

Friday, November 1, 2024

Knitters & Stitches Club (formerly Knitting Club)

Date and Time: Friday, November 1 11:00 am - 12:00 pm

Address: 29 Mary Street

Knitters & Stitches Club (formerly Knitting Club)

Friday mornings @ 11 AM to 12 Noon

Program runs Sept. 27th to Dec. 13th, 2024

A social gathering around our favourite pastimes: knitting, crocheting, and all things needlework. Bring your current project and join our drop-in group to learn and share from our collective skills. (not formal lessons)

Located in on the Parry Sound Public Library main level

No registration required

For more information, contact PSPL at 705-746-9601 or askus@pspl.ca

Saturday, November 2, 2024

Essentrics® Full-Body Dynamic Strength Workout

Date and Time: Saturday, November 2 10:00 am - 11:00 am

Address: 17 MARY STREET

If you are active and want to prepare the body for pickleball, hiking or your favorite recreational activity this class is for you.

This full-body toning and energizing workout consists of dynamic fluid movements to:

- Improve overall strength, endurance and agility
- build strength in muscle groups that are often overlooked to prevent injuries

- tone your core, arms, thighs and glutes
- improve balance and muscular endurance
- boost cardiovascular system
- relieve stiffness in the joints and spine
- body alignment to improve posture
- ALWAYS low impact to protect our joints

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

Bring exercise mat and water bottle.

Bobby Orr Community Centre 10am

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

Check out details of class pass in FAQ section
www.essentricswithcaroline.ca

Visit class schedule to discover a variety of workouts and locations.

Participants are asked to read and sign waiver.

FREE Public Skating

Date and Time: Saturday, November 2 1:00 pm - 2:00 pm

Address: 7 Mary Street

Enjoy free public skating sessions at the Bobby Orr Community Centre! Lace up your skates this fall and winter , and glide with family and friends in our friendly, fun-filled environment.

Where: Bobby Orr Community Centre- 7 Mary Street,

When: Saturdays from 1pm-2pm (cancelled for Tournaments & Special events- please visit our Events Calendar for the most up to date information)

Regular Public Skating Rules apply, [click here for a list of rules](#)

Monday, November 4, 2024

Parent and Tot Skate-Drop in

Date and Time: Monday, November 4 9:00 am - 10:00 am

Address: 7 Mary Street

Parent and Tot Skating: Put on your skates and join us for a heartwarming Parent & Tot Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a fun-filled morning of bonding, learning, and laughter on the ice, perfect for building confidence and creating unforgettable memories together. ☐

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 adult (cash only)

Adult Skate-Drop in

Date and Time: Monday, November 4 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and rediscovering the joy of skating in a welcoming environment. ☐

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)

Tuesday, November 5, 2024

Gentle Fit

Date and Time: Tuesday, November 5 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.

Bobby Orr Community Centre | Tuesdays & Thursdays | 9am-10am

Sept 10-Oct 31: \$130.00

Nov 05-Dec 19: \$115.00

Jan 7-Feb 27: \$130.00

Mar 4-April 24: \$130.00

Drop in: \$12.00/class

Chess Club

Date and Time: Tuesday, November 5 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

Art Journaling

Date and Time: Tuesday, November 5 10:30 am - 12:00 pm

Address: 29 Mary Street

Art Journaling

Tuesday mornings @ 10:30 AM to 12 Noon

Program runs Sept. 24th to Nov. 26th, 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)

For more information, contact Parry Sound Public Library at 705-746-9601 or askus@pspl.ca

Adult Skate-Drop in

Date and Time: Tuesday, November 5 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and rediscovering the joy of skating in a welcoming environment. ☐

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)

Math Club

Date and Time: Tuesday, November 5 3:45 pm - 5:00 pm

Address: 29 Mary Street

Math Club

Tuesdays - October 22nd to November 26th (no session on Nov 12th)

after-school at 3:45 PM to 5 PM

Passionate about math?

Join the Math Club for Math Games & Puzzles, Problem Solving Exercises, and Training for optional math competitions.

Lead Mentor: Ceci

Located in the library auditorium (not wheelchair accessible)

Pickleball- Drop in

Date and Time: Tuesday, November 5 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 avoid disappointment, pre-registration is highly recommended. *To pre-register, an active Drop-In Pass is required (please see Drop-In Pass details on our website: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>).

To pre-register, please complete the form below, or call the Community Recreation Coordinator at 705-746-2701 x 201:

[Pre-registration Form](#)

Drop-In Pickleball Schedule:

Evening:

Bobby Orr Community Centre | Tuesdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 5:00pm-7:00pm

Cost: Participants encouraged to purchase a Drop-In Pass (visit our website for details: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>), cost without a Drop-In Pass: \$

3.00 per person (cash only)

English Conversation Group

Date and Time: Tuesday, November 5 5:00 pm - 6:00 pm

Address: 29 Mary Street

English Conversation Group

First and Third Tuesday of the month • program runs from Sept. 3rd to Dec. 3rd, 2024 @ 5 to 6 PM

Are you learning to speak English?

Join us at the library for a casual English Conversation Group.

(not formal lessons)

Free • Registration Required • Program designed for adults.

Located in the library auditorium (not wheelchair accessible)

For more information, contact Parry Sound Public Library at 705-746-9601 or askus@pspl.ca

Wednesday, November 6, 2024

Pickleball- Drop In

Date and Time: Wednesday, November 6 9:00 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 avoid disappointment, pre-registration is highly recommended. *To pre-register, an active Drop-In Pass is required (see details on our website here: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>).

To pre-register, please complete the form below, or call the Community Recreation Coordinator at 705-746-2701 x 201:

[Pre-registration Form](#)

Drop-In Pickleball Schedule:

Daytime:

Where: 7 Mary Street

Time: Competitive: 9:00am-11:00am

Recreation: 11:00am-1:00pm

Cost: Participants encouraged to purchase a Drop-In Pass (see details on our website here: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>), cost without a Drop-In Pass: \$3.00 per person (cash only)

Qigong

Date and Time: Wednesday, November 6 10:00 am - 11:00 am

Address: 7 Mary Street

Qi Gong encourages coordinated body-posture, movement, breathing and meditation. Join instructor Norma Pumphrey and experience Qi Gong first hand in this 6 week program beginning on Wednesday, October 09, 2024

Full Session: \$50.00

Drop-in: \$12.00

Bobby Orr Community Centre | Wednesdays | 10am-11am

Adult Skate-Drop in

Date and Time: Wednesday, November 6 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and rediscovering the joy of skating in a welcoming environment. □

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)

Minds in Motion

Date and Time: Wednesday, November 6 1:00 pm - 3:00 pm

Address: 7 Mary Street

This 8-week program is designed to provide physical activity and fun, mental stimulation for individuals with early to mid Alzheimer's disease or other forms of dementia, along with their care partners.

Registration is required for this program. Visit our website here to register: <https://www.parrysound.ca/explore>

\$20 each for participants and care partners

Bobby Orr Community Centre | Wednesdays | 1-3pm

October 02- November 20, 2024

Intro to Yoga

Date and Time: Wednesday, November 6 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

Floor Curling- Drop In

Date and Time: Wednesday, November 6 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), Cost without a Drop-In Pass: \$3.00 per person (cash only)

French Group

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

Address: 29 Mary Street

French Group

Wednesdays @ 4:30 to 6 PM

Program runs Sept. 4th to Dec. 11th, 2024

Are you learning to speak French?

Would like to 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 Parry Sound Public Library at 705-746-9601 or askus@pspl.ca

Thursday, November 7, 2024

Gentle Fit

Date and Time: Thursday, November 7 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.

Bobby Orr Community Centre | Tuesdays & Thursdays | 9am-10am

Sept 10-Oct 31: \$130.00

Nov 05-Dec 19: \$115.00

Jan 7-Feb 27: \$130.00

Mar 4-April 24: \$130.00

Drop in: \$12.00/class

Line Dancing- Drop in

Date and Time: Thursday, November 7 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.

Bobby Orr Community Centre | Thursdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 9:30am-11:30am

Cost: Participants encouraged to purchase a Drop-In Pass (see details on our website here: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>), cost without a Drop-In Pass: \$3.00 per person (cash only)

Adult Skate-Drop in

Date and Time: Thursday, November 7 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and rediscovering the joy of skating in a welcoming environment. ☐

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)

Homeschool Skate- Drop in

Date and Time: Thursday, November 7 1:00 pm - 2:00 pm

Address: 7 Mary Street

☐ * Calling all homeschool families! Join us for our Homeschool Skate Drop-In Program at the Bobby Orr Community Centre, where learning meets fun on the ice! A fantastic opportunity for homeschoolers to stay active, socialize, and sharpen their skating skills in a friendly and safe environment. ☐

When: Thursdays from 1pm-2pm

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)

Homeschool Hangout

Date and Time: Thursday, November 7 1:00 pm - 2:00 pm

Address: 29 Mary Street

Homeschool Hangout

Every Thursday @ 1 to 2 PM

September 19th to November 28th

Homeschool Families are invited to drop-in, craft and connect with other homeschoolers.

For more information, contact PSPL at 705-746-9601 or askus@pspl.ca

Shuffleboard- Drop-in

Date and Time: Thursday, November 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), Cost without a Drop-In Pass: \$3.00 per person (cash only)

Young Magicians

Date and Time: Thursday, November 7 7:00 pm - 8:00 pm

Address: 7 Mary Street

Unlock the secrets of Magic with this 6- week program. Each week focuses on nurturing skills including card handling, rope maneuvers and more. Led by instructor Gary Austin

Registration is required: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/youth-programs/>

Ages 8 & up

Bobby Orr Community Centre | Thursdays | 7pm-8pm

October 10-November 21 (cancelled on Oct. 31)

Friday, November 8, 2024

Knitters & Stitchers Club (formerly Knitting Club)

Date and Time: Friday, November 8 11:00 am - 12:00 pm

Address: 29 Mary Street

Knitters & Stitchers Club (formerly Knitting Club)

Friday mornings @ 11 AM to 12 Noon

Program runs Sept. 27th to Dec. 13th, 2024

A social gathering around our favourite pastimes: knitting, crocheting, and all things needlework. Bring your current project and join our drop-in group to learn and share from our collective skills. (not formal lessons)

Located in on the Parry Sound Public Library main level

No registration required

For more information, contact PSPL at 705-746-9601 or askus@pspl.ca

Saturday, November 9, 2024

Essentrics® Full-Body Dynamic Strength Workout

Date and Time: Saturday, November 9 10:00 am - 11:00 am

Address: 17 MARY STREET

If you are active and want to prepare the body for pickleball, hiking or your favorite recreational activity this class is for you.

This full-body toning and energizing workout consists of dynamic fluid movements to:

- Improve overall strength, endurance and agility
- build strength in muscle groups that are often overlooked to prevent injuries
- tone your core, arms, thighs and glutes

- improve balance and muscular endurance
- boost cardiovascular system
- relieve stiffness in the joints and spine
- body alignment to improve posture
- ALWAYS low impact to protect our joints

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

Bring exercise mat and water bottle.

Bobby Orr Community Centre 10am

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

Check out details of class pass in FAQ section
www.essentricswithcaroline.ca

Visit class schedule to discover a variety of workouts and locations.

Participants are asked to read and sign waiver.

Monday, November 11, 2024

Parent and Tot Skate-Drop in

Date and Time: Monday, November 11 9:00 am - 10:00 am

Address: 7 Mary Street

Parent and Tot Skating: Put on your skates and join us for a heartwarming Parent & Tot Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a fun-filled morning of bonding, learning, and laughter on the ice, perfect for building confidence and creating unforgettable memories together. ☐

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 adult (cash only)

Adult Skate-Drop in

Date and Time: Monday, November 11 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and rediscovering yourself.

overing the joy of skating in a welcoming environment. □

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)

Tuesday, November 12, 2024

Gentle Fit

Date and Time: Tuesday, November 12 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.

Bobby Orr Community Centre | Tuesdays & Thursdays | 9am-10am

Sept 10-Oct 31: \$130.00

Nov 05-Dec 19: \$115.00

Jan 7-Feb 27: \$130.00

Mar 4-April 24: \$130.00

Drop in: \$12.00/class

Chess Club

Date and Time: Tuesday, November 12 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

Art Journaling

Date and Time: Tuesday, November 12 10:30 am - 12:00 pm

Address: 29 Mary Street

Art Journaling

Tuesday mornings @ 10:30 AM to 12 Noon

Program runs Sept. 24th to Nov. 26th, 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)

For more information, contact Parry Sound Public Library at 705-746-9601 or askus@pspl.ca

Adult Skate-Drop in

Date and Time: Tuesday, November 12 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and rediscovering the joy of skating in a welcoming environment. □

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)

Pickleball- Drop in

Date and Time: Tuesday, November 12 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 avoid disappointment, pre-registration is highly recommended. *To pre-register, an active Drop-In Pass is required (please see Drop-In Pass details on our website: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>).

To pre-register, please complete the form below, or call the Community Recreation Coordinator at 705-746-2701 x 201:

[Pre-registration Form](#)

Drop-In Pickleball Schedule:

Evening:

Bobby Orr Community Centre | Tuesdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 5:00pm-7:00pm

Cost: Participants encouraged to purchase a Drop-In Pass (visit our website for details: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>), cost without a Drop-In Pass: \$ 3.00 per person (cash only)

Wednesday, November 13, 2024

Pickleball- Drop In

Date and Time: Wednesday, November 13 9:00 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 avoid disappointment, pre-registration is highly recommended. *To pre-register, an active Drop-In Pass is required (see details on our website here: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>).

To pre-register, please complete the form below, or call the Community Recreation Coordinator at 705-746-2701 x 201:

[Pre-registration Form](#)

Drop-In Pickleball Schedule:

Daytime:

Bobby Orr Community Centre | Wednesday | Stanley Cup Hall

Where: 7 Mary Street

Time: Competitive: 9:00am-11:00am

Recreation: 11:00am-1:00pm

Cost: Participants encouraged to purchase a Drop-In Pass (see details on our website here: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>), cost without a Drop-In Pass: \$3.00 per person (cash only)

Qigong

Date and Time: Wednesday, November 13 10:00 am - 11:00 am

Address: 7 Mary Street

Qi Gong encourages coordinated body-posture, movement, breathing and meditation. Join instructor Norma Pumphrey and experience Qi Gong first hand in this 6 week program beginning on Wednesday, October 09, 2024

Full Session: \$50.00

Drop-in: \$12.00

Bobby Orr Community Centre | Wednesdays | 10am-11am

Adult Skate-Drop in

Date and Time: Wednesday, November 13 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and rediscovering the joy of skating in a welcoming environment. ☐

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)

Minds in Motion

Date and Time: Wednesday, November 13 1:00 pm - 3:00 pm

Address: 7 Mary Street

This 8-week program is designed to provide physical activity and fun, mental stimulation for individuals with early to mid Alzheimer's disease or other forms of dementia, along with their care partners.

Registration is required for this program. Visit our website here to register: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/minds-in-motion/>

\$20 each for participants and care partners

Bobby Orr Community Centre | Wednesdays | 1-3pm

October 02- November 20, 2024

Intro to Yoga

Date and Time: Wednesday, November 13 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

Floor Curling- Drop In

Date and Time: Wednesday, November 13 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), Cost without a Drop-In Pass: \$3.00 per person (cash only)

French Group

Date and Time: Wednesday, November 13 4:30 pm - 6:00 pm

Address: 29 Mary Street

French Group

Wednesdays @ 4:30 to 6 PM

Program runs Sept. 4th to Dec. 11th, 2024

Are you learning to speak French?

Would like to 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 Parry Sound Public Library at 705-746-9601 or askus@pspl.ca

Thursday, November 14, 2024

Gentle Fit

Date and Time: Thursday, November 14 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.

Bobby Orr Community Centre | Tuesdays & Thursdays | 9am-10am

Sept 10-Oct 31: \$130.00

Nov 05-Dec 19: \$115.00

Jan 7-Feb 27: \$130.00

Mar 4-April 24: \$130.00

Drop in: \$12.00/class

Line Dancing- Drop in

Date and Time: Thursday, November 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.

Bobby Orr Community Centre | Thursdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 9:30am-11:30am

Cost: Participants encouraged to purchase a Drop-In Pass (see details on our website here: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>), cost without a Drop-In Pass: \$3.00 per person (cash only)

Adult Skate-Drop in

Date and Time: Thursday, November 14 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and rediscovering the joy of skating in a welcoming environment. ☐

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)

Homeschool Skate- Drop in

Date and Time: Thursday, November 14 1:00 pm - 2:00 pm

Address: 7 Mary Street

☐ * Calling all homeschool families! Join us for our Homeschool Skate Drop-In Program at the Bobby Orr Community Centre, where learning meets fun on the ice! A fantastic opportunity for homeschoolers to stay active, socialize, and sharpen their skating skills in a friendly and safe environment. ☐

When: Thursdays from 1pm-2pm

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)

Homeschool Hangout

Date and Time: Thursday, November 14 1:00 pm - 2:00 pm

Address: 29 Mary Street

Homeschool Hangout

Every Thursday @ 1 to 2 PM

September 19th to November 28th

Homeschool Families are invited to drop-in, craft and connect with other homeschoolers.

For more information, contact PSPL at 705-746-9601 or askus@pspl.ca

Shuffleboard- Drop-in

Date and Time: Thursday, November 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), Cost without a Drop-In Pass: \$3.00 per person (cash only)

Young Magicians

Date and Time: Thursday, November 14 7:00 pm - 8:00 pm

Address: 7 Mary Street

Unlock the secrets of Magic with this 6- week program. Each week focuses on nurturing skills including card handling, rope maneuvers and more. Led by instructor Gary Austin

Registration is required: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/youth-programs/>

Ages 8 & up

Bobby Orr Community Centre | Thursdays | 7pm-8pm

October 10-November 21 (cancelled on Oct. 31)

Friday, November 15, 2024

Knitters & Stitchers Club (formerly Knitting Club)

Date and Time: Friday, November 15 11:00 am - 12:00 pm

Address: 29 Mary Street

Knitters & Stitchers Club (formerly Knitting Club)

Friday mornings @ 11 AM to 12 Noon

Program runs Sept. 27th to Dec. 13th, 2024

A social gathering around our favourite pastimes: knitting, crocheting, and all things needlework. Bring your current project and join our drop-in group to learn and share from our collective skills. (not formal lessons)

Located in on the Parry Sound Public Library main level

No registration required

For more information, contact PSPL at 705-746-9601 or askus@pspl.ca

Saturday, November 16, 2024

Essentrics® Full-Body Dynamic Strength Workout

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

Address: 17 MARY STREET

If you are active and want to prepare the body for pickleball, hiking or your favorite recreational activity this class is for you.

This full-body toning and energizing workout consists of dynamic fluid movements to:

- Improve overall strength, endurance and agility
- build strength in muscle groups that are often overlooked to prevent injuries
- tone your core, arms, thighs and glutes
- improve balance and muscular endurance
- boost cardiovascular system
- relieve stiffness in the joints and spine
- body alignment to improve posture
- ALWAYS low impact to protect our joints

You will leave feeling energized and move throughout your

day with greater ease and well-being.

Bring exercise mat and water bottle.

Bobby Orr Community Centre 10am

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

Check out details of class pass in FAQ section
www.essentricswithcaroline.ca

Visit class schedule to discover a variety of workouts and locations.

Participants are asked to read and sign waiver.

FREE Public Skating

Date and Time: Saturday, November 16 1:00 pm - 2:00 pm

Address: 7 Mary Street

Enjoy free public skating sessions at the Bobby Orr Community Centre! Lace up your skates this fall and winter , and glide with family and friends in our friendly, fun-filled environment.

Where: Bobby Orr Community Centre- 7 Mary Street,

When: Saturdays from 1pm-2pm (cancelled for Tournaments & Special events- please visit our Events Calendar for the most up to date information)

Regular Public Skating Rules apply, [click here for a list of rules](#)

Crochet for Beginners

Date and Time: Saturday, November 16 2:00 pm - 4:00 pm

Address: 7 Mary Street

Program Information: Come learn the art of Crochet with local Fibreartist, Rachel, from Bear Valley Fibres. Crochet a beautiful Cowl or Scarf in the colour of your choice. All supplies are provided.

Where: Bobby Orr Community Centre

When: Saturday, November 16, 2024

2pm-4pm

Cost: \$25.00 + HST

[Click here for the program flyer](#)

[Click here to register](#)

Monday, November 18, 2024

Parent and Tot Skate-Drop in

Date and Time: Monday, November 18 9:00 am - 10:00 am

Address: 7 Mary Street

Parent and Tot Skating: Put on your skates and join us for a heartwarming Parent & Tot Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a fun-filled morning of bonding, learning, and laughter on the ice, perfect for building confidence and creating unforgettable memories together. ☐

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 adult (cash only)

Adult Skate-Drop in

Date and Time: Monday, November 18 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and rediscovering the joy of skating in a welcoming environment. ☐

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)

Tuesday, November 19, 2024

Gentle Fit

Date and Time: Tuesday, November 19 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.

Bobby Orr Community Centre | Tuesdays & Thursdays | 9am-10am

Sept 10-Oct 31: \$130.00

Nov 05-Dec 19: \$115.00

Jan 7-Feb 27: \$130.00

Mar 4-April 24: \$130.00

Drop in: \$12.00/class

Chess Club

Date and Time: Tuesday, November 19 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

Art Journaling

Date and Time: Tuesday, November 19 10:30 am - 12:00 pm

Address: 29 Mary Street

Art Journaling

Tuesday mornings @ 10:30 AM to 12 Noon

Program runs Sept. 24th to Nov. 26th, 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)

For more information, contact Parry Sound Public Library at 705-746-9601 or askus@pspl.ca

Adult Skate-Drop in

Date and Time: Tuesday, November 19 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and rediscovering the joy of skating in a welcoming environment. □

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)

Math Club

Date and Time: Tuesday, November 19 3:45 pm - 5:00 pm

Address: 29 Mary Street

Math Club

Tuesdays - October 22nd to November 26th (no session on Nov 12th)

after-school at 3:45 PM to 5 PM

Passionate about math?

Join the Math Club for Math Games & Puzzles, Problem Solving Exercises, and Training for optional math competitions.

Lead Mentor: Ceci

Located in the library auditorium (not wheelchair accessible)

English Conversation Group

Date and Time: Tuesday, November 19 5:00 pm - 5:00 pm

Address: 29 Mary Street

English Conversation Group

First and Third Tuesday of the month • program runs from Sept. 3rd to Dec. 3rd, 2024 @ 5 to 6 PM

Are you learning to speak English?

Join us at the library for a casual English Conversation Group.
(not formal lessons)

Free • Registration Required • Program designed for adults.
Located in the library auditorium (not wheelchair accessible)

For more information, contact Parry Sound Public Library at 705-746-9601 or askus@pspl.ca

Pickleball- Drop in

Date and Time: Tuesday, November 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 avoid disappointment, pre-registration is highly recommended. *To pre-register, an active Drop-In Pass is required (please see Drop-In Pass details on our website: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>).

To pre-register, please complete the form below, or call the Community Recreation Coordinator at 705-746-2701 x 201:

[Pre-registration Form](#)

Drop-In Pickleball Schedule:

Evening:

Bobby Orr Community Centre | Tuesdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 5:00pm-7:00pm

Cost: Participants encouraged to purchase a Drop-In Pass (visit our website for details: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>), cost without a Drop-In Pass: \$ 3.00 per person (cash only)

Wednesday, November 20, 2024

Pickleball- Drop In

Date and Time: Wednesday, November 20 9:00 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 avoid disappointment, pre-registration is highly recommended. *To pre-register, an active Drop-In Pass is required (see details on our website here: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>).

To pre-register, please complete the form below, or call the Community Recreation Coordinator at 705-746-2701

01 x 201:

Pre-registration Form

Drop-In Pickleball Schedule:

Daytime:

Bobby Orr Community Centre | Wednesday | Stanley Cup Hall

Where: 7 Mary Street

Time: Competitive: 9:00am-11:00am

Recreation: 11:00am-1:00pm

Cost: Participants encouraged to purchase a Drop-In Pass (see details on our website here: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>), cost without a Drop-In Pass: \$3.00 per person (cash only)

Adult Skate-Drop in

Date and Time: Wednesday, November 20 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and rediscovering the joy of skating in a welcoming environment. □

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)

Minds in Motion

Date and Time: Wednesday, November 20 1:00 pm - 3:00 pm

Address: 7 Mary Street

This 8-week program is designed to provide physical activity and fun, mental stimulation for individuals with early to mid Alzheimer's disease or other forms of dementia, along with their care partners.

Registration is required for this program. Visit our website here to register: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/minds-in-motion/>

\$20 each for participants and care partners

Bobby Orr Community Centre | Wednesdays | 1-3pm

October 02- November 20, 2024

Intro to Yoga

Date and Time: Wednesday, November 20 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

Floor Curling- Drop In

Date and Time: Wednesday, November 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

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), Cost without a Drop-In Pass: \$3.00 per person (cash only)

French Group

Date and Time: Wednesday, November 20 4:30 pm - 6:00 pm

Address: 29 Mary Street

French Group

Wednesdays @ 4:30 to 6 PM

Program runs Sept. 4th to Dec. 11th, 2024

Are you learning to speak French?

Would like to 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 Parry Sound Public Library at 705-746-9601 or askus@pspl.ca

Young Artists- Session 2

Date and Time: Wednesday, November 20 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 Instructor Stephanie Horsman.

Registration is required: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/youth-programs/>

Ages 6-13

Session 1: Oct. 9, 16, 23, 30

Session 2: Nov. 20, 27, Dec. 4, 11

Session 3: Jan. 15, 22, 29, Feb. 5

Session 4: Feb. 26, Mar. 5, 12, 19

Bobby Orr Community Centre | Wednesdays | 6pm-7pm

Thursday, November 21, 2024

Gentle Fit

Date and Time: Thursday, November 21 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.

Bobby Orr Community Centre | Tuesdays & Thursdays | 9am-10am

Sept 10-Oct 31: \$130.00

Nov 05-Dec 19: \$115.00

Jan 7-Feb 27: \$130.00

Mar 4-April 24: \$130.00

Drop in: \$12.00/class

Line Dancing- Drop in

Date and Time: Thursday, November 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.

Bobby Orr Community Centre | Thursdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 9:30am-11:30am

Cost: Participants encouraged to purchase a Drop-In Pass (see details on our website here: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>), cost without a Drop-In Pass: \$3.00 per person (cash only)

Adult Skate-Drop in

Date and Time: Thursday, November 21 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and rediscovering the joy of skating in a welcoming environment. ☐

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)

Homeschool Skate- Drop in

Date and Time: Thursday, November 21 1:00 pm - 2:00 pm

Address: 7 Mary Street

☐ * Calling all homeschool families! Join us for our Homeschool Skate Drop-In Program at the Bobby Orr Community Centre, where learning meets fun on the ice! A fantastic opportunity for homeschoolers to stay active, socialize, and sharpen their skating skills in a friendly and safe environment. ☐

When: Thursdays from 1pm-2pm

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)

Homeschool Hangout

Date and Time: Thursday, November 21 1:00 pm - 2:00 pm

Address: 29 Mary Street

Homeschool Hangout

Every Thursday @ 1 to 2 PM

September 19th to November 28th

Homeschool Families are invited to drop-in, craft and connect with other homeschoolers.

For more information, contact PSPL at 705-746-9601 or askus@pspl.ca

Shuffleboard- Drop-in

Date and Time: Thursday, November 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), Cost without a Drop-In Pass: \$3.00 per person (cash only)

MVBC - Movie vs. Book Club: Movie Showing

Date and Time: Thursday, November 21 5:30 pm - 7:00 pm

Address: 29 Mary Street

MVBC - Movie vs. Book Club

September to November 2024

Movie: Third Thursday of the month @ 5: 30 PM

Discussion: Fourth Thursday of the month @ 5:30 PM

Read the book, gather together to watch the movie, and meet to discuss and share your opinions! Registration Required

September - Movie 19th, Discussion 26th

The Art of Racing in the Rain

October - Movie 17th, Discussion 24th

The Shipping News

November - Movie 21st, Discussion 28th

Hidden Life of Trees

For more information, contact PSPL at 705-746-9601 or askus@pspl.ca

Young Magicians

Date and Time: Thursday, November 21 7:00 pm - 8:00 pm

Address: 7 Mary Street

Unlock the secrets of Magic with this 6- week program. Each week focuses on nurturing skills including card handling, rope maneuvers and more. Led by instructor Gary Austin

Registration is required: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/youth-programs/>

Ages 8 & up

Bobby Orr Community Centre | Thursdays | 7pm-8pm

October 10-November 21 (cancelled on Oct. 31)

Friday, November 22, 2024

Knitters & Stitches Club (formerly Knitting Club)

Date and Time: Friday, November 22 11:00 am - 12:00 pm

Address: 29 Mary Street

Knitters & Stitches Club (formerly Knitting Club)

Friday mornings @ 11 AM to 12 Noon

Program runs Sept. 27th to Dec. 13th, 2024

A social gathering around our favourite pastimes: knitting, crocheting, and all things needlework. Bring your current project and join our drop-in group to learn and share from our collective skills. (not formal lessons)

Located in on the Parry Sound Public Library main level

No registration required

For more information, contact PSPL at 705-746-9601 or askus@pspl.ca

Light up the Park

Date and Time: Friday, November 22 6:00 pm - 6:30 pm

Address: 27 Mary Street

Kick off the holiday season at Market Square Park with the Town of Parry Sound at Light up the Park!

The lights go on at 6:00pm sharp.

Saturday, November 23, 2024

Essentrics® Full-Body Dynamic Strength Workout

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

Address: 17 MARY STREET

If you are active and want to prepare the body for pickleball, hiking or your favorite recreational activity this class is for you.

This full-body toning and energizing workout consists of dynamic fluid movements to:

- Improve overall strength, endurance and agility
- build strength in muscle groups that are often overlooked to prevent injuries
- tone your core, arms, thighs and glutes
- improve balance and muscular endurance
- boost cardiovascular system
- relieve stiffness in the joints and spine
- body alignment to improve posture
- ALWAYS low impact to protect our joints

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

Bring exercise mat and water bottle.

Bobby Orr Community Centre 10am

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

Check out details of class pass in FAQ section
www.essentricswithcaroline.ca

Visit class schedule to discover a variety of workouts and locations.

Participants are asked to read and sign waiver.

Monday, November 25, 2024

Parent and Tot Skate-Drop in

Date and Time: Monday, November 25 9:00 am - 10:00 am

Address: 7 Mary Street

Parent and Tot Skating: Put on your skates and join us for a heartwarming Parent & Tot Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a fun-filled morning of bonding, learning, and laughter on the ice!

he ice, perfect for building confidence and creating unforgettable memories together. ☐

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 adult (cash only)

Adult Skate-Drop in

Date and Time: Monday, November 25 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and rediscovering the joy of skating in a welcoming environment. ☐

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)

Tuesday, November 26, 2024

Gentle Fit

Date and Time: Tuesday, November 26 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.

Bobby Orr Community Centre | Tuesdays & Thursdays | 9am-10am

Sept 10-Oct 31: \$130.00

Nov 05-Dec 19: \$115.00

Jan 7-Feb 27: \$130.00

Mar 4-April 24: \$130.00

Drop in: \$12.00/class

Chess Club

Date and Time: Tuesday, November 26 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

Art Journaling

Date and Time: Tuesday, November 26 10:30 am - 12:00 pm

Address: 29 Mary Street

Art Journaling

Tuesday mornings @ 10:30 AM to 12 Noon

Program runs Sept. 24th to Nov. 26th, 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)

For more information, contact Parry Sound Public Library at 705-746-9601 or askus@pspl.ca

Adult Skate-Drop in

Date and Time: Tuesday, November 26 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and rediscovering the joy of skating in a welcoming environment. ☐

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)

Math Club

Date and Time: Tuesday, November 26 3:45 pm - 5:00 pm

Address: 29 Mary Street

Math Club

Tuesdays - October 22nd to November 26th (no session on Nov 12th)

after-school at 3:45 PM to 5 PM

Passionate about math?

Join the Math Club for Math Games & Puzzles, Problem Solving Exercises, and Training for optional math competitions.

Lead Mentor: Ceci

Located in the library auditorium (not wheelchair accessible)

Pickleball- Drop in

Date and Time: Tuesday, November 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 avoid disappointment, pre-registration is highly recommended. *To pre-register, an active Drop-In Pass is required (please see Drop-In Pass details on our website: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>).

To pre-register, please complete the form below, or call the Community Recreation Coordinator at 705-746-2701 x 201:

[Pre-registration Form](#)

Drop-In Pickleball Schedule:

Evening:

Bobby Orr Community Centre | Tuesdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 5:00pm-7:00pm

Cost: Participants encouraged to purchase a Drop-In Pass (visit our website for details: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>), cost without a Drop-In Pass: \$ 3.00 per person (cash only)

Pickleball- Drop In

Date and Time: Wednesday, November 27 9:00 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 avoid disappointment, pre-registration is highly recommended. *To pre-register, an active Drop-In Pass is required (see details on our website here: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>).

To pre-register, please complete the form below, or call the Community Recreation Coordinator at 705-746-2701 x 201:

[Pre-registration Form](#)

Drop-In Pickleball Schedule:

Daytime:

Bobby Orr Community Centre | Wednesday | Stanley Cup Hall

Where: 7 Mary Street

Time: Competitive: 9:00am-11:00am

Recreation: 11:00am-1:00pm

Cost: Participants encouraged to purchase a Drop-In Pass (see details on our website here: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/adult-programs/>), cost without a Drop-In Pass: \$3.00 per person (cash only)

Adult Skate-Drop in

Date and Time: Wednesday, November 27 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and rediscovering the joy of skating in a welcoming environment. ☐

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, November 27 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

Floor Curling- Drop In

Date and Time: Wednesday, November 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

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), Cost without a Drop-In Pass: \$3.00 per person (cash only)

French Group

Date and Time: Wednesday, November 27 4:30 pm - 6:00 pm

Address: 29 Mary Street

French Group

Wednesdays @ 4:30 to 6 PM

Program runs Sept. 4th to Dec. 11th, 2024

Are you learning to speak French?

Would like to 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 Parry Sound Public Library at 705-746-9601 or askus@pspl.ca

Young Artists- Session 2

Date and Time: Wednesday, November 27 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 Instructor Stephanie Horsman.

Registration is required: <https://www.parrysound.ca/explore-play/recreation-and-leisure/recreation-programs/youth-programs/>

Ages 6-13

Session 1: Oct. 9, 16, 23, 30

Session 2: Nov. 20, 27, Dec. 4, 11

Session 3: Jan. 15, 22, 29, Feb. 5

Session 4: Feb. 26, Mar. 5, 12, 19

Bobby Orr Community Centre | Wednesdays | 6pm-7pm

Thursday, November 28, 2024

Gentle Fit

Date and Time: Thursday, November 28 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.

Bobby Orr Community Centre | Tuesdays & Thursdays | 9am-10am

Sept 10-Oct 31: \$130.00

Nov 05-Dec 19: \$115.00

Jan 7-Feb 27: \$130.00

Mar 4-April 24: \$130.00

Drop in: \$12.00/class

Adult Skate-Drop in

Date and Time: Thursday, November 28 12:00 pm - 1:00 pm

Address: 7 Mary Street

Adult Skate: Escape daily stresses and glide into relaxation with our Adult-Only Drop-In Skating Program at the Bobby Orr Community Centre! Enjoy a serene, child-free skating session, perfect for unwinding and rediscovering the joy of skating in a welcoming environment. ☐

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)

Homeschool Skate- Drop in

Date and Time: Thursday, November 28 1:00 pm - 2:00 pm

Address: 7 Mary Street

☐ * Calling all homeschool families! Join us for our Homeschool Skate Drop-In Program at the Bobby Orr Community Centre, where learning meets fun on the ice! A fantastic opportunity for homeschoolers to stay active, socialize, and sharpen their skating skills in a friendly and safe environment. ☐

When: Thursdays from 1pm-2pm

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)

Homeschool Hangout

Date and Time: Thursday, November 28 1:00 pm - 2:00 pm

Address: 29 Mary Street

Homeschool Hangout

Every Thursday @ 1 to 2 PM

September 19th to November 28th

Homeschool Families are invited to drop-in, craft and connect with other homeschoolers.

For more information, contact PSPL at 705-746-9601 or askus@pspl.ca

MVBC - Movie vs. Book Club: Discussion

Date and Time: Thursday, November 28 5:30 pm - 7:00 pm

Address: 29 Mary Street

MVBC - Movie vs. Book Club

September to November 2024

Movie: Third Thursday of the month @ 5: 30 PM

Discussion: Fourth Thursday of the month @ 5:30 PM

Read the book, gather together to watch the movie, and meet to discuss and share your opinions! Registration R
equired

September - Movie 19th, Discussion 26th

The Art of Racing in the Rain

October - Movie 17th, Discussion 24th

The Shipping News

November - Movie 21st, Discussion 28th

Hidden Life of Trees

For more information, contact PSPL at 705-746-9601 or askus@pspl.ca

Friday, November 29, 2024

Knitters & Stitchers Club (formerly Knitting Club)

Date and Time: Friday, November 29 11:00 am - 12:00 pm

Address: 29 Mary Street

Knitters & Stitchers Club (formerly Knitting Club)

Friday mornings @ 11 AM to 12 Noon

Program runs Sept. 27th to Dec. 13th, 2024

A social gathering around our favourite pastimes: knitting, crocheting, and all things needlework. Bring your current project and join our drop-in group to learn and share from our collective skills. (not formal lessons)

Located in on the Parry Sound Public Library main level

No registration required

For more information, contact PSPL at 705-746-9601 or askus@pspl.ca

Saturday, November 30, 2024

Essentrics® Full-Body Dynamic Strength Workout

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

Address: 17 MARY STREET

If you are active and want to prepare the body for pickleball, hiking or your favorite recreational activity this class is for you.

This full-body toning and energizing workout consists of dynamic fluid movements to:

- Improve overall strength, endurance and agility
- build strength in muscle groups that are often overlooked to prevent injuries
- tone your core, arms, thighs and glutes
- improve balance and muscular endurance

- boost cardiovascular system
- relieve stiffness in the joints and spine
- body alignment to improve posture
- ALWAYS low impact to protect our joints

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

Bring exercise mat and water bottle.

Bobby Orr Community Centre 10am

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

Check out details of class pass in FAQ section
www.essentricswithcaroline.ca

Visit class schedule to discover a variety of workouts and locations.

Participants are asked to read and sign waiver.

Santa Claus Parade

Date and Time: Saturday, November 30 12:00 pm - 3:00 pm

Address: Downtown Parry Sound

Join Us for the Parry Sound Santa Claus Parade!

We're ready to welcome you home this Christmas with the most magical event of the season! This year's theme is "I'll be HOME for Christmas," celebrating the warmth, love, and spirit of Parry Sound.

☐ **Date:** Saturday, November 30th, 2024

Time: 12:00PM [Click here for press release regarding time change](#)

Location: 2024 Parade Route is under review. The Parade Route will be posted to our website once it has been finalized.

Whether you're a lifelong resident or visiting for the holidays, we invite you to come and feel at home in Parry Sound. Enjoy festive floats, jolly music, and the enchantment of Christmas right in our own backyard!

Visit our website here to register your float: <https://www.parrysound.ca/explore-play/events/santa-claus-parade/>

FREE Public Skating

Date and Time: Saturday, November 30 1:00 pm - 2:00 pm

Address: 7 Mary Street

Enjoy free public skating sessions at the Bobby Orr Community Centre! Lace up your skates this fall and winter

, and glide with family and friends in our friendly, fun-filled environment.

Where: Bobby Orr Community Centre- 7 Mary Street,

When: Saturdays from 1pm-2pm (cancelled for Tournaments & Special events- please visit our Events Calendar for the most up to date information)

Regular Public Skating Rules apply, [click here for a list of rules](#)

<http://events.parrysound.ca>