

Tuesday, October 1, 2024

Adult Skating Ingreion Centre

Date and Time: Tuesday, October 1 8:00 am - 9:30 am

Address: Ingreion Centre

Free Adult Skating at the Ingreion Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingreion Centre , available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

- Free entry for all adults
- Spacious, well-maintained ice rink
- Welcoming community of skaters
- Great exercise and fun

No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Better Jobs Ontario Info South Grenville

Date and Time: Tuesday, October 1 10:00 am - 11:30 am

Address: 191 King St East Prescott

Looking for a new career?

Better Jobs Ontario provides financial support to help eligible workers train for a new career. Get skills training and financial support when you qualify for Better Jobs Ontario

Who Qualifies?

You qualify for Better Jobs Ontario if you either:

- have been laid-off and have not been working or are working a temporary job to cover costs

- have not been laid-off but have been unemployed for six months or longer and are part of a low-income household

You can still apply if you receive either:

- Employment Insurance (EI)
- Ontario Works (OW)
- Ontario Disability Support Program (ODSP)

Baby & Tot Storytime Cardinal Library

Date and Time: Tuesday, October 1 10:30 am - 11:30 am

Address: Cardinal Library

Baby and Tot Storytime is back for the month of October. Tuesday at the Cardinal Library and Thursday at the Spencerville Library.

Adult Fitness Class

Date and Time: Tuesday, October 1 6:30 pm - 7:30 pm

Address: 24 Sutton Dr Johnstown

This fall we will be offering a boot camp style fitness class for adults, this program will run at the **South Edwarsburgh Community Centre**. All fitness classes are taught by our energetic instructor. Adult Fitness Class will begin October. Payment is due with registration and refunds will not be issued.

Dates: October 1st, 8th, 15th, 22nd, November 5th, 12th, 19th, and December 3rd.

Time: 6:30 p.m. to 7:30 p.m.

Cost: Eight classes for \$50.00

Participants are asked to bring indoor shoes, water and a yoga mat or towel. Participants are also asked to fill out a [Par Q Plus](#) form and bring it to the first class.

Wednesday, October 2, 2024

Adult Skating Ingreion Centre

Date and Time: Wednesday, October 2 8:00 am - 9:30 am

Address: Ingreion Centre

Free Adult Skating at the Ingreion Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingreion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

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No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Seniors Exercise Class

Date and Time: Wednesday, October 2 9:30 am - 10:30 am

Address: 24 Sutton Dr Johnstown

The CPHC is holding a free Seniors Exercise Class starting Wednesday, September 18th, 2024 from 9:30 a.m. to 10:30 a.m. The exercise class will take place Wednesdays at the South Edwardsburgh Community Centre, 24 Sutton Dr, Johnstown.

For more information or to register contact Kim at 613-342-3693 EXT. 2303 or email kducharme@cphcare.ca.

Adult Skating Spencerville Arena

Date and Time: Wednesday, October 2 2:00 pm - 3:00 pm

Address: Spencerville Arena

Free Adult Skating at the Spencerville Arena: Wednesday, Thursday and Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingridion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

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No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Thursday, October 3, 2024

Adult Skating Ingre^dion Centre

Date and Time: Thursday, October 3 8:00 am - 9:30 am

Address: Ingre^dion Centre

Free Adult Skating at the Ingre^dion Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingre^dion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

- Free entry for all adults
- Spacious, well-maintained ice rink
- Welcoming community of skaters
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No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Adult Skating Spencerville Arena

Date and Time: Thursday, October 3 9:00 am - 10:00 am

Address: Spencerville Arena

Free Adult Skating at the Spencerville Arena: Wednesday, Thursday and Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingre^dion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

- Free entry for all adults
- Spacious, well-maintained ice rink
- Welcoming community of skaters
- Great exercise and fun

No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Parent and Tot Ingredion Centre

Date and Time: Thursday, October 3 9:30 am - 10:30 am

Address: 4050 Dishaw St, Cardinal

Kickstart your Thursday morning with some quality time on the ice!

Join us for Parent and Tot Skating at the Ingredion Centre or at the Spencerville Arena from 10am to 11am—perfect for little ones and their parents to enjoy some fun together.

Parent and Tot Spencerville Arena

Date and Time: Thursday, October 3 10:00 am - 11:00 am

Address: 22 Sloan St, Spencerville

Kickstart your Thursday morning with some quality time on the ice!

Join us for Parent and Tot Skating at the Spencerville Arena or Ingredion Centre from 9:30am to 10:30am—perfect for little ones and their parents to enjoy some fun together.

Baby & Tot Storytime Spencerville Library

Date and Time: Thursday, October 3 10:30 am - 11:30 am

Address: 5 Henderson St., Spencerville

Baby and Tot Storytime is back for the month of October. Tuesday at the Cardinal Library and Thursday at the Spencerville Library.

Kids Art Class

Date and Time: Thursday, October 3 6:00 pm - 7:30 pm

Address: 24 Sutton Dr Johnstown

The Spencerville District Optimist Club, in partnership with our parks and recreation department, are offering t

three sessions of Thursday evening art classes for kids ages 7 to 11 this fall. Classes are taught by two enthusiastic instructors at the Johnstown Community Centre (24 Sutton Dr. Johnstown). The cost is \$20 per child for four classes, refunds will not be issued. Please note, limited spots available. [Registration](#) for our October session of art class is now available.

Classes are from 6 p.m. to 7:30 p.m. on the following dates:

- October 3, 2024
- October 10, 2024
- October 17, 2024
- October 24, 2024

Friday, October 4, 2024

Adult Skating Ingedion Centre

Date and Time: Friday, October 4 8:00 am - 9:30 am

Address: Ingedion Centre

Free Adult Skating at the Ingedion Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingedion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

- Free entry for all adults
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No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Adult Skating Spencerville Arena

Date and Time: Friday, October 4 2:00 pm - 3:00 pm

Address: Spencerville Arena

Free Adult Skating at the Spencerville Arena: Wednesday, Thursday and Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingedion Centre

, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

- Free entry for all adults
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No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Public Skating Ingression Centre

Date and Time: Friday, October 4 6:00 pm - 7:30 pm

Address: 4050 Dishaw St, Cardinal

Join us for Free Public Skating at the Ingression Centre every Friday, starting October 4th! Glide into fun from 6:00 PM to 7:30 PM. All ages welcome—don't miss out on a great way to enjoy the season!

Saturday, October 5, 2024

Iroquois Farmers Market

Date and Time: Saturday, October 5 9:00 am - 2:00 pm

Address: Plaza Dr, South Dundas ON

The Iroquois Farmers Market will be every Saturday all summer, with tomato, cabbage, lettuce, green pepper, basil and zucchini plants, \$3 for cell pack of 4, single pots \$2, garden bench flower boxes \$45, wind chimes \$25 ; there will also be home baking, jams, jellies and pickles. See you there!

Spencerville Friends of the Library

Date and Time: Saturday, October 5 10:30 am - 1:00 pm

Address: 5 Henderson St., Spencerville

Come join us on October 5th for the Friends of the Library Book Sale! Fill a bag with books for just \$1!

Sunday, October 6, 2024

Spencerville Autumn Market

Date and Time: Sunday, October 6 10:00 am - 3:00 pm

Address: 11 Water St., Spencerville, Ontario K0E 1X0

Spencerville Autumn Market is back at the most picturesque location in town!

Enjoy a stroll through the beautiful Spencerville Mill gardens amongst our 40+ local vendors!

Spencerville & Area Wedding Show

Date and Time: Sunday, October 6 12:00 pm

Address: 2 Water St, Spencerville ON

Calling all blushing brides and dashing grooms-to-be!

We've got your wedding dreams covered! Get ready to say "I do" to the wedding event of the season! Mark your calendars and keep those eyes peeled for details about the upcoming Spencerville and Area wedding show!

Picture this: carefully selected industry professionals showcasing their finest products and services, all under one roof. We are seeking vendors to share breathtaking floral arrangements to mouthwatering cake tastings, and everything in between.

And where better to host this spectacular event than the stunning venue of the historic Spencerville Mill & Museum? With its soaring 20-foot-high ceilings, exposed stone walls, and mid-1800s wooden beams, every corner exudes rustic charm and timeless elegance.

So, save the date and stay tuned for more updates from Lily & Pearls Weddings and Events! This is one wedding show you won't want to miss!

Spencerville Arena Public Skating

Date and Time: Sunday, October 6 2:00 pm - 3:30 pm

Address: 22 Sloan St, Spencerville

Join us for Free Public Skating at the Spencerville Arena every Sunday, starting October 6th! Glide into fun from 2:00 PM to 3:30 PM. All ages welcome—don't miss out on a great way to enjoy the season!

Monday, October 7, 2024

Adult Skating Ingredion Centre

Date and Time: Monday, October 7 8:00 am - 9:30 am

Address: Ingreption Centre

Free Adult Skating at the Ingreption Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingreption Centre , available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

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No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

EarlyON Play and Learn

Date and Time: Monday, October 7 9:30 am - 11:30 am

Address: 4050 Dishaw St, Cardinal

A free drop-in program for families and their children from birth to six years. Children have the opportunity to learn in a play-based environment. Community guests visit the program and community information is available . For more information, contact the EarlyON Child and Family Centre at 1-866-433-8933 ext.2374.

Please Note: Early ON does not run on snowdays.

Youth Drop Ins South Grenville

Date and Time: Monday, October 7 3:00 pm - 4:30 pm

Address: 191 King St East Prescott

Whether you're looking for your first job or starting a career, CSE Consulting offers free services to youth, ages 15 to 29. Youth Drop-In is offered every Monday from 3:00 pm to 4:30 pm at the Kemptville and Prescott Resource Centres. Stop by Youth Drop-In service hours to get help with writing resumes and cover letters, interview preparation, and job applications.

Youth Drop Ins South Grenville

Date and Time: Monday, October 7 3:00 pm - 4:00 pm

Address: 191 King St East Prescott

Whether you're looking for your first job or starting a career, CSE Consulting offers free services to youth, ages 15 to 29. Youth Drop-In is offered every Monday from 3:00 pm to 4:30 pm at the Kemptville and Prescott Resource Centres. Stop by Youth Drop-In service hours to get help with writing resumes and cover letters, interview preparation, and job applications.

Tuesday, October 8, 2024

Adult Skating Ingreddion Centre

Date and Time: Tuesday, October 8 8:00 am - 9:30 am

Address: Ingreddion Centre

Free Adult Skating at the Ingreddion Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingreddion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

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See you on the ice!

Baby & Tot Storytime Cardinal Library

Date and Time: Tuesday, October 8 10:30 am - 11:30 am

Address: Cardinal Library

Baby and Tot Storytime is back for the month of October. Tuesday at the Cardinal Library and Thursday at the Spencerville Library.

Adult Fitness Class

Date and Time: Tuesday, October 8 6:30 pm - 7:30 pm

Address: 24 Sutton Dr Johnstown

This fall we will be offering a boot camp style fitness class for adults, this program will run at the **South Edwardsburgh Community Centre**. All fitness classes are taught by our energetic instructor. Adult Fitness Class will begin October. Payment is due with registration and refunds will not be issued.

Dates: October 1st, 8th, 15th, 22nd, November 5th, 12th, 19th, and December 3rd.

Time: 6:30 p.m. to 7:30 p.m.

Cost: Eight classes for \$50.00

Participants are asked to bring indoor shoes, water and a yoga mat or towel. Participants are also asked to fill out a Par Q Plus form and bring it to the first class.

Wednesday, October 9, 2024

Adult Skating Ingreption Centre

Date and Time: Wednesday, October 9 8:00 am - 9:30 am

Address: Ingreption Centre

Free Adult Skating at the Ingreption Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingreption Centre, available every weekday!

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See you on the ice!

Seniors Exercise Class

Date and Time: Wednesday, October 9 9:30 am - 10:30 am

Address: 24 Sutton Dr Johnstown

The CPHC is holding a free Seniors Exercise Class starting Wednesday, September 18th, 2024 from 9:30 a.m. to 10:30 a.m. The exercise class will take place Wednesdays at the South Edwardsburgh Community Centre, 24 Sutton Dr, Johnstown.

For more information or to register contact Kim at 613-342-3693 EXT. 2303 or email kducharme@cphcare.ca.

Adult Skating Spencerville Arena

Date and Time: Wednesday, October 9 2:00 pm - 3:00 pm

Address: Spencerville Arena

Free Adult Skating at the Spencerville Arena: Wednesday, Thursday and Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingridion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

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See you on the ice!

Thursday, October 10, 2024

Adult Skating Ingridion Centre

Date and Time: Thursday, October 10 8:00 am - 9:30 am

Address: Ingridion Centre

Free Adult Skating at the Ingridion Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingridion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

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See you on the ice!

Adult Skating Spencerville Arena

Date and Time: Thursday, October 10 9:00 am - 10:00 am

Address: Spencerville Arena

Free Adult Skating at the Spencerville Arena: Wednesday, Thursday and Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingredion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

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See you on the ice!

Parent and Tot Ingredion Centre

Date and Time: Thursday, October 10 9:30 am - 10:30 am

Address: 4050 Dishaw St, Cardinal

Kickstart your Thursday morning with some quality time on the ice!

Join us for Parent and Tot Skating at the Ingression Centre or at the Spencerville Arena from 10am to 11am—perfect for little ones and their parents to enjoy some fun together.

Parent and Tot Spencerville Arena

Date and Time: Thursday, October 10 10:00 am - 11:00 am

Address: 22 Sloan St, Spencerville

Kickstart your Thursday morning with some quality time on the ice!

Join us for Parent and Tot Skating at the Spencerville Arena or Ingression Centre from 9:30am to 10:30am—perfect for little ones and their parents to enjoy some fun together.

Baby & Tot Storytime Spencerville Library

Date and Time: Thursday, October 10 10:30 am - 11:30 am

Address: 5 Henderson St., Spencerville

Baby and Tot Storytime is back for the month of October. Tuesday at the Cardinal Library and Thursday at the Spencerville Library.

South Grenville Fall Job Fair 2024

Date and Time: Thursday, October 10 12:00 pm - 4:00 pm

Address: 444 Prince St, Prescott

Are you a job seeker and looking for work? Or are you an employer struggling to find employees going into the spring rush? Don't miss our in person Spring Job Fairs! Get connected with employers and job opportunities on the spot. Bring your resume and apply for multiple different positions from local employers.

Kids Art Class

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

Address: 24 Sutton Dr Johnstown

The Spencerville District Optimist Club, in partnership with our parks and recreation department, are offering three sessions of Thursday evening art classes for kids ages 7 to 11 this fall. Classes are taught by two enthusiastic instructors at the Johnstown Community Centre (24 Sutton Dr. Johnstown). The cost is \$20 per child for four classes, refunds will not be issued. Please note, limited spots available. [Registration](#) for our October session of art class is now available.

Classes are from 6 p.m. to 7:30 p.m. on the following dates:

- October 3, 2024
- October 10, 2024
- October 17, 2024
- October 24, 2024

Friday, October 11, 2024

Adult Skating Ingreption Centre

Date and Time: Friday, October 11 8:00 am - 9:30 am

Address: Ingreption Centre

Free Adult Skating at the Ingreption Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingreption Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

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See you on the ice!

Adult Skating Spencerville Arena

Date and Time: Friday, October 11 2:00 pm - 3:00 pm

Address: Spencerville Arena

Free Adult Skating at the Spencerville Arena: Wednesday, Thursday and Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingreption Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

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No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Public Skating Ingre^odion Centre

Date and Time: Friday, October 11 6:00 pm - 7:30 pm

Address: 4050 Dishaw St, Cardinal

Join us for Free Public Skating at the Ingre^odion Centre every Friday, starting October 4th! Glide into fun from 6:00 PM to 7:30 PM. All ages welcome—don't miss out on a great way to enjoy the season!

Saturday, October 12, 2024

Iroquois Farmers Market

Date and Time: Saturday, October 12 9:00 am - 2:00 pm

Address: Plaza Dr, South Dundas ON

The Iroquois Farmers Market will be every Saturday all summer, with tomato, cabbage, lettuce, green pepper, basil and zucchini plants, \$3 for cell pack of 4, single pots \$2, garden bench flower boxes \$45, wind chimes \$25 ; there will also be home baking, jams, jellies and pickles. See you there!

Sunday, October 13, 2024

Spencerville Arena Public Skating

Date and Time: Sunday, October 13 2:00 pm - 3:30 pm

Address: 22 Sloan St, Spencerville

Join us for Free Public Skating at the Spencerville Arena every Sunday, starting October 6th! Glide into fun from 2:00 PM to 3:30 PM. All ages welcome—don't miss out on a great way to enjoy the season!

Monday, October 14, 2024

Adult Skating Ingre^odion Centre

Date and Time: Monday, October 14 8:00 am - 9:30 am

Address: Ingression Centre

Free Adult Skating at the Ingression Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingression Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

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See you on the ice!

EarlyON Play and Learn

Date and Time: Monday, October 14 9:30 am - 11:30 am

Address: 4050 Dishaw St, Cardinal

A free drop-in program for families and their children from birth to six years. Children have the opportunity to learn in a play-based environment. Community guests visit the program and community information is available. For more information, contact the EarlyON Child and Family Centre at 1-866-433-8933 ext.2374.

Please Note: Early ON does not run on snowdays.

Youth Drop Ins South Grenville

Date and Time: Monday, October 14 3:00 pm - 4:30 pm

Address: 191 King St East Prescott

Whether you're looking for your first job or starting a career, CSE Consulting offers free services to youth, ages 15 to 29. Youth Drop-In is offered every Monday from 3:00 pm to 4:30 pm at the Kemptville and Prescott Resource Centres. Stop by Youth Drop-In service hours to get help with writing resumes and cover letters, interview preparation, and job applications.

Adult Skating Ingreption Centre

Date and Time: Tuesday, October 15 8:00 am - 9:30 am

Address: Ingreption Centre

Free Adult Skating at the Ingreption Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingreption Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

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See you on the ice!

Better Jobs Ontario Info South Grenville

Date and Time: Tuesday, October 15 10:00 am - 11:30 am

Address: 191 King St East Prescott

Looking for a new career?

Better Jobs Ontario provides financial support to help eligible workers train for a new career. Get skills training and financial support when you qualify for Better Jobs Ontario

Who Qualifies?

You qualify for Better Jobs Ontario if you either:

- have been laid-off and have not been working or are working a temporary job to cover costs
- have not been laid-off but have been unemployed for six months or longer and are part of a low-income household

You can still apply if you receive either:

- Employment Insurance (EI)
- Ontario Works (OW)
- Ontario Disability Support Program (ODSP)

Baby & Tot Storytime Cardinal Library

Date and Time: Tuesday, October 15 10:30 am - 11:30 am

Address: Cardinal Library

Baby and Tot Storytime is back for the month of October. Tuesday at the Cardinal Library and Thursday at the Spencerville Library.

Adult Fitness Class

Date and Time: Tuesday, October 15 6:30 pm - 7:30 pm

Address: 24 Sutton Dr Johnstown

This fall we will be offering a boot camp style fitness class for adults, this program will run at the South Edwarsburgh Community Centre. All fitness classes are taught by our energetic instructor. Adult Fitness Class will begin October. Payment is due with registration and refunds will not be issued.

Dates: October 1st, 8th, 15th, 22nd, November 5th, 12th, 19th, and December 3rd.

Time: 6:30 p.m. to 7:30 p.m.

Cost: Eight classes for \$50.00

Participants are asked to bring indoor shoes, water and a yoga mat or towel. Participants are also asked to fill out a Par Q Plus form and bring it to the first class.

Wednesday, October 16, 2024

Adult Skating Ingreion Centre

Date and Time: Wednesday, October 16 8:00 am - 9:30 am

Address: Ingreion Centre

Free Adult Skating at the Ingreion Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingreion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

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- Spacious, well-maintained ice rink
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- Great exercise and fun

No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Seniors Exercise Class

Date and Time: Wednesday, October 16 9:30 am - 10:30 am

Address: 24 Sutton Dr Johnstown

The CPHC is holding a free Seniors Exercise Class starting Wednesday, September 18th, 2024 from 9:30 a.m. to 10:30 a.m. The exercise class will take place Wednesdays at the South Edwardsburgh Community Centre, 24 Sutton Dr, Johnstown.

For more information or to register contact Kim at 613-342-3693 EXT. 2303 or email kducharme@cphcare.ca.

Adult Skating Spencerville Arena

Date and Time: Wednesday, October 16 2:00 pm - 3:00 pm

Address: Spencerville Arena

Free Adult Skating at the Spencerville Arena: Wednesday, Thursday and Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingredion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

- Free entry for all adults
- Spacious, well-maintained ice rink
- Welcoming community of skaters
- Great exercise and fun

No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Thursday, October 17, 2024

Adult Skating Ingreption Centre

Date and Time: Thursday, October 17 8:00 am - 9:30 am

Address: Ingreption Centre

Free Adult Skating at the Ingreption Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingreption Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

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See you on the ice!

Adult Skating Spencerville Arena

Date and Time: Thursday, October 17 9:00 am - 10:00 am

Address: Spencerville Arena

Free Adult Skating at the Spencerville Arena: Wednesday, Thursday and Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingreption Centre, available every weekday!

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No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Parent and Tot Ingreption Centre

Date and Time: Thursday, October 17 9:30 am - 10:30 am

Address: 4050 Dishaw St, Cardinal

Kickstart your Thursday morning with some quality time on the ice!

Join us for Parent and Tot Skating at the Ingreption Centre or at the Spencerville Arena from 10am to 11am—perfect for little ones and their parents to enjoy some fun together.

Parent and Tot Spencerville Arena

Date and Time: Thursday, October 17 10:00 am - 11:00 am

Address: 22 Sloan St, Spencerville

Kickstart your Thursday morning with some quality time on the ice!

Join us for Parent and Tot Skating at the Spencerville Arena or Ingreption Centre from 9:30am to 10:30am—perfect for little ones and their parents to enjoy some fun together.

Baby & Tot Storytime Spencerville Library

Date and Time: Thursday, October 17 10:30 am - 11:30 am

Address: 5 Henderson St., Spencerville

Baby and Tot Storytime is back for the month of October. Tuesday at the Cardinal Library and Thursday at the Spencerville Library.

Kids Art Class

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

Address: 24 Sutton Dr Johnstown

The Spencerville District Optimist Club, in partnership with our parks and recreation department, are offering three sessions of Thursday evening art classes for kids ages 7 to 11 this fall. Classes are taught by two enthusiastic instructors at the Johnstown Community Centre (24 Sutton Dr. Johnstown). The cost is \$20 per child for four classes, refunds will not be issued. Please note, limited spots available. [Registration](#) for our October session of art class is now available.

Classes are from 6 p.m. to 7:30 p.m. on the following dates:

- October 3, 2024
- October 10, 2024
- October 17, 2024
- October 24, 2024

Friday, October 18, 2024

Adult Skating Ingreption Centre

Date and Time: Friday, October 18 8:00 am - 9:30 am

Address: Ingreption Centre

Free Adult Skating at the Ingreption Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingreption Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

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See you on the ice!

Adult Skating Spencerville Arena

Date and Time: Friday, October 18 2:00 pm - 3:00 pm

Address: Spencerville Arena

Free Adult Skating at the Spencerville Arena: Wednesday, Thursday and Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingreption Centre, available every weekday!

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No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Public Skating Ingreion Centre

Date and Time: Friday, October 18 6:00 pm - 7:30 pm

Address: 4050 Dishaw St, Cardinal

Join us for Free Public Skating at the Ingreion Centre every Friday, starting October 4th! Glide into fun from 6:00 PM to 7:30 PM. All ages welcome—don't miss out on a great way to enjoy the season!

Ecotay Barn Dance with Healy & Orr!

Date and Time: Friday, October 18 7:00 pm - 11:00 pm

Address: 133 Menzies Munro Sdrd, Tay Valley ON

Join us for an awesome night of music and dancing! Healy & Orr will be sure to have you moving all night! Tickets available online at <https://square.link/u/MghTaT6b> or via our website www.ecotay.ca

Sunday, October 20, 2024

Spencerville Arena Public Skating

Date and Time: Sunday, October 20 2:00 pm - 3:30 pm

Address: 22 Sloan St, Spencerville

Join us for Free Public Skating at the Spencerville Arena every Sunday, starting October 6th! Glide into fun from 2:00 PM to 3:30 PM. All ages welcome—don't miss out on a great way to enjoy the season!

Monday, October 21, 2024

Adult Skating Ingreion Centre

Date and Time: Monday, October 21 8:00 am - 9:30 am

Address: Ingredion Centre

Free Adult Skating at the Ingredion Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingredion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

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- Free entry for all adults
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No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

EarlyON Play and Learn

Date and Time: Monday, October 21 9:30 am - 11:30 am

Address: 4050 Dishaw St, Cardinal

A free drop-in program for families and their children from birth to six years. Children have the opportunity to learn in a play-based environment. Community guests visit the program and community information is available. For more information, contact the EarlyON Child and Family Centre at 1-866-433-8933 ext.2374.

Please Note: Early ON does not run on snowdays.

Youth Drop Ins South Grenville

Date and Time: Monday, October 21 3:00 pm - 4:30 pm

Address: 191 King St East Prescott

Whether you're looking for your first job or starting a career, CSE Consulting offers free services to youth, ages 15 to 29. Youth Drop-In is offered every Monday from 3:00 pm to 4:30 pm at the Kemptville and Prescott Resource Centres. Stop by Youth Drop-In service hours to get help with writing resumes and cover letters, interview preparation, and job applications.

Youth Drop Ins South Grenville

Date and Time: Monday, October 21 3:00 pm - 4:00 pm

Address: 191 King St East Prescott

Whether you're looking for your first job or starting a career, CSE Consulting offers free services to youth, ages 15 to 29. Youth Drop-In is offered every Monday from 3:00 pm to 4:30 pm at the Kemptville and Prescott Resource Centres. Stop by Youth Drop-In service hours to get help with writing resumes and cover letters, interview preparation, and job applications.

Spencerville Agricultural Society, October Meeting

Date and Time: Monday, October 21 7:00 pm - 9:00 pm

Address: 22 Ryan Street, Spencerville, ON K0E1X0

Spencerville Agricultural Society, October Meeting

Next Meeting: Monday, October 21, 2024

Meeting: 7:00 pm

Address: 22 Ryan Street, Spencerville Ontario

If you are interested in joining our committee, please email info@spencervillefair.ca to receive all of the meeting details.

Tuesday, October 22, 2024

Adult Skating Ingridion Centre

Date and Time: Tuesday, October 22 8:00 am - 9:30 am

Address: Ingridion Centre

Free Adult Skating at the Ingridion Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingridion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

- Free entry for all adults

- Spacious, well-maintained ice rink
- Welcoming community of skaters
- Great exercise and fun

No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Baby & Tot Storytime Cardinal Library

Date and Time: Tuesday, October 22 10:30 am - 11:30 am

Address: Cardinal Library

Baby and Tot Storytime is back for the month of October. Tuesday at the Cardinal Library and Thursday at the Spencerville Library.

Adult Fitness Class

Date and Time: Tuesday, October 22 6:30 pm - 7:30 pm

Address: 24 Sutton Dr Johnstown

This fall we will be offering a boot camp style fitness class for adults, this program will run at the South Edwardsburgh Community Centre. All fitness classes are taught by our energetic instructor. Adult Fitness Class will begin October. Payment is due with registration and refunds will not be issued.

Dates: October 1st, 8th, 15th, 22nd, November 5th, 12th, 19th, and December 3rd.

Time: 6:30 p.m. to 7:30 p.m.

Cost: Eight classes for \$50.00

Participants are asked to bring indoor shoes, water and a yoga mat or towel. Participants are also asked to fill out a Par Q Plus form and bring it to the first class.

Wednesday, October 23, 2024

Adult Skating Ingridion Centre

Date and Time: Wednesday, October 23 8:00 am - 9:30 am

Address: Ingridion Centre

Free Adult Skating at the Ingridion Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingridion Centre

, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

- Free entry for all adults
- Spacious, well-maintained ice rink
- Welcoming community of skaters
- Great exercise and fun

No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Seniors Exercise Class

Date and Time: Wednesday, October 23 9:30 am - 10:30 am

Address: 24 Sutton Dr Johnstown

The CPHC is holding a free Seniors Exercise Class starting Wednesday, September 18th, 2024 from 9:30 a.m. to 10:30 a.m. The exercise class will take place Wednesdays at the South Edwardsburgh Community Centre, 24 Sutton Dr, Johnstown.

For more information or to register contact Kim at 613-342-3693 EXT. 2303 or email kducharme@cphcare.ca.

Adult Skating Spencerville Arena

Date and Time: Wednesday, October 23 2:00 pm - 3:00 pm

Address: Spencerville Arena

Free Adult Skating at the Spencerville Arena: Wednesday, Thursday and Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingredion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

- Free entry for all adults
- Spacious, well-maintained ice rink
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No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Senior Tech Class

Date and Time: Wednesday, October 23 6:00 pm - 8:00 pm

Address: 24 Sutton Dr Johnstown

Join our **Tech Classes for Seniors** to enhance your digital skills in a welcoming and supportive environment! Whether you're looking to learn the basics of Word and Excel, manage your email, explore the internet safely, or discover new tools like iCloud and Google documents, our classes are designed with you in mind. Sessions are held every Wednesday from October 23 to November 27 at the South Edwardsburgh Community Centre and every Thursday from October 24 to November 28 at the Ingression Centre. No registration is needed—simply drop in and learn at your own pace! Our friendly instructors are here to help you navigate the digital world with confidence and ease.

Thursday, October 24, 2024

Adult Skating Ingression Centre

Date and Time: Thursday, October 24 8:00 am - 9:30 am

Address: Ingression Centre

Free Adult Skating at the Ingression Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingression Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

- Free entry for all adults
- Spacious, well-maintained ice rink
- Welcoming community of skaters
- Great exercise and fun

No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Adult Skating Spencerville Arena

Date and Time: Thursday, October 24 9:00 am - 10:00 am

Address: Spencerville Arena

Free Adult Skating at the Spencerville Arena: Wednesday, Thursday and Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingedion Centre , available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

- Free entry for all adults
- Spacious, well-maintained ice rink
- Welcoming community of skaters
- Great exercise and fun

No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Parent and Tot Ingedion Centre

Date and Time: Thursday, October 24 9:30 am - 10:30 am

Address: 4050 Dishaw St, Cardinal

Kickstart your Thursday morning with some quality time on the ice!

Join us for Parent and Tot Skating at the Ingedion Centre or at the Spencerville Arena from 10am to 11am—perfect for little ones and their parents to enjoy some fun together.

Parent and Tot Spencerville Arena

Date and Time: Thursday, October 24 10:00 am - 11:00 am

Address: 22 Sloan St, Spencerville

Kickstart your Thursday morning with some quality time on the ice!

Join us for Parent and Tot Skating at the Spencerville Arena or Ingedion Centre from 9:30am to 10:30am—perfect for little ones and their parents to enjoy some fun together.

Senior Tech Class

Date and Time: Thursday, October 24 10:00 am - 12:00 pm

Address: 4050 Dishaw St, Cardinal

Join our **Tech Classes for Seniors** to enhance your digital skills in a welcoming and supportive environment! Whether you're looking to learn the basics of Word and Excel, manage your email, explore the internet safely, or discover new tools like iCloud and Google documents, our classes are designed with you in mind. Sessions are held every Wednesday from October 23 to November 27 at the South Edwardsburgh Community Centre and every Thursday from October 24 to November 28 at the Ingredion Centre. No registration is needed—simply drop in and learn at your own pace! Our friendly instructors are here to help you navigate the digital world with confidence and ease.

Baby & Tot Storytime Spencerville Library

Date and Time: Thursday, October 24 10:30 am - 11:30 am

Address: 5 Henderson St., Spencerville

Baby and Tot Storytime is back for the month of October. Tuesday at the Cardinal Library and Thursday at the Spencerville Library.

Bridges to Better Business 2024

Date and Time: Thursday, October 24 4:00 pm - 8:00 pm

Address: 120 East McLean Boulevard Maitland, ON K0E 1P0

Bridges to Better Business 2024

This is an evening designed to inspire, educate, and connect local entrepreneurs and business leaders.

Join us for the annual *Bridges to Better Business* event.

This year, we're proud to present **LG Talks: 6 Power-Packed Talks to Amplify your Business. Unlock powerful strategies in minutes - your business breakthrough starts here.** These short, focused talks on essential business growth topics in the areas of leadership, operational efficiency, cash flow management, and more.

We will also be celebrating the current graduates of **Starter Company Plus** and honour the **Entrepreneur of the Year** and **Immigrant Entrepreneur**.

Why Attend?

- **Learn from Experts:** Gain insights from six dynamic speakers who will cover essential topics for growing your business, including:
 1. **Operational Efficiency:** Boost efficiency and cut costs. Speaker: Brett Christensen, [Workplace Performance](#).
 2. **Market Adaptation:** Stay ahead of changing market demands. Speaker: Karen McDonald Hurley, [Opportunity Group](#).
 3. **Succession Planning:** Secure your business's future with effective succession planning. Speaker: Keeley Patterson, [O'Farrell Wealth & Estate Planning](#).

4. **Leadership & Resiliency:** Build resilient leadership for sustainable growth. Speaker: Kevin Savoy, [ByNan Business Solutions Inc.](#)
5. **Team Building:** Unlock your team's full potential to drive business growth. Speaker: Theo Graham, [Songwood Contracting Ltd.](#)
6. **Cash Flow Management:** Strengthen financial stability and make smarter decisions. Speaker: Darren Gallacher, [Community Futures Grenville.](#)

- **Network with Peers:** Build valuable connections with fellow business owners, entrepreneurs, and community leaders.
- **Celebrate Success:** Help us honour the accomplishments of the latest graduates from the Starter Company Plus program, and applaud the Entrepreneur of the Year and Immigrant Entrepreneur award recipients.

Who Should Attend?

- **Small Business Owners and Entrepreneurs:** Gain practical insights and tools to help grow your business.
- **Medium-Sized Businesses:** Discover strategies to scale operations, optimize cash flow, and enhance leadership within your organization.
- **Community Members:** Support local businesses and learn more about the economic development initiatives in your area.

Registration Cost: \$65 (includes appetizers and a light dinner)

Space is limited, so register today!

Hosted by United Counties of Leeds and Grenville - Economic Development - Small Business

Kids Art Class

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

Address: 24 Sutton Dr Johnstown

The Spencerville District Optimist Club, in partnership with our parks and recreation department, are offering three sessions of Thursday evening art classes for kids ages 7 to 11 this fall. Classes are taught by two enthusiastic instructors at the Johnstown Community Centre (24 Sutton Dr. Johnstown). The cost is \$20 per child for four classes, refunds will not be issued. Please note, limited spots available. [Registration](#) for our October session of art class is now available.

Classes are from 6 p.m. to 7:30 p.m. on the following dates:

- October 3, 2024
- October 10, 2024

- October 17, 2024
- October 24, 2024

Friday, October 25, 2024

Adult Skating Ingre^dion Centre

Date and Time: Friday, October 25 8:00 am - 9:30 am

Address: Ingre^dion Centre

Free Adult Skating at the Ingre^dion Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingre^dion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

- Free entry for all adults
- Spacious, well-maintained ice rink
- Welcoming community of skaters
- Great exercise and fun

No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Adult Skating Spencerville Arena

Date and Time: Friday, October 25 2:00 pm - 3:00 pm

Address: Spencerville Arena

Free Adult Skating at the Spencerville Arena: Wednesday, Thursday and Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingre^dion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

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No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Public Skating Ingreion Centre

Date and Time: Friday, October 25 6:00 pm - 7:30 pm

Address: 4050 Dishaw St, Cardinal

Join us for Free Public Skating at the Ingreion Centre every Friday, starting October 4th! Glide into fun from 6:00 PM to 7:30 PM. All ages welcome—don't miss out on a great way to enjoy the season!

Sunday, October 27, 2024

The Cardinal Festival Committee Halloween Costume and Dance Party

Date and Time: Sunday, October 27 12:30 pm - 7:30 pm

Address: Cardinal Legion

Spooktacular Halloween Party!

Calling all ghouls and goblins! Join us at the **Cardinal Legion** for a fun-filled **Kids Halloween Party** with:

- **Costume Contest** – Dress your best for a chance to win prizes!
- **Live Music** by Midnite Sensations
- **Door Prizes**
- **Canteen & Snacks** available for purchase

Date Sunday, October 27, 2024:

12:30pm - 3:00pm for ages **up to 12 years old**

4:30pm - 7:30pm for ages **13 to 17 years**

Admission: **\$2 per person**

Come enjoy a fang-tastic time with friends! Don't forget your costume!

SERA Trunk or Treat

Date and Time: Sunday, October 27 1:00 pm - 3:00 pm

Address: 24 Sutton Dr Johnstown

Join us for a fun community event that provides a safe environment for kids to enjoy. Go trunk to trunk collecting candy, check out the Halloween decorations, and visit with friends and neighbours.

Spencerville Arena Public Skating

Date and Time: Sunday, October 27 2:00 pm - 3:30 pm

Address: 22 Sloan St, Spencerville

Join us for Free Public Skating at the Spencerville Arena every Sunday, starting October 6th! Glide into fun from 2:00 PM to 3:30 PM. All ages welcome—don't miss out on a great way to enjoy the season!

Trunk or Treat

Date and Time: Sunday, October 27 3:00 pm - 5:00 pm

Address: Cardinal Mall

Trunk or Treat at the Cardinal Mall Hosted by the Cardinal Festival Committee

Join us for a spooky afternoon of **Trunk or Treat** fun at the **Cardinal Mall Parking Lot** on **October 27th** from **3pm to 5pm!**

Bring the whole family to enjoy:

- **Trick-or-Treating** from decorated car trunks
- **Halloween Fun** for all ages
- A safe and festive way to celebrate Halloween!

Get your costumes ready and come out for a fun-filled afternoon of treats, creativity, and community spirit!

Register your trunk to Kailea at Home Hardware of contact on facebook!

Monday, October 28, 2024

Adult Skating Ingreddion Centre

Date and Time: Monday, October 28 8:00 am - 9:30 am

Address: Ingreddion Centre

Free Adult Skating at the Ingreddion Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingreddion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with friends.

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Highlights:

- Free entry for all adults
- Spacious, well-maintained ice rink
- Welcoming community of skaters
- Great exercise and fun

No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

EarlyON Play and Learn

Date and Time: Monday, October 28 9:30 am - 11:30 am

Address: 4050 Dishaw St, Cardinal

A free drop-in program for families and their children from birth to six years. Children have the opportunity to learn in a play-based environment. Community guests visit the program and community information is available. For more information, contact the EarlyON Child and Family Centre at 1-866-433-8933 ext.2374.

Please Note: Early ON does not run on snowdays.

Youth Drop Ins South Grenville

Date and Time: Monday, October 28 3:00 pm - 4:30 pm

Address: 191 King St East Prescott

Whether you're looking for your first job or starting a career, CSE Consulting offers free services to youth, ages 15 to 29. Youth Drop-In is offered every Monday from 3:00 pm to 4:30 pm at the Kemptville and Prescott Resource Centres. Stop by Youth Drop-In service hours to get help with writing resumes and cover letters, interview preparation, and job applications.

Youth Drop Ins South Grenville

Date and Time: Monday, October 28 3:00 pm - 4:00 pm

Address: 191 King St East Prescott

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Adult Skating Ingreption Centre

Date and Time: Tuesday, October 29 8:00 am - 9:30 am

Address: Ingreption Centre

Free Adult Skating at the Ingreption Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingreption Centre , available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

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No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Better Jobs Ontario Info South Grenville

Date and Time: Tuesday, October 29 10:00 am - 11:30 am

Address: 191 King St East Prescott

Looking for a new career?

Better Jobs Ontario provides financial support to help eligible workers train for a new career. Get skills training and financial support when you qualify for Better Jobs Ontario

Who Qualifies?

You qualify for Better Jobs Ontario if you either:

- have been laid-off and have not been working or are working a temporary job to cover costs
- have not been laid-off but have been unemployed for six months or longer and are part of a low-income household

You can still apply if you receive either:

- Employment Insurance (EI)
- Ontario Works (OW)
- Ontario Disability Support Program (ODSP)

Baby & Tot Storytime Cardinal Library

Date and Time: Tuesday, October 29 10:30 am - 11:30 am

Address: Cardinal Library

Baby and Tot Storytime is back for the month of October. Tuesday at the Cardinal Library and Thursday at the Spencerville Library.

Wednesday, October 30, 2024

Adult Skating Ingreion Centre

Date and Time: Wednesday, October 30 8:00 am - 9:30 am

Address: Ingreion Centre

Free Adult Skating at the Ingreion Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingreion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

- Free entry for all adults
- Spacious, well-maintained ice rink
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- Great exercise and fun

No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Seniors Exercise Class

Date and Time: Wednesday, October 30 9:30 am - 10:30 am

Address: 24 Sutton Dr Johnstown

The CPHC is holding a free Seniors Exercise Class starting Wednesday, September 18th, 2024 from 9:30 a.m. to

o 10:30 a.m. The exercise class will take place Wednesdays at the South Edwardsburgh Community Centre, 24 Sutton Dr, Johnstown.

For more information or to register contact Kim at 613-342-3693 EXT. 2303 or email kducharme@cphcare.ca

Adult Skating Spencerville Arena

Date and Time: Wednesday, October 30 2:00 pm - 3:00 pm

Address: Spencerville Arena

Free Adult Skating at the Spencerville Arena: Wednesday, Thursday and Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingredion Centre, available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

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No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Senior Tech Class

Date and Time: Wednesday, October 30 6:00 pm - 8:00 pm

Address: 24 Sutton Dr Johnstown

Join our **Tech Classes for Seniors** to enhance your digital skills in a welcoming and supportive environment! Whether you're looking to learn the basics of Word and Excel, manage your email, explore the internet safely, or discover new tools like iCloud and Google documents, our classes are designed with you in mind. Sessions are held every Wednesday from October 23 to November 27 at the South Edwardsburgh Community Centre and every Thursday from October 24 to November 28 at the Ingredion Centre. No registration is needed—simply drop in and learn at your own pace! Our friendly instructors are here to help you navigate the digital world with confidence and ease.

Thursday, October 31, 2024

Adult Skating Ingre^dion Centre

Date and Time: Thursday, October 31 8:00 am - 9:30 am

Address: Ingre^dion Centre

Free Adult Skating at the Ingre^dion Centre: Monday to Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingre^dion Centre , available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

- Free entry for all adults
- Spacious, well-maintained ice rink
- Welcoming community of skaters
- Great exercise and fun

No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Adult Skating Spencerville Arena

Date and Time: Thursday, October 31 9:00 am - 10:00 am

Address: Spencerville Arena

Free Adult Skating at the Spencerville Arena: Wednesday, Thursday and Friday!

Looking for a fun way to stay active and meet new people? Join us for free adult skating at the Ingre^dion Centre , available every weekday!

Whether you're a seasoned skater or a beginner, everyone is welcome to glide across the ice in a relaxed, friendly atmosphere. It's a perfect opportunity to enjoy some exercise, improve your skating skills, and socialize with fellow skaters.

Highlights:

- Free entry for all adults
- Spacious, well-maintained ice rink
- Welcoming community of skaters
- Great exercise and fun

No registration is required—just show up with your skates and enthusiasm!

See you on the ice!

Parent and Tot Ingredion Centre

Date and Time: Thursday, October 31 9:30 am - 10:30 am

Address: 4050 Dishaw St, Cardinal

Kickstart your Thursday morning with some quality time on the ice!

Join us for Parent and Tot Skating at the Ingredion Centre or at the Spencerville Arena from 10am to 11am—perfect for little ones and their parents to enjoy some fun together.

Parent and Tot Spencerville Arena

Date and Time: Thursday, October 31 10:00 am - 11:00 am

Address: 22 Sloan St, Spencerville

Kickstart your Thursday morning with some quality time on the ice!

Join us for Parent and Tot Skating at the Spencerville Arena or Ingredion Centre from 9:30am to 10:30am—perfect for little ones and their parents to enjoy some fun together.

Senior Tech Class

Date and Time: Thursday, October 31 10:00 am - 12:00 pm

Address: 4050 Dishaw St, Cardinal

Join our **Tech Classes for Seniors** to enhance your digital skills in a welcoming and supportive environment! Whether you're looking to learn the basics of Word and Excel, manage your email, explore the internet safely, or discover new tools like iCloud and Google documents, our classes are designed with you in mind. Sessions are held every Wednesday from October 23 to November 27 at the South Edwardsburgh Community Centre and every Thursday from October 24 to November 28 at the Ingredion Centre. No registration is needed—simply drop in and learn at your own pace! Our friendly instructors are here to help you navigate the digital world with confidence and ease.

Baby & Tot Storytime Spencerville Library

Date and Time: Thursday, October 31 10:30 am - 11:30 am

Address: 5 Henderson St., Spencerville

Baby and Tot Storytime is back for the month of October. Tuesday at the Cardinal Library and Thursday at the Spencerville Library.