

OCTOBER 2022

YOUR DOWNTOWN



EAT

Have you tried the Downtown restaurants?

There is something for every craving:

My Thai palace offers authentic Thai food.

Opera Bakery Cafe has great lunch options, beverages, baked goods, and specialty cakes for orders.

Lou Dawg's is home to southern barbecue flavours, and posts weekday specials to their social media pages, plus offers live entertainment on the weekends.

Oak East Eatery is a healthy alternative lunch service restaurant on the corner of Ferguson and Oak East. They offer up Indigenous Tacos on Tuesdays.

The Moose Cookhouse are known for their wings; every Wednesday is all you can eat wings for \$21.99, from 4-11pm.

The Cedar Tree is home to fast, fresh, authentic Lebanese cuisine. The Shawarma Poutine wrap is a great treat!

Cecil's Brewhouse & Kitchen has lunch and dinner options with a great dining room ambiance.

KT's Cafe inside of Northern Tikes offer beverages and lunch options.

WHAT'S INSIDE:

EAT

SHOP

LIVE

PLAY

**Downtown Business
Spotlight**

SHOP

Downtown clothing boutiques offer unique styles that will make you look and feel your best. From London Underground The FARM, Splurge, Junior World, Carmine Ricciuti Men's Wear, The Annex and Cheapskates. Don't forget that Clothes Encounters of the Second Kind has some great consignment shopping.

Shopping for gifts? Make sure to visit The Framemaker, The Abbey, The FARM, Harris Guardian Drugs or Creative Learning. You could also find some great treasures at Deegan's or Chatelaine's Bargains, or D&P Recycled treasures. If you're looking for something with some special sparkle, check out Rogers Jewelers or 27 Co Jewelery. Art is in Shop has something to brighten up the walls of your home. If you're shopping for something intimate and spicy, Passionate Kisses will be your next visit.

Do you have a passion for knitting, vinyl music, cooking or art? You'll want to make note of Stix & Stones Yarn Boutique, Waxman Records, The Culture Club, TW Foods, and KBrothers Maroosis Art Centre.

Are you looking to be more eco-friendly with your purchases? Check out Main Supply and Refillery.

Maybe you're into working out, LB Town has a variety of fitness equipment, supplements, healthy snacks and more.

LIVE

TW Foods offers groceries, and hot lunch options.

Looking to get a new hairstyle? Visit Raven Flare Hair, JD Barbers or Colour Me Crazy Hair and Nails.

Move your body at Revolve Cycle, enjoy the walkability of Downtown North Bay, or walk the waterfront. Bicycles and rollerblades are also welcome on the Kate Pace Way.

If you are seeking a place of Worship, St. Andrews United Church and Trinity United Church are both located in Downtown.

PLAY

The Capitol Centre has many great shows coming up, from live music to theatre, and so much more.

The WKP Kennedy Gallery has great exhibitions, and also hosts a life drawing workshop. They will be holding their Gift of Art fundraiser November 18th through December 16th.

Take the kiddos to Northern Tikes indoor playground to burn off some energy.

Enjoy some basketball on the multi-use courts before they close for the season.

DOWNTOWN BUSINESS SPOTLIGHT

The Culture Club is a Sourdough bakery, cafe and specialty grocer.

They're open Wednesday to Friday from 10:30am-5pm, and Saturdays from 10am-2pm.

They offer monthly bread subscriptions through their [Facebook page](#). Each week they post their Daily Bread Menu of what is available for the coming week. Make sure you send them a message to place an order, so you won't be disappointed if they sell out.

They offer '[Little Buns](#)' throughout the week that make a great snack or lunch option.

During the past year, they've added in a pantry and carry specialty grocery items including, condiments, meats and cheese, soda, chocolate, pasta and more. Plus, they make a great cup of coffee.

They are located near the back of the parking garage; you can find them by using the walkway, parking garage, or by passing through Main Supply and Reillery beside The FARM (they have a connecting doorway.)



VOLUNTEERS NEEDED

Downtown North Bay is rebuilding our volunteer list.

If you're interested in becoming a volunteer or being notified of upcoming volunteer opportunities, please add your information to our volunteer database.

WHAT DO YOU WANT TO SEE?

What would you like to see included in your community newsletter?

Is it information about parking, our website, business spotlights? We'd would love your input, so that we can provide you with more of what you want.

[Drop us a line and share your thoughts.](#)

2 HOUR FREE PARKING INFO

You can enjoy 2 hours of free parking. in municipal Lot 2 on Oak Street West, or Lot 4, the parking garage. Visit the nearest Pay & Display machine, choose the 2 hours free option, input your licence plate number and confirm with the green button. Put the receipt on your dash, and that's it. [Check out the video here.](#)

