



September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labour Day	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Fall Program Registration Opens at 10am	26	27 PA Day	28
29	30 National Day for Truth and Reconciliation					

EVENTS

PA Day

To register your child, contact
Carrie at 705-474-0400 x2329.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 55+ Chair Yoga	3 Youth Ukulele Lessons	4	5
6	7	8	9 55+ Chair Yoga	10 Youth Ukulele Lessons	11	12
13	14 Thanksgiving	15	16 55+ Chair Yoga	17 Youth Ukulele Lessons	18	19
20	21 55+ Cooking Class	22 All-Ages Spooktacular	23 55+ Chair Yoga	24 Youth Ukulele Lessons	25	26
27	28 55+ Cooking Class	29	30 55+ Chair Yoga Mummies & Munchkins	31 Halloween		

55+ Chair Yoga

This 6-week chair yoga program will run from 10am-11am upstairs at the Sam Jacks Complex (West Ferris Arena). Instructed by Natalie Demarco. To register, contact Carrie at 705-474-0400 x2329

55+ Cooking Class

Learn how to cook fall inspired recipes. This program runs for 4 weeks from 10:30am-12:30pm at the Health Unit. Instructed by Michelle Her. To register, contact Carrie at 705-474-0400 x2329

All-Ages Spooktacular

Drop in between 6-7:30pm at Caldwell-Ellam Community Centre to tie dye your own Halloween candy bag, make buttons, colour and take home a pumpkin (while supplies last)! Free, drop in.

Mummies & Munchkins

Drop in between 10am-12pm at Caldwell-Ellam Community Centre for Halloween crafts, facepainting and balloon animals by Tickled Teals. This program is intended for parents with little ones.

Youth Ukulele Lessons

Learn how to play the Ukulele over 6 sessions upstairs at the Sam Jacks Complex (West Ferris Arena). **Must provide your own Ukulele.** Two lesson times available depending on the child's age: 5:15-6pm (ages 6-9) and 6:05pm-6:50pm (ages 10-12). Instructed by Dan from Long & McQuade.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 55+ Fitness
3	4 55+ Cooking Class	5 Crochet for Kids (7+)	6 55+ Chair Yoga	7 Youth Ukulele Lessons	8	9 55+ Fitness
10	11 Remembrance Day	12 Crochet for Kids (7+)	13	14 Youth Ukulele Lessons	15 PA Day	16
17	18 55+ Cooking Class	19 Crochet for Kids (7+)	20 55+ Paint Class	21	22	23 55+ Fitness
24	25	26 Crochet for Kids (7+)	27	28	29	30 55+ Fitness

Crochet for Kids

For youth 7+ who are interested in learning how to crochet. This 4-week program will run from 5-6pm at Caldwell-Ellam Community Centre. All supplies included. Instructed by Stix & Stones. To register, call Carrie at 705-474-0400 x2329

55+ Fitness

This 5-week program runs from 11-11:45am at Elmwood. For seniors of all fitness levels. Instructed by Jen McConnell. To register, call Carrie at 705-474-0400 x2329

PA Day

To register your child, contact Carrie at 705-474-0400 x2329

55+ Paint Class

Learn how to paint with watercolours from 10-11:30am at Caldwell-Ellam Community Centre. Instructed by Carina Ciccirelli. To register, contact Carrie at 705-474-0400 x2329.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5 Holiday Baking for Kids (6+)	6	7 55+ Fitness
8	9	10	11 Tinsel & Tots	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Christmas	26 Boxing Day	27	28
29	30	31				

EVENTS

Holiday Baking for Kids (6+)

Learn how to bake holiday treats from 5:30-7:30pm at the Health Unit. All supplies included. Instructed by Michelle Her. To register, contact Carrie at 705-474-0400 x2329

Tinsel & Tots

Drop in between 10am-12pm at Caldwell-Ellam Community Centre for Christmas crafts. This program is intended for parents with little ones.