

## Tuesday, September 5, 2023

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### Chess Club at Parry Sound Public Library

Date and Time: Tuesday, September 5 10:00 am - 1:00 pm

Address: 29 Mary Street

Chess Club

Tuesdays @ 10 AM to 1 PM

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)

## Wednesday, September 6, 2023

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### Floor Curling- Drop-In

Date and Time: Wednesday, September 6 1:00 pm - 3:00 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 (NEW TIME AS OF SEPTEMBER 20, 2023)

**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)

### Intro to Yoga at Parry Sound Public Library

Date and Time: Wednesday, September 6 1:30 pm - 2:15 pm

Address: 29 Mary Street

## Intro to Yoga

Wednesdays @ 1:30 to 2:15 PM

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

Program is on a drop-in basis at \$5 per session, no registration required. Masks are optional.

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

## Thursday, September 7, 2023

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### Shuffleboard- Drop-In

Date and Time: Thursday, September 7 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, September 9, 2023

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### Fly in- Drive in Event

Date and Time: Saturday, September 9 10:30 am - 3:30 pm

Address: 97 Airport Road

20th Annual Fly in- Drive in Runway Grand Re-opening

Saturday, September 09, 2023 from 10:30am-3:30pm at the Airport Grounds (97 Airport Road)

Local vendors, BBQ and Kids Zone

## Tuesday, September 12, 2023

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## Chess Club at Parry Sound Public Library

Date and Time: Tuesday, September 12 10:00 am - 1:00 pm

Address: 29 Mary Street

Chess Club

Tuesdays @ 10 AM to 1 PM

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)

## Book Page Wreath Making

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

Address: 29 Mary Street

### Book Page Wreath Making

Sept 12th @ 11 am (Group 1)

Sept 19th @ 11 am (Group 2)

Learn how to up-cycle unwanted used books into a beautiful Fall wreath! Supplies & Coffee will be provided

Limited space • 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)

## Wednesday, September 13, 2023

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### Floor Curling- Drop-In

Date and Time: Wednesday, September 13 1:00 pm - 3:00 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 (NEW TIME AS OF SEPTEMBER 20, 2023)

**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)

## Intro to Yoga at Parry Sound Public Library

Date and Time: Wednesday, September 13 1:30 pm - 2:15 pm

Address: 29 Mary Street

Intro to Yoga

Wednesdays @ 1:30 to 2:15 PM

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

Program is on a drop-in basis at \$5 per session, no registration required. Masks are optional.

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

## French Club at PSPL

Date and Time: Wednesday, September 13 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, September 14, 2023

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### Line Dancing- Drop-In

Date and Time: Thursday, September 14 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)

## Shuffleboard- Drop-In

Date and Time: Thursday, September 14 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, September 16, 2023

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### Essentrics Stretch and Tone Full Body Workout

Date and Time: Saturday, September 16 10:00 am - 11:00 am

Address: 17 MARY ST.

# Essentrics® Stretch and Tone Saturday Morning Ritual for Vitality

**This fun head-to-toe low-impact workout consists of STANDING and BARRE/Chair components and is suitable for all fitness levels.**

**Dynamic fluid movements focus on:**

- relieving tension and stiffness
- body alignment to improve posture
- large full-body movements to strengthen the core and power up our cardiovascular system
- tone arms and glutes

- release tightness in the lower back and hips
- enhance mobility of your feet

This full-body gentle workout will leave you feeling invigorated and move throughout your day with greater ease and well-being.

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

Class pass FAQ's [www.essentricswithcaroline.ca](http://www.essentricswithcaroline.ca)

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

Visit class schedule at [www.essentricswithcaroline.ca](http://www.essentricswithcaroline.ca)

You may also use your class pass to attend classes at the Humphrey Community Center Sunday mornings.

## **Kids' Tech Club**

Date and Time: Saturday, September 16 11:00 am - 1:00 pm

Address: 29 Mary Street

3rd Saturday of the Month @ 11 am to 1 pm

Sept 16th, Oct 21st & Nov 18th

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)

## **Tuesday, September 19, 2023**

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### **Chess Club at Parry Sound Public Library**

Date and Time: Tuesday, September 19 10:00 am - 1:00 pm

Address: 29 Mary Street

Chess Club

Tuesdays @ 10 AM to 1 PM

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)

## Book Page Wreath Making

Date and Time: Tuesday, September 19 11:00 am - 12:00 pm

Address: 29 Mary Street

### Book Page Wreath Making

Sept 12th @ 11 am (Group 1)

Sept 19th @ 11 am (Group 2)

Learn how to up-cycle unwanted used books into a beautiful Fall wreath! Supplies & Coffee will be provided

Limited space • 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)

## Pickleball-Drop-In

Date and Time: Tuesday, September 19 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, September 20, 2023

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### Pickleball Drop-In- Competitive

Date and Time: Wednesday, September 20 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, September 20 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)

## Intro to Yoga at Parry Sound Public Library

Date and Time: Wednesday, September 20 1:30 pm - 2:15 pm

Address: 29 Mary Street

Intro to Yoga

Wednesdays @ 1:30 to 2:15 PM

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



Program is on a drop-in basis at \$5 per session, no registration required. Masks are optional.

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, September 20 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 (NEW TIME AS OF SEPTEMBER 20, 2023)

**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 Club at PSPL

Date and Time: Wednesday, September 20 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, September 21, 2023

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### Line Dancing- Drop-In

Date and Time: Thursday, September 21 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)

## Shuffleboard- Drop-In

Date and Time: Thursday, September 21 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)

## Family Game Night

Date and Time: Thursday, September 21 4:30 pm - 6:30 pm

Address: 29 Mary Street

Come to PSPL for an evening of family games! We have board games, card games, puzzles and more!

All ages welcome • Games will be provided

FREE • Drop-in program

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

## Saturday, September 23, 2023

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### Kids' Chess Tournament

Date and Time: Saturday, September 23 10:00 am - 2:00 pm

Address: 29 Mary Street

FREE • Advanced Registration Required

All skill levels welcome • Grades K to 12

Located in the library auditorium (not wheelchair accessible)

\*Call Robert to register 705-746-3164

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

## Essentrics Stretch and Tone Full Body Workout

Date and Time: Saturday, September 23 10:00 am - 11:00 am

Address: 17 MARY ST.

# Essentrics® Stretch and Tone Saturday Morning Ritual for Vitality

**This fun head-to-toe low-impact workout consists of STANDING and BARRE/Chair components and is suitable for all fitness levels.**

### Dynamic fluid movements focus on:

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

This full-body gentle workout will leave you feeling invigorated and move throughout your day with greater ease and well-being.

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

Class pass FAQ's [www.essentricswithcaroline.ca](http://www.essentricswithcaroline.ca)

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

Visit class schedule at [www.essentricswithcaroline.ca](http://www.essentricswithcaroline.ca)

You may also use your class pass to attend classes at the Humphrey Community Center Sunday mornings.

## Free Public Skate

Date and Time: Saturday, September 23 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, September 25, 2023

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### Parent and Tot Skate-Drop In

Date and Time: Monday, September 25 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, September 25 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, September 26, 2023

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Chess Club at Parry Sound Public Library

Date and Time: Tuesday, September 26 10:00 am - 1:00 pm

Address: 29 Mary Street

Chess Club

Tuesdays @ 10 AM to 1 PM

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, September 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)

## Children's Chess Club at PSPL

Date and Time: Tuesday, September 26 4:00 pm - 5:00 pm

Address: 29 Mary Street

Join us in the library auditorium for a bi-weekly chess club on Tuesdays at 4 pm!

FREE • Drop-in program • All skill levels welcome

On the following dates:

Sept 26th, Oct 10th & 24th, Nov 7th & 21st, and Dec 5th

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

## Pickleball-Drop-In

Date and Time: Tuesday, September 26 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, September 27, 2023**

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### **Pickleball Drop-In- Competitive**

Date and Time: Wednesday, September 27 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, September 27 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 w**

**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

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## Intro to Yoga at Parry Sound Public Library

Date and Time: Wednesday, September 27 1:30 pm - 2:15 pm

Address: 29 Mary Street

Intro to Yoga

Wednesdays @ 1:30 to 2:15 PM

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

Program is on a drop-in basis at \$5 per session, no registration required. Masks are optional.

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, September 27 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

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**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 Club at PSPL

Date and Time: Wednesday, September 27 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)

## New Volunteer Welcome Event

Date and Time: Wednesday, September 27 6:30 pm - 8:00 pm

Address: 14 James st-THE DROP

Tour the space, chat with current volunteers and learn how you can get involved with The Drop to support the youth of our community.

## Thursday, September 28, 2023

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### Line Dancing- Drop-In

Date and Time: Thursday, September 28 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, September 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, 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, September 28 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)

## Art Nights with Rola

Date and Time: Thursday, September 28 6:00 pm - 7:00 pm

Address: 29 Mary Street

Art supplies will be provided

Limited space • 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, September 29, 2023

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### Free Public Skate- PD Day

Date and Time: Friday, September 29 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, September 30, 2023

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### National Day for Truth & Reconciliation Sunrise Ceremony

Date and Time: Saturday, September 30 7:00 am - 10:00 am

Address: Francis Pegahmagabow Monument at Stockey Centre, 2 Bay Street

Sunrise Ceremony conducted by Delores McKay, followed by a tying of the tobacco ceremony to honour those impacted and lost by residential schools.

Make and hang a tobacco tie in the tree for healing together.

Coffee, tea and refreshments provided.

### Parry Sound Fire Department OPEN HOUSE

Date and Time: Saturday, September 30 10:00 am - 2:00 pm

Address: 4 Church Street

### Essentrics Stretch and Tone Full Body Workout

Date and Time: Saturday, September 30 10:00 am - 11:00 am

Address: 17 MARY ST.

## Essentrics® Stretch and Tone Saturday Morning Ritual for Vitality

**This fun head-to-toe low-impact workout consists of STANDING and BARRE/Chair components and is suitable for all fitness levels.**

**Dynamic fluid movements focus on:**

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

This full-body gentle workout will leave you feeling invigorated and move throughout your day with greater ease and well-being.

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

Class pass FAQ's [www.essentricswithcaroline.ca](http://www.essentricswithcaroline.ca)

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

Visit class schedule at [www.essentricswithcaroline.ca](http://www.essentricswithcaroline.ca)

You may also use your class pass to attend classes at the Humphrey Community Center Sunday mornings.

## Free Public Skate

Date and Time: Saturday, September 30 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.

<http://events.parrysound.ca>