

## Monday, October 2, 2023

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### Casual Pickleball

Date and Time: Monday, October 2 3:00 pm - 5:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Everyone is welcome for fun, non-competitive pickleball. New players interested in learning are welcome.

## Wednesday, October 4, 2023

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### Paddle, Explore and Dine

Date and Time: Wednesday, October 4 10:30 am - 3:30 pm

Address: 4071 Elephant Lake Road, Harcourt Ontario

This *5 hour guided adventure* will have you *paddling* up the York River into Algonquin Park in your watercraft of choice (kayak or paddleboard) and then *hiking* up the gorgeous boulder-strewn banks of the York River past rapids and waterfalls until you get to High Falls! There guests can enjoy time and an around the waterfall and a *sumptuous meal* provided by our partners AM/PM Outdoor Gourmet! After lunch and time with the water we will hike and paddle back to the Outpost. \$50 - \$189 **Please note that a minimum 48 hour pre-registration is required.**

### Yoga in Gooderham

Date and Time: Wednesday, October 4 7:00 pm - 8:00 pm

Address: Robert McCausland Community Centre, Gooderham

Yoga for all levels, including beginner is taking place at the Robert McCausland Community Centre in Gooderham for all residents, seasonals, cottagers and renters.

\$40.00 for 4 weeks or \$15.00 per class for drop-ins.

Want to try yoga and meditation but don't know where to begin? Come explore the basics in a safe and welcoming environment with Michaela Shaw. Michaela has been sharing her love of yoga with the Toronto area community on a part-time and volunteer basis for almost 20 years and now resides full time in Gooderham. Her classes are both energizing and relaxing with thoughtful instructions that allow her students to take the lessons that they learn in her yoga classes and bring them into their daily lives.

Each class will create an experience that includes:

- User-friendly yoga, with adaptations offered for all skill levels and abilities

- Pranayama (breathing techniques) to calm the nervous system and steady the mind
- A sample of meditation as part of every class (loving kindness, body awareness, breath awareness)
- A final pose of deep relaxation

Yoga mats are available to borrow or you can bring your own. Wear comfortable clothing and bring a light blanket/throw or sweater to use during the relaxation portion of the class.

Please bring \$40.00 cash which covers 4 weeks of Yoga or \$15.00 cash for one class and come 15 minutes early.

For more information about the classes please contact Denise White/Winder 705-447-2953.

## Saturday, October 7, 2023

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### Chalk the Walk

Date and Time: Saturday, October 7 10:00 am - 3:00 pm

Address: Wilberforce Library, 1101 Holmes Road

Come out and help us decorate the library walkway! All supplies will be provided just bring your imagination. Weather permitting.

### Paddle, Explore and Dine

Date and Time: Saturday, October 7 10:30 am - 3:30 pm

Address: 4071 Elephant Lake Road, Harcourt Ontario

This *5 hour guided adventure* will have you *paddling* up the York River into Algonquin Park in your watercraft of choice (kayak or paddleboard) and then *hiking* up the gorgeous boulder-strewn banks of the York River past rapids and waterfalls until you get to High Falls! There guests can enjoy time and an around the waterfall and a *sumptuous meal* provided by our partners AM/PM Outdoor Gourmet! After lunch and time with the water we will hike and paddle back to the Outpost. \$50 - \$189 **Please note that a minimum 48 hour pre-registration is required.**

## Monday, October 9, 2023

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### Casual Pickleball

Date and Time: Monday, October 9 3:00 pm - 5:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Everyone is welcome for fun, non-competitive pickleball. New players interested in learning are welcome.

## Tuesday, October 10, 2023

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### Figure Skating Lessons

Date and Time: Tuesday, October 10 6:00 pm - 7:30 pm

Address: Keith Tallman Memorial Arena

### Men's Pick-up Hockey

Date and Time: Tuesday, October 10 8:30 pm - 9:30 pm

Address: Keith Tallman Memorial Arena

Men's Pick Up Hockey is held Tuesday nights from 8:30 p.m. to 9:30 p.m. and Sunday mornings from 11:00 a.m. to 12:00 p.m.

## Wednesday, October 11, 2023

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### Yoga in Gooderham

Date and Time: Wednesday, October 11 7:00 pm - 8:00 pm

Address: Robert McCausland Community Centre, Gooderham

Yoga for all levels, including beginner is taking place at the Robert McCausland Community Centre in Gooderham for all residents, seasonals, cottagers and renters.

\$40.00 for 4 weeks or \$15.00 per class for drop-ins.

Want to try yoga and meditation but don't know where to begin? Come explore the basics in a safe and welcoming environment with Michaela Shaw. Michaela has been sharing her love of yoga with the Toronto area community on a part-time and volunteer basis for almost 20 years and now resides full time in Gooderham. Her classes are both energizing and relaxing with thoughtful instructions that allow her students to take the lessons that they learn in her yoga classes and bring them into their daily lives.

Each class will create an experience that includes:

- User-friendly yoga, with adaptations offered for all skill levels and abilities
- Pranayama (breathing techniques) to calm the nervous system and steady the mind
- A sample of meditation as part of every class (loving kindness, body awareness, breath awareness)
- A final pose of deep relaxation

Yoga mats are available to borrow or you can bring your own. Wear comfortable clothing and bring a light blanket/throw or sweater to use during the relaxation portion of the class.

Please bring \$40.00 cash which covers 4 weeks of Yoga or \$15.00 cash for one class and come 15 minutes early.

For more information about the classes please contact Denise White/Winder 705-447-2953.

## Saturday, October 14, 2023

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### Chalk the Walk

Date and Time: Saturday, October 14 10:00 am - 3:00 pm

Address: Wilberforce Library, 1101 Holmes Road

Come out and help us decorate the library walkway! All supplies will be provided just bring your imagination. Weather permitting.

### Paddle, Plein Air and Dine

Date and Time: Saturday, October 14 10:00 am - 4:00 pm

Address: 4071 Elephant Lake Road, Harcourt Ontario

Join local artist *Gary Blundell of Hotspur Studio* for a paddle up the York River into Algonquin Park by kayak, to a beautiful section full of tumbledown, moss covered boulders, crevasses, beautiful flora and fauna and waterfalls!

Here you will be able to choose your spot(s) for the plein air medium of your choice (please bring your own personal painting or sketching materials and equipment). Gary will assist guests in learning and embracing plein air.

Our guide will set up a gourmet meal provided by AM/PM Outdoor Gourmet at the waterfall for guests to enjoy midway through the day.

\$204 - \$224

**Please note that a minimum 48 hour pre-registration is required.**

## Sunday, October 15, 2023

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### Men's Pick-up Hockey

Date and Time: Sunday, October 15 11:00 am - 12:00 pm

Address: Keith Tallman Memorial Arena

Men's Pick Up Hockey is held Tuesday nights from 8:30 p.m. to 9:30 p.m. and Sunday mornings from 11:00 a.m. to 12:00 p.m.

## **Free Public Skating**

Date and Time: Sunday, October 15 1:00 pm - 2:30 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy free public skating every Sunday at the Keith Tallman Memorial Arena in Wilberforce.

## **Monday, October 16, 2023**

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### **Casual Pickleball**

Date and Time: Monday, October 16 3:00 pm - 5:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Everyone is welcome for fun, non-competitive pickleball. New players interested in learning are welcome.

## **Tuesday, October 17, 2023**

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### **Adults and Seniors Free Public Skating**

Date and Time: Tuesday, October 17 2:00 pm - 3:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy quiet skating for adults and seniors every Tuesday at the Keith Tallman Memorial Arena in Wilberforce.

### **Figure Skating Lessons**

Date and Time: Tuesday, October 17 6:00 pm - 7:30 pm

Address: Keith Tallman Memorial Arena

### **Men's Pick-up Hockey**

Date and Time: Tuesday, October 17 8:30 pm - 9:30 pm

Address: Keith Tallman Memorial Arena

Men's Pick Up Hockey is held Tuesday nights from 8:30 p.m. to 9:30 p.m. and Sunday mornings from 11:00 a.m. to 12:00 p.m.

## Wednesday, October 18, 2023

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### Yoga in Gooderham

Date and Time: Wednesday, October 18 7:00 pm - 8:00 pm

Address: Robert McCausland Community Centre, Gooderham

Yoga for all levels, including beginner is taking place at the Robert McCausland Community Centre in Gooderham for all residents, seasonals, cottagers and renters.

\$40.00 for 4 weeks or \$15.00 per class for drop-ins.

Want to try yoga and meditation but don't know where to begin? Come explore the basics in a safe and welcoming environment with Michaela Shaw. Michaela has been sharing her love of yoga with the Toronto area community on a part-time and volunteer basis for almost 20 years and now resides full time in Gooderham. Her classes are both energizing and relaxing with thoughtful instructions that allow her students to take the lessons that they learn in her yoga classes and bring them into their daily lives.

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- User-friendly yoga, with adaptations offered for all skill levels and abilities
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- A sample of meditation as part of every class (loving kindness, body awareness, breath awareness)
- A final pose of deep relaxation

Yoga mats are available to borrow or you can bring your own. Wear comfortable clothing and bring a light blanket/throw or sweater to use during the relaxation portion of the class.

Please bring \$40.00 cash which covers 4 weeks of Yoga or \$15.00 cash for one class and come 15 minutes early.

For more information about the classes please contact Denise White/Winder 705-447-2953.

## Saturday, October 21, 2023

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### Chalk the Walk

Date and Time: Saturday, October 21 10:00 am - 3:00 pm

Address: Wilberforce Library, 1101 Holmes Road

Come out and help us decorate the library walkway! All supplies will be provided just bring your imagination. Weather permitting.

## Sunday, October 22, 2023

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### Men's Pick-up Hockey

Date and Time: Sunday, October 22 11:00 am - 12:00 pm

Address: Keith Tallman Memorial Arena

Men's Pick Up Hockey is held Tuesday nights from 8:30 p.m. to 9:30 p.m. and Sunday mornings from 11:00 a.m. to 12:00 p.m.

### Free Public Skating

Date and Time: Sunday, October 22 1:00 pm - 2:30 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy free public skating every Sunday at the Keith Tallman Memorial Arena in Wilberforce.

## Monday, October 23, 2023

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### Casual Pickleball

Date and Time: Monday, October 23 3:00 pm - 5:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Everyone is welcome for fun, non-competitive pickleball. New players interested in learning are welcome.

## Tuesday, October 24, 2023

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### Adults and Seniors Free Public Skating

Date and Time: Tuesday, October 24 2:00 pm - 3:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy quiet skating for adults and seniors every Tuesday at the Keith Tallman Memorial Arena in Wilberforce.

### Figure Skating Lessons

Date and Time: Tuesday, October 24 6:00 pm - 7:30 pm

Address: Keith Tallman Memorial Arena

## Men's Pick-up Hockey

Date and Time: Tuesday, October 24 8:30 pm - 9:30 pm

Address: Keith Tallman Memorial Arena

Men's Pick Up Hockey is held Tuesday nights from 8:30 p.m. to 9:30 p.m. and Sunday mornings from 11:00 a.m. to 12:00 p.m.

## Wednesday, October 25, 2023

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### Yoga in Gooderham

Date and Time: Wednesday, October 25 7:00 pm - 8:00 pm

Address: Robert McCausland Community Centre, Gooderham

Yoga for all levels, including beginner is taking place at the Robert McCausland Community Centre in Gooderham for all residents, seasonals, cottagers and renters.

\$40.00 for 4 weeks or \$15.00 per class for drop-ins.

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- A final pose of deep relaxation

Yoga mats are available to borrow or you can bring your own. Wear comfortable clothing and bring a light blanket/throw or sweater to use during the relaxation portion of the class.

Please bring \$40.00 cash which covers 4 weeks of Yoga or \$15.00 cash for one class and come 15 minutes early.

For more information about the classes please contact Denise White/Winder 705-447-2953.

## Saturday, October 28, 2023

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## **Chalk the Walk**

Date and Time: Saturday, October 28 10:00 am - 3:00 pm

Address: Wilberforce Library, 1101 Holmes Road

Come out and help us decorate the library walkway! All supplies will be provided just bring your imagination. Weather permitting.

## **Sunday, October 29, 2023**

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### **Men's Pick-up Hockey**

Date and Time: Sunday, October 29 11:00 am - 12:00 pm

Address: Keith Tallman Memorial Arena

Men's Pick Up Hockey is held Tuesday nights from 8:30 p.m. to 9:30 p.m. and Sunday mornings from 11:00 a.m. to 12:00 p.m.

### **Free Public Skating**

Date and Time: Sunday, October 29 1:00 pm - 2:30 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy free public skating every Sunday at the Keith Tallman Memorial Arena in Wilberforce.

## **Monday, October 30, 2023**

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### **Casual Pickleball**

Date and Time: Monday, October 30 3:00 pm - 5:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Everyone is welcome for fun, non-competitive pickleball. New players interested in learning are welcome.

## **Tuesday, October 31, 2023**

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### **Adults and Seniors Free Public Skating**

Date and Time: Tuesday, October 31 2:00 pm - 3:00 pm

Address: Keith Tallman Memorial Arena, Wilberforce

Enjoy quiet skating for adults and seniors every Tuesday at the Keith Tallman Memorial Arena in Wilberforce.

## Figure Skating Lessons

Date and Time: Tuesday, October 31 6:00 pm - 7:30 pm

Address: Keith Tallman Memorial Arena

## Men's Pick-up Hockey

Date and Time: Tuesday, October 31 8:30 pm - 9:30 pm

Address: Keith Tallman Memorial Arena

Men's Pick Up Hockey is held Tuesday nights from 8:30 p.m. to 9:30 p.m. and Sunday mornings from 11:00 a.m. to 12:00 p.m.

<https://calendar.highlandseast.ca>