

Saturday, November 1, 2025

Essentrics® Dynamic Strength and Stretch Workout - Your Saturday Morning Ritual for Vitality

Date and Time: Saturday, November 1 10:30 am - 11:30 am

Address: Stockey Centre, 2 Bay Street

Dynamic fluid movements focus on:

- Deep stretches to improve flexibility and functional mobility,
- Building strength in muscle groups that are often overlooked to prevent injuries,
- Boosting your posture and unlock stiffness in your neck, shoulders, spine and lower back,
- Tone arms, thighs and glutes,
- Free your hips and energize your core,
- Strengthening and stretching the key muscles that play an important role in the health of your joints,
- Develop steady strength and stability to work your balance
- Classes are ALWAYS low impact for protecting our joints with an emphasis on body alignment,
- Classes are ALWAYS full body to rebalance the muscle the groups from head to toe.

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

Bring exercise mat and water bottle.

Stockey Centre
2 Bay St., Parry Sound
10:30am - 11:30am

Book your spot online at www.essentricswithcaroline.ca

Fee options:

\$15 per class

\$40 for 4-class pass

\$55 for 6-class pass

Check out details of class pass in FAQ section

www.essentricswithcaroline.ca

Visit class schedule www.essentricswithcaroline.ca

to discover a variety of workouts including advanced workout for Pickleball conditioning and locations: Stockey Centre, Humphrey Community Centre , Boutique

Studio in Humphrey and Zoom

Participants are asked to read and sign waiver.

FREE Public Skating

Date and Time: Saturday, November 1 1:00 pm - 1:50 pm

Address: 7 Mary Street

Lace Up and Glide: Skating Returns to BOCC!

Saturday Public Skates from 1 PM- 1:50 PM are returning for the 2025-2026 season.

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.

Public Skating Rules

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

- Respect staff at all times.
- Children under the age of 12 MUST be accompanied by an adult.
- CSA approved helmets are strongly recommended for all skaters.
- All participants must be wearing skates while on the ice surface.
- Skate at a sensible, safe speed, in the same direction as other skaters.
- No food or drink on the ice surface.
- No sticks, pucks, balls, chairs, pylons, strollers or any other item which might interfere with the safety of any skater on the ice surface.
- No horseplay or games.
- No skating backwards or figure skating maneuvers.
- No headsets, cellphones or handheld electronic devices are to be used while skating.
- No carrying of children is permitted
- No sitting on the boards.

Monday, November 3, 2025

Parent and Tot Skate- Drop in

Date and Time: Monday, November 3 9:00 am - 9:50 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-9:50am

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 3 12:00 pm - 12:50 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-12:50pm

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)

Young Pickles

Date and Time: Monday, November 3 6:00 pm - 8:00 pm

Address: 7 Mary Street

Program Information: Young Pickles

Perfect for children eager to learn a new sport, this 4-week program gives participants the opportunity to engage with pickleball. Each session will focus on developing foundational skills, understanding game rules, and fostering a spirit of teamwork and sport.

Ages

- 8 - 11 years old
- 12 - 16 years old

Location

- **Bobby Orr Community Centre- Stanley Cup Hall**
7 Mary Street, Parry Sound, P2A 1C8

Schedule

- **Mondays**
- 8 - 11 year old: 6 PM - 6:45 PM
- 12 - 16 year old: 7 PM - 8 PM

Session Dates

- October 27-November 17

Cost

- \$40.00 / Session

Registration

Registration is required for this program

- **Registration opens Monday, September 15, 2025 at 10 AM**
- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Tuesday, November 4, 2025

Gentle Fit

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

Address: 7 Mary Street

Program Information: Gentle Fit

Gentle Fit is a one-hour class designed to offer:

- Low impact movement
- Strength training
- Mobility exercises
- Flexibility drills
- Balance exercises

Our program focuses on engaging all major muscle groups—including the brain, lungs, and heart—through aerobic movement and the use of resistance bands.

Ages

- 65+

Location

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

Schedule

- **Tuesdays & Thursdays: 9 AM - 10 AM**

Session Information

1. Session 1:

- Dates: September 2 - September 25 (8 classes)

- Cost: \$65.00

2. Session 2:

- Dates: October 2 - November 4 (10 classes)
- Cost: \$80.00

3. Session 3:

- Dates: November 18 - December 18 (10 classes)
- Cost: \$80.00

4. Session 4:

- Dates: January 6 - February 5, 2026 (10 classes)
- Cost: \$80.00

5. Session 5:

- Dates: February 17 - March 19, 2026 (10 classes)
- Cost: \$80.00

Drop-in Cost:

- \$12.00 per class (cash only)

Registration

- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Chess Club at PSPL

Date and Time: Tuesday, November 4 10:00 am - 1:00 pm

Address: 29 Mary Street

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

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

Located on the main level of the library.

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

Art Journaling

Date and Time: Tuesday, November 4 10:30 am - 12:00 pm

Address: 29 Mary Street

Program runs weekly from September 23rd to November 25th

Mindful creative sessions. Visual journaling using mixed media.

Materials and journals provided • Free drop-in program

Located in the library auditorium (not wheelchair accessible)

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

Adult Skate- Drop in

Date and Time: Tuesday, November 4 12:00 pm - 12:50 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-12:50pm

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 4 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)

Safe Chef

Date and Time: Tuesday, November 4 5:30 pm - 7:00 pm

Address: 7 Mary Street

Program Information: Safe Chef

Unlock the chef skills of your child with our Safe Chef workshop series! Participants will master kitchen safety while learning to cook different meals. The experience culminates in a special finale where young chefs prepare a meal for their parents. Stir up creativity, confidence & fun in the kitchen!

Ages

- 9 to 14 years old

Location

- **Bobby Orr Community Centre- Industrial Kitchen**
7 Mary Street, Parry Sound, P2A 1C8

Schedule

- **Tuesdays:** 5:30 PM - 7 PM

Session Dates

- October 21-November 4, 2025

Cost

- \$50.00 / Session

Registration

Registration is required for this program.

- **Registration opens Monday, September 15, 2025 at 10 AM**
- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Just Pay Attention! And Other Ways to Understand Behaviour

Date and Time: Tuesday, November 4 7:00 pm - 8:00 pm

Address: 29 Mary Street

JOIN US online through Zoom or in-person at the Parry Sound Public Library (29 Mary St.)

registration is required please note the space is not wheelchair accessible

Just Pay Attention! (and other things we say that aren't always helpful)

proudly presented by Sound Youth Counselling in partnership with the Parry Sound Public Library

As adults (especially parents and teachers), we play a significantly important role in helping kids develop their internal dialogue and sense of self - am I smart? do I fit in? can I do hard things?

Kids face a tremendous amount of pressure to be really good at a lot of things (almost everything) when they're in school, AND they're asked to do this within a very specific learning model. But for kids who struggle with aspects of attention, these demands can start to feel really, *really* hard.

This presentation explores common behaviours that develop with attentional challenges and provides strategies that parents and teachers can use to help.

November 4, 7-8pm online (Zoom) or in-person at the Parry Sound Public Library

Colleen McLean, MSW RSW

Colleen grew up in a family of teachers and has always been interested in the relationship between mental health and education.

Colleen spent most of her undergrad doing educational assessments and language recovery programs, and she is excited to share information about the systems of neurodevelopment.

She is the owner and clinical director of Sound Youth Counselling.

Wednesday, November 5, 2025

Pickleball- Drop In

Date and Time: Wednesday, November 5 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 5 10:00 am - 11:00 am

Address: 7 Mary Street

Program Information: Qigong

Explore the Ancient Art of Qigong with our immersive sessions aimed at promoting wellness and tranquility.

What We Offer:

- **Refined Movements:** Develops fluidity and enhances joint mobility.
- **Breath Control:** Techniques to improve respiratory function and energy flow.
- **Meditation Practices:** Focused sessions to boost mental clarity and emotional balance.

Location

- **Bobby Orr Community Centre**

Schedule

- **Wednesdays:** 10 AM - 11 AM

Session Information

1. Fall:

- Dates: November 5-December 10 (6 classes)
- Cost: \$50.00

2. Winter 2026:

- Dates: January 21-February 25 (6 classes)
- Cost: \$50.00

Drop-in Cost:

- \$12.00 per class (cash only)

Registration

- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Adult Skate- Drop in

Date and Time: Wednesday, November 5 12:00 pm - 12:50 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-12:50pm

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 5 1:00 pm - 3:00 pm

Address: 7 Mary Street

The Town of Parry Sound has partnered with the Alzheimer's Society of Muskoka to offer the Minds in Motion program.

Minds in Motion is a community-based social program that incorporates physical and mental stimulation for pe

ople with early to mid-stage Alzheimer's disease or other forms of dementia and their care partners. Through the 8-week Minds in Motion program, both the person living with dementia and their care partner can benefit from the following:

- Increasing physical activity through gentle group exercise.
- Establishing new friendships with others who are living with similar experiences.
- Engaging in fun, social activities.

For more information on the program and its availability, please visit our Minds in Motion webpage by clicking the link below:

[Minds in Motion](#)

Intro to Yoga

Date and Time: Wednesday, November 5 1:30 pm - 2:15 pm

Address: 29 Mary Street

Light Yoga with certified instructor Ellen Koennecke of Yoga in the Sound.

Weekly Drop-in program, \$5 per session • No registration required

Located in the library auditorium (not wheelchair accessible)

Please note:

- There is no yoga session on May 21st.
- The yoga session the week of June 4th will be on Tuesday, June 3rd.
- The yoga session the week of August 20th will be on Tuesday, August 19th.

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

Floor Curling- Drop In

Date and Time: Wednesday, November 5 2:00 pm - 4:00 pm

Address: 7 Mary Street

Enhance your flexibility, expand your range of motion, and boost circulation with our engaging floor curling sessions. Set aside thoughts of heavy stones and slippery ice—our game takes place indoors, using lightweight, user-friendly equipment that's a breeze to handle.

Bobby Orr Community Centre | Wednesdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 2:00pm-4:00pm

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

French Group

Date and Time: Wednesday, November 5 4:30 pm - 6:00 pm

Address: 29 Mary Street

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 PSPL at 705-746-9601 or askus@pspl.ca

Thursday, November 6, 2025

Line Dancing- Drop in

Date and Time: Thursday, November 6 10:00 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: 10am-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 6 12:00 pm - 12:50 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-12:50pm

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 6 1:00 pm - 1:50 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-1:50pm

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, November 6 1:00 pm - 3:00 pm

Address: 7 Mary Street

Floor shuffleboard is being offered at the Town of Parry Sound. All equipment is provided, no experience necessary. Come out for an afternoon of activity, socializing, and fun!

Bobby Orr Community Centre | Thursdays | Stanley Cup Hall

Where: 7 Mary Street

When: 1:00pm-3:00pm

Cost: Participants encouraged to purchase a Drop-In Pass (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)

Homeschool Hangout

Date and Time: Thursday, November 6 2:00 pm - 3:00 pm

Address: 29 Mary Street

Homeschool Hangout

Bi-weekly Thursdays at 2 to 3 pm

Program runs September 25th to November 20th

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

Located in the Children's section of the library.

(unless otherwise stated)

Macrame Workshop with The Bay Leaf Plant Boutique

Date and Time: Thursday, November 6 6:00 pm - 8:00 pm

Address: 29 Mary Street

Join us at the Parry Sound Public Library for a fun evening making your own macrame plant holder!

Limited space • Registration \$40

Please register at the front desk of the library - registration fee is required at time of registration.

Plant Hanger materials & refreshments included

Additional \$10 to add plant

Located in the library auditorium -- not wheelchair accessible.

Young Magicians

Date and Time: Thursday, November 6 7:00 pm - 8:00 pm

Address: 7 Mary Street

Program Information: Young Magicians

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

***Stay tuned for Magic 2.0 coming Spring 2026!*

Ages

- 8 years & up

Location

- **Bobby Orr Community Centre- Hart Trophy Room**
7 Mary Street, Parry Sound, P2A 1C8

Schedule

- **Thursdays:** 7 PM - 8 PM

Session Dates:

- October 30-December 4, 2025

Cost:

- \$120.00

Registration

Registration is required for this program.

- **Registration opens Monday, September 15, 2025 at 10 AM**
- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Friday, November 7, 2025

Knit & Stitch

Date and Time: Friday, November 7 10:30 am - 11:30 am

Address: 29 Mary Street

Weekly drop-in program

Runs Friday, September 26th to November 28th

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 on the Parry Sound Public Library main level

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

Saturday, November 8, 2025

Essentrics® Dynamic Strength and Stretch Workout - Your Saturday Morning Ritual for Vitality

Date and Time: Saturday, November 8 10:30 am - 11:30 am

Address: Stockey Centre, 2 Bay Street

Dynamic fluid movements focus on:

- Deep stretches to improve flexibility and functional mobility,
- Building strength in muscle groups that are often overlooked to prevent injuries,
- Boosting your posture and unlock stiffness in your neck, shoulders, spine and lower back,
- Tone arms, thighs and glutes,
- Free your hips and energize your core,
- Strengthening and stretching the key muscles that play an important role in the health of your joints,
- Develop steady strength and stability to work your balance
- Classes are ALWAYS low impact for protecting our joints with an emphasis on body alignment,
- Classes are ALWAYS full body to rebalance the muscle the groups from head to toe.

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

Bring exercise mat and water bottle.

Stockey Centre
2 Bay St., Parry Sound
10:30am - 11:30am

Book your spot online at www.essentricswithcaroline.ca

Fee options:

\$15 per class

\$40 for 4-class pass

\$55 for 6-class pass

Check out details of class pass in FAQ section

www.essentricswithcaroline.ca

Visit class schedule www.essentricswithcaroline.ca

to discover a variety of workouts including advanced workout for Pickleball conditioning and locations: Stockey Centre, Humphrey Community Centre , Boutique Studio in Humphrey and Zoom

Participants are asked to read and sign waiver.

Monday, November 10, 2025

Parent and Tot Skate- Drop in

Date and Time: Monday, November 10 9:00 am - 9:50 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-9:50am

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 10 12:00 pm - 12:50 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-12:50pm

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)

Young Pickles

Date and Time: Monday, November 10 6:00 pm - 8:00 pm

Address: 7 Mary Street

Program Information: Young Pickles

Perfect for children eager to learn a new sport, this 4-week program gives participants the opportunity to engage with pickleball. Each session will focus on developing foundational skills, understanding game rules, and fostering a spirit of teamwork and sport.

Ages

- 8 - 11 years old
- 12 - 16 years old

Location

- **Bobby Orr Community Centre- Stanley Cup Hall**
7 Mary Street, Parry Sound, P2A 1C8

Schedule

- **Mondays**
- 8 - 11 year old: 6 PM - 6:45 PM
- 12 - 16 year old: 7 PM - 8 PM

Session Dates

- October 27-November 17

Cost

- \$40.00 / Session

Registration

Registration is required for this program

- **Registration opens Monday, September 15, 2025 at 10 AM**
- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Tuesday, November 11, 2025

Chess Club at PSPL

Date and Time: Tuesday, November 11 10:00 am - 1:00 pm

Address: 29 Mary Street

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

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

Located on the main level of the library.

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

Art Journaling

Date and Time: Tuesday, November 11 10:30 am - 12:00 pm

Address: 29 Mary Street

Program runs weekly from September 23rd to November 25th

Mindful creative sessions. Visual journaling using mixed media.

Materials and journals provided • Free drop-in program

Located in the library auditorium (not wheelchair accessible)

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

Adult Skate- Drop in

Date and Time: Tuesday, November 11 12:00 pm - 12:50 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-12:50pm

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 11 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 12, 2025

Pickleball- Drop In

Date and Time: Wednesday, November 12 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 12 10:00 am - 11:00 am

Address: 7 Mary Street

Program Information: Qigong

Explore the Ancient Art of Qigong with our immersive sessions aimed at promoting wellness and tranquility.

What We Offer:

- **Refined Movements:** Develops fluidity and enhances joint mobility.
- **Breath Control:** Techniques to improve respiratory function and energy flow.
- **Meditation Practices:** Focused sessions to boost mental clarity and emotional balance.

Location

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

Schedule

- **Wednesdays:** 10 AM - 11 AM

Session Information

1. Fall:

- Dates: November 5-December 10 (6 classes)
- Cost: \$50.00

2. Winter 2026:

- Dates: January 21-February 25 (6 classes)
- Cost: \$50.00

Drop-in Cost:

- \$12.00 per class (cash only)

Registration

- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Adult Skate- Drop in

Date and Time: Wednesday, November 12 12:00 pm - 12:50 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-12:50pm

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 12 1:00 pm - 3:00 pm

Address: 7 Mary Street

The Town of Parry Sound has partnered with the Alzheimer's Society of Muskoka to offer the Minds in Motion program.

Minds in Motion is a community-based social program that incorporates physical and mental stimulation for people with early to mid-stage Alzheimer's disease or other forms of dementia and their care partners. Through the 8-week Minds in Motion program, both the person living with dementia and their care partner can benefit from the following:

- Increasing physical activity through gentle group exercise.
- Establishing new friendships with others who are living with similar experiences.
- Engaging in fun, social activities.

For more information on the program and its availability, please visit our Minds in Motion webpage by clicking the link below:

[Minds in Motion](#)

Intro to Yoga

Date and Time: Wednesday, November 12 1:30 pm - 2:15 pm

Address: 29 Mary Street

Light Yoga with certified instructor Ellen Koennecke of Yoga in the Sound.

Weekly Drop-in program, \$5 per session • No registration required

Located in the library auditorium (not wheelchair accessible)

Please note:

- There is no yoga session on May 21st.
- The yoga session the week of June 4th will be on Tuesday, June 3rd.
- The yoga session the week of August 20th will be on Tuesday, August 19th.

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

Floor Curling- Drop In

Date and Time: Wednesday, November 12 2:00 pm - 4:00 pm

Address: 7 Mary Street

Enhance your flexibility, expand your range of motion, and boost circulation with our engaging floor curling sessions. Set aside thoughts of heavy stones and slippery ice—our game takes place indoors, using lightweight, user-friendly equipment that's a breeze to handle.

Bobby Orr Community Centre | Wednesdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 2:00pm-4:00pm

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

French Group

Date and Time: Wednesday, November 12 4:30 pm - 6:00 pm

Address: 29 Mary Street

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 PSPL at 705-746-9601 or askus@pspl.ca

Artistic Explorers

Date and Time: Wednesday, November 12 6:00 pm - 7:00 pm

Address: 7 Mary Street

Program Information: Artistic Explorers

Unleash your child's creativity with our Artistic Explorers program! This enriching four-week program offers an exciting opportunity to explore the world of painting and crafting. Led by the talented Jamie Leah Baker, participants will develop their artistic skills and ignite their imagination through a variety of projects, crafting a new masterpiece each session.

Ages

- 6 to 13 years old

Location

- **Bobby Orr Community Centre- Hart Trophy Room**
7 Mary Street, Parry Sound, P2A 1C8

Session Dates

- **Session 1:** October 8-29, 2025
- **Session 2:** November 12-December 3, 2025
- **Session 3:** January 7-28, 2026
- **Session 4:** February 11-March 4, 2026

Cost

- \$50.00 / Session

Registration

Registration is required for this program

- **Registration opens Monday, September 15, 2025 at 10 AM**
- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Thursday, November 13, 2025

Line Dancing- Drop in

Date and Time: Thursday, November 13 10:00 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: 10am-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 13 12:00 pm - 12:50 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-12:50pm

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 13 1:00 pm - 1:50 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-1:50pm

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, November 13 1:00 pm - 3:00 pm

Address: 7 Mary Street

Floor shuffleboard is being offered at the Town of Parry Sound. All equipment is provided, no experience necessary. Come out for an afternoon of activity, socializing, and fun!

Bobby Orr Community Centre | Thursdays | Stanley Cup Hall

Where: 7 Mary Street

When: 1:00pm-3:00pm

Cost: Participants encouraged to purchase a Drop-In Pass (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)

Young Magicians

Date and Time: Thursday, November 13 7:00 pm - 8:00 pm

Address: 7 Mary Street

Program Information: Young Magicians

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

***Stay tuned for Magic 2.0 coming Spring 2026!*

Ages

- 8 years & up

Location

- **Bobby Orr Community Centre- Hart Trophy Room**
7 Mary Street, Parry Sound, P2A 1C8

Schedule

- **Thursdays:** 7 PM - 8 PM

Session Dates:

- October 30-December 4, 2025

Cost:

- \$120.00

Registration

Registration is required for this program.

- **Registration opens Monday, September 15, 2025 at 10 AM**
- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Friday, November 14, 2025

Kids in the Biosphere: Planet Protectors

Date and Time: Friday, November 14 10:30 am - 12:30 pm

Address: 29 Mary Street (Parry Sound Public Library)

Kids in the Biosphere!

Join Georgian Bay Biosphere for a FREE and fun morning of games and interactive challenges as we explore our planet and discover how people and nature are all connected!

Recommended for ages 8-12 but everyone is welcome!

Registration required: <https://form.jotform.com/252934143288260>

Knit & Stitch

Date and Time: Friday, November 14 10:30 am - 11:30 am

Address: 29 Mary Street

Weekly drop-in program

Runs Friday, September 26th to November 28th

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 on the Parry Sound Public Library main level

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

FREE PD Day Skate

Date and Time: Friday, November 14 11:00 am - 11:50 am

Address: 7 Mary Street

The Bobby Orr Community Centre welcomes you for special PD Day Skates throughout the 2025-2026 school year. It's a perfect opportunity for kids to enjoy their day off school with some fun on the ice!

Skate Schedule:

- September 26, 2025: 11:00 AM - 11:50 AM
- October 20, 2025: 2:00 PM - 2:50 PM
- November 14, 2025: 11:00 AM - 11:50 AM
- March 13, 2026: 11:00 AM - 11:50 AM

Important Note:

- Children under the age of 12 must be accompanied by an adult.

Saturday, November 15, 2025

Essentrics® Dynamic Strength and Stretch Workout - Your Saturday Morning Ritual for Vitality

Date and Time: Saturday, November 15 10:30 am - 11:30 am

Address: Stockey Centre, 2 Bay Street

Dynamic fluid movements focus on:

- Deep stretches to improve flexibility and functional mobility,
- Building strength in muscle groups that are often overlooked to prevent injuries,
- Boosting your posture and unlock stiffness in your neck, shoulders, spine and lower back,
- Tone arms, thighs and glutes,
- Free your hips and energize your core,

- Strengthening and stretching the key muscles that play an important role in the health of your joints,
- Develop steady strength and stability to work your balance
- Classes are ALWAYS low impact for protecting our joints with an emphasis on body alignment,
- Classes are ALWAYS full body to rebalance the muscle the groups from head to toe.

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

Bring exercise mat and water bottle.

Stockey Centre
2 Bay St., Parry Sound
10:30am - 11:30am

Book your spot online at www.essentricswithcaroline.ca

Fee options:

\$15 per class

\$40 for 4-class pass

\$55 for 6-class pass

Check out details of class pass in FAQ section

www.essentricswithcaroline.ca

Visit class schedule www.essentricswithcaroline.ca

to discover a variety of workouts including advanced workout for Pickleball conditioning and locations: Stockey Centre, Humphrey Community Centre , Boutique Studio in Humphrey and Zoom

Participants are asked to read and sign waiver.

FREE Public Skating

Date and Time: Saturday, November 15 1:00 pm - 1:50 pm

Address: 7 Mary Street

Lace Up and Glide: Skating Returns to BOCC!

Saturday Public Skates from 1 PM- 1:50 PM are returning for the 2025-2026 season.

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.

Public Skating Rules

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

- Respect staff at all times.
- Children under the age of 12 MUST be accompanied by an adult.
- CSA approved helmets are strongly recommended for all skaters.

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

Monday, November 17, 2025

Parent and Tot Skate- Drop in

Date and Time: Monday, November 17 9:00 am - 9:50 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-9:50am

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 17 12:00 pm - 12:50 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-12:50pm

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)

Young Pickles

Date and Time: Monday, November 17 6:00 pm - 8:00 pm

Address: 7 Mary Street

Program Information: Young Pickles

Perfect for children eager to learn a new sport, this 4-week program gives participants the opportunity to engage with pickleball. Each session will focus on developing foundational skills, understanding game rules, and fostering a spirit of teamwork and sport.

Ages

- 8 - 11 years old
- 12 - 16 years old

Location

- **Bobby Orr Community Centre- Stanley Cup Hall**
7 Mary Street, Parry Sound, P2A 1C8

Schedule

- **Mondays**
- 8 - 11 year old: 6 PM - 6:45 PM
- 12 - 16 year old: 7 PM - 8 PM

Session Dates

- October 27-November 17

Cost

- \$40.00 / Session

Registration

Registration is required for this program

- **Registration opens Monday, September 15, 2025 at 10 AM**
- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Tuesday, November 18, 2025

Gentle Fit

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

Address: 7 Mary Street

Program Information: Gentle Fit

Gentle Fit is a one-hour class designed to offer:

- Low impact movement
- Strength training
- Mobility exercises
- Flexibility drills
- Balance exercises

Our program focuses on engaging all major muscle groups—including the brain, lungs, and heart—through aerobic movement and the use of resistance bands.

Ages

- 65+

Location

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

Schedule

- **Tuesdays & Thursdays: 9 AM - 10 AM**

Session Information

1. Session 1:

- Dates: September 2 - September 25 (8 classes)
- Cost: \$65.00

2. Session 2:

- Dates: October 2 - November 4 (10 classes)
- Cost: \$80.00

3. Session 3:

- Dates: November 18 - December 18 (10 classes)
- Cost: \$80.00

4. Session 4:

- Dates: January 6 - February 5, 2026 (10 classes)
- Cost: \$80.00

5. Session 5:

- Dates: February 17 - March 19, 2026 (10 classes)
- Cost: \$80.00

Drop-in Cost:

- \$12.00 per class (cash only)

Registration

- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Chess Club at PSPL

Date and Time: Tuesday, November 18 10:00 am - 1:00 pm

Address: 29 Mary Street

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

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

Located on the main level of the library.

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

Art Journaling

Date and Time: Tuesday, November 18 10:30 am - 12:00 pm

Address: 29 Mary Street

Program runs weekly from September 23rd to November 25th

Mindful creative sessions. Visual journaling using mixed media.

Materials and journals provided • Free drop-in program

Located in the library auditorium (not wheelchair accessible)

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

Adult Skate- Drop in

Date and Time: Tuesday, November 18 12:00 pm - 12:50 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-12:50pm

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 18 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 19, 2025

Pickleball- Drop In

Date and Time: Wednesday, November 19 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/>).

[-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 19 10:00 am - 11:00 am

Address: 7 Mary Street

Program Information: Qigong

Explore the Ancient Art of Qigong with our immersive sessions aimed at promoting wellness and tranquility.

What We Offer:

- **Refined Movements:** Develops fluidity and enhances joint mobility.
- **Breath Control:** Techniques to improve respiratory function and energy flow.
- **Meditation Practices:** Focused sessions to boost mental clarity and emotional balance.

Location

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

Schedule

- **Wednesdays:** 10 AM - 11 AM

Session Information

1. Fall:

- Dates: November 5-December 10 (6 classes)

- Cost: \$50.00

2. Winter 2026:

- Dates: January 21-February 25 (6 classes)
- Cost: \$50.00

Drop-in Cost:

- \$12.00 per class (cash only)

Registration

- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Adult Skate- Drop in

Date and Time: Wednesday, November 19 12:00 pm - 12:50 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-12:50pm

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 19 1:30 pm - 2:15 pm

Address: 29 Mary Street

Light Yoga with certified instructor Ellen Koennecke of Yoga in the Sound.

Weekly Drop-in program, \$5 per session • No registration required

Located in the library auditorium (not wheelchair accessible)

Please note:

- There is no yoga session on May 21st.
- The yoga session the week of June 4th will be on Tuesday, June 3rd.
- The yoga session the week of August 20th will be on Tuesday, August 19th.

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

Floor Curling- Drop In

Date and Time: Wednesday, November 19 2:00 pm - 4:00 pm

Address: 7 Mary Street

Enhance your flexibility, expand your range of motion, and boost circulation with our engaging floor curling sessions. Set aside thoughts of heavy stones and slippery ice—our game takes place indoors, using lightweight, user-friendly equipment that's a breeze to handle.

Bobby Orr Community Centre | Wednesdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 2:00pm-4:00pm

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

French Group

Date and Time: Wednesday, November 19 4:30 pm - 6:00 pm

Address: 29 Mary Street

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 PSPL at 705-746-9601 or askus@pspl.ca

Artistic Explorers

Date and Time: Wednesday, November 19 6:00 pm - 7:00 pm

Address: 7 Mary Street

Program Information: Artistic Explorers

Unleash your child's creativity with our Artistic Explorers program! This enriching four-week program offers an exciting opportunity to explore the world of painting and crafting. Led by the talented Jamie Leah Baker, participants will develop their artistic skills and ignite their imagination through a variety of projects, crafting a new masterpiece each session.

Ages

- 6 to 13 years old

Location

- **Bobby Orr Community Centre- Hart Trophy Room**
7 Mary Street, Parry Sound, P2A 1C8

Session Dates

- **Session 1:** October 8-29, 2025
- **Session 2:** November 12-December 3, 2025
- **Session 3:** January 7-28, 2026
- **Session 4:** February 11-March 4, 2026

Cost

- \$50.00 / Session

Registration

Registration is required for this program

- **Registration opens Monday, September 15, 2025 at 10 AM**
- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Parry Sound Nature Club

Date and Time: Wednesday, November 19 7:00 pm - 8:30 pm

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

Birding in Central America

Mary St. Centre, 24 Mary St, Parry Sound

On birding trips to Panama and Costa Rica, John McAllister took close to 100 000 photos of the birds and assorted wildlife that were encountered. Presented here, this presentation represents the best of those photos along with a description of the trials and tribulations of taking photographs in the heat, humidity, and at times pouring rain of the tropical rain and cloud forests.

Thursday, November 20, 2025

Gentle Fit

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

Address: 7 Mary Street

Program Information: Gentle Fit

Gentle Fit is a one-hour class designed to offer:

- Low impact movement
- Strength training
- Mobility exercises
- Flexibility drills
- Balance exercises

Our program focuses on engaging all major muscle groups—including the brain, lungs, and heart—through aerobic movement and the use of resistance bands.

Ages

- 65+

Location

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

Schedule

- **Tuesdays & Thursdays: 9 AM - 10 AM**

Session Information

1. Session 1:

- Dates: September 2 - September 25 (8 classes)
- Cost: \$65.00

2. Session 2:

- Dates: October 2 - November 4 (10 classes)
- Cost: \$80.00

3. Session 3:

- Dates: November 18 - December 18 (10 classes)
- Cost: \$80.00

4. Session 4:

- Dates: January 6 - February 5, 2026 (10 classes)
- Cost: \$80.00

5. Session 5:

- Dates: February 17 - March 19, 2026 (10 classes)
- Cost: \$80.00

Drop-in Cost:

- \$12.00 per class (cash only)

Registration

- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Line Dancing- Drop in

Date and Time: Thursday, November 20 10:00 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: 10am-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 20 12:00 pm - 12:50 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-12:50pm

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 20 1:00 pm - 1:50 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-1:50pm

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, November 20 1:00 pm - 3:00 pm

Address: 7 Mary Street

Floor shuffleboard is being offered at the Town of Parry Sound. All equipment is provided, no experience necessary. Come out for an afternoon of activity, socializing, and fun!

Bobby Orr Community Centre | Thursdays | Stanley Cup Hall

Where: 7 Mary Street

When: 1:00pm-3:00pm

Cost: Participants encouraged to purchase a Drop-In Pass (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)

Homeschool Hangout

Date and Time: Thursday, November 20 2:00 pm - 3:00 pm

Address: 29 Mary Street

Homeschool Hangout

Bi-weekly Thursdays at 2 to 3 pm

Program runs September 25th to November 20th

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

Located in the Children's section of the library.

(unless otherwise stated)

Young Magicians

Date and Time: Thursday, November 20 7:00 pm - 8:00 pm

Address: 7 Mary Street

Program Information: Young Magicians

Unlock the secrets of Magic with this 6- week program. Each week focuses on skills including card handling, r
ope maneuvers and more.

***Stay tuned for Magic 2.0 coming Spring 2026!*

Ages

- 8 years & up

Location

- **Bobby Orr Community Centre- Hart Trophy Room**
7 Mary Street, Parry Sound, P2A 1C8

Schedule

- **Thursdays: 7 PM - 8 PM**

Session Dates:

- October 30-December 4, 2025

Cost:

- \$120.00

Registration

Registration is required for this program.

- **Registration opens Monday, September 15, 2025 at 10 AM**
- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Friday, November 21, 2025

Knit & Stitch

Date and Time: Friday, November 21 10:30 am - 11:30 am

Address: 29 Mary Street

Weekly drop-in program

Runs Friday, September 26th to November 28th

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

Located on the Parry Sound Public Library main level

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

Light up the Park

Date and Time: Friday, November 21 5:30 pm - 6:30 pm

Address: 27 Mary Street

Get ready to kick off the holiday season with joy and excitement at Market Square Park with our annual "Light Up the Park" event! Mark your calendars and bring your friends, family, and festive spirit to this beloved tradition.

Event Details:

- **Date:** November 21, 2025
- **Location:** Market Square Park, Town of Parry Sound
- **Time:** Lighting of the Park: 6:00 PM

Join us as Market Square Park transforms into a winter wonderland, adorned with dazzling Christmas lights that illuminate the night sky. This spectacular display marks the beginning of the holiday season and brings our community together in celebration.

Highlights Include:

- **Official Lighting Ceremony:** Mayor Jamie McGarvey will kick off the festivities with a short speech full of holiday cheer at 5:55 PM.
- **Light Ceremony:** Witness the magic as lights brighten up the park at precisely 6:00 PM.

Don't forget to dress warmly and arrive early to enjoy the atmosphere. "Light Up the Park" promises to be an enchanting evening of fun, community, and merriment. Bring your loved ones and start your holiday season with a sparkle!

Whether you're young or young at heart, this event sparks the spirit of the season, offering a vibrant start to our community's holiday celebrations. After the event, be sure to explore further celebrations and events happening around Parry Sound throughout the festive season!

Saturday, November 22, 2025

Essentrics® Dynamic Strength and Stretch Workout - Your Saturday Morning Ritual for Vitality

Date and Time: Saturday, November 22 10:30 am - 11:30 am

Address: Stockey Centre, 2 Bay Street

Dynamic fluid movements focus on:

- Deep stretches to improve flexibility and functional mobility,
- Building strength in muscle groups that are often overlooked to prevent injuries,
- Boosting your posture and unlock stiffness in your neck, shoulders, spine and lower back,
- Tone arms, thighs and glutes,
- Free your hips and energize your core,
- Strengthening and stretching the key muscles that play an important role in the health of your joints,
- Develop steady strength and stability to work your balance
- Classes are ALWAYS low impact for protecting our joints with an emphasis on body alignment,
- Classes are ALWAYS full body to rebalance the muscle the groups from head to toe.

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

Bring exercise mat and water bottle.

Stockey Centre
2 Bay St., Parry Sound
10:30am - 11:30am

Book your spot online at www.essentricswithcaroline.ca

Fee options:

\$15 per class

\$40 for 4-class pass

\$55 for 6-class pass

Check out details of class pass in FAQ section

www.essentricswithcaroline.ca

Visit class schedule www.essentricswithcaroline.ca

to discover a variety of workouts including advanced workout for Pickleball conditioning and locations: Stockey Centre, Humphrey Community Centre , Boutique Studio in Humphrey and Zoom

Participants are asked to read and sign waiver.

Monday, November 24, 2025

Parent and Tot Skate- Drop in

Date and Time: Monday, November 24 9:00 am - 9:50 am

Address: 7 Mary Street

Parent and Tot Skating: Put on your skates and join us for a heartwarming Parent & Tot Drop-In Skating P

rogram 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-9:50am

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 24 12:00 pm - 12:50 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-12:50pm

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 25, 2025

Gentle Fit

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

Address: 7 Mary Street

Program Information: Gentle Fit

Gentle Fit is a one-hour class designed to offer:

- Low impact movement
- Strength training
- Mobility exercises
- Flexibility drills
- Balance exercises

Our program focuses on engaging all major muscle groups—including the brain, lungs, and heart—through aerobic movement and the use of resistance bands.

Ages

- 65+

Location

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

Schedule

- **Tuesdays & Thursdays:** 9 AM - 10 AM

Session Information

1. Session 1:

- Dates: September 2 - September 25 (8 classes)
- Cost: \$65.00

2. Session 2:

- Dates: October 2 - November 4 (10 classes)
- Cost: \$80.00

3. Session 3:

- Dates: November 18 - December 18 (10 classes)
- Cost: \$80.00

4. Session 4:

- Dates: January 6 - February 5, 2026 (10 classes)
- Cost: \$80.00

5. Session 5:

- Dates: February 17 - March 19, 2026 (10 classes)
- Cost: \$80.00

Drop-in Cost:

- \$12.00 per class (cash only)

Registration

- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Chess Club at PSPL

Date and Time: Tuesday, November 25 10:00 am - 1:00 pm

Address: 29 Mary Street

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

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

Located on the main level of the library.

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

Art Journaling

Date and Time: Tuesday, November 25 10:30 am - 12:00 pm

Address: 29 Mary Street

Program runs weekly from September 23rd to November 25th

Mindful creative sessions. Visual journaling using mixed media.

Materials and journals provided • Free drop-in program

Located in the library auditorium (not wheelchair accessible)

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

Adult Skate- Drop in

Date and Time: Tuesday, November 25 12:00 pm - 12:50 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-12:50pm

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 25 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 26, 2025

Pickleball- Drop In

Date and Time: Wednesday, November 26 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 26 10:00 am - 11:00 am

Address: 7 Mary Street

Program Information: Qigong

Explore the Ancient Art of Qigong with our immersive sessions aimed at promoting wellness and tranquility.

What We Offer:

- **Refined Movements:** Develops fluidity and enhances joint mobility.
- **Breath Control:** Techniques to improve respiratory function and energy flow.
- **Meditation Practices:** Focused sessions to boost mental clarity and emotional balance.

Location

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

Schedule

- **Wednesdays:** 10 AM - 11 AM

Session Information

1. Fall:

- Dates: November 5-December 10 (6 classes)
- Cost: \$50.00

2. Winter 2026:

- Dates: January 21-February 25 (6 classes)
- Cost: \$50.00

Drop-in Cost:

- \$12.00 per class (cash only)

Registration

- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Adult Skate- Drop in

Date and Time: Wednesday, November 26 12:00 pm - 12:50 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-12:50pm

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 26 1:30 pm - 2:15 pm

Address: 29 Mary Street

Light Yoga with certified instructor Ellen Koennecke of Yoga in the Sound.

Weekly Drop-in program, \$5 per session • No registration required

Located in the library auditorium (not wheelchair accessible)

Please note:

- There is no yoga session on May 21st.
- The yoga session the week of June 4th will be on Tuesday, June 3rd.
- The yoga session the week of August 20th will be on Tuesday, August 19th.

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

Floor Curling- Drop In

Date and Time: Wednesday, November 26 2:00 pm - 4:00 pm

Address: 7 Mary Street

Enhance your flexibility, expand your range of motion, and boost circulation with our engaging floor curling sessions. Set aside thoughts of heavy stones and slippery ice—our game takes place indoors, using lightweight, user-friendly equipment that's a breeze to handle.

Bobby Orr Community Centre | Wednesdays | Stanley Cup Hall

Where: 7 Mary Street, Parry Sound

When: 2:00pm-4:00pm

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

French Group

Date and Time: Wednesday, November 26 4:30 pm - 6:00 pm

Address: 29 Mary Street

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 PSPL at 705-746-9601 or askus@pspl.ca

Artistic Explorers

Date and Time: Wednesday, November 26 6:00 pm - 7:00 pm

Address: 7 Mary Street

Program Information: Artistic Explorers

Unleash your child's creativity with our Artistic Explorers program! This enriching four-week program offers an exciting opportunity to explore the world of painting and crafting. Led by the talented Jamie Leah Baker, participants will develop their artistic skills and ignite their imagination through a variety of projects, crafting a new masterpiece each session.

Ages

- 6 to 13 years old

Location

- **Bobby Orr Community Centre- Hart Trophy Room**
7 Mary Street, Parry Sound, P2A 1C8

Session Dates

- **Session 1:** October 8-29, 2025
- **Session 2:** November 12-December 3, 2025
- **Session 3:** January 7-28, 2026
- **Session 4:** February 11-March 4, 2026

Cost

- \$50.00 / Session

Registration

Registration is required for this program

- **Registration opens Monday, September 15, 2025 at 10 AM**
- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Thursday, November 27, 2025

Gentle Fit

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

Address: 7 Mary Street

Program Information: Gentle Fit

Gentle Fit is a one-hour class designed to offer:

- Low impact movement
- Strength training
- Mobility exercises
- Flexibility drills
- Balance exercises

Our program focuses on engaging all major muscle groups—including the brain, lungs, and heart—through aerobic movement and the use of resistance bands.

Ages

- 65+

Location

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

Schedule

- **Tuesdays & Thursdays: 9 AM - 10 AM**

Session Information

1. Session 1:

- Dates: September 2 - September 25 (8 classes)
- Cost: \$65.00

2. Session 2:

- Dates: October 2 - November 4 (10 classes)

- Cost: \$80.00

3. Session 3:

- Dates: November 18 - December 18 (10 classes)
- Cost: \$80.00

4. Session 4:

- Dates: January 6 - February 5, 2026 (10 classes)
- Cost: \$80.00

5. Session 5:

- Dates: February 17 - March 19, 2026 (10 classes)
- Cost: \$80.00

Drop-in Cost:

- \$12.00 per class (cash only)

Registration

- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Line Dancing- Drop in

Date and Time: Thursday, November 27 10:00 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: 10am-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 27 12:00 pm - 12:50 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-12:50pm

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 27 1:00 pm - 1:50 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-1:50pm

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, November 27 1:00 pm - 3:00 pm

Address: 7 Mary Street

Floor shuffleboard is being offered at the Town of Parry Sound. All equipment is provided, no experience necessary. Come out for an afternoon of activity, socializing, and fun!

Bobby Orr Community Centre | Thursdays | Stanley Cup Hall

Where: 7 Mary Street

When: 1:00pm-3:00pm

Cost: Participants encouraged to purchase a Drop-In Pass (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)

Young Magicians

Date and Time: Thursday, November 27 7:00 pm - 8:00 pm

Address: 7 Mary Street

Program Information: Young Magicians

Unlock the secrets of Magic with this 6- week program. Each week focuses on skills including card handling, r
ope maneuvers and more.

***Stay tuned for Magic 2.0 coming Spring 2026!*

Ages

- 8 years & up

Location

- **Bobby Orr Community Centre- Hart Trophy Room**
7 Mary Street, Parry Sound, P2A 1C8

Schedule

- **Thursdays:** 7 PM - 8 PM

Session Dates:

- October 30-December 4, 2025

Cost:

- \$120.00

Registration

Registration is required for this program.

- **Registration opens Monday, September 15, 2025 at 10 AM**
- **Online:** [Click here to register online](#)
- **In Person:** Visit the Town Office at 52 Seguin Street, Parry Sound to register in person.

Friday, November 28, 2025

Knit & Stitch

Date and Time: Friday, November 28 10:30 am - 11:30 am

Address: 29 Mary Street

Weekly drop-in program

Runs Friday, September 26th to November 28th

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

Located on the Parry Sound Public Library main level

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

Saturday, November 29, 2025

Essentrics® Dynamic Strength and Stretch Workout - Your Saturday Morning Ritual for Vitality

Date and Time: Saturday, November 29 10:30 am - 11:30 am

Address: Stockey Centre, 2 Bay Street

Dynamic fluid movements focus on:

- Deep stretches to improve flexibility and functional mobility,
- Building strength in muscle groups that are often overlooked to prevent injuries,
- Boosting your posture and unlock stiffness in your neck, shoulders, spine and lower back,
- Tone arms, thighs and glutes,
- Free your hips and energize your core,
- Strengthening and stretching the key muscles that play an important role in the health of your joints,
- Develop steady strength and stability to work your balance
- Classes are ALWAYS low impact for protecting our joints with an emphasis on body alignment,
- Classes are ALWAYS full body to rebalance the muscle the groups from head to toe.

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

Bring exercise mat and water bottle.

Stockey Centre
2 Bay St., Parry Sound
10:30am - 11:30am

Book your spot online at www.essentricswithcaroline.ca

Fee options:

\$15 per class

\$40 for 4-class pass

\$55 for 6-class pass

Check out details of class pass in FAQ section

www.essentricswithcaroline.ca

Visit class schedule www.essentricswithcaroline.ca

to discover a variety of workouts including advanced workout for Pickleball conditioning

and locations: Stockey Centre, Humphrey Community Centre , Boutique Studio in Humphrey and Zoom

Participants are asked to read and sign waiver.

FREE Public Skating

Date and Time: Saturday, November 29 1:00 pm - 1:50 pm

Address: 7 Mary Street

Lace Up and Glide: Skating Returns to BOCC!

Saturday Public Skates from 1 PM- 1:50 PM are returning for the 2025-2026 season.

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.

Public Skating Rules

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

- Respect staff at all times.
- Children under the age of 12 MUST be accompanied by an adult.
- CSA approved helmets are strongly recommended for all skaters.
- All participants must be wearing skates while on the ice surface.
- Skate at a sensible, safe speed, in the same direction as other skaters.
- No food or drink on the ice surface.
- No sticks, pucks, balls, chairs, pylons, strollers or any other item which might interfere with the safety of any skater on the ice surface.
- No horseplay or games.
- No skating backwards or figure skating maneuvers.
- No headsets, cellphones or handheld electronic devices are to be used while skating.
- No carrying of children is permitted
- No sitting on the boards.

Santa Claus Parade

Date and Time: Saturday, November 29 4:30 pm

Address: Downtown Parry Sound

2025 Santa Claus Parade

Presented by the Town of Parry Sound

Immerse yourself in the magic of the "Enchanted Forest" as we celebrate this festive season with joy and wonder. Mark your calendars for Saturday, November 29th at 4:30pm, when our streets will come alive with dazzling lights, vibrant floats, and the spirit of community.

Float Registration

Interested in being part of this magical experience? Registration for parade floats opens on Monday, September 15th at 10am. Join us in creating an unforgettable journey through an enchanted forest to delight children and families alike. Stay tuned for more updates and prepare for a night where the enchantment of the holiday season comes to life!

Volunteers Needed

Join us in bringing the "Enchanted Forest" to life at the Town of Parry Sound's Santa Claus Parade! We're seeking dedicated volunteers to assist with road closures. This is a fantastic opportunity to secure a front row view of the parade. Lend a helping hand and be part of this magical seasonal celebration! Sign up today to volunteer and make a difference.

<https://events.parrysound.ca>