



Older Adults

The City of Thunder Bay is pleased to welcome older adults to our website. Older adults play an important role in the life of our community. Thunder Bay is committed to a high quality of life for people of all ages. We are removing barriers to accessibility, building recreational trails and walking paths, making the city Clean, Green & Beautiful, recognizing citizens of exceptional achievement, enhancing Transit ridership and generally working with residents to make Thunder Bay a great place to live, work and play for people of all ages.

Age Friendly City Services Action Plan

As the baby boom population ages, the City of Thunder Bay is adapting and refining its services to continue to provide all residents with an enhanced quality of life. Older adults want to live independently, socialize with family and friends, participate in community events and activities and contribute to the community. To mark Seniors' Month, City Council, as Committee of the Whole, approved an Age Friendly City Services Action Plan on June 22, 2015.

Pioneer Ridge

Pioneer Ridge provides 24-hour nursing care and a variety of support services.

Meals on Wheels

Through Meals on Wheels, nourishing meals are provided at reasonable cost to eligible individuals.

Jasper Place

Jasper Place Support Services Program is intended for seniors whose physical status and/or lack of adequate social supports threatens their ability to remain living independently in the community.

Older adult centres & recreation

The City's Recreation & Culture Division operates two recreation centres for adults aged 55 or better with no required membership. Centres offer recreation, education, volunteer opportunities and other services. Visit either of our two centres - the [Thunder Bay 55 Plus Centre](#) or [West Arthur Community Centre](#) - to learn more about our older adult centres & recreation.

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Support services

The [Older Adult Unit's Support Services Program](#) provides Friendly Visiting, Telephone Assurance and Walk-a-Bit services to frail homebound seniors who reside in their own homes/apartments.

55 plus community

Check out recreation activities geared to people 55 to 95 plus in community centres, older adult centres and non-profit agencies. To find out more, or to download your copy of the ACTIVE 55 Guide and Insert, visit [55 Plus Community](#).

Volunteering

The [Thunder Bay 55 Plus Centre](#) and the [West Arthur 55 Plus Centre](#) are always looking for new volunteers. If you have some available time, consider one of the many volunteer opportunities you can become involved in. There are also many opportunities to get involved as a volunteer at [Pioneer Ridge Long Term Care and Senior Services](#).

Minister of State (Seniors), information for seniors website

In consultation with the provinces and territories, the Honourable Alice Wong, P.C., M.P. Minister of State (Seniors) announced the launch of the [Information for Seniors](#) website section, which has been incorporated into Seniors.gc.ca. Information for Seniors brings together a variety of federal, provincial/territorial and municipal resources for seniors in an intuitive and user-friendly way. With a few clicks, users will have easy access to information in a centralized one-stop shop for relevant services and benefits for seniors.

Financial assistance

Learn about the [financial assistance and water discounts](#) available to low-income seniors in Thunder Bay.

Contact Us

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