

## Saturday, June 1, 2024

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### Essentrics Stretch and Tone

Date and Time: Saturday, June 1 10:00 am - 11:00 am

Address: Stockey Centre for Performing Arts, 2 Bay Street

## **ESSENTRICS STRETCH & TONE LOW IMPACT FULL-BODY WORKOUT**

**Transform your Saturday morning with an  
Essentrics Stretch and Tone practice.  
Outdoor class on the Bayside Patio at the  
Stockey Centre for Performing Arts**

This fun head-to-toe low-impact workout consists of 50-minutes ALL STANDING and is suitable for all fitness levels.

Dynamic fluid movements focus on:

- body alignment to improve posture
- large full-body movements to strengthen the core and power up our cardiovascular system
- tone arms and glutes
- release tension in the lower back and hips
- enhance mobility of your feet

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

Bring exercise mat and water bottle.

Class starts 10am on the Bayside Patio at the Stockey Centre.

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

Inquiries: 647-222-4498 or email [info@essentricswithcaroline.ca](mailto:info@essentricswithcaroline.ca)

[www.essentricswithcaroline.ca](http://www.essentricswithcaroline.ca)

## Monday, June 3, 2024

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## JRPM: Pickleball

Date and Time: Monday, June 3 10:00 am - 1:00 pm

Address: 110 Parry Sound Drive

**Monday, June 03, 2024 | 10am-1pm | Pickleball | Kinsmen Park:** Join us to play Canada's fastest growing sport, Pickleball! Kinsmen Park on the Summer Ice Surface. All skill levels are welcome.

## June is Recreation and Parks Month!

June is Recreation and Parks Month (JRPM) is a movement that promotes the benefits of recreation and parks for physical, social, and environmental health.

The Town of Parry Sound celebrates JRPM as a way to promote our programs, parks and facilities, which are available for all community members to enjoy.

All JRPM programs are free

## Tuesday, June 4, 2024

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### Gardening at Tower Hill

Date and Time: Tuesday, June 4 9:00 am - 12:00 pm

Address: 17 George Street

Gardening promotes physical and mental well-being. The Tower Hill Gardeners meet weekly from May through October to tend the Town's best loved Garden.

No previous experience is required. If you love being outside and don't mind getting dirty, you will be welcomed into the group. Tools can be provided if necessary.

**Tower Hill Garden | Tuesdays**

**Time:** 9am-12pm

**Cost:** Free

### Gentle Fit-Summer Sessions

Date and Time: Tuesday, June 4 9:00 am - 10:00 am

Address: 7 Mary Street

Gentle Fit is a one-hour class combining low impact movement, strength training, mobility, flexibility, and balance exercises. This program is designed to help participants engage all major muscle groups including their brain, lungs and heart using aerobic movement and resistance bands.

**Ages:** 65+

**Where:** Bobby Orr Community Centre, 7 Mary Street, Parry Sound, P2A 1C8

**When:** Tuesdays & Thursdays: 9am - 10am

**Session 5:** June 04-July 11: (12 classes)

**Cost:** \$96.00 + HST

**Session 6:** July 16- August 22: (12 classes)

**Cost:** \$96.00 + HST

**Drop in Rate:** \$12.00/ class (cash only)

## Chess Club

Date and Time: Tuesday, June 4 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)

## Art Journaling

Date and Time: Tuesday, June 4 11:00 am - 12:00 pm

Address: 29 Mary Street

Weekly on Tuesdays @ 11 am

April 9th to June 11th, 2024

Mindful creative sessions. Visual journaling using mixed media

Materials and journals available • Free drop-in program

Located in the library auditorium (not wheelchair accessible)

## Pickleball- Drop-in

Date and Time: Tuesday, June 4 11:00 am - 3:00 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.

Due to the increased popularity of pickleball in the area, Pickleball will be offered at the Bobby Orr Community Centre and Kinsmen Park for the 2024 Summer Season.

### **Bobby Orr Community Centre | Tuesdays | Summer Ice Pad**

**Time:** Recreational: 11am-1pm  
Competitive: 1pm-3pm

**Cost:** Participants encouraged to purchase a drop-in pass, cost without a drop-in pass: \$3.00 per person (cash only)

## **Wednesday, June 5, 2024**

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### **Pickleball-FREE**

Date and Time: Wednesday, June 5 9:00 am - 11:00 am

Address: 110 Parry Sound Drive

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

Due to the increased popularity of pickleball in the area, Pickleball will be offered at the Bobby Orr Community Centre and Kinsmen Park for the 2024 Summer Season.

### **Kinsmen Park | Wednesdays | Outdoor Summer Ice Pad**

**Time:** 9am-11am

**Cost:** Free

\*\*Pickleball at Kinsmen Park is unsupervised, players expected to ensure equal play for all is maintained.

\*\*Nets provided, bring your own balls and paddles.

### **Intro to Yoga**

Date and Time: Wednesday, June 5 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, June 5 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, June 5 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)

## Thursday, June 6, 2024

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### Gentle Fit-Summer Sessions

Date and Time: Thursday, June 6 9:00 am - 10:00 am

Address: 7 Mary Street

Gentle Fit is a one-hour class combining low impact movement, strength training, mobility, flexibility, and balance exercises. This program is designed to help participants engage all major muscle groups including their brain, lungs and heart using aerobic movement and resistance bands.

**Ages:** 65+

**Where:** Bobby Orr Community Centre, 7 Mary Street, Parry Sound, P2A 1C8

**When:** Tuesdays & Thursdays: 9am - 10am

**Session 5:** June 04-July 11: (12 classes)

**Cost:** \$96.00 + HST

**Session 6:** July 16- August 22: (12 classes)

**Cost:** \$96.00 + HST

**Drop in Rate:** \$12.00/ class (cash only)

## Seniors Information Session with Canada Revenue Agency and Service Canada

Date and Time: Thursday, June 6 11:00 am - 2:00 pm

Address: 29 Mary Street

Canada Revenue Agency:

Adults 65+ Doing your taxes has its benefits!

CVITP & Benefit Officer will be available to assist you in-person to answer questions and find free tax filing clinics.

Learn about the benefits and credits available to you such as the GST/HST, Disability Tax Credit (DTC), Canada Child Benefit (CCB), Canada's Workers Benefit, Canada Carbon Rebate.

Service Canada:

Service Canada provides Canadians with a single point of access to a wide range of government services and benefits.

Information on Service Canada's programs, services and benefits can be found online at [Canada.ca](http://Canada.ca) or by calling 1 800 O-Canada.

Free • Drop-in Session • Located in the library auditorium

(not wheelchair accessible)

## Shuffleboard- Drop-in

Date and Time: Thursday, June 6 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)

## JRPM: Circuit Training

Date and Time: Thursday, June 6 5:30 pm - 6:30 pm

Address: Yvonne Williams Park

**Thursday, June 06, 2024 | 5:30pm-6:30pm | Circuit Training | Yvonne Williams Park:** Join fitness instructor, Jacklyn Frias, of Thrive Health and Athletics, as she leads a Circuit Training Exercise Class for adults. Get your heartrate up with this FREE class!

## June is Recreation and Parks Month!

June is Recreation and Parks Month (JRPM) is a movement that promotes the benefits of recreation and parks for physical, social, and environmental health.

The Town of Parry Sound celebrates JRPM as a way to promote our programs, parks and facilities, which are available for all community members to enjoy.

All JRPM programs are free

## Saturday, June 8, 2024

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### JRPM: Children in the Garden

Date and Time: Saturday, June 8 9:00 am - 11:00 am

Address: 19 George Street

**Saturday, June 08, 2024 | 9am-11am | Children in the Garden | Tower Hill Garden:** Join the fun as the Tower Hill Gardeners plant their annual flowers. Children will learn how to plant and care for flowers in a garden and receive a plant to take home. Register by May 31 to save your spot. This is a parent and child activity. [\\*\\*Click here to register](#)

## **June is Recreation and Parks Month!**

June is Recreation and Parks Month (JRPM) is a movement that promotes the benefits of recreation and parks for physical, social, and environmental health.

The Town of Parry Sound celebrates JRPM as a way to promote our programs, parks and facilities, which are available for all community members to enjoy.

All JRPM programs are free (pre-registration required for Children in the Garden)

### **Essentrics Stretch and Tone**

Date and Time: Saturday, June 8 10:00 am - 11:00 am

Address: Stockey Centre for Performing Arts, 2 Bay Street

## **ESSEINTRICS STRETCH & TONE LOW IMPACT FULL-BODY WORKOUT**

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Outdoor class on the Bayside Patio at the  
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- body alignment to improve posture
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- tone arms and glutes
- release tension in the lower back and hips
- enhance mobility of your feet

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

Bring exercise mat and water bottle.

Class starts 10am on the Bayside Patio at the Stockey Centre.

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

Inquiries: 647-222-4498 or email [info@essentricswithcaroline.ca](mailto:info@essentricswithcaroline.ca)

[www.essentricswithcaroline.ca](http://www.essentricswithcaroline.ca)

## Kids' Tech Day

Date and Time: Saturday, June 8 11:00 am - 1:00 pm

Address: 29 Mary Street

Learn & explore 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)

## Tuesday, June 11, 2024

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### Gardening at Tower Hill

Date and Time: Tuesday, June 11 9:00 am - 12:00 pm

Address: 17 George Street

Gardening promotes physical and mental well-being. The Tower Hill Gardeners meet weekly from May through October to tend the Town's best loved Garden.

No previous experience is required. If you love being outside and don't mind getting dirty, you will be welcomed into the group. Tools can be provided if necessary.

**Tower Hill Garden | Tuesdays**

**Time:** 9am-12pm

**Cost:** Free

### Gentle Fit-Summer Sessions

Date and Time: Tuesday, June 11 9:00 am - 10:00 am

Address: 7 Mary Street

Gentle Fit is a one-hour class combining low impact movement, strength training, mobility, flexibility, and balance exercises. This program is designed to help participants engage all major muscle groups including their brain, lungs and heart using aerobic movement and resistance bands.

**Ages:** 65+

**Where:** Bobby Orr Community Centre, 7 Mary Street, Parry Sound, P2A 1C8

**When:** Tuesdays & Thursdays: 9am - 10am

**Session 5:** June 04-July 11: (12 classes)

**Cost: \$96.00 + HST**

**Session 6:** July 16- August 22: (12 classes)

**Cost: \$96.00 + HST**

**Drop in Rate: \$12.00/ class (cash only)**

## Chess Club

Date and Time: Tuesday, June 11 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)

## Art Journaling

Date and Time: Tuesday, June 11 11:00 am - 12:00 pm

Address: 29 Mary Street

Weekly on Tuesdays @ 11 am

April 9th to June 11th, 2024

Mindful creative sessions. Visual journaling using mixed media

Materials and journals available • Free drop-in program

Located in the library auditorium (not wheelchair accessible)

## Pickleball- Drop-in

Date and Time: Tuesday, June 11 11:00 am - 3:00 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.

Due to the increased popularity of pickleball in the area, Pickleball will be offered at the Bobby Orr Community Centre and Kinsmen Park for the 2024 Summer Season.

### **Bobby Orr Community Centre | Tuesdays | Summer Ice Pad**

**Time:** Recreational: 11am-1pm  
Competitive: 1pm-3pm

**Cost:** Participants encouraged to purchase a drop-in pass, cost without a drop-in pass: \$3.00 per person (cash only)

## **Aging with Confidence**

Date and Time: Tuesday, June 11 2:00 pm - 6:00 pm

Address: 7 Mary Street

Aging with Confidence FREE Seniors Month Information Fair at the Bobby Orr Community Centre

Learn about programs and services that support aging-in-place.

Refreshments and prizes throughout the day.

Call 705-746-5602 for transportation support

## **Wednesday, June 12, 2024**

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### **Pickleball-FREE**

Date and Time: Wednesday, June 12 9:00 am - 11:00 am

Address: 110 Parry Sound Drive

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

Due to the increased popularity of pickleball in the area, Pickleball will be offered at the Bobby Orr Community Centre and Kinsmen Park for the 2024 Summer Season.

### **Kinsmen Park | Wednesdays | Outdoor Summer Ice Pad**

**Time:** 9am-11am

**Cost:** Free

\*\*Pickleball at Kinsmen Park is unsupervised, players expected to ensure equal play for all is maintained.

\*\*Nets provided, bring your own balls and paddles.

## **Intro to Yoga**

Date and Time: Wednesday, June 12 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, June 12 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, June 12 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)

## Thursday, June 13, 2024

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### Gentle Fit-Summer Sessions

Date and Time: Thursday, June 13 9:00 am - 10:00 am

Address: 7 Mary Street

Gentle Fit is a one-hour class combining low impact movement, strength training, mobility, flexibility, and balance exercises. This program is designed to help participants engage all major muscle groups including their brain, lungs and heart using aerobic movement and resistance bands.

**Ages:** 65+

**Where:** Bobby Orr Community Centre, 7 Mary Street, Parry Sound, P2A 1C8

**When:** Tuesdays & Thursdays: 9am - 10am

**Session 5:** June 04-July 11: (12 classes)

**Cost:** \$96.00 + HST

**Session 6:** July 16- August 22: (12 classes)

**Cost:** \$96.00 + HST

**Drop in Rate:** \$12.00/ class (cash only)

### Shuffleboard- Drop-in

Date and Time: Thursday, June 13 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)

# Monday, June 17, 2024

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## JRPM: Qigong

Date and Time: Monday, June 17 10:00 am - 11:00 am

Address: 10 Salt Dock Road- access along the fitness trail

**Monday, June 17, 2024 | 10am-11am | Qigong | Tony Agnello Water Treatment Plant Parkette:** (rain date : June 19) Qigong encourages coordinated body-posture, movement, breathing and meditation. Join instructor Norma Pumphrey and experience the beauty of Georgian Bay at the Tony Agnello Water Treatment Plant Parkette.

## June is Recreation and Parks Month!

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The Town of Parry Sound celebrates JRPM as a way to promote our programs, parks and facilities, which are available for all community members to enjoy.

All JRPM programs are free

# Tuesday, June 18, 2024

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## Gardening at Tower Hill

Date and Time: Tuesday, June 18 9:00 am - 12:00 pm

Address: 17 George Street

Gardening promotes physical and mental well-being. The Tower Hill Gardeners meet weekly from May through October to tend the Town's best loved Garden.

No previous experience is required. If you love being outside and don't mind getting dirty, you will be welcomed into the group. Tools can be provided if necessary.

**Tower Hill Garden | Tuesdays**

**Time:** 9am-12pm

**Cost:** Free

## Gentle Fit-Summer Sessions

Date and Time: Tuesday, June 18 9:00 am - 10:00 am

Address: 7 Mary Street

Gentle Fit is a one-hour class combining low impact movement, strength training, mobility, flexibility, and balance exercises. This program is designed to help participants engage all major muscle groups including their brain, lungs and heart using aerobic movement and resistance bands.

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## Chess Club

Date and Time: Tuesday, June 18 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)

## Pickleball- Drop-in

Date and Time: Tuesday, June 18 11:00 am - 3:00 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.

Due to the increased popularity of pickleball in the area, Pickleball will be offered at the Bobby Orr Community Centre and Kinsmen Park for the 2024 Summer Season.

**Bobby Orr Community Centre | Tuesdays | Summer Ice Pad**

**Time:** Recreational: 11am-1pm  
Competitive: 1pm-3pm

**Cost:** Participants encouraged to purchase a drop-in pass, cost without a drop-in pass: \$3.00 per person (cash only)

## Wednesday, June 19, 2024

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### Pickleball-FREE

Date and Time: Wednesday, June 19 9:00 am - 11:00 am

Address: 110 Parry Sound Drive

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

Due to the increased popularity of pickleball in the area, Pickleball will be offered at the Bobby Orr Community Centre and Kinsmen Park for the 2024 Summer Season.

### Kinsmen Park | Wednesdays | Outdoor Summer Ice Pad

**Time:** 9am-11am

**Cost:** Free

\*\*Pickleball at Kinsmen Park is unsupervised, players expected to ensure equal play for all is maintained.

\*\*Nets provided, bring your own balls and paddles.

### Intro to Yoga

Date and Time: Wednesday, June 19 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)

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**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, June 19 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, June 19 7:00 pm - 8:30 pm

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

Things That Sting

Mary St. Centre, 24 Mary St, Parry Sound

Mark and Joanne are the beekeepers of Muskoka Craft Honey, managing 100+ colonies with apiaries located across Muskoka and Parry Sound. A graduate of the Niagara College beekeeping program, Mark has been working with honeybees and other stinging insects for 10+ years. Their presentation will focus on the most common stingers located in our region and give some context to who and what they are. In addition, they will have products available for those seeking a sweet treat.

# Thursday, June 20, 2024

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## Gentle Fit-Summer Sessions

Date and Time: Thursday, June 20 9:00 am - 10:00 am

Address: 7 Mary Street

Gentle Fit is a one-hour class combining low impact movement, strength training, mobility, flexibility, and balance exercises. This program is designed to help participants engage all major muscle groups including their brain, lungs and heart using aerobic movement and resistance bands.

**Ages:** 65+

**Where:** Bobby Orr Community Centre, 7 Mary Street, Parry Sound, P2A 1C8

**When:** Tuesdays & Thursdays: 9am - 10am

**Session 5:** June 04-July 11: (12 classes)

**Cost:** \$96.00 + HST

**Session 6:** July 16- August 22: (12 classes)

**Cost:** \$96.00 + HST

**Drop in Rate:** \$12.00/ class (cash only)

## Shuffleboard- Drop-in

Date and Time: Thursday, June 20 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)

# Saturday, June 22, 2024

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## Essentrics Stretch and Tone

Date and Time: Saturday, June 22 10:00 am - 11:00 am

Address: Stockey Centre for Performing Arts, 2 Bay Street

# ESSETRICS STRETCH & TONE LOW IMPACT FULL-BODY WORKOUT

**Transform your Saturday morning with an  
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Outdoor class on the Bayside Patio at the  
Stockey Centre for Performing Arts**

This fun head-to-toe low-impact workout consists of 50-minutes ALL STANDING and is suitable for all fitness levels.

Dynamic fluid movements focus on:

- body alignment to improve posture
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- tone arms and glutes
- release tension in the lower back and hips
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You will leave feeling invigorated and move throughout your day with greater ease and well-being.

Bring exercise mat and water bottle.

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

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[www.essentricswithcaroline.ca](http://www.essentricswithcaroline.ca)

## **Tuesday, June 25, 2024**

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### Gentle Fit-Summer Sessions

Date and Time: Tuesday, June 25 9:00 am - 10:00 am

Address: 7 Mary Street

Gentle Fit is a one-hour class combining low impact movement, strength training, mobility, flexibility, and balance exercises. This program is designed to help participants engage all major muscle groups including their brain, lungs and heart using aerobic movement and resistance bands.

**Ages:** 65+

**Where:** Bobby Orr Community Centre, 7 Mary Street, Parry Sound, P2A 1C8

**When:** Tuesdays & Thursdays: 9am - 10am

**Session 5:** June 04-July 11: (12 classes)

**Cost:** \$96.00 + HST

**Session 6:** July 16- August 22: (12 classes)

**Cost:** \$96.00 + HST

**Drop in Rate:** \$12.00/ class (cash only)

## Gardening at Tower Hill

Date and Time: Tuesday, June 25 9:00 am - 12:00 pm

Address: 17 George Street

Gardening promotes physical and mental well-being. The Tower Hill Gardeners meet weekly from May through October to tend the Town's best loved Garden.

No previous experience is required. If you love being outside and don't mind getting dirty, you will be welcomed into the group. Tools can be provided if necessary.

**Tower Hill Garden | Tuesdays**

**Time:** 9am-12pm

**Cost:** Free

## Tuesday Market

Date and Time: Tuesday, June 25 9:00 am - 2:00 pm

Address: Market Square 27 Mary St

## Chess Club

Date and Time: Tuesday, June 25 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)

## Pickleball- Drop-in

Date and Time: Tuesday, June 25 11:00 am - 3:00 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.

Due to the increased popularity of pickleball in the area, Pickleball will be offered at the Bobby Orr Community Centre and Kinsmen Park for the 2024 Summer Season.

### **Bobby Orr Community Centre | Tuesdays | Summer Ice Pad**

**Time:** Recreational: 11am-1pm

Competitive: 1pm-3pm

**Cost:** Participants encouraged to purchase a drop-in pass, cost without a drop-in pass: \$3.00 per person (cash only)

## JRPM: Beach Volleyball

Date and Time: Tuesday, June 25 6:00 pm - 7:00 pm

Address: 27 Prospect Street

**Tuesday, June 25, 2024 | 6pm-7pm | Beach Volleyball | Waubuno Beach:** Come on down to Waubuno Beach to play Beach Volleyball! All skill levels welcome to join in. Recommended for participants over 10 years old

## June is Recreation and Parks Month!

June is Recreation and Parks Month (JRPM) is a movement that promotes the benefits of recreation and parks for physical, social, and environmental health.

The Town of Parry Sound celebrates JRPM as a way to promote our programs, parks and facilities, which are available for all community members to enjoy.

All JRPM programs are free

## Wednesday, June 26, 2024

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## Pickleball-FREE

Date and Time: Wednesday, June 26 9:00 am - 11:00 am

Address: 110 Parry Sound Drive

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

Due to the increased popularity of pickleball in the area, Pickleball will be offered at the Bobby Orr Community Centre and Kinsmen Park for the 2024 Summer Season.

### **Kinsmen Park | Wednesdays | Outdoor Summer Ice Pad**

**Time:** 9am-11am

**Cost:** Free

**\*\*Pickleball at Kinsmen Park is unsupervised, players expected to ensure equal play for all is maintained.**

**\*\*Nets provided, bring your own balls and paddles.**

## **Intro to Yoga**

Date and Time: Wednesday, June 26 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, June 26 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, June 26 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)

## Thursday, June 27, 2024

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### Gentle Fit-Summer Sessions

Date and Time: Thursday, June 27 9:00 am - 10:00 am

Address: 7 Mary Street

Gentle Fit is a one-hour class combining low impact movement, strength training, mobility, flexibility, and balance exercises. This program is designed to help participants engage all major muscle groups including their brain, lungs and heart using aerobic movement and resistance bands.

**Ages:** 65+

**Where:** Bobby Orr Community Centre, 7 Mary Street, Parry Sound, P2A 1C8

**When:** Tuesdays & Thursdays: 9am - 10am

**Session 5:** June 04-July 11: (12 classes)

**Cost:** \$96.00 + HST

**Session 6:** July 16- August 22: (12 classes)

**Cost:** \$96.00 + HST

**Drop in Rate: \$12.00/ class (cash only)**

## **Shuffleboard- Drop-in**

Date and Time: Thursday, June 27 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)

<http://events.parrysound.ca>