

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 PD Day	28
29	30 National Day for Truth and Reconciliation					

EVENTS

PD Day

For more information: [Youth Programs | City of North Bay](#)

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

55+ Chair Yoga (Ferris)

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

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.

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

55+ Fitness

This 6-week program runs from 11-11:45am at Elmwood for all fitness levels. Instructed by Jen McConnell. To register, call 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.

VON SMART Program (65+)

Monday 10:30-11:30am
Friday 1-2pm
Exercise classes for older adults and people with mobility issues focusing on improving functional performance. To register, contact Darren at 705-358-5995

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.

After School Program (Ages 6-12)

Monday, Wednesday, Friday from 3-6pm at Elmwood or Circle Lake. Physical activity, healthy snacks, crafts and friendships.
Register online: [Youth Programs | City of North Bay](#)

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

After School Program (Ages 6-12)

Monday, Wednesday, Friday from 3-6pm at Elmwood or Circle Lake. Physical activity, healthy snacks, crafts and friendships. Register online: [Youth Programs | City of North Bay](#)

55+ Fitness

This 6-week program runs from 11-11:45am at Elmwood for all fitness levels. Instructed by Jen McConnell. To register, call Carrie at 705-474-0400 x2329

55+ Chair Yoga (Elmwood)

This 5-week chair yoga program will run from 10am-11am in the Elmwood Community Hub gymnasium. Instructed by Grounded Studios. To register, contact Carrie at 705-474-0400 x2329

PD Day

For more information: [Youth Programs | City of North Bay](#)

VON SMART Program (65+)

Monday/Wednesday 10:30-11:30am
Friday 1-2pm

Exercise classes for older adults and people with mobility issues focusing on improving functional performance. To register, contact Darren at 705-358-5995

55+ Paint Class

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

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

After School Program (Ages 6-12)

Monday, Wednesday, Friday from 3-6pm at Elmwood or Circle Lake. Physical activity, healthy snacks, crafts and friendships.

Register online: [Youth Programs | City of North Bay](#)

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 holiday crafts. This program is intended for parents with little ones.

VON SMART Program (65+)

Monday/Wednesday 10:30-11:30am
Friday 1-2pm

Exercise classes for older adults and people with mobility issues focusing on improving functional performance. To register, contact Darren at 705-358-5995