

## Thursday, February 1, 2024

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### Line Dancing- Drop-In

Date and Time: Thursday, February 1 9:30 am - 11:30 am

Address: 7 Mary Street

No partner is necessary for this drop-in dance activity!

Line Dancing is a great activity for maintaining flexibility and balance, and is just downright fun!

No experience required, all abilities welcome.

**Where:** Bobby Orr Community Centre, 7 Mary Street

**When:** Thursdays, 9:30am-11:30am, beginning September 14, 2023

**Cost:** Participants encouraged to purchase a Drop-In Pass (Drop-In Pass Details: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

### Adult Skate- Drop in

Date and Time: Thursday, February 1 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult skate is returning to the BOCC for the 2023/2024 season.

**When:** Mondays, Tuesdays, Wednesdays & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

### Homeschool Skate

Date and Time: Thursday, February 1 1:00 pm - 2:00 pm

Address: 7 Mary Street

Homeschool Skating is available on Thursday afternoons from 1pm-2pm at the Bobby Orr Community Centre.

**When:** Thursdays from 1pm-2pm

\*\*Please note: Homeschool skate has been rescheduled on February 08, March 07 and March 21 to 10am-11am

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per adult (cash only)

## Shuffleboard- Drop-in

Date and Time: Thursday, February 1 1:00 pm - 3:00 pm

Address: 7 Mary Street

Floor shuffleboard is now being offered in the Town of Parry Sound. All equipment is provided, no experience necessary. Come out for an afternoon of activity, socializing, and fun! Please bring a pair of clean running shoes to play.

**Where:** Bobby Orr Community Centre (Stanley Cup Hall), 7 Mary St, Parry Sound, ON P2A 1C8

**When:** Thursdays, 1:00 - 3:00 PM

**What to Bring:** Players should bring clean running shoes to play. All equipment is provided!

**Cost:** Participants encouraged to purchase a Drop-In Pass (details here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Meditation Sessions for Beginners

Date and Time: Thursday, February 1 5:45 pm - 6:45 pm

Address: 29 Mary Street

New Year, New You - Meditation can give you a sense of calm, peace, and balance that can benefit your emotional well-being and overall health.

In these sessions, you will learn different meditation techniques for beginners and participate in a short guided meditation.

Drop-in • By donation (No registration required)

Located in the library auditorium (not wheelchair accessible)

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

## Friday, February 2, 2024

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### PD Day - Tech Kids

Date and Time: Friday, February 2 11:00 am - 2:00 pm

Address: 29 Mary Street

Learn & explore at PSPL with a variety of STEAM activities!

Botley Robots, OSMO Games, Marble Run, & more!

FREE • Drop-in program

Located in the library auditorium (not wheelchair accessible)

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

## Free Public Skate- PD Day

Date and Time: Friday, February 2 12:00 pm - 3:00 pm

Address: 7 Mary Street

The Town of Parry Sound is offering **FREE** skating on Near North District School Board PD days.

Join us on the following dates from 12pm-2pm (regular public skating rules apply):

- Friday, September 29, 2023
- Friday, November 24, 2023
- Friday, February 02, 2024

## Saturday, February 3, 2024

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### Essentrics® Full-Body Conditioning and Core Strengthening

Date and Time: Saturday, February 3 10:00 am - 11:00 am

Address: 17 Mary St.

# Essentrics® Full-Body Conditioning and Core Strengthening Saturday Morning Workout

Workout is suitable for all fitness levels and body types.

If you are active and want to maintain an active lifestyle this class is for you. If you are beginning to exercise, modifications are suggested to decrease difficulty or intensity to help you on your journey to well-being.

Approx. 60 min. Standing and Barre Workout. We use a chair for the barre portion (*but we are not sitting*)! The barre component is used to stretch and strengthen the hip joint and for deep leg and glute stretches.

This full-body toning, conditioning and energizing workout results in improved mobility, strength, posture and greater energy.

Dynamic fluid movements focus on:

- Building strength in muscle groups that are often overlooked to prevent injuries,
- Boost cardiovascular system,
- Strengthen the core,
- Leg and glute strengthening,
- Compound movements to intelligently activate more than one muscle group at a time,
- Move your fascia and connective tissue to relieve stiffness in joints including the spine,
- Improve balance and muscular endurance
- Classes are ALWAYS low impact for protecting our joints with an emphasis on body alignment,
- Classes are ALWAYS full body to rebalance the muscle the groups from head to toe.

You will leave feeling invigorated and move throughout your day with greater ease and well-being.

Bring exercise mat and water bottle.

Drop In \$15/class or purchase a class pass.

Check out details of class pass in FAQ section [www.essentricswithcaroline.ca](http://www.essentricswithcaroline.ca)

View class schedule for a variety of workouts and class descriptions at [www.essentricswithcaroline.ca](http://www.essentricswithcaroline.ca)

Participants are asked to read and sign waiver. Waivers are kept on file for one year and renewed annually.

## Free Public Skate

Date and Time: Saturday, February 3 1:00 pm - 2:00 pm

Address: 7 Mary Street

Join us at the BOCC for Free Public Skating!

All patrons who participate in ice skating programs must respect the following rules:

- Respect staff at all times.
- CSA approved helmets are strongly recommended for all skaters.
- All participants must be wearing skates while on the ice surface.
- Skate at a sensible, safe speed, in the same direction as other skaters.
- No food or drink on the ice surface.
- No sticks, pucks, balls, chairs, pylons, strollers or any other item which might interfere with the safety of any skater on the ice surface.
- No horseplay or games.
- No skating backwards or figure skating maneuvers.
- No headsets, cellphones or handheld electronic devices are to be used while skating.
- No carrying of children is permitted
- No sitting on the boards.

## Monday, February 5, 2024

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### Parent and Tot Skate-Drop In

Date and Time: Monday, February 5 9:00 am - 10:00 am

Address: 7 Mary Street

Parent and Tot Skating is returning for the 2023/2024 season.

**When:** Mondays from 9am-10am

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Adult Skate- Drop in

Date and Time: Monday, February 5 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult skate is returning to the BOCC for the 2023/2024 season.

**When:** Mondays, Tuesdays, Wednesdays & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Tuesday, February 6, 2024

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### Chess Club

Date and Time: Tuesday, February 6 10:00 am - 1:00 pm

Address: 29 Mary Street

Join our Chess Club to practice, learn, and sharpen your chess skills in a family friendly environment.

Drop-in · No registration required. All ages and skill levels welcome (supervised youth please)

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

## Adult Skate- Drop in

Date and Time: Tuesday, February 6 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult skate is returning to the BOCC for the 2023/2024 season.

**When:** Mondays, Tuesdays, Wednesdays & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Children's Chess Club

Date and Time: Tuesday, February 6 4:00 pm - 5:00 pm

Address: 29 Mary Street

Join us in the library auditorium for a bi-weekly chess club!

FREE • Drop-in program • All skill levels welcome

On the following dates:

Jan 23rd, Feb 6th & 20th, Mar 5th & 19th, and Apr 2nd

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

## Pickleball-Drop-In

Date and Time: Tuesday, February 6 5:00 pm - 7:00 pm

Address: 7 Mary Street

Pickleball is a game similar to tennis, played on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

**To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for reservation 6 days in advance of drop-in timeslots. Drop-In Pickleball will be limited to 16 participants, to a void disappointment, pre-registration is highly recommended. Please visit our website here for pre-registration details: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)**

Open Division (evening):

**Where:** Bobby Orr Community Centre, 7 Mary Street

**When:** Tuesdays, 5:00pm-7:00pm, beginning Tuesday, September 19, 2023

**Cost:** Participants encouraged to purchase a Drop-In Pass (Drop-In Pass Details: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Wednesday, February 7, 2024

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### Pickleball Drop-In- Competitive

Date and Time: Wednesday, February 7 9:00 am - 11:00 am

Address: 7 Mary Street

Pickleball is a game similar to tennis, played on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

**To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for reservation 6 days in advance of drop-in timeslots. Drop-In Pickleball will be limited to 16 participants, to a void disappointment, pre-registration is highly recommended. Pre-registration details available here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)**

Competitive (daytime):

**Where:** Bobby Orr Community Centre, 7 Mary Street

**When:** Wednesdays, 9:00am-11:00am, beginning Wednesday, September 20, 2023

**Cost:** Participants encouraged to purchase a Drop-In Pass (Drop-in Pass details available here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Pickleball Drop-In- Recreational

Date and Time: Wednesday, February 7 11:00 am - 1:00 pm

Address: 7 Mary Street

Pickleball is a game similar to tennis, played on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

**To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for reservation 6 days in advance of drop-in timeslots. Drop-In Pickleball will be limited to 16 participants, to a void disappointment, pre-registration is highly recommended. Pre-registration details available on our website here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)**

Recreational (daytime):

**Where:** Bobby Orr Community Centre, 7 Mary Street

**When:** Wednesdays, 11:00am-1:00pm, beginning Wednesday, September 20, 2023

**Cost:** Participants encouraged to purchase a Drop-In Pass (Drop-In Pass details: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Adult Skate

Date and Time: Wednesday, February 7 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult skate is returning to the BOCC for the 2023/2024 season.

**When:** Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass:

\$3.00 per person (cash only)

## Intro to Yoga

Date and Time: Wednesday, February 7 1:30 pm - 2:15 pm

Address: 29 Mary Street

Intro to Yoga

Wednesdays @ 1:30 to 2:15 PM

Program run to November 27th, 2024.

Intro to yoga with certified Yoga Instructor Ellen Koennecke, of Yoga in the Sound. Located in the library auditorium. (not wheelchair accessible)

Drop-in · \$5 per session • No registration required.

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

## Floor Curling- Drop In

Date and Time: Wednesday, February 7 2:00 pm - 4:00 pm

Address: 7 Mary Street

Floor Curling is a modified version of the Olympic sport of curling with one major difference – no ice! It offers participants a great introduction to the game, or a way to continue your love for the game beyond the ice surface.

**Where:** Bobby Orr Community Centre (Stanley Cup Hall), 7 Mary St, Parry Sound, ON P2A 1C8

**When:** Wednesdays, 2:00 - 4:00 PM

**What to Bring:** Players should bring clean running shoes to play. All equipment is provided!

**Cost:** Participants encouraged to purchase a Drop-In Pass (details here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## French Group

Date and Time: Wednesday, February 7 4:30 pm - 6:00 pm

Address: 29 Mary Street

Practice your language skills with other French speakers in Parry Sound. Join us at the library for a weekly casual French Group. (not formal lessons)



Drop-in • All skill levels welcome

Located in the auditorium (not wheelchair accessible)

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

## Young Artists- Session 3

Date and Time: Wednesday, February 7 6:00 pm - 7:00 pm

Address: 7 Mary Street

Perfect for the child who loves to create masterpieces. Participants will exercise their creativity through step-by-step painting projects during this 4-week program. Each week focuses on nurturing basic art skills and creativity. Led by Stephanie Horsman. Ages 6-13.

\*Participation is limited- spaces will be reserved on a first come, first registered basis (payment in full is required).

Registration opens Friday, September 15: [www.parrysound.ca/youthprograms](http://www.parrysound.ca/youthprograms)

## Films That Make You Think: Tiny: A Story About Living Small

Date and Time: Wednesday, February 7 7:00 pm - 8:30 pm

Address: 24 Mary St,

TINY is a documentary about home, and how we find it.

The film follows one couple's attempt to build a Tiny House from scratch, and profiles other families who have downsized their lives into houses smaller than the average parking space.

Through homes stripped down to their essentials, the film raises questions about sustainability and good design.

## Thursday, February 8, 2024

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### Line Dancing- Drop-In

Date and Time: Thursday, February 8 9:30 am - 11:30 am

Address: 7 Mary Street

No partner is necessary for this drop-in dance activity!

Line Dancing is a great activity for maintaining flexibility and balance, and is just downright fun!

No experience required, all abilities welcome.

**Where:** Bobby Orr Community Centre, 7 Mary Street

**When:** Thursdays, 9:30am-11:30am, beginning September 14, 2023

**Cost:** Participants encouraged to purchase a Drop-In Pass (Drop-In Pass Details: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms) ), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Homeschool Skate

Date and Time: Thursday, February 8 10:00 am - 11:00 am

Address: 7 Mary Street

Homeschool Skating is available on Thursday afternoons from 1pm-2pm at the Bobby Orr Community Centre.

**When:** Thursdays from 1pm-2pm

**\*\*Please note:** Homeschool skate has been rescheduled on February 08, March 07 and March 21 to 10am-11am

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per adult (cash only)

## Adult Skate- Drop in

Date and Time: Thursday, February 8 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult skate is returning to the BOCC for the 2023/2024 season.

**When:** Mondays, Tuesdays, Wednesdays & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Shuffleboard- Drop-in

Date and Time: Thursday, February 8 1:00 pm - 3:00 pm

Address: 7 Mary Street

Floor shuffleboard is now being offered in the Town of Parry Sound. All equipment is provided, no experience necessary. Come out for an afternoon of activity, socializing, and fun! Please bring a pair of clean running shoes to play.

**Where:** Bobby Orr Community Centre (Stanley Cup Hall), 7 Mary St, Parry Sound, ON P2A 1C8

**When:** Thursdays, 1:00 - 3:00 PM

**What to Bring:** Players should bring clean running shoes to play. All equipment is provided!

**Cost:** Participants encouraged to purchase a Drop-In Pass (details here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Meditation Sessions for Beginners

Date and Time: Thursday, February 8 5:45 pm - 6:45 pm

Address: 29 Mary Street

New Year, New You - Meditation can give you a sense of calm, peace, and balance that can benefit your emotional well-being and overall health.

In these sessions, you will learn different meditation techniques for beginners and participate in a short guided meditation.

Drop-in • By donation (No registration required)

Located in the library auditorium (not wheelchair accessible)

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

## Saturday, February 10, 2024

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### Essentrics® Full-Body Conditioning and Core Strengthening

Date and Time: Saturday, February 10 10:00 am - 11:00 am

Address: 17 Mary St.

# Essentrics® Full-Body Conditioning and Core Strengthening Saturday Morning Workout

Workout is suitable for all fitness levels and body types.

If you are active and want to maintain an active lifestyle this class is for you. If you are beginning to exercise, modifications are suggested to decrease difficulty or intensity to help you on your journey to well-being.

Approx. 60 min. Standing and Barre Workout. We use a chair for the barre portion (*but we are not sitting*)! The barre component is used to stretch and strengthen the hip joint and for deep leg and glute stretches.

This full-body toning, conditioning and energizing workout results in improved mobility, strength, posture and greater energy.

Dynamic fluid movements focus on:

- Building strength in muscle groups that are often overlooked to prevent injuries,
- Boost cardiovascular system,
- Strengthen the core,
- Leg and glute strengthening,
- Compound movements to intelligently activate more than one muscle group at a time,
- Move your fascia and connective tissue to relieve stiffness in joints including the spine,
- Improve balance and muscular endurance
- Classes are ALWAYS low impact for protecting our joints with an emphasis on body alignment,
- Classes are ALWAYS full body to rebalance the muscle the groups from head to toe.

You will leave feeling invigorated and move throughout your day with greater ease and well-being.

Bring exercise mat and water bottle.

Drop In \$15/class or purchase a class pass.

Check out details of class pass in FAQ section [www.essentricswithcaroline.ca](http://www.essentricswithcaroline.ca)

View class schedule for a variety of workouts and class descriptions at [www.essentricswithcaroline.ca](http://www.essentricswithcaroline.ca)

Participants are asked to read and sign waiver. Waivers are kept on file for one year and renewed annually.

## Monday, February 12, 2024

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### Parent and Tot Skate-Drop In

Date and Time: Monday, February 12 9:00 am - 10:00 am

Address: 7 Mary Street

Parent and Tot Skating is returning for the 2023/2024 season.

**When:** Mondays from 9am-10am

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

### Adult Skate- Drop in

Date and Time: Monday, February 12 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult skate is returning to the BOCC for the 2023/2024 season.

**When:** Mondays, Tuesdays, Wednesdays & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Tuesday, February 13, 2024

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### Chess Club

Date and Time: Tuesday, February 13 10:00 am - 1:00 pm

Address: 29 Mary Street

Join our Chess Club to practice, learn, and sharpen your chess skills in a family friendly environment.

Drop-in · No registration required. All ages and skill levels welcome (supervised youth please)

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

### Adult Skate- Drop in

Date and Time: Tuesday, February 13 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult skate is returning to the BOCC for the 2023/2024 season.

**When:** Mondays, Tuesdays, Wednesdays & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Wednesday, February 14, 2024

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### Pickleball Drop-In- Competitive

Date and Time: Wednesday, February 14 9:00 am - 11:00 am

Address: 7 Mary Street

Pickleball is a game similar to tennis, played on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

**To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for reservation 6 days in advance of drop-in timeslots. Drop-In Pickleball will be limited to 16 participants, to a void disappointment, pre-registration is highly recommended. Pre-registration details available here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)**

Competitive (daytime):

**Where:** Bobby Orr Community Centre, 7 Mary Street

**When:** Wednesdays, 9:00am-11:00am, beginning Wednesday, September 20, 2023

**Cost:** Participants encouraged to purchase a Drop-In Pass (Drop-in Pass details available here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Pickleball Drop-In- Recreational

Date and Time: Wednesday, February 14 11:00 am - 1:00 pm

Address: 7 Mary Street

Pickleball is a game similar to tennis, played on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

**To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for reservation 6 days in advance of drop-in timeslots. Drop-In Pickleball will be limited to 16 participants, to a void disappointment, pre-registration is highly recommended. Pre-registration details available on our website here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)**

Recreational (daytime):

**Where:** Bobby Orr Community Centre, 7 Mary Street

**When:** Wednesdays, 11:00am-1:00pm, beginning Wednesday, September 20, 2023

**Cost:** Participants encouraged to purchase a Drop-In Pass (Drop-In Pass details: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Adult Skate

Date and Time: Wednesday, February 14 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult skate is returning to the BOCC for the 2023/2024 season.

**When:** Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Intro to Yoga

Date and Time: Wednesday, February 14 1:30 pm - 2:15 pm

Address: 29 Mary Street

Intro to Yoga

Wednesdays @ 1:30 to 2:15 PM

Program run to November 27th, 2024.

Intro to yoga with certified Yoga Instructor Ellen Koennecke, of Yoga in the Sound. Located in the library auditorium. (not wheelchair accessible)

Drop-in · \$5 per session • No registration required.

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

## Floor Curling- Drop In

Date and Time: Wednesday, February 14 2:00 pm - 4:00 pm

Address: 7 Mary Street

Floor Curling is a modified version of the Olympic sport of curling with one major difference – no ice! It offers participants a great introduction to the game, or a way to continue your love for the game beyond the ice surface.

**Where:** Bobby Orr Community Centre (Stanley Cup Hall), 7 Mary St, Parry Sound, ON P2A 1C8

**When:** Wednesdays, 2:00 - 4:00 PM

**What to Bring:** Players should bring clean running shoes to play. All equipment is provided!

**Cost:** Participants encouraged to purchase a Drop-In Pass (details here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## French Group

Date and Time: Wednesday, February 14 4:30 pm - 6:00 pm

Address: 29 Mary Street

Practice your language skills with other French speakers in Parry Sound. Join us at the library for a weekly casual French Group. (not formal lessons)

Drop-in • All skill levels welcome

Located in the auditorium (not wheelchair accessible)

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

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## Thursday, February 15, 2024

## Line Dancing- Drop-In

Date and Time: Thursday, February 15 9:30 am - 11:30 am

Address: 7 Mary Street

No partner is necessary for this drop-in dance activity!

Line Dancing is a great activity for maintaining flexibility and balance, and is just downright fun!

No experience required, all abilities welcome.

**Where:** Bobby Orr Community Centre, 7 Mary Street

**When:** Thursdays, 9:30am-11:30am, beginning September 14, 2023

**Cost:** Participants encouraged to purchase a Drop-In Pass (Drop-In Pass Details: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms) ), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Adult Skate- Drop in

Date and Time: Thursday, February 15 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult skate is returning to the BOCC for the 2023/2024 season.

**When:** Mondays, Tuesdays, Wednesdays & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Homeschool Skate

Date and Time: Thursday, February 15 1:00 pm - 2:00 pm

Address: 7 Mary Street

Homeschool Skating is available on Thursday afternoons from 1pm-2pm at the Bobby Orr Community Centre.

**When:** Thursdays from 1pm-2pm

\*\*Please note: Homeschool skate has been rescheduled on February 08, March 07 and March 21 to 10am-11am

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per adult (cash only)

## Shuffleboard- Drop-in

Date and Time: Thursday, February 15 1:00 pm - 3:00 pm



Address: 7 Mary Street

Floor shuffleboard is now being offered in the Town of Parry Sound. All equipment is provided, no experience necessary. Come out for an afternoon of activity, socializing, and fun! Please bring a pair of clean running shoes to play.

**Where:** Bobby Orr Community Centre (Stanley Cup Hall), 7 Mary St, Parry Sound, ON P2A 1C8

**When:** Thursdays, 1:00 - 3:00 PM

**What to Bring:** Players should bring clean running shoes to play. All equipment is provided!

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## Meditation Sessions for Beginners

Date and Time: Thursday, February 15 5:45 pm - 6:45 pm

Address: 29 Mary Street

New Year, New You - Meditation can give you a sense of calm, peace, and balance that can benefit your emotional well-being and overall health.

In these sessions, you will learn different meditation techniques for beginners and participate in a short guided meditation.

Drop-in • By donation (No registration required)

Located in the library auditorium (not wheelchair accessible)

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

## Friday, February 16, 2024

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### Knitting Club at PSPL

Date and Time: Friday, February 16 11:00 am - 12:00 pm

Address: 29 Mary Street

Knitting Club

Fridays @ 11 AM (Feb. 2nd to Apr. 26th, 2024)

Come to Parry Sound Public Library for a social knitting club! Meet on the main level of the library to knit, mi

ngle and share tips and techniques with other local knitters. \* Please note: there will be no meeting on Friday, March 29th, as the library is closed for Good Friday.

Drop-in • No registration required

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

## **Snowfest- Fisherman's Ball**

Date and Time: Friday, February 16 5:00 pm - 11:00 pm

Address: 7 Mary Street

Kick off Snowfest weekend with the Fishman's Ball, Dinner, Dance & Silent Auction at the Bobby Orr Community Centre.

5:00pm: Doors Open

6:00pm: Dinner

8:00pm: Dance

\$30.00 for Dinner & Dance, \$15.00 Dance only.

Tickets available at Ritchie Insurance, or call Jim MacCoubrey at 705-746-4576

## **Saturday, February 17, 2024**

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### **Snowfest: Pancake Breakfast**

Date and Time: Saturday, February 17 8:00 am - 10:30 am

Address: 7 Mary Street

Join the Parry Sound High School Band for a Pancake Breakfast at the Bobby Orr Community Centre

\$8.00 per adult, \$5.00 per senior/student, children under 4 are free (cash only)!

Breakfast includes all you can eat pancakes, an order of sausage and coffee/tea/juice.

### **Free Public Skate**

Date and Time: Saturday, February 17 1:00 pm - 2:00 pm

Address: 7 Mary Street

Join us at the BOCC for Free Public Skating!

All patrons who participate in ice skating programs must respect the following rules:

- Respect staff at all times.

- CSA approved helmets are strongly recommended for all skaters.
- All participants must be wearing skates while on the ice surface.
- Skate at a sensible, safe speed, in the same direction as other skaters.
- No food or drink on the ice surface.
- No sticks, pucks, balls, chairs, pylons, strollers or any other item which might interfere with the safety of any skater on the ice surface.
- No horseplay or games.
- No skating backwards or figure skating maneuvers.
- No headsets, cellphones or handheld electronic devices are to be used while skating.
- No carrying of children is permitted
- No sitting on the boards.

## **Snowfest: Spin Cycle Variety Show**

Date and Time: Saturday, February 17 4:00 pm - 5:00 pm

Address: 7 Mary Street

Join us at the Bobby Orr Community Centre for this variety show. It is a unique combination of Comedy, Variety and Circus- all in one show.

Doors open at 3:30pm, show begins at 4:00pm

## **Sunday, February 18, 2024**

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### **Snowfest-SnowPitch**

Date and Time: Sunday, February 18 9:00 am - 6:00 pm

Address: 110 Parry Sound Drive

Register a team to participate in SnowPitch at Kinsman Park!

Registration is free, register today by emailing [psmixedslpitch@outlook.com](mailto:psmixedslpitch@outlook.com)

### **Snowfest- Family Fun Snowday**

Date and Time: Sunday, February 18 2:00 pm - 7:00 pm

Address: 110 Parry Sound Drive

Join the Town of Parry Sound at Kinsman Park for bonfires, outdoor skating, logging challenges, plank races, face painting (\$), beaver tails (\$), pizza (\$), snowshoeing and so much more.

S'mores supplies provided by Stacie and Troy's No Frills.

Warming Centre & Hot Chocolate provided by the Kinsman Club of Parry Sound

7:00pm: FIREWORKS!

## **Snowfest- The Great Parry Sound Toboggan Races**

Date and Time: Sunday, February 18 3:00 pm - 5:00 pm

Address: 110 Parry Sound Road

The Great Parry Sound Toboggan Races are back for the second year!

Pre-registration is encouraged, available online here: [www.parrysound.ca/snowfest](http://www.parrysound.ca/snowfest)

Registration will be available on site from 2:00-2:45pm at Kinsman Park.

Toboggan race categories include:

- Regular Toboggan
- DIY Cardboard Toboggan
- Anything BUT a toboggan

Be sure to stop by Stacie & Troy's No Frills for cardboard boxes, and a display of cardboard toboggans.

## **Monday, February 19, 2024**

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### **Snowfest: Mayor McGarvey's Free BBQ & Skate**

Date and Time: Monday, February 19 11:00 am - 2:00 pm

Address: 7 Mary Street

End your family day weekend with Mayor McGarvey's FREE family day BBQ, Board Games and Family Skate.

Burgers and hotdogs available while supplies last.

Family board games available in the Hart Trophy Room- try out a new game, or play an old classic.

Face painting (\$) by Happy Face Painting & Body Art in the Stanley Cup Hall

## **Tuesday, February 20, 2024**

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### **Chess Club**

Date and Time: Tuesday, February 20 10:00 am - 1:00 pm

Address: 29 Mary Street

Join our Chess Club to practice, learn, and sharpen your chess skills in a family friendly environment.

Drop-in · No registration required. All ages and skill levels welcome (supervised youth please)

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

## Adult Skate- Drop in

Date and Time: Tuesday, February 20 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult skate is returning to the BOCC for the 2023/2024 season.

**When:** Mondays, Tuesdays, Wednesdays & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Children's Chess Club

Date and Time: Tuesday, February 20 4:00 pm - 5:00 pm

Address: 29 Mary Street

Join us in the library auditorium for a bi-weekly chess club!

FREE • Drop-in program • All skill levels welcome

On the following dates:

Jan 23rd, Feb 6th & 20th, Mar 5th & 19th, and Apr 2nd

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

## Pickleball-Drop-In

Date and Time: Tuesday, February 20 5:00 pm - 7:00 pm

Address: 7 Mary Street

Pickleball is a game similar to tennis, played on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

**To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for reservation 6 days in advance of drop-in timeslots. Drop-In Pickleball will be limited to 16 participants, to a void disappointment, pre-registration is highly recommended. Please visit our website here for pre-registration details: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)**

Open Division (evening):

**Where:** Bobby Orr Community Centre, 7 Mary Street

**When:** Tuesdays, 5:00pm-7:00pm, beginning Tuesday, September 19, 2023

**Cost:** Participants encouraged to purchase a Drop-In Pass (Drop-In Pass Details: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Wednesday, February 21, 2024

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### Pickleball Drop-In- Competitive

Date and Time: Wednesday, February 21 9:00 am - 11:00 am

Address: 7 Mary Street

Pickleball is a game similar to tennis, played on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

**To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for reservation 6 days in advance of drop-in timeslots. Drop-In Pickleball will be limited to 16 participants, to a void disappointment, pre-registration is highly recommended. Pre-registration details available here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)**

Competitive (daytime):

**Where:** Bobby Orr Community Centre, 7 Mary Street

**When:** Wednesdays, 9:00am-11:00am, beginning Wednesday, September 20, 2023

**Cost:** Participants encouraged to purchase a Drop-In Pass (Drop-in Pass details available here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

### Pickleball Drop-In- Recreational

Date and Time: Wednesday, February 21 11:00 am - 1:00 pm

Address: 7 Mary Street

Pickleball is a game similar to tennis, played on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

**To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for reservation 6 days in advance of drop-in timeslots. Drop-In Pickleball will be limited to 16 participants, to a void disappointment, pre-registration is highly recommended. Pre-registration details available on our website here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)**

Recreational (daytime):

**Where:** Bobby Orr Community Centre, 7 Mary Street

**When:** Wednesdays, 11:00am-1:00pm, beginning Wednesday, September 20, 2023

**Cost:** Participants encouraged to purchase a Drop-In Pass (Drop-In Pass details: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Adult Skate

Date and Time: Wednesday, February 21 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult skate is returning to the BOCC for the 2023/2024 season.

**When:** Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Intro to Yoga

Date and Time: Wednesday, February 21 1:30 pm - 2:15 pm

Address: 29 Mary Street

Intro to Yoga

Wednesdays @ 1:30 to 2:15 PM

Program run to November 27th, 2024.

Intro to yoga with certified Yoga Instructor Ellen Koennecke, of Yoga in the Sound. Located in the library auditorium. (not wheelchair accessible)

Drop-in • \$5 per session • No registration required.

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

## Floor Curling- Drop In

Date and Time: Wednesday, February 21 2:00 pm - 4:00 pm

Address: 7 Mary Street

Floor Curling is a modified version of the Olympic sport of curling with one major difference – no ice! It offers participants a great introduction to the game, or a way to continue your love for the game beyond the ice surface.

**Where:** Bobby Orr Community Centre (Stanley Cup Hall), 7 Mary St, Parry Sound, ON P2A 1C8

**When:** Wednesdays, 2:00 - 4:00 PM

**What to Bring:** Players should bring clean running shoes to play. All equipment is provided!

**Cost:** Participants encouraged to purchase a Drop-In Pass (details here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## French Group

Date and Time: Wednesday, February 21 4:30 pm - 6:00 pm

Address: 29 Mary Street

Practice your language skills with other French speakers in Parry Sound. Join us at the library for a weekly casual French Group. (not formal lessons)

Drop-in • All skill levels welcome

Located in the auditorium (not wheelchair accessible)

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

## Parry Sound Nature Club

Date and Time: Wednesday, February 21 7:00 pm - 8:30 pm

Address: Mary St. Centre, 24 Mary St, Parry Sound

The State of the Bay

Mary St. Centre, 24 Mary St, Parry Sound

Hot off the press! The Georgian Bay Mnidoo Gami Biosphere (GBB) released a new State of the Bay ecosystem health report this summer. For the third edition of the report, it was clear that a deeper understanding of the changes happening to the lands and waters would be created by bringing together stories from elders, knowledge holders, researchers, and scientists. Join Katrina Krievins, Aquatic Conservation Programs Manager with GBB, to hear about the new approach to State of the Bay utilizing "Two-Eyed Seeing" or "Seeing Both Sides". Learn about the changes in Georgian Bay and how you can help!

## Thursday, February 22, 2024

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### Line Dancing- Drop-In

Date and Time: Thursday, February 22 9:30 am - 11:30 am

Address: 7 Mary Street



No partner is necessary for this drop-in dance activity!

Line Dancing is a great activity for maintaining flexibility and balance, and is just downright fun!

No experience required, all abilities welcome.

**Where:** Bobby Orr Community Centre, 7 Mary Street

**When:** Thursdays, 9:30am-11:30am, beginning September 14, 2023

**Cost:** Participants encouraged to purchase a Drop-In Pass (Drop-In Pass Details: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Adult Skate- Drop in

Date and Time: Thursday, February 22 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult skate is returning to the BOCC for the 2023/2024 season.

**When:** Mondays, Tuesdays, Wednesdays & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Homeschool Skate

Date and Time: Thursday, February 22 1:00 pm - 2:00 pm

Address: 7 Mary Street

Homeschool Skating is available on Thursday afternoons from 1pm-2pm at the Bobby Orr Community Centre.

**When:** Thursdays from 1pm-2pm

\*\*Please note: Homeschool skate has been rescheduled on February 08, March 07 and March 21 to 10am-11am

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per adult (cash only)

## Shuffleboard- Drop-in

Date and Time: Thursday, February 22 1:00 pm - 3:00 pm

Address: 7 Mary Street

Floor shuffleboard is now being offered in the Town of Parry Sound. All equipment is provided, no experience necessary. Come out for an afternoon of activity, socializing, and fun! Please bring a pair of clean running shoes to play.

**Where:** Bobby Orr Community Centre (Stanley Cup Hall), 7 Mary St, Parry Sound, ON P2A 1C8

**When:** Thursdays, 1:00 - 3:00 PM

**What to Bring:** Players should bring clean running shoes to play. All equipment is provided!

**Cost:** Participants encouraged to purchase a Drop-In Pass (details here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Meditation Sessions for Beginners

Date and Time: Thursday, February 22 5:45 pm - 6:45 pm

Address: 29 Mary Street

New Year, New You - Meditation can give you a sense of calm, peace, and balance that can benefit your emotional well-being and overall health.

In these sessions, you will learn different meditation techniques for beginners and participate in a short guided meditation.

Drop-in • By donation (No registration required)

Located in the library auditorium (not wheelchair accessible)

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

## Friday, February 23, 2024

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### Knitting Club at PSPL

Date and Time: Friday, February 23 11:00 am - 12:00 pm

Address: 29 Mary Street

Knitting Club

Fridays @ 11 AM (Feb. 2nd to Apr. 26th, 2024)

Come to Parry Sound Public Library for a social knitting club! Meet on the main level of the library to knit, mingle and share tips and techniques with other local knitters. \* Please note: there will be no meeting on Friday, March 29th, as the library is closed for Good Friday.

Drop-in • No registration required

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

# Saturday, February 24, 2024

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## PSPL Adult Literacy Program Tutor Training

Date and Time: Saturday, February 24 9:00 am - 5:00 pm

Address: 29 Mary Street

Saturday, February 24th, 2024 - 9 am to 5 pm

Do you want to help a newcomer to Canada learn English? Parry Sound Public Library is hosting free Tutor Training to help you feel comfortable and confident in teaching English. Resources are provided. For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca).

## Essentrics Aging Backwards

Date and Time: Saturday, February 24 10:00 am - 11:00 am

Address: 17 Mary St.

Boost your health in Winter and Spring! Join us in the Hart Room at the Bobby Orr Community Center (second floor).

Workout is suitable for all fitness levels and body types. If you are active and want to maintain an active lifestyle this class is for you. If you are beginning to exercise, modifications are suggested to decrease difficulty or intensity to help you on your journey to well-being.

Approx. 60 min. Standing and Barre Workout. We use a chair for the barre portion (*but we are not sitting*)! The barre component is used to stretch and strengthen the hip joint and for deep leg and glute stretches.

This full-body toning, conditioning and energizing workout results in improved mobility, strength, posture and greater energy.

Dynamic fluid movements focus on:

- Build strength in muscle groups that are often overlooked to prevent injuries,
- Boost cardiovascular system,
- Strengthen the core,
- Leg and glute strengthening,
- Compound movements to intelligently activate more than one muscle group at a time,
- Move your fascia and connective tissue to relieve stiffness in joints including the spine,
- Improve balance and muscular endurance
- Classes are ALWAYS low impact for protecting our joints with an emphasis on body alignment,
- Classes are ALWAYS full body to rebalance the muscle the groups from head to toe.

You will leave feeling invigorated and move throughout your day with greater ease and well-being.

Bring exercise mat and water bottle.

Drop In \$15/class or purchase a class pass.

Check out details of class pass in FAQ section [www.essentricswithcaroline.ca](http://www.essentricswithcaroline.ca)

Visit [www.essentricswithcaroline.ca](http://www.essentricswithcaroline.ca) for class schedule and a variety of workouts offered in Parry Sound and Humprey.

Participants are asked to read, review and sign waiver.

## Monday, February 26, 2024

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### Parent and Tot Skate-Drop In

Date and Time: Monday, February 26 9:00 am - 10:00 am

Address: 7 Mary Street

Parent and Tot Skating is returning for the 2023/2024 season.

**When:** Mondays from 9am-10am

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

### Adult Skate- Drop in

Date and Time: Monday, February 26 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult skate is returning to the BOCC for the 2023/2024 season.

**When:** Mondays, Tuesdays, Wednesdays & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Tuesday, February 27, 2024

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### Chess Club

Date and Time: Tuesday, February 27 10:00 am - 1:00 pm

Address: 29 Mary Street

Join our Chess Club to practice, learn, and sharpen your chess skills in a family friendly environment.

Drop-in · No registration required. All ages and skill levels welcome (supervised youth please)

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

## Adult Skate- Drop in

Date and Time: Tuesday, February 27 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult skate is returning to the BOCC for the 2023/2024 season.

**When:** Mondays, Tuesdays, Wednesdays & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Pickleball-Drop-In

Date and Time: Tuesday, February 27 5:00 pm - 7:00 pm

Address: 7 Mary Street

Pickleball is a game similar to tennis, played on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

**To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for reservation 6 days in advance of drop-in timeslots. Drop-In Pickleball will be limited to 16 participants, to a void disappointment, pre-registration is highly recommended. Please visit our website here for pre-registration details: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)**

Open Division (evening):

**Where:** Bobby Orr Community Centre, 7 Mary Street

**When:** Tuesdays, 5:00pm-7:00pm, beginning Tuesday, September 19, 2023

**Cost:** Participants encouraged to purchase a Drop-In Pass (Drop-In Pass Details: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Wednesday, February 28, 2024

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### Pickleball Drop-In- Competitive

Date and Time: Wednesday, February 28 9:00 am - 11:00 am

Address: 7 Mary Street

Pickleball is a game similar to tennis, played on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

**To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for reservation 6 days in advance of drop-in timeslots. Drop-In Pickleball will be limited to 16 participants, to a**

**void disappointment, pre-registration is highly recommended. Pre-registration details available here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)**

Competitive (daytime):

**Where:** Bobby Orr Community Centre, 7 Mary Street

**When:** Wednesdays, 9:00am-11:00am, beginning Wednesday, September 20, 2023

**Cost:** Participants encouraged to purchase a Drop-In Pass (Drop-in Pass details available here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Pickleball Drop-In- Recreational

Date and Time: Wednesday, February 28 11:00 am - 1:00 pm

Address: 7 Mary Street

Pickleball is a game similar to tennis, played on a smaller court with paddles and a wiffle ball. Pickleball offers participants a terrific workout and social opportunities.

**To ensure participant safety, and fairness of access to all, drop-in pickleball spots will be available for reservation 6 days in advance of drop-in timeslots. Drop-In Pickleball will be limited to 16 participants, to a void disappointment, pre-registration is highly recommended. Pre-registration details available on our website here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)**

Recreational (daytime):

**Where:** Bobby Orr Community Centre, 7 Mary Street

**When:** Wednesdays, 11:00am-1:00pm, beginning Wednesday, September 20, 2023

**Cost:** Participants encouraged to purchase a Drop-In Pass (Drop-In Pass details: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Adult Skate

Date and Time: Wednesday, February 28 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult skate is returning to the BOCC for the 2023/2024 season.

**When:** Mondays, Tuesdays, Wednesday & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Intro to Yoga

Date and Time: Wednesday, February 28 1:30 pm - 2:15 pm

Address: 29 Mary Street

Intro to Yoga

Wednesdays @ 1:30 to 2:15 PM

Program run to November 27th, 2024.

Intro to yoga with certified Yoga Instructor Ellen Koennecke, of Yoga in the Sound. Located in the library auditorium. (not wheelchair accessible)

Drop-in • \$5 per session • No registration required.

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

## Floor Curling- Drop In

Date and Time: Wednesday, February 28 2:00 pm - 4:00 pm

Address: 7 Mary Street

Floor Curling is a modified version of the Olympic sport of curling with one major difference – no ice! It offers participants a great introduction to the game, or a way to continue your love for the game beyond the ice surface.

**Where:** Bobby Orr Community Centre (Stanley Cup Hall), 7 Mary St, Parry Sound, ON P2A 1C8

**When:** Wednesdays, 2:00 - 4:00 PM

**What to Bring:** Players should bring clean running shoes to play. All equipment is provided!

**Cost:** Participants encouraged to purchase a Drop-In Pass (details here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## French Group

Date and Time: Wednesday, February 28 4:30 pm - 6:00 pm

Address: 29 Mary Street

Practice your language skills with other French speakers in Parry Sound. Join us at the library for a weekly casual French Group. (not formal lessons)

Drop-in • All skill levels welcome

Located in the auditorium (not wheelchair accessible)

## Thursday, February 29, 2024

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### Line Dancing- Drop-In

Date and Time: Thursday, February 29 9:30 am - 11:30 am

Address: 7 Mary Street

No partner is necessary for this drop-in dance activity!

Line Dancing is a great activity for maintaining flexibility and balance, and is just downright fun!

No experience required, all abilities welcome.

**Where:** Bobby Orr Community Centre, 7 Mary Street

**When:** Thursdays, 9:30am-11:30am, beginning September 14, 2023

**Cost:** Participants encouraged to purchase a Drop-In Pass (Drop-In Pass Details: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms) ), Cost without a Drop-In Pass: \$3.00 per person (cash only)

### Adult Skate- Drop in

Date and Time: Thursday, February 29 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult skate is returning to the BOCC for the 2023/2024 season.

**When:** Mondays, Tuesdays, Wednesdays & Thursdays from 12pm-1pm

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

### Homeschool Skate

Date and Time: Thursday, February 29 1:00 pm - 2:00 pm

Address: 7 Mary Street

Homeschool Skating is available on Thursday afternoons from 1pm-2pm at the Bobby Orr Community Centre.

**When:** Thursdays from 1pm-2pm

\*\*Please note: Homeschool skate has been rescheduled on February 08, March 07 and March 21 to 10am-11am

**Cost:** Participants encouraged to purchase a Drop-In Pass ([click here for details](#)), Cost without a Drop-In Pass:



\$3.00 per adult (cash only)

## Shuffleboard- Drop-in

Date and Time: Thursday, February 29 1:00 pm - 3:00 pm

Address: 7 Mary Street

Floor shuffleboard is now being offered in the Town of Parry Sound. All equipment is provided, no experience necessary. Come out for an afternoon of activity, socializing, and fun! Please bring a pair of clean running shoes to play.

**Where:** Bobby Orr Community Centre (Stanley Cup Hall), 7 Mary St, Parry Sound, ON P2A 1C8

**When:** Thursdays, 1:00 - 3:00 PM

**What to Bring:** Players should bring clean running shoes to play. All equipment is provided!

**Cost:** Participants encouraged to purchase a Drop-In Pass (details here: [www.parrysound.ca/adultprograms](http://www.parrysound.ca/adultprograms)), Cost without a Drop-In Pass: \$3.00 per person (cash only)

## Meditation Sessions for Beginners

Date and Time: Thursday, February 29 5:45 pm - 6:45 pm

Address: 29 Mary Street

New Year, New You - Meditation can give you a sense of calm, peace, and balance that can benefit your emotional well-being and overall health.

In these sessions, you will learn different meditation techniques for beginners and participate in a short guided meditation.

Drop-in • By donation (No registration required)

Located in the library auditorium (not wheelchair accessible)

For more information, contact PSPL at 705-746-9601 or [askus@pspl.ca](mailto:askus@pspl.ca)

<http://events.parrysound.ca>