


Sunday, September 1, 2024

Prostate Cancer Awareness Month

Date and Time: Sunday, September 1 12:00 am - 11:55 pm

Address: .

September is Prostate Cancer Awareness Month, affecting 1 in 8 Canadian men in their lifetime. Receiving proper health screenings can be lifesaving.

For more information or to donate, please visit the Prostate Cancer Foundation Canada website. "Light Up in Blue" is an annual awareness campaign held every September, during which landmarks and buildings across Canada are illuminated in blue for Prostate Cancer Awareness Month. Visit a location near you and tag us in your photos! We'd love to see them. 


Monday, September 2, 2024

Prostate Cancer Awareness Month

Date and Time: Monday, September 2 12:00 am - 11:55 pm

Address: .

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Adult Skating Ingridion Centre

Date and Time: Monday, September 2 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 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!


Tuesday, September 3, 2024

Prostate Cancer Awareness Month

Date and Time: Tuesday, September 3 12:00 am - 11:55 pm

Address: .

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Adult Skating Ingression Centre

Date and Time: Tuesday, September 3 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

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Wednesday, September 4, 2024

Prostate Cancer Awareness Month

Date and Time: Wednesday, September 4 12:00 am - 11:55 pm

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Adult Skating Ingridion Centre

Date and Time: Wednesday, September 4 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!

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Thursday, September 5, 2024

Prostate Cancer Awareness Month

Date and Time: Thursday, September 5 12:00 am - 11:55 pm

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Date and Time: Thursday, September 5 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!

Night Market

Date and Time: Thursday, September 5 5:00 pm - 8:00 pm

Address: 2821 8th Line Rd, Ottawa ON K0A 2P0

Come and join us alongside 60 local producers at the Metcalfe Fairgrounds! Twice this season, there will be so many interesting and unique vendors present - a great way to spend an evening.

A few facts about the market:

- Happening rain or shine
- ATM on site
- Free parking
- Wheelchair accessible
- Dogs welcome
- Indoors and outdoors
- 100% locally produced
- Live music
- Located at 2821 8th Line Rd


Friday, September 6, 2024

Prostate Cancer Awareness Month

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Adult Skating Ingridion Centre

Date and Time: Friday, September 6 8:00 am - 9:30 am

Address: Ingedion Centre

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Saturday, September 7, 2024

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Iroquois Farmers Market

Date and Time: Saturday, September 7 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, b

asil 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!

Merrickville's Makers Markets Fall Market 2024

Date and Time: Saturday, September 7 10:00 am - 4:00 pm

Address: 446 Main St. W, Merrickville-Wolford ON

Come to the Fall Makers Market to see over 60 makers, with all original wares and free admission!


Sunday, September 8, 2024

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Monday, September 9, 2024

Prostate Cancer Awareness Month

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

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EarlyON Play and Learn

Date and Time: Monday, September 9 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, September 9 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.


Tuesday, September 10, 2024

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Wednesday, September 11, 2024

Prostate Cancer Awareness Month

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Thursday, September 12, 2024

Prostate Cancer Awareness Month

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169th Spencerville Fair

Date and Time: Thursday, September 12 4:00 pm - 11:55 pm

Address: 22 Ryan Street

The Spencerville Fair is an annual tradition that fosters and celebrates Canadian agriculture. This 4-day fair takes place on the second weekend of September and showcases livestock exhibitions, competitions, as well as vibrant displays featuring locally grown produce. Our historical fair provides educational exhibits and demonstrations that offer insights into farming practices and sustainable rural living. From thrilling carnival rides to live music performances and shows, the fair offers a wide range of entertainment options for fairgoers of all ages. All fair guests are treated to a unique culinary journey, with a wide selection of local vendors recruited from across

Eastern Ontario. This fun-filled event is known for its family-friendly activities, as well as its dedication to hospitality and inclusivity. The Spencerville Fair is a harmonious blend of agricultural roots, entertainment, education, and tremendous community engagement. Do not miss this year's 169th Spencerville Fair on Thursday, September 12th through to Sunday, September 15th, 2024. Come Home to your Fair!


Friday, September 13, 2024

Prostate Cancer Awareness Month

Date and Time: Friday, September 13 12:00 am - 11:55 pm

Address: .

September is Prostate Cancer Awareness Month, affecting 1 in 8 Canadian men in their lifetime. Receiving proper health screenings can be lifesaving.

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Date and Time: Friday, September 13 9:00 am - 11:55 pm

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Truck Pull

Date and Time: Friday, September 13 5:00 pm

Address: Spencerville Fair Grounds Grandstands

Truck Pulls

Rules:

- No advanced registration; registration is on-site only, on the day of the event.
- Entry through gate 3, located on Goodin Road at the farthest eastern corner of the Fairgrounds.
- Only the driver gets free admission and must accompany the vehicle.

Entry fee for truck, per class: \$30

Truck Prizes:

1st \$250, 2nd \$125, 3rd \$50

Truck Classes:

- 6500 Gas
- 7500 Gas
- 8500 Street Diesel
- 8200 Pro Street Diesel
- 6200 Super Header Stock
- Monster Truck

- Open


Saturday, September 14, 2024

Prostate Cancer Awareness Month

Date and Time: Saturday, September 14 12:00 am - 11:55 pm

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Date and Time: Saturday, September 14 9:00 am - 11:55 pm

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Iroquois Farmers Market

Date and Time: Saturday, September 14 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!

Tractor Pulls

Date and Time: Saturday, September 14 12:00 pm

Address: Spencerville Fair Grounds Grandstands

Rules:

- No advanced registration; registration is on-site only, on the day of the event.
- Entry through gate 3, located on Goodin Road at the farmost eastern corner of the Fairgrounds.
- Only the driver gets free admission and must accompany the vehicle.

Entry fee for tractor, per class: \$20

Tractor Prizes:

1st \$50, 2nd \$35, 3rd \$25

Tractor classes:

- 3500 LBS - 6 mph and over
- 3500 LBS - Under 6 mph
- 4500 LBS - 6 mph and over
- 4500 LBS - Under 6 mph
- 5500 LBS - 6mph and over
- 5500 LBS - Under 6 mph
- 6500 LBS - 6 mph and over
- 6500 LBS - Under 6 mph
- 7500 LBS - 6 mph and over
- 7500 LBS - Under 6 mph
- 8500 LBS - 6 mph and over
- 8500 LBS - Under 6 mph
- 10500 LBS - 6mph and over
- 10500 LBS - Under 6 mph
- OPEN - 6 mph and over
- OPEN - Under 6 mph


Sunday, September 15, 2024

Prostate Cancer Awareness Month

Date and Time: Sunday, September 15 12:00 am - 11:55 pm

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169th Spencerville Fair

Date and Time: Sunday, September 15 9:00 am - 6:00 pm

Address: 22 Ryan Street

The Spencerville Fair is an annual tradition that fosters and celebrates Canadian agriculture. This 4-day fair takes place on the second weekend of September and showcases livestock exhibitions, competitions, as well as vibrant displays featuring locally grown produce. Our historical fair provides educational exhibits and demonstrations that offer insights into farming practices and sustainable rural living. From thrilling carnival rides to live music performances and shows, the fair offers a wide range of entertainment options for fairgoers of all ages. All fair guests are treated to a unique culinary journey, with a wide selection of local vendors recruited from across Eastern Ontario. This fun-filled event is known for its family-friendly activities, as well as its dedication to hospitality and inclusivity. The Spencerville Fair is a harmonious blend of agricultural roots, entertainment, education, and tremendous community engagement. Do not miss this year's 169th Spencerville Fair on Thursday, September 12th through to Sunday, September 15th, 2024. Come Home to your Fair!

Spencerville Fair Demolition Derby & Power Wheels

Date and Time: Sunday, September 15 1:00 pm

Address: Spencerville Fair Grounds

Demolition Derby

As per the dictionary: "a car race in which the drivers drive their cars into other cars intentionally, with the winner being the last car still able to move."

- Entry fee is: \$50.00 per vehicle at time of registration for all classes.
- No advanced registration; registration onsite only, on the day of the event.
- Each vehicle gets ONE free admission and must be accompanying the vehicle.

- For entry forms, classes, rules, regulations, and more information, visit the Ontario Demolition Derby web site www.ontariodemoderby.com.
- The Spencerville Agricultural Society will not be held responsible for any cars or personal property before, during or after the event.
- Preceded by our Power Wheels Demolition Derby for Kids!

Power Wheels Demo Derby

Come and cheer on these kids while on the real derby course!

- Most important: FUN!
- Event is open to children ages 3 to 9. Child needs to be able to steer their vehicle but be young enough to just go for the fun.
- Required: a power wheel, bike or other vehicle, a helmet, closed toe shoes and a parent/guardian.
- Immediately prior to the Demolition Derby.
- Be there approx. an hour before race time so they can register “just like the big guys”.
- No registration fee but you must pay to come into the Fair grounds.
- Approx. duration is 15 minutes, depending on the number of participants and the amount of fun and enjoyment.
- Ontario Demolition Derby crew will be right in the mix with the kids to help if they get stuck or whatever, and parents are welcome to hang out on the sidelines right there, to take their pictures.
- All children will be awarded with a trophy.


Monday, September 16, 2024

Prostate Cancer Awareness Month

Date and Time: Monday, September 16 12:00 am - 11:55 pm

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Adult Skating Ingedion Centre

Date and Time: Monday, September 16 8:00 am - 9:30 am

Address: Ingedion Centre

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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!

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Highlights:

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- 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, September 16 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, September 16 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 Re

source Centres. Stop by Youth Drop-In service hours to get help with writing resumes and cover letters, interview preparation, and job applications.


Tuesday, September 17, 2024

Prostate Cancer Awareness Month

Date and Time: Tuesday, September 17 12:00 am - 11:55 pm

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Better Jobs Ontario Info South Grenville

Date and Time: Tuesday, September 17 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)


Wednesday, September 18, 2024

Prostate Cancer Awareness Month

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Date and Time: Wednesday, September 18 8:00 am - 9:30 am

Address: Ingridion 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
- 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, September 18 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.


Thursday, September 19, 2024

Prostate Cancer Awareness Month

Date and Time: Thursday, September 19 12:00 am - 11:55 pm

Address: .

September is Prostate Cancer Awareness Month, affecting 1 in 8 Canadian men in their lifetime. Receiving proper health screenings can be lifesaving.

For more information or to donate, please visit the Prostate Cancer Foundation Canada website. "Light Up in Blue" is an annual awareness campaign held every September, during which landmarks and buildings across Canada are illuminated in blue for Prostate Cancer Awareness Month. Visit a location near you and tag us in your photos! We'd love to see them. 

Adult Skating Ingedion Centre

Date and Time: Thursday, September 19 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
- 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!


Friday, September 20, 2024

Prostate Cancer Awareness Month

Date and Time: Friday, September 20 12:00 am - 11:55 pm

Address: .

September is Prostate Cancer Awareness Month, affecting 1 in 8 Canadian men in their lifetime. Receiving proper health screenings can be lifesaving.

For more information or to donate, please visit the Prostate Cancer Foundation Canada website. "Light Up in Blue" is an annual awareness campaign held every September, during which landmarks and buildings across Canada are illuminated in blue for Prostate Cancer Awareness Month. Visit a location near you and tag us in your photos! We'd love to see them. 

Adult Skating Ingedion Centre

Date and Time: Friday, September 20 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
- 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!


Saturday, September 21, 2024

Prostate Cancer Awareness Month

Date and Time: Saturday, September 21 12:00 am - 11:55 pm

Address: .

September is Prostate Cancer Awareness Month, affecting 1 in 8 Canadian men in their lifetime. Receiving proper health screenings can be lifesaving.

For more information or to donate, please visit the Prostate Cancer Foundation Canada website. "Light Up in Blue" is an annual awareness campaign held every September, during which landmarks and buildings across Canada are illuminated in blue for Prostate Cancer Awareness Month. Visit a location near you and tag us in your photos! We'd love to see them. 

Iroquois Farmers Market

Date and Time: Saturday, September 21 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!

Shop the Street: The King West Arts Festival

Date and Time: Saturday, September 21 10:00 am - 4:00 pm

Address: 3 Market St. W, Brockville ON

Embrace your creative spirit at the King West Arts Festival!

Mark your calendars: September 21st | 10AM - 4PM

Location: King West, Downtown Brockville

Dive into a world of artistic wonder at the King West Arts Festival! Celebrate the incredible talents of local artists and musicians while discovering the unique charm of our local shops.

Local Art Showcased: Wander through vibrant displays of local artwork - paintings, crafts, and more. Meet the artists, hear their stories, and maybe even take a piece of art home!

Live Music Vibes: Enjoy the soundtrack of the streets with live performances from local musicians that capture the essence of our community's spirit.

Shop Local: Support our neighbourhood businesses with special promotions and exclusive finds that can't be matched.

Food and More: Savour delicious eats from local restaurants as you soak in the artsy atmosphere.

Family-Friendly Fun: Bring the whole family for a day full of inspiration and fun. Free admission for everyone!

Join us at the King West Arts Festival to celebrate art, music, and community in the most vibrant setting! Let's make it a day to remember - filled with creativity, culture, and local love.

Sunday, September 22, 2024


Prostate Cancer Awareness Month

Date and Time: Sunday, September 22 12:00 am - 11:55 pm

Address: .

September is Prostate Cancer Awareness Month, affecting 1 in 8 Canadian men in their lifetime. Receiving proper health screenings can be lifesaving.

For more information or to donate, please visit the Prostate Cancer Foundation Canada website. "Light Up in B

ue" is an annual awareness campaign held every September, during which landmarks and buildings across Canada are illuminated in blue for Prostate Cancer Awareness Month. Visit a location near you and tag us in your photos! We'd love to see them. 


Monday, September 23, 2024

Prostate Cancer Awareness Month

Date and Time: Monday, September 23 12:00 am - 11:55 pm

Address: .

September is Prostate Cancer Awareness Month, affecting 1 in 8 Canadian men in their lifetime. Receiving proper health screenings can be lifesaving.

For more information or to donate, please visit the Prostate Cancer Foundation Canada website. "Light Up in Blue" is an annual awareness campaign held every September, during which landmarks and buildings across Canada are illuminated in blue for Prostate Cancer Awareness Month. Visit a location near you and tag us in your photos! We'd love to see them. 

Adult Skating Ingridion Centre

Date and Time: Monday, September 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!

EarlyON Play and Learn

Date and Time: Monday, September 23 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, September 23 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.


Tuesday, September 24, 2024

Prostate Cancer Awareness Month

Date and Time: Tuesday, September 24 12:00 am - 11:55 pm

Address: .

September is Prostate Cancer Awareness Month, affecting 1 in 8 Canadian men in their lifetime. Receiving proper health screenings can be lifesaving.

For more information or to donate, please visit the Prostate Cancer Foundation Canada website. "Light Up in Blue" is an annual awareness campaign held every September, during which landmarks and buildings across Canada are illuminated in blue for Prostate Cancer Awareness Month. Visit a location near you and tag us in your photos! We'd love to see them. 

Adult Skating Ingridion Centre

Date and Time: Tuesday, September 24 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
- 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!


Wednesday, September 25, 2024

Prostate Cancer Awareness Month

Date and Time: Wednesday, September 25 12:00 am - 11:55 pm

Address: .

September is Prostate Cancer Awareness Month, affecting 1 in 8 Canadian men in their lifetime. Receiving proper health screenings can be lifesaving.

For more information or to donate, please visit the Prostate Cancer Foundation Canada website. "Light Up in Blue" is an annual awareness campaign held every September, during which landmarks and buildings across Canada are illuminated in blue for Prostate Cancer Awareness Month. Visit a location near you and tag us in your photos! We'd love to see them. 

Adult Skating Ingedion Centre

Date and Time: Wednesday, September 25 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 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, September 25 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.


Thursday, September 26, 2024

Prostate Cancer Awareness Month

Date and Time: Thursday, September 26 12:00 am - 11:55 pm

Address: .

September is Prostate Cancer Awareness Month, affecting 1 in 8 Canadian men in their lifetime. Receiving proper health screenings can be lifesaving.

For more information or to donate, please visit the Prostate Cancer Foundation Canada website. "Light Up in Blue" is an annual awareness campaign held every September, during which landmarks and buildings across Canada are illuminated in blue for Prostate Cancer Awareness Month. Visit a location near you and tag us in your photos! We'd love to see them. 

Adult Skating Ingedion Centre

Date and Time: Thursday, September 26 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
- 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!


Friday, September 27, 2024

Prostate Cancer Awareness Month

Date and Time: Friday, September 27 12:00 am - 11:55 pm

Address: .

September is Prostate Cancer Awareness Month, affecting 1 in 8 Canadian men in their lifetime. Receiving proper health screenings can be lifesaving.

For more information or to donate, please visit the Prostate Cancer Foundation Canada website. "Light Up in Blue" is an annual awareness campaign held every September, during which landmarks and buildings across Canada are illuminated in blue for Prostate Cancer Awareness Month. Visit a location near you and tag us in your photos! We'd love to see them. 

Adult Skating Ingedion Centre

Date and Time: Friday, September 27 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
- 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!


Saturday, September 28, 2024

Prostate Cancer Awareness Month

Date and Time: Saturday, September 28 12:00 am - 11:55 pm

Address: .

September is Prostate Cancer Awareness Month, affecting 1 in 8 Canadian men in their lifetime. Receiving proper health screenings can be lifesaving.

For more information or to donate, please visit the Prostate Cancer Foundation Canada website. "Light Up in Blue" is an annual awareness campaign held every September, during which landmarks and buildings across Canada are illuminated in blue for Prostate Cancer Awareness Month. Visit a location near you and tag us in your photos! We'd love to see them. 

Iroquois Farmers Market

Date and Time: Saturday, September 28 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, September 29, 2024

Prostate Cancer Awareness Month

Date and Time: Sunday, September 29 12:00 am - 11:55 pm

Address: .

September is Prostate Cancer Awareness Month, affecting 1 in 8 Canadian men in their lifetime. Receiving proper health screenings can be lifesaving.

For more information or to donate, please visit the Prostate Cancer Foundation Canada website. "Light Up in Blue" is an annual awareness campaign held every September, during which landmarks and buildings across Canada are illuminated in blue for Prostate Cancer Awareness Month. Visit a location near you and tag us in your photos! We'd love to see them. 


Monday, September 30, 2024

Prostate Cancer Awareness Month

Date and Time: Monday, September 30 12:00 am - 11:55 pm

Address: .

September is Prostate Cancer Awareness Month, affecting 1 in 8 Canadian men in their lifetime. Receiving proper health screenings can be lifesaving.

For more information or to donate, please visit the Prostate Cancer Foundation Canada website. "Light Up in Blue" is an annual awareness campaign held every September, during which landmarks and buildings across Canada are illuminated in blue for Prostate Cancer Awareness Month. Visit a location near you and tag us in your photos! We'd love to see them. 

Adult Skating Ingridion Centre

Date and Time: Monday, September 30 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 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!

EarlyON Play and Learn

Date and Time: Monday, September 30 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, September 30 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.

<https://calendar.twpec.ca>