



BOCCE BALL

Drop-In Bocce Ball Program
Newcomers Welcome ♦ Instruction Available
Register online, at town hall, or on the 1st day of play!
May 16th to Thanksgiving | Tues & Thurs 6 PM - 8 PM | McGuire Park, 49 Fox Street, Penetanguishene | Adult/Senior \$10 + HST

ADULT ZUMBA

Join Holly and Samantha for Zumba, a fun aerobic workout that mixes dance moves with different genres of music. It's a great way to get your daily exercise while meeting new people. Come ready to sweat and JOIN THE PARTY! **Please bring water and a towel.**
June 20 - August 8 | Tues 6 PM - 7 PM | Penetanguishene Memorial Community Centre (Arena) | \$66 +HST

ZUMBA TONING

Join Holly for Zumba Toning which blends body-sculpting techniques and specific Zumba® moves into one calorie-burning, strength-training experience using light weights. **You will need 1-2 lb, hand weights (no heavier than 2 lbs. and please no wrist weights), water, and a towel.**
June 20 - August 8 | Tues 7:15 PM - 8 PM | Penetanguishene Memorial Community Centre (Arena) | \$66 +HST

HER - HEALTHIEMPOWERIRISE - WELLBAY'ING SERIES

Liz Everett and Jillian Le Gros

4 weeks of Mindset, Self-Discovery, Growth and Vision by the beautiful Georgian Bay. Arrive each session with an open mind to welcome and embrace lifestyle habits that help you thrive amongst all the chaos and commitments. This program will encourage a wellness space that takes you from 'needing a fire lit under you' to empowering you to discover what it feels like to be 'lit up from within'. In this program, we will share energy, and actionable tools to create an impactful and meaningful wellness lifestyle. This program encourages you to start at something new in any and all aspects of your lives, find confidence in clarity, and reframe how the tough things in life actually serve us to take purpose driven action towards feeling like our best selves through wellness activities, mindfulness and movement. You don't want to miss this opportunity for self-care! Session breakdown: Mindset Practice (10 minutes), Wellness Activity (20 minutes), Low Impact Movement (20 minutes). This program is run by Trainers and Mindfulness Facilitators in support of Waypoint Staff Wellness. **Please bring: Journal, pen, yoga mat, water.**

Dates: Tuesday June 6, 13, 20, 27 | Time: 6:00 - 7:00 PM | Penetanguishene Amphitheatre | \$40 +HST



Registration Date: April 28 at 8:30 AM

Additional programs may be added to the summer schedule. Visit TOP.recdesk.ca for the full list of programs and dates.

Note: Recreation programs do not run on Statutory Holidays

REFUNDS Approved refund requests/withdrawals will be refunded based on the program fees paid, minus a \$10.00 administrative fee per person, per program. All refunds will be prorated on the percentage of the course remaining at the time of the withdrawal request, which must be submitted by email or in person. Refund requests will not be approved if less than 50% of the session dates remain. Please allow 2 to 3 weeks to process refunds.

PROGRAM SUBSIDY: The Town of Penetanguishene offers program subsidies for all ages for those who qualify. To learn more, contact recreation@penetanguishene.ca.

SENIORS INFORMATION DAY 2023

VENDORS - FREE LUNCH - ENTERTAINMENT
BY DYLAN LOCK - GUEST SPEAKERS

Thursday, June 8th, 2023
9:30 am - 2:00 pm
Penetanguishene Memorial
Community Centre (Arena)

Town of Penetanguishene Contact:
Angèle Proulx
aproulx@penetanguishene.ca
705-549-7453 ext.231
www.penetanguishene.ca



Penetanguishene
ALL THINGS CANADIAN FESTIVAL 2023 **FESTIVAL CANADIEN**
July 29th - 29 Juillet

A Celebration of Francophone, Anglophone and Indigenous Cultures

FRIDAY NIGHTS AT 6:00 PM

JUNE 2ND.....	RED HOT STOVE PIPE BAND
JUNE 9TH.....	BUSTIN LOOSE
JUNE 16TH.....	THE BAND DEJA VU <small>SPONSORED BY: THE SNACK SHACK AT THE PENETANGUISHENE ARENA</small>
JUNE 23RD.....	OUTLAW SONS
JUNE 30TH.....	*NO ENTERTAINMENT - CANADA DAY SATURDAY
JULY 7TH.....	93 NORTH
JULY 14TH.....	GROOVE TRILOGY
JULY 21ST.....	GOOD OLE BOYS
JULY 28TH.....	THE RENAISSANCE BAND
AUGUST 4TH.....	SKILLSET
AUGUST 11TH.....	SANDRA GOOD BAND <small>SPONSORED BY: CAMERON'S RENOVATIONS</small>
AUGUST 18TH.....	KIDS NIGHT
AUGUST 25TH.....	BRUDDERS

LOCATION: 8 OWEN STREET,
PENETANGUISHENE (AMPHITHEATER)

DATES: EVERY FRIDAY NIGHT, JUNE
THROUGH AUGUST

TIME: 6:00 PM - 8:00 PM



**BAYSIDE
SUMMER
SOIREE**



PENETANGUISHENE CENTENNIAL MUSEUM & ARCHIVES PROGRAMS AND EVENTS

Penetanguishene Museum: Historical Walking Tours

10:30 a.m. to 12:00 p.m.
\$7 per person, must pre-register
Dates: June 8, 22 July 6, 20, August 3, 17, 31, September 14, 28, October 12, 26

Pre-register at www.pencenmuseum.com

Penetanguishene Museum: Rotary Champlain Wendat Park Tour

10:30 a.m. to 12:00 p.m.
\$7 per person, must pre-register
Dates: June 6, 20, July 4, 18, August 1, 15, 29, September 12, 26, October 10, 24

Pre-register to avoid disappointment at www.pencenmuseum.com

Penetanguishene Museum: Family Fun Days!

Weekly crafts and activities at the museum from 10 a.m. - 4 p.m. July 3 to September 1. Admission by donation.

For more details on Events and Programs run by the Penetanguishene Museum, call **705-549-2150** or visit www.pencenmuseum.com



North Simcoe



SUMMER CAMP

Kinder Camp
(Ages 4-6)
@ Penetanguishene Centennial Museum

Children's Camp
(Ages 7-10)
@ Penetanguishene Memorial Community Centre

JOIN US FOR A SUMMER OF FUN!!

Weekly Themes
Local Trips
Special Guests
Sports

Music & Dance
Science
Arts & Crafts
And So Much More!!

9AM-4PM
\$200/WEEK*

*Some weeks may have an additional charge due to weekly activities

Registration opens Thursday, April 27th!!
To register visit: www.bgcnorthsimcoe.com

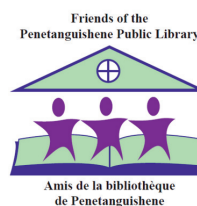


PENETANGUISHENE PUBLIC LIBRARY PROGRAMS AND EVENTS

50 BOOKS TO READ IN 2023

Get to know different authors and genres. Read 50 books this year. It's your challenge! Sign up and receive a reading log at the circulation desk. The winner will be announced in December.

Sponsored by Delta Bingo & Gaming, Friends of the Penetanguishene Library and the Government of Ontario.



Heads Up! for Healthier Brains

Date: Wednesdays from June 7 - 28.
Time: 1:00 PM - 3:00 PM
Cost: Free Program
This is a 4-week series that provides information on keeping your brain healthy and reducing the risk of dementia.

Refreshments will be provided.

Register at the Penetanguishene Public Library or call **705-549-7164** by Tuesday, May 31, 2023.

Sponsored by Alzheimer Society Canada.

