



NOVEMBER 2025



THE DISTRICT OF THUNDER BAY
SOCIAL SERVICES ADMINISTRATION BOARD

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 55+ Centre: Quilting 9AM-12PM Pickleball 12-2:45PM
2	3 55+ Centre: Cribbage 1-3PM Guitar Jam 1-3PM Painting 1-4PM AA Group: 10 Farrand St. 8:30PM	4 55+ Centre: Badminton 12:15-2PM Dominos 1-3PM Quilting 1-4PM Bridge 1-3PM Cornhole 6:30-8:45PM	5 Roots: Community Meal 5PM-6:30PM Roots: Food Market 4PM-7PM	6 Roots: Food Market 2PM-6PM 55+ Centre: Knitting/Crochet 9:30AM-12:30PM Euchre 1-3:30PM	7 Roots: Community Meal 11AM-12:30PM Roots: Food Market 10AM-1PM	8 55+ Centre: Quilting 9AM-12PM Pickleball 12-2:45PM
9 55+ Centre: Young Elvis 2PM *donations at the door	10 55+ Centre: Cribbage 1-3PM Guitar Jam 1-3PM Painting 1-4PM AA Group: 10 Farrand St. 8:30PM	11 55+ Centre: Badminton 12:15-2PM Dominos 1-3PM Quilting 1-4PM Bridge 1-3PM Cornhole 6:30-8:45PM	12 Roots: Community Meal 5PM-6:30PM Roots: Food Market 4PM-7PM	13 Roots: Food Market 2PM-6PM 55+ Centre: Knitting/Crochet 9:30AM-12:30PM Euchre 1-3:30PM	14 Roots: Community Meal 11AM-12:30PM TSW Drop-In: Common Room 2-3PM	15 55+ Centre: Quilting 9AM-12PM Pickleball 12-2:45PM
16	17 55+ Centre: Cribbage 1-3PM Guitar Jam 1-3PM Painting 1-4PM AA Group: 10 Farrand St. 8:30PM	18 55+ Centre: Badminton 12:15-2PM Dominos 1-3PM Quilting 1-4PM Bridge 1-3PM Cornhole 6:30-8:45PM	19 Roots: Community Meal 5PM-6:30PM Roots: Food Market 4PM-7PM	20 Roots: Food Market 2PM-6PM 55+ Centre: Knitting/Crochet 9:30AM-12:30PM Euchre 1-3:30PM	21 Roots: Community Meal 11AM-12:30PM Roots: Food Market 10AM-1PM	22 55+ Centre: Quilting 9AM-12PM Pickleball 12-2:45PM
23 55+ Centre: Morgans School of Highland Dance - 2PM *donations at the door	24 55+ Centre: Cribbage 1-3PM Guitar Jam 1-3PM Painting 1-4PM AA Group: 10 Farrand St. 8:30PM	25 55+ Centre: Badminton 12:15-2PM Dominos 1-3PM Quilting 1-4PM Bridge 1-3PM Cornhole 6:30-8:45PM	26 Roots: Community Meal 5PM-6:30PM Roots: Food Market 4PM-7PM	27 55+ Centre: Indoor Walking Program - LU Hanger 10-11AM Roots: Food Market 2PM-6PM	28 TSW Drop-In: Common Room 11AM-Noon Roots: Community Meal 11AM-12:30PM	29
30						

Roots to Harvest: (450 Fort William Rd.) (807)285-0189

Community Meals – Home cooked meals for seniors and Elders twice a week. Vegetarian options available, fully accessible dining room.

Community Food Market – Fresh fruits and vegetables for reduced prices. Cash, interact and credit cards all accepted.

Market Greens Incentive Program - helps people with diet-related health challenges on low incomes. Eligible participants receive \$10-\$25/week (based on household size) for 15 weeks to buy fruit & veg. Referrals can be made by Nor'West!

55+ Centre: (700 River St. OR Community Partner) For more information on any programs call (807)684-3066. The drop-in activity fee is \$3.00 per activity except billiards which is .50 cents per game per person.

TSW: Tenant Support Worker (TSW) from TBDSSAB drop-in for assistance with housing paperwork (RGI application, Annual Review, Income Tax, Insurance) etc. Property Manager may also attend if available. No sign up required, first come first served.