

Tuesday, October 1, 2024

Gentle Fit

Date and Time: Tuesday, October 1 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, October 1 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, October 1 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, October 1 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, October 1 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, October 1 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, October 2, 2024

Adult Skate-Drop in

Date and Time: Wednesday, October 2 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, October 2 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, October 2 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

French Group

Date and Time: Wednesday, October 2 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, October 3, 2024

Gentle Fit

Date and Time: Thursday, October 3 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, October 3 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, October 3 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, October 3 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

Friday, October 4, 2024

Knitters & Stitches Club (formerly Knitting Club)

Date and Time: Friday, October 4 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, October 5, 2024

Essentrics® Full-Body Dynamic Strength Workout

Date and Time: Saturday, October 5 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.

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, October 5 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, October 7, 2024

Parent and Tot Skate-Drop in

Date and Time: Monday, October 7 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, October 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 a

t 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)

A Wave of Possibilities

Date and Time: Monday, October 7 6:00 pm - 9:00 pm

Address: 2 Bay Street

Mark your calendars! You are invited to join the Town of Parry Sound and the Waterfront Advisory Committee for an inspiring evening of waterfront conversations on **October 7, 2024**, at the Stockey Centre.

This event will be a fantastic opportunity to hear from knowledgeable speakers on various waterfront topics and learn more about the Town's exciting plans to revamp the Waterfront Master Plan. Most importantly, it's your chance to engage with your community and have meaningful conversations with fellow residents about the future of our beautiful waterfront.

Date: October 7, 2024

Location: Stockey Centre, Parry Sound

Time: 6:00 pm - 9:00 pm

To learn more about the event, visit our [Facebook event page](#). More details will be shared leading up to the event!

This is a public event, so we would greatly appreciate any promotion you can provide to help spread the word!

Tuesday, October 8, 2024

Gentle Fit

Date and Time: Tuesday, October 8 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, October 8 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, October 8 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, October 8 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, October 8 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, October 9, 2024

Pickleball- Drop In

Date and Time: Wednesday, October 9 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.parrysond.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, October 9 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, October 9 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, October 9 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, October 9 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, October 9 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, October 9 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 1

Date and Time: Wednesday, October 9 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, October 10, 2024

Gentle Fit

Date and Time: Thursday, October 10 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, October 10 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, October 10 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, October 10 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

Young Magicians

Date and Time: Thursday, October 10 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, October 11, 2024

Knitters & Stitches Club (formerly Knitting Club)

Date and Time: Friday, October 11 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, October 12, 2024

FREE Public Skating

Date and Time: Saturday, October 12 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](#)

Tuesday, October 15, 2024

Gentle Fit

Date and Time: Tuesday, October 15 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, October 15 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, October 15 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, October 15 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)

English Conversation Group

Date and Time: Tuesday, October 15 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

Wednesday, October 16, 2024

Pickleball- Drop In

Date and Time: Wednesday, October 16 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 res

ervation 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, October 16 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, October 16 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, October 16 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, October 16 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, October 16 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.

ce.

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)

Poetry Reading with Elizabeth Cunningham - Look to This Day: Poetry for Doris McCarthy

Date and Time: Wednesday, October 16 3:00 pm - 4:00 pm

Address: 29 Mary Street

This unique book explores how the artist Doris McCarthy, who loved Georgian Bay and Parry Sound, continually experimented with rendering her landscape paintings in new light, constantly adapting her style and technique with fresh enthusiasm. Through her poetry, Elizabeth joins McCarthy in her zest for life and perpetual sense of wonder in the world.

Books will be available for purchase at the event. A slide show of McCarthy's paintings will accompany the poetry reading.

Located in the library auditorium (not wheelchair accessible)

For further information contact elizabeth@waterside.ca or contact PSPL at 705-746-9601 or askus@pspl.ca

French Group

Date and Time: Wednesday, October 16 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 1

Date and Time: Wednesday, October 16 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, October 17, 2024

Gentle Fit

Date and Time: Thursday, October 17 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, October 17 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, October 17 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, October 17 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)

Shuffleboard- Drop-in

Date and Time: Thursday, October 17 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)

Homeschool Hangout

Date and Time: Thursday, October 17 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

Young Magicians

Date and Time: Thursday, October 17 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, October 18, 2024

Knitters & Stitchers Club (formerly Knitting Club)

Date and Time: Friday, October 18 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

Sunday, October 20, 2024

Essentrics® Full-Body Dynamic Strength Workout

Date and Time: Sunday, October 20 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, October 21, 2024

Parent and Tot Skate-Drop in

Date and Time: Monday, October 21 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, October 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)

Tuesday, October 22, 2024

Gentle Fit

Date and Time: Tuesday, October 22 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, October 22 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, October 22 10:30 am - 12:00 pm

Address: 29 Mary Stree

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, October 22 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, October 22 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 co

mpetitions.

Lead Mentor: Ceci

Located in the library auditorium (not wheelchair accessible)

Pickleball- Drop in

Date and Time: Tuesday, October 22 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, October 23, 2024

Pickleball- Drop In

Date and Time: Wednesday, October 23 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, October 23 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

50 Plus Lifestyle Expo

Date and Time: Wednesday, October 23 10:00 am - 2:00 pm

Address: Charles W Stockey Centre

Are you new to the area or retired & wondering what to do?

Be sure to come out to the 50+ Lifestyle Expo taking place October 23rd at the Charles W Stockey Centre!

Non-profit groups & clubs will be there sharing what they do, where they meet as well as sharing volunteer opportunities!

Best of all admission is free!

<https://stockeycentre.com/event/the-19th-annual-barb-kerr-50-lifestyle-expo/>

Adult Skate-Drop in

Date and Time: Wednesday, October 23 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, October 23 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, October 23 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, October 23 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, October 23 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 1

Date and Time: Wednesday, October 23 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, October 24, 2024

Gentle Fit

Date and Time: Thursday, October 24 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, October 24 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, October 24 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, October 24 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)

Shuffleboard- Drop-in

Date and Time: Thursday, October 24 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)

Homeschool Hangout

Date and Time: Thursday, October 24 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, October 24 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, October 24 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, October 25, 2024

Knitters & Stitchers Club (formerly Knitting Club)

Date and Time: Friday, October 25 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

Outdoor Movie Night

Date and Time: Friday, October 25 7:00 pm - 9:00 pm

Address: 29 Mary Street

Outdoor Movie Night • Friday, October 25th at 7 PM

Market Square Park (just outside the library)

Enjoy a free Halloween family movie! Be sure to bundle up, bring your camp chair and blankets.

Parental / Guardian supervision required

Featuring: Scoob! (Rated PG)

[View Movie Trailer Here](#)

Popcorn and Hot Chocolate will be available by donation.

Domino's Pizza available to purchase.

In partnership with the Town of Parry Sound and Parry Sound Downtown Business Association

Saturday, October 26, 2024

Essentrics® Full-Body Dynamic Strength Workout

Date and Time: Saturday, October 26 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, October 26 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 Calenda

r for the most up to date information)

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

Monday, October 28, 2024

Parent and Tot Skate-Drop in

Date and Time: Monday, October 28 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, October 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)

Tuesday, October 29, 2024

Gentle Fit

Date and Time: Tuesday, October 29 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, October 29 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, October 29 10:30 am - 12:00 pm

Address: 29 Mary Stree

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, October 29 12:00 pm - 1:00 pm

Address: 7 Mary Street

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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, October 29 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, October 29 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, October 30, 2024

Pickleball- Drop In

Date and Time: Wednesday, October 30 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, October 30 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, October 30 12:00 pm - 1:00 pm

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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, October 30 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, October 30 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, October 30 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, October 30 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 1

Date and Time: Wednesday, October 30 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, October 31, 2024

Gentle Fit

Date and Time: Thursday, October 31 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.

n, 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, October 31 9:30 am - 11:30 am

Address: 7 Mary Street

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

Line Dancing s 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, October 31 12:00 pm - 1:00 pm

Address: 7 Mary Street

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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, October 31 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)

Shuffleboard- Drop-in

Date and Time: Thursday, October 31 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)

Homeschool Hangout

Date and Time: Thursday, October 31 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

<https://events.parrysound.ca>