Friday, November 1, 2024

Chair Yoga

Date and Time: Friday, November 1 9:30 am - 10:15 am

Address: 526 Taylor Street, Wiarton, ON

This class is focused on restoring and maintaining mobility of the joints, breath work, and practicing seated/stan ding stretches by the chair.

Commit for the session or sign up for single classes.

Pre-registration is required.

Instructor: Julie Bradley-Low, CYT

Fall Session II -November 1 to December 20, 2024

Fridays 9:30am to 10:15am Wiarton Arena 526 Taylor Street, Wiarton

• November 1, 8, 15, 22, 29

• December 6, 13, 20

Fall Session II (Nov/Dec) Pass \$104, 8 classes: Register Online

Single Class \$15 per class: Register Online

For questions or assistance please email or call 519-534-1400 ext 132

Monday, November 4, 2024

Gentle Yoga

Date and Time: Monday, November 4 9:30 am - 10:15 am

Address: 30 Community Centre Drive, Sauble Beach

Gentle Yoga -Fall Session 2 -November 4 to December 23, 2024

Mondays 9:30am to 10:15am

Sauble Beach Community Centre 30 Community Centre Drive, Sauble Beach

November 4 to December 23, 2024

• November 4, 11, 18, 25

• December 2, 9, 16, 23

Fall Session 2 (Nov/Dec) Pass: \$104, 8 classes

Single Class: \$15

Pre-registration is required. www.southbrucepeninsula.com/recreation-programs

For questions or assistance please email or call 519-534-1400 ext 132

Tuesday, November 5, 2024

Regular Meeting of Council

Date and Time: Tuesday, November 5 9:00 am - 4:30 pm

Address: Municipal Council Chambers, 315 George Street Wiarton ON N0H2T0

Wednesday, November 6, 2024

Digital Literacy: Internet Basics

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

Address: 27 Community Centre Drive, Sauble Beach ON

Digital Literacy: Internet Basics

Join us on November 6th and 7th for a free internet basics course. Learn the basic skills needed to confidently n avigate the internet. This free course is a great opportunity to learn and boost your internet user skills in a small group setting. Computers will be provided, but you are welcome to bring your own laptop if you prefer. Maximum of 6 participants. Pre-registration is required.

This course if offered in partnership with the Bruce County Public Library.

November 6th at 2pm -Sauble Beach Library November 7th at 11am -Wiarton Library

To register please call 519-534-2602 or 519-422-1283, <u>email</u>, or visit the Wiarton or Sauble Beach library bra nches in person.

Next Digital Literacy Course: Email Basics -coming in January 2025

Wiarton BIA Board of Management Meeting

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

Address: Municipal Council Chambers, 315 George Street Wiarton ON N0H 2T0

Meeting of the Wiarton BIA Board of Management. Includes a Public Meeting to hear from the membership pr ior to the adoption of the 2025 budget.

Thursday, November 7, 2024

Digital Literacy: Internet Basics

Date and Time: Thursday, November 7 11:00 am - 12:00 pm

Address: 578 Brown Street, Wiarton ON

Digital Literacy: Internet Basics

Join us on November 6th and 7th for a free internet basics course. Learn the basic skills needed to confidently n avigate the internet. This free course is a great opportunity to learn and boost your internet user skills in a small group setting. Computers will be provided, but you are welcome to bring your own laptop if you prefer. Maximum of 6 participants. Pre-registration is required.

This course if offered in partnership with the Bruce County Public Library.

November 6th at 2pm -Sauble Beach Library November 7th at 11am -Wiarton Library

To register please call 519-534-2602 or 519-422-1283, email, or visit the Wiarton or Sauble Beach library bra nches in person.

Next Digital Literacy Course: Email Basics -coming in January 2025

Friday, November 8, 2024

Chair Yoga

Date and Time: Friday, November 8 9:30 am - 10:15 am

Address: 526 Taylor Street, Wiarton, ON

This class is focused on restoring and maintaining mobility of the joints, breath work, and practicing seated/stan ding stretches by the chair.

Commit for the session or sign up for single classes.

Pre-registration is required.

Instructor: Julie Bradley-Low, CYT

Fall Session II -November 1 to December 20, 2024

Fridays 9:30am to 10:15am Wiarton Arena 526 Taylor Street, Wiarton

- November 1, 8, 15, 22, 29
- December 6, 13, 20

Fall Session II (Nov/Dec) Pass \$104, 8 classes: Register Online

Single Class \$15 per class: Register Online

For questions or assistance please email or call 519-534-1400 ext 132

Saturday, November 9, 2024

Lakeview Vendor Markets Early Christmas Event

Date and Time: Saturday, November 9 9:00 am - 3:00 pm

Address: 526 Taylor Street

Saturday November 9th Wiarton Arena 9:00 - 3:00. Lakeview Vendor Markets Early Christmas Event. 37 talen ted vendors to browse through to start or finish your Christmas shopping.

Lunch available for purchase. Come on out and support local.

Hunters Ball

Date and Time: Saturday, November 9 8:00 pm

Address: 575 Edward St, Wiarton ON

The Hunters Ball

Saturday November 9th, 2024

Presented by the Wiarton & District Chamber of Commerce

Featuring Pick Up Game

Licensed 19+ Event

Hosted at: The WIarton Propeller Club 575 Edward, Wiarton.

Join us & dance the night away with an unforgettable evening to top off DEER WEEK in Wiarton!

Tickets are \$20 each available through Great Ape Empire, Josie's of WIarton & The Wiarton & District Chamber of Commerce. wiartondistrictchamber@gmail.com_519-534-4545

Monday, November 11, 2024

Gentle Yoga

Date and Time: Monday, November 11 9:30 am - 10:15 am

Address: 30 Community Centre Drive, Sauble Beach

Gentle Yoga -Fall Session 2 -November 4 to December 23, 2024

Mondays 9:30am to 10:15am

Sauble Beach Community Centre 30 Community Centre Drive, Sauble Beach

November 4 to December 23, 2024

• November 4, 11, 18, 25

• December 2, 9, 16, 23

Fall Session 2 (Nov/Dec) Pass: \$104, 8 classes

Single Class: \$15

Pre-registration is required. www.southbrucepeninsula.com/recreation-programs

For questions or assistance please email or call 519-534-1400 ext 132

Tuesday, November 12, 2024

Gentle Fit -Wiarton

Date and Time: Tuesday, November 12 9:30 am - 10:30 am

Address: 526 Taylor Street, Wiarton, ON

Gentle Fit (Tuesdays) -Wiarton

November/December Session

Add some fun and fitness to your fall schedule. Join Barb Abell for Gentle Fit classes this fall. Commit to the s ession (7 classes) or sign up for individual classes. Gentle Fit offeres a total body awareness fitness experience, focusing on balance, co-ordination and strength. Open to all fitness levels. Chair options offered.

Instructor: Barb Abell, NASM CPT & CNC, WLS

Tuesdays at 9:30am Wiarton Community Centre and Arena 526 Taylor Street, Wiarton

November 12 to December 17, 2024

- November 12, 19, 26
- December 3, 10, 17

Pre-registration required.

Nov/Dec Tuesday Session Pass: \$ 78 (classes)

Single Class Pass: \$15

For questions or assistance please email: parksandrecreation@southbrucepeninsula.com or call 519-534-1400

ext 132

Gentle Fit -Sauble Beach

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

Address: 30 Community Centre Drive, Sauble Beach

Gentle Fit -Sauble Beach (Tuesdays)

November/December Session

Add some fun and fitness to your fall schedule. Join Barb Abell for Gentle Fit classes this fall. Commit to the s ession (6 Tuesday classes) or sign up for individual classes. Gentle Fit offers a total body awareness fitness exp erience. Focusing on balance, co-ordination and strength. Open to all fitness levels. Chair options offered.

Instructor: Barb Abell

Tuesdays at 11am
Sauble Beach Community Centre
30 Community Centre Drive, Sauble Beach

November 12 to December 17, 2024

- November 12, 19, 26
- December 3, 10, 17

Pre-registration required. www.southbrucepeninsula.com/recreation-programs

Nov/Dec Tuesday Session Pass \$78 (6 classes) Single Class \$15

For questions or assistance please email or call 519-534-1400 ext 132

Wednesday, November 13, 2024

Wreath Making Workshop

Date and Time: Wednesday, November 13 6:30 pm - 9:30 pm

Address: 526 Taylor Street, Wiarton, ON

Wreath Making Workshop

join us for this fun 2.5 to 3 hour workshop where you will create your own holiday/winter wreath to decorate y our home for the upcoming season.

This is a hands-on learning workshop. All materials and supplies are provided.

Instructors: Wenda and Cathy from The Painted Turtle and Balloon Headquarters

Wednesday November 13th, 2024 from 6:30pm to 9:30pm

Wiarton Arena 526 Taylor Street, Wiarton

Cost: \$40 +HST

Registration Required <u>-Register Online</u>
For assistance please <u>email</u> or call 519-534-1400 ext 132

Friday, November 15, 2024

Chair Yoga

Date and Time: Friday, November 15 9:30 am - 10:15 am

Address: 526 Taylor Street, Wiarton, ON

This class is focused on restoring and maintaining mobility of the joints, breath work, and practicing seated/stan ding stretches by the chair.

Commit for the session or sign up for single classes.

Pre-registration is required.

Instructor: Julie Bradley-Low, CYT

Fall Session II -November 1 to December 20, 2024

Fridays 9:30am to 10:15am Wiarton Arena 526 Taylor Street, Wiarton

- November 1, 8, 15, 22, 29
- December 6, 13, 20

Fall Session II (Nov/Dec) Pass \$104, 8 classes: Register Online

Single Class \$15 per class: Register Online

For questions or assistance please email or call 519-534-1400 ext 132

Saturday, November 16, 2024

Art of Caring, Youth Charity Gala

Date and Time: Saturday, November 16 5:30 pm - 10:00 pm

Address: 221 McLeese Drive, Kemble, Ontario N0H 1S0

We are excited to announce that tickets have officially launched for our Bruce Power 'Art of Caring' - Youth C harity Gala!

Big Brothers Big Sisters of Grey Bruce and Western Simcoe in partnership with Keystone Child, Youth & Family Services and Bruce Grey Child & Family Services hope you join us this November 16th for a black-tie night of connection supporting nearly 8,000 local youth and families.

Hosted at the beautiful Cobble Beach, expect to be welcomed by champagne and hors d'oeuvres followed by a t hree course chef-inspired meal, local youth musicians, artwork available from youth across Grey, Bruce and Si more and a live auction!

Thank you to Bruce Power for supporting this inaugural charity event!

To purchase your tickets today or to sponsor this years event, visit us at: https://greybruce.bigbrothersbigsisters.ca/the-art-of-caring-gala/

Monday, November 18, 2024

Gentle Yoga

Date and Time: Monday, November 18 9:30 am - 10:15 am

Address: 30 Community Centre Drive, Sauble Beach

Gentle Yoga -Fall Session 2 -November 4 to December 23, 2024

Mondays 9:30am to 10:15am

Sauble Beach Community Centre 30 Community Centre Drive, Sauble Beach

November 4 to December 23, 2024

• November 4, 11, 18, 25

• December 2, 9, 16, 23

Fall Session 2 (Nov/Dec) Pass: \$104, 8 classes

Single Class: \$15

Pre-registration is required. www.southbrucepeninsula.com/recreation-programs

For questions or assistance please email or call 519-534-1400 ext 132

Wreath Making Workshop

Date and Time: Monday, November 18 1:00 pm - 4:00 pm

Address: 30 Community Centre Drive, Sauble Beach

Wreath Making Workshop: Sauble Beach

Join us for this fun 2.5 to 3 hour workshop where you will create you own holiday/winter wreath to decorate y our home for the upcoming season!

This is a hands on workshop. All materials and supplies are provided.

Instructors: Wenda and Cathy from The Painted Turtle and Balloon Headquaters

Cost: \$40 +HST

Monday November 18, 20204 from 1pm to 4pm

Sauble Beach Community Centre 30 Community Centre Drive, Sauble Beach

Pre-registration is required. <u>Register Online</u> <u>Email</u> or call 519-534-1400 ext 132 for questions or asssitance

Pickleball Lessons -Beginner Learn to Play/Intro

Date and Time: Monday, November 18 6:00 pm - 7:30 pm

Address: 115 George St, Wiarton ON N0H 2T0

Pickleball Lessons -Beginner Learn to Play/Intro

Interested in learning about pickleball and building your beginner skills? Join us for a 2 week session of beginn er lessons where you will learn basic pickleball skills, the rules of the game, understand scoring and apply these skills during game play.

This program is designed for anyone who considers themselves new to pickleball or any beginner who has playe d a few times.

Some pickleball paddles will be available for use, feel free to bring your own paddle, and remember clean indo or shoes!

Instructor: Pam Crawford

Session 1: November 18th and November 25th, 2024 from 6pm to 7:30pm -Register Online

Session 2: December 2nd and December 9th, 2024 from 6pm to 7:30pm -Register Online

Peninsula Shores District School (PSDS) -Gymnasium 115 George Street, Wiarton

Cost: \$20 + HST

Please note: a minimum of 4 participants are required for this program to run.

For questions or assistance please email or call 519-534-1400 ext 132

Tuesday, November 19, 2024

Regular Meeting of Council

Date and Time: Tuesday, November 19 9:00 am - 4:30 pm

Address: Municipal Council Chambers, 315 George Street Wiarton ON N0H2T0

Gentle Fit -Wiarton

Date and Time: Tuesday, November 19 9:30 am - 10:30 am

Address: 526 Taylor Street, Wiarton, ON

Gentle Fit (Tuesdays) - Wiarton

November/December Session

Add some fun and fitness to your fall schedule. Join Barb Abell for Gentle Fit classes this fall. Commit to the s ession (7 classes) or sign up for individual classes. Gentle Fit offeres a total body awareness fitness experience, focusing on balance, co-ordination and strength. Open to all fitness levels. Chair options offered.

Instructor: Barb Abell, NASM CPT & CNC, WLS

Tuesdays at 9:30am Wiarton Community Centre and Arena 526 Taylor Street, Wiarton

November 12 to December 17, 2024

- November 12, 19, 26
- December 3, 10, 17

Pre-registration required.

Nov/Dec Tuesday Session Pass: \$ 78 (classes)

Single Class Pass: \$15

For questions or assistance please email: parksandrecreation@southbrucepeninsula.com or call 519-534-1400 ext 132

Gentle Fit -Sauble Beach

Date and Time: Tuesday, November 19 11:00 am - 12:00 pm

Address: 30 Community Centre Drive, Sauble Beach

Gentle Fit -Sauble Beach (Tuesdays)

November/December Session

Add some fun and fitness to your fall schedule. Join Barb Abell for Gentle Fit classes this fall. Commit to the s ession (6 Tuesday classes) or sign up for individual classes. Gentle Fit offers a total body awareness fitness exp

erience. Focusing on balance, co-ordination and strength. Open to all fitness levels. Chair options offered.

Instructor: Barb Abell

Tuesdays at 11am
Sauble Beach Community Centre
30 Community Centre Drive, Sauble Beach

November 12 to December 17, 2024

- November 12, 19, 26
- December 3, 10, 17

Pre-registration required. www.southbrucepeninsula.com/recreation-programs

Nov/Dec Tuesday Session Pass \$78 (6 classes) Single Class \$15

For questions or assistance please email or call 519-534-1400 ext 132

Karate

Date and Time: Tuesday, November 19 6:30 pm

Address: 115 George St, Wiarton ON N0H 2T0

Karate for kids, pre-teens, teens and adults!

Session # 1 from September 17 to December 17, 2024

-see website for more details

Thursday, November 21, 2024

Gentle Fit -Wiarton

Date and Time: Thursday, November 21 9:30 am - 10:30 am

Address: 526 Taylor Street, Wiarton, ON

Gentle Fit -Wiarton (Thursdays)

November/December Session

Add some fun and fitness to your fall schedule. Join Barb Abell for Gentle Fit classes this fall. Commit to the s ession (6 classes) or sign up for individual classes. Gentle Fit offeres a total body awareness fitness experience, focusing on balance, co-ordination and strength. Open to all fitness levels. Chair options offered.

Instructor: Barb Abell, NASM CPT & CNC, WLS

Thursdays at 9:30am Wiarton Community Centre and Arena 526 Taylor Street, Wiarton

November 21 to December 19, 2024

• November 21, 28

• December 5, 12, 19

Pre-registration required. www.southbrucepeninsula.com/recreation-programs

Nov/Dec Thursday Session Pass \$78 (6 classes)

Single Class Pass: \$15

For questions or assistance please email or call 519-534-1400 ext 132

Gentle Fit -Sauble Beach

Date and Time: Thursday, November 21 11:00 am - 12:00 pm

Address: 30 Community Centre Drive, Sauble Beach

Gentle Fit -Sauble Beach (Thursdays)

November/December Session

Add some fun and fitness to your fall schedule. Join Barb Abell for Gentle Fit classes this fall. Commit to the s ession (6 Tuesday classes) or sign up for individual classes. Gentle Fit offers a total body awareness fitness exp erience. Focusing on balance, co-ordination and strength. Open to all fitness levels. Chair options offered.

Instructor: Barb Abell

Tuesdays at 11am
Sauble Beach Community Centre
30 Community Centre Drive, Sauble Beach

November 21 to December 19

• November 21, 28

• December 5, 12, 19

Pre-registration required www.southbrucepeninsula.com/recreation-programs

Nov/Dec Thursday Session Pass: \$65 (5 classes)

Single Class: \$15

For questions or assistance please email or call 519-534-1400 ext 132

Peninsula Shores Camera Club

Date and Time: Thursday, November 21 7:00 pm - 9:00 pm

Address: 115 George St., Wiarton

Friday, November 22, 2024

Chair Yoga

Date and Time: Friday, November 22 9:30 am - 10:15 am

Address: 526 Taylor Street, Wiarton, ON

This class is focused on restoring and maintaining mobility of the joints, breath work, and practicing seated/stan ding stretches by the chair.

Commit for the session or sign up for single classes.

Pre-registration is required.

Instructor: Julie Bradley-Low, CYT

Fall Session II -November 1 to December 20, 2024

Fridays 9:30am to 10:15am Wiarton Arena 526 Taylor Street, Wiarton

• November 1, 8, 15, 22, 29

• December 6, 13, 20

Fall Session II (Nov/Dec) Pass \$104, 8 classes: Register Online

Single Class \$15 per class: Register Online

For questions or assistance please email or call 519-534-1400 ext 132

Monday, November 25, 2024

Gentle Yoga

Date and Time: Monday, November 25 9:30 am - 10:15 am

Address: 30 Community Centre Drive, Sauble Beach

Gentle Yoga -Fall Session 2 -November 4 to December 23, 2024

Mondays 9:30am to 10:15am

Sauble Beach Community Centre 30 Community Centre Drive, Sauble Beach

November 4 to December 23, 2024

- November 4, 11, 18, 25
- December 2, 9, 16, 23

Fall Session 2 (Nov/Dec) Pass: \$104, 8 classes

Single Class: \$15

Pre-registration is required. www.southbrucepeninsula.com/recreation-programs

For questions or assistance please email or call 519-534-1400 ext 132

Bow Making Workshop with Bonus Mini-Swag Greenery

Date and Time: Monday, November 25 1:00 pm - 4:00 pm

Address: 30 Community Centre Drive, Sauble Beach

Bow Making Workshop with Bonus Mini-Swag Greenery

In this 2.5 to 3 hour workshop you will learn how to make various bows to decorate your home, Christmas tree, and personalize any special gift.

This is a hands on learning workshop. All materials and supplies are provided.

Instructors: Wenda and Cathy from The Painted Turtle and Balloon Headquarters

Cost: \$40 + HST

Monday November 25, 2024 from 1pm to 4pm

Sauble Beach Community Centre 30 Community Centre Drive, Sauble Beach

Pre-registration is required. <u>Register Online</u> Email or call 519-534-1400 ext 132 for questions or assistance

Pickleball Lessons -Beginner Learn to Play/Intro

Date and Time: Monday, November 25 6:00 pm - 7:30 pm

Address: 115 George St, Wiarton ON N0H 2T0

Pickleball Lessons -Beginner Learn to Play/Intro

Interested in learning about pickleball and building your beginner skills? Join us for a 2 week session of beginn er lessons where you will learn basic pickleball skills, the rules of the game, understand scoring and apply these skills during game play.

This program is designed for anyone who considers themselves new to pickleball or any beginner who has playe d a few times.

Some pickleball paddles will be available for use, feel free to bring your own paddle, and remember clean indo or shoes!

Instructor: Pam Crawford

Session 1: November 18th and November 25th, 2024 from 6pm to 7:30pm -Register Online

Session 2: December 2nd and December 9th, 2024 from 6pm to 7:30pm -Register Online

Peninsula Shores District School (PSDS) -Gymnasium

115 George Street, Wiarton

Cost: \$20 + HST

Please note: a minimum of 4 participants are required for this program to run.

For questions or assistance please email or call 519-534-1400 ext 132

Tuesday, November 26, 2024

Gentle Fit -Wiarton

Date and Time: Tuesday, November 26 9:30 am - 10:30 am

Address: 526 Taylor Street, Wiarton, ON

Gentle Fit (Tuesdays) - Wiarton

November/December Session

Add some fun and fitness to your fall schedule. Join Barb Abell for Gentle Fit classes this fall. Commit to the s ession (7 classes) or sign up for individual classes. Gentle Fit offeres a total body awareness fitness experience, focusing on balance, co-ordination and strength. Open to all fitness levels. Chair options offered.

Instructor: Barb Abell, NASM CPT & CNC, WLS

Tuesdays at 9:30am Wiarton Community Centre and Arena 526 Taylor Street, Wiarton

November 12 to December 17, 2024

- November 12, 19, 26
- December 3, 10, 17

Pre-registration required.

Nov/Dec Tuesday Session Pass: \$ 78 (classes)

Single Class Pass: \$15

For questions or assistance please email: parksandrecreation@southbrucepeninsula.com or call 519-534-1400 ext 132

Gentle Fit -Sauble Beach

Date and Time: Tuesday, November 26 11:00 am - 12:00 pm

Address: 30 Community Centre Drive, Sauble Beach

Gentle Fit -Sauble Beach (Tuesdays)

November/December Session

Add some fun and fitness to your fall schedule. Join Barb Abell for Gentle Fit classes this fall. Commit to the s ession (6 Tuesday classes) or sign up for individual classes. Gentle Fit offers a total body awareness fitness exp erience. Focusing on balance, co-ordination and strength. Open to all fitness levels. Chair options offered.

Instructor: Barb Abell

Tuesdays at 11am
Sauble Beach Community Centre
30 Community Centre Drive, Sauble Beach

November 12 to December 17, 2024

- November 12, 19, 26
- December 3, 10, 17

Pre-registration required. www.southbrucepeninsula.com/recreation-programs

Nov/Dec Tuesday Session Pass \$78 (6 classes) Single Class \$15

For questions or assistance please email or call 519-534-1400 ext 132

Karate

Date and Time: Tuesday, November 26 6:30 pm

Address: 115 George St, Wiarton ON N0H 2T0

Karate for kids, pre-teens, teens and adults!

Session # 1 from September 17 to December 17, 2024

-see website for more details

Wednesday, November 27, 2024

Committee of Adjustment

Date and Time: Wednesday, November 27 10:00 am - 10:30 am

Address: Municipal Council Chambers, 315 George Street Wiarton ON N0H 2T0

Meeting of the Committee of Adjustment to consider File A-2024-045 for 815 Howdenvale Road

Thursday, November 28, 2024

Date and Time: Thursday, November 28 9:30 am - 10:30 am

Address: 526 Taylor Street, Wiarton, ON

Gentle Fit -Wiarton (Thursdays)

November/December Session

Add some fun and fitness to your fall schedule. Join Barb Abell for Gentle Fit classes this fall. Commit to the s ession (6 classes) or sign up for individual classes. Gentle Fit offeres a total body awareness fitness experience, focusing on balance, co-ordination and strength. Open to all fitness levels. Chair options offered.

Instructor: Barb Abell, NASM CPT & CNC, WLS

Thursdays at 9:30am Wiarton Community Centre and Arena 526 Taylor Street, Wiarton

November 21 to December 19, 2024

• November 21, 28

• December 5, 12, 19

Pre-registration required. www.southbrucepeninsula.com/recreation-programs

Nov/Dec Thursday Session Pass \$78 (6 classes)

Single Class Pass: \$15

For questions or assistance please email or call 519-534-1400 ext 132

Gentle Fit -Sauble Beach

Date and Time: Thursday, November 28 11:00 am - 12:00 pm

Address: 30 Community Centre Drive, Sauble Beach

Gentle Fit -Sauble Beach (Thursdays)

November/December Session

Add some fun and fitness to your fall schedule. Join Barb Abell for Gentle Fit classes this fall. Commit to the s ession (6 Tuesday classes) or sign up for individual classes. Gentle Fit offers a total body awareness fitness exp erience. Focusing on balance, co-ordination and strength. Open to all fitness levels. Chair options offered.

Instructor: Barb Abell

Tuesdays at 11am
Sauble Beach Community Centre
30 Community Centre Drive, Sauble Beach

November 21 to December 19

- November 21, 28
- December 5, 12, 19

Pre-registration required www.southbrucepeninsula.com/recreation-programs

Nov/Dec Thursday Session Pass: \$65 (5 classes)

Single Class: \$15

For questions or assistance please email or call 519-534-1400 ext 132

Holiday Card Printing Workshop

Date and Time: Thursday, November 28 6:30 pm - 9:30 pm

Address: 578 Brown Street, Wiarton ON

Holiday Card Printing Workshop

In this 3 hour printmaking workshop with Michelle Minke you will create 10 of your own personalized greetin g cards using relief block printing technique. You will create your own design using tools to card into a soft, fle xible medium to print onto cardstock paper.

All materials and supplies are included.

Register online: www.southbrucepeninsula.com/recreation-programs

For questions or assistance please call 519-534-1400 ext 132

Friday, November 29, 2024

Chair Yoga

Date and Time: Friday, November 29 9:30 am - 10:15 am

Address: 526 Taylor Street, Wiarton, ON

This class is focused on restoring and maintaining mobility of the joints, breath work, and practicing seated/stan ding stretches by the chair.

Commit for the session or sign up for single classes.

Pre-registration is required.

Instructor: Julie Bradley-Low, CYT

Fall Session II -November 1 to December 20, 2024

Fridays 9:30am to 10:15am Wiarton Arena 526 Taylor Street, Wiarton

• November 1, 8, 15, 22, 29

• December 6, 13, 20

Fall Session II (Nov/Dec) Pass \$104, 8 classes: Register Online

Single Class \$15 per class: Register Online

For questions or assistance please email or call 519-534-1400 ext 132

https://calendar.southbrucepeninsula.com