

## A MAN AND HIS DREAM

In the early 1960's, Robert Babcock 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 500 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** – Tues afternoon; Thurs morning

**Dances** – Every Saturday Night with bar. Sandwiches available for purchase at the bar.

**Fun & Fitness** – Mon./Wed. afternoons

**Line Dancing** – Mon. evening/Tues. Morning

**Floor Shuffleboard** – Tues morning

**Euchre Lessons/Games** – Monday afternoon

**Euchre** – Wednesday evening

**Bid Euchre** – Tues. afternoon/Fri. evening

**Carpet Bowling** – Mon morning

**Computers for the curious:** By appointment

**Ballroom Dancing** – Tues/Thurs evenings; Wed morning

**Oil Painting** – TBA

**Darts** – Thurs 1:00 pm

**Knitting for Charity** – Friday mornings

Also offered if a covener is available are trump bowling and Wii Games.

## Some of our ANNUAL Events:

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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 for members for a small fee

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:** By a 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](mailto:nbgac@hotmail.com)

**Phone:** 705-474-6520

**Fax:** 705-476-0666

**Office Administrator:** Katie Voyer

## Our Website:

For more detailed information about the club go to: [www.northbaygoldenageclub.com](http://www.northbaygoldenageclub.com) on Facebook (North Bay Golden Age Club)

## COME JOIN US!

If you are 50 years of age or older and would like to be a part of an enthusiastic group of people, you have the opportunity to participate in all activities that are sponsored by the club. Want to be an active member in your community? YOU can become a member by dropping into the Centre and filling out an application form for membership (Most members have joined before they retire). Membership is only \$20.00 per calendar year. Membership meetings keep everyone well informed as to all aspects of the club and also provide a forum for seniors to get information on issues and concerns. Monthly meetings with members and guest speakers provide a time for members to spend time together, meet new friends, socialize and perhaps renew long-term friendships.

All members are encouraged to volunteer in any aspect of the club's social functions, like fund raisers, Teas, Luncheons, Saturday Night dance food preparation, Reception, convening an activity, and various other opportunities they feel they may have a talent for.

WE ALWAYS WELCOME AND APPRECIATE OUR VOLUNTEERS – That is what makes our club so great!

### Monthly Newsletter

We are now issuing a monthly Newsletter. It is sent out by email, mailed or available at the front desk. We encourage you to pick up the free **Nipissing Reader** as many of our events are listed within. Watch for notices on our Club Bulletin boards and on YourTV (Cogeco).

## Donations

This club has thrived over the years as a result of community members that believe a non-profit organization/facility for seniors is a high priority in our society. Without donations; this club would not exist today. Your donations are valued and encouraged. The following is a list of suggested donations. When offering a donation please include your name, address, and phone number unless you wish to remain anonymous.

**Greeting Cards:** Christmas, Birthday, Thank you, Bereavement, Congratulations; Get Well, & others, preferably with an envelope.

**Books:** Paperbacks and audio books.

**Playing Cards:** Like new complete packs.

**Jewelry:** Costume or otherwise.

**DVD's, VCR movies, CD's:** In good condition.

**Christmas Decorations:** No trees or faulty lights.

**Glassware/China:** With no faults.

**Puzzles:** Complete with no pieces missing.

**Small Toys:** Dolls, & safe items.

**Baked goods:** For our Spring/Fall Bake sales.

**Knitting yarn/wool:** Any amount, any kind - Help us to help others to stay warm.

Our Club is also a member of the Older Adult Centres' Association of Ontario (OACAO)

e-Transfers are now accepted.

### YOUR

### *Lasting legacy*

Will give seniors more time to laugh, to love  
and to live

**Please remember us with a gift in your Will  
and help plant seeds for tomorrow, today.**

## NORTH BAY GOLDEN AGE CLUB



**Celebrating 60 Years  
Serving Seniors 50+**

Established 1961



# North Bay's Premier 50+ Activity Centre

135 Worthington St. W.



**Check out our  
Weekly Saturday night  
Dances!**



[www.northbaygoldenageclub.com](http://www.northbaygoldenageclub.com)