

JANUARY 2023

YOUR DOWNTOWN



EAT

Downtown North Bay could be renamed Flavourtown thanks to the delicious food available. Let me share some of my favourite items to enjoy from a few of the downtown restaurants.

My regular order from the ***Opera Bakery Cafe*** is the **Opera wrap**.

Lou Dawgs boasts southern BBQ flavours, and I love to order the **Big Dawg Beef Crunch Wrap**, with tots for my side.

The Cedar Tree has so many great menu items, but I really enjoy their **Deluxe Shawarma Poutine**, and sometimes I order the **Shawarma Poutine Wrap**.

Oak East Eatery makes me feel nostalgic with their **Gourmet 3 Cheese Grill**.

Moose's Cookhouse is the king of wings in my opinion, and I love the **Blue Bomber sauce**. My other favourite is their **Cross Trax Nachos**.

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SHOP

Let's focus on shopping for a moment. I'm going to share a few of my favourite things with you.

London Underground's Weekender shirts are comfy and roomy.

I've finally found a good natural deoderant from **Main Supply & Refillery**. My skin is sensitive to some ingredients, but **The Curator** is now a staple at home.

North Bay Games & Hobbies lets you bring the fun home with so many games to choose from for all ages. I picked up **Sushi Go**, and have had a lot of fun playing it.

Splurge Fine Clothing for Women has some great clothing and accessories. I've got a **Belt Bag** that I love and always receive compliments on. Right now their 30% off sale is happening.

High Class Variety has been expanding their selection of treats, and I can always find something fun to try. These **fish treats** are delicious, and have no actual fish in them. ;)

Cintra May's Lingerie sells lingerie bags which are great for washing your delicates together, and makes it simple to find them to hang dry, when emptying the machine.

LIVE

Stix & Stones has a variety of classes and workshops. The next one is a **basket weaving workshop on January 21st.**

I recently discovered a new (to me) tattoo studio in the Cornerstone building, **Immortal Arts Tattoo.**

WKP Kennedy Gallery is hosting a **Storytelling and Social Media Workshop** on January 21st with Marianne Vander Dussen.

Endaayaan Awejaa has a few **programs** that you may be interested in, or know someone who would like to learn about them.

PLAY

Thursdays, **Cecil's Brewhouse & Kitchen** hosts a **Speed Quiz** starting at 7:30pm..

Friday's, the **Moose Cookhouse** hosts Super Fun Time Trivia.

Thursday through Saturday, **Lou Dawgs** has **live entertainment.**

North Bay Games & Hobbies hosts a **Board Games night each Wednesday.** from 6-10pm. Bring your own game, or borrow one of theirs.

Gateway to the Arts is hosting a **Wire Wrapped Pendant Workshop** on January 21st and 22nd.

DOWNTOWN BUSINESS SPOTLIGHT

The Creator's Crystals open in fall of 2022.

They're open Monday to Friday from 9am-4pm, and Saturdays from 9am-5pm.

You can check out their crystals, tuning forks, singing bowls, incense sticks, books, tarot decks, and more. If you have questions, Kelsie will be happy to chat.

You can follow them on [Facebook](#) and [Instagram](#).

The Creator's Crystals is located at 335 Wyld Street between Main and McIntyre.



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.](#)

