dave de Jourdan 705-479-7620 Ext. 2223</td>
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<tr>
<td>Pre-School</td>
<td>Montessori Children's House</td>
<td>Debbye Ashley 705-479-5156</td>
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Fung Loy Kok Institute of Taoism
North Bay Office: Omond Memorial United Church
Phone: 705 497-9029

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Improve well-being
Develop balance/coordination
Increase circulation
Strengthen muscles
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GATEWAY NORTH BAY TAI CHI

BEGINNERS WELCOME - Sept. 12th, 2019
10 - 11:30am

Regular classes start:
Sept 10th, 10-11:30 am

327 Dudley Ave - Les Compagnons des francs loisirs

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W: www.northbaytaichi.ca
P: Gisele - 705-980-1291
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KidSport Funding:

Each year we are able to support hundreds of families with registration and equipment fees for organized sport in the North Bay community.

Please take note of our registration deadlines:

- Applications should be submitted to KidSport 30 to 45 days prior to the sport start date
- Deadline for all 2019 Registrations is December 01, 2019. Applications received after this date will be considered in January of 2020
- **New for 2019** – Applications for KidSport Funding are now available [ONLINE](http://www.kidsportcanada.ca/ontario/north-bay/)

To apply for assistance visit our website http://www.kidsportcanada.ca/ontario/north-bay/

If you are unable to apply online or need further information please contact the office for assistance

- Paper applications are still available in the office for those who are not able to apply online

KidSport North Bay – Located in the Parks, Recreation & Leisure Services office on the 2nd Floor City Hall
200 McIntyre St., East – North Bay – 705-474-0626 ext 2328
email kidsport@cityofnorthbay.ca
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Does Someone You Love Live Alone?  
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The “Are You OK” Program

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.

THE R.U.O.K. PROGRAM IS FREE AND CONFIDENTIAL

Phone:  
705-474-6520  
(9:00 a.m. to 4:00 p.m. Monday to Friday)

Call for an appointment or for more information.

Operated by:
The North Bay Golden Age Club  
135 Worthington Street West,  
North Bay ON  P1B 8M6

With Funding from: NECO  
(Community Future Development)

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North Bay Golden Age Club  
The City’s Premiere 50+ Activity Centre

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<th>Membership Benefits</th>
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<tr>
<td>Reduced entrance fees for: Saturday Night Dances, Sunday Socials, Weekly Activities, and other Special Annual Events.</td>
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<td>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.</td>
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<td>Always lots of friends to meet and enjoyable things to do. Try one of our fun Bus Trips!</td>
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<td>Note our weekly affordable activities as shown below.</td>
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</table>

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”.

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