

# Activities Plus Community Participation Events Calendar



## Upcoming Community Events

### November 2 (Friday - 10:30-11:30 a.m.) ~ Helping You Connect To Developmental Services ~

If you need information on connecting to services through DSO we can help you. Call Michele at The Learning Centre if you want to set up a meeting between 10:30 a.m. and 11:30 a.m. 613-756-3817 Ext. 205.

### November 2 (Friday – 5:00 – 9:00 p.m.) ~ Bonnechere Babes Ladies Night Out Christmas Shopping Event ~

Start your Christmas shopping early at the Eganville Legion. Admission is free and vendors include Epicure, Rodan & Fields, Scentsy, Partylite, Magnolia & Vine, Mary Kay, Ottawa Divination/Darklane, Monat, Stella & Dot, Steeped Tea, Thirty-One, Building Blocks for Life, Oh So Mad Designs, Out of the Woods Eganville with Brianna and more.

### November 2 (Friday – 8:00 p.m.) ~ Country Music House Party at the Wilno ~

First Friday of every month there is a Jam Session held at the Wilno Tavern. For more information call 613-756-2029.

### November 4 (Sunday – 10:00 a.m. – 3:00 p.m.) ~ Artisans and Vendors Market ~

Hosted by Madawaska Valley Dance at 17581 Highway 60 in Wilno (the old Pickles & Quilts building), local crafters, bakers, artists, and small businesses are bringing their best-of-the-best products so you can get a head start on your holiday shopping, or maybe just treat yourself to something unique. All vendors are local to the Madawaska Valley. Don't miss their 50/50 draw!

### November 9 (Friday – 1:00-3:00 p.m.) ~ Paramedic Wellness Clinic at the Water Tower Lodge ~

Have your vital signs checked such as blood pressure, pulse, respiration, oxygen saturation, temperature, blood glucose levels, body weight or have any health concerns addressed with this Paramedic Service.

### November 9 (Friday – 7:30 p.m.) ~ PIGS: Canada's Pink Floyd – Outside/In Tour ~

Festival Hall presents Canada's most authentic Pink Floyd Tribute band. Tickets are \$40.00 + taxes & fees and are available at the Festival Hall Box Office by phone at 613-735-2182 or online at [www.festivalhall.ca](http://www.festivalhall.ca)

### November 10 (Saturday – 7:30 p.m.) ~ Hotel California – The Original Eagles Tribute ~

Back by popular demand, Festival Hall presents the original Eagles Tribute band. Tickets are \$35.00 + taxes & fees and are available at the Festival Hall Box Office by phone at 613-735-2182 or online at [www.festivalhall.ca](http://www.festivalhall.ca)

### November 12 (Monday – 7:00 p.m.-10:00 p.m.) ~ Dean Brody with Andrew Hyatt ~

Festival Hall in Pembroke, Ontario presents Dean Brody on his acoustic Dirt Road Stories Tour. Tickets are \$54.00 + taxes & fees and are available at the Festival Hall Box Office by phone at 613-735-2182 or online at [www.festivalhall.ca](http://www.festivalhall.ca)

### November 15 (Thursday – 5:00 p.m.) ~ Self-Advocates Group Meeting ~

**PLEASE NOTE THE CHANGE OF VENUE:** This month's meeting will be held at **ACTIVITIES PLUS** and if everyone could bring a light dish or snack. For more information, contact Lavina Prince at 613-756-3817 ext. 205 to leave a message for Lavina and she will call you back.

### November 24 (Saturday 10:00 a.m. – 2:00 p.m.) ~ George Vanier Christmas Bazaar ~

George Vanier Catholic School in Combermere is holding a Christmas Bazaar with many gift ideas and door prizes. All proceeds directly benefit the students in the school.

### November 24 (Saturday 5:30) ~ Santa Claus Parade of Lights ~

Celebrate the Christmas season with their annual Parade of Lights in downtown Pembroke.

### November 30 (Friday 7:00 – 9:00 p.m.) ~ Christmas in The Valley with Wayne Rostad and Friends ~

Back by popular demand this is a show not to be missed. Wayne has new friends and some surprises that will amaze you.

**For more Event Ideas please check out these websites:**

<http://madawaskavalley.ca>, [www.algonquineast.com](http://www.algonquineast.com), [www.chcr.org](http://www.chcr.org), [www.stonefence.ca](http://www.stonefence.ca), [www.bancroftdistrict.com](http://www.bancroftdistrict.com)

# WEEKLY EVENTS IN OUR COMMUNITY

**FITNESS CENTRE:** The Madawaska Valley Fitness Centre is now officially closed.

## **PUBLIC SWIMMING:**

**Pembroke (Kinsmen Pool):** Daily public swimming available (Monday-Saturday) from September until June. Search for "Kinsmen Pool" on 'www.pembroke.ca' for more details.

**Pine Cliff Lodge:** Free Senior Swim (55+) Every Thursday 2:00pm – 3:00pm. Sign up at Opeongo Senior Centre (max 15 people)

## **PUBLIC SKATING & OUTDOOR RINKS:**

**Barry's Bay:** Fridays from 6:30 p.m. – 7:30 p.m. and Sundays from 2:00 p.m. – 3:30 p.m.  
Indoor skating at the Paul J. Yakabuski Community Centre; cost \$2.00

**Outdoor Rinks:** *Open Christmas to spring (weather and ice conditions permitting)*

**Barry's Bay:** Open any time, free

**Combermere:** Open most of the time, free

**Wilno:** Open most of the time

**Killaloe:** Monday to Friday from 5:00 – 6:30 p.m. and Saturdays and Sundays from 1:00 p.m. – 4:00 p.m.  
Public skating; no sticks or pucks

**Round Lake:** Monday to Friday from 5:00 – 6:30 p.m. and Saturdays and Sundays from 1:00 p.m. – 4:00 p.m.  
Public skating; no sticks or pucks

## **CHICKS WITH STICKS HOCKEY:**

Come out to Paul J. Yakabuski Community Centre every Friday night to cheer on the ladies hockey teams. Game times are 7:30 p.m. and 8:30 p.m.

## **BINGO:**

**At the Makwa Centre:** Golden Lake First Nation Every Monday at 6:45- Doors open at 5pm

**At the Palmer Rapids & Area Lions Club:** Every Wednesday at 7 pm

**At the Eganville Legion:** Every Thursday - Doors open at 6 pm, Bingo at 7p.m.

**BLUES NIGHT:** Every Tuesday at the Wilno Tavern at 8:00 p.m. Visit [www.wilnotavern.com](http://www.wilnotavern.com) for upcoming guests.

**POLISH FOOD BUFFET:** Every Saturday and Sunday at the Wilno Tavern from 4:30 p.m. – 8:00 p.m.

**DINNER & JAM AT EGANVILLE LEGION:** Every Thursday evening there is dinner from 5:00 p.m. - 6:30 p.m. at \$14.00 per person. Everyone Welcome! Please book by 6:00 p.m. on Wednesday. Music Jam Session afterwards from 7:00 p.m. - 11:00 p.m. Come on down and play us a tune, or a have a listen! Eganville Legion 613-628-2802

## **PRIVATE BOOKINGS AT ACTIVITIES PLUS OPEN TO THE PUBLIC**

**Son Bow Ministries church services:** With Pastor Rose Leclaire on Sunday Mornings 10 am to 12 noon. Everyone is welcomed to attend.

**Zumba classes with Kim Shalla held on Monday's from 7:00 – 8:00 p.m. and on Tuesday's from 6:00 – 7:00 p.m.** For more information contact Kim at 613-756-2330 or cell 613-633-7077.

**TOPS Meetings:** Meet every Wednesday 5 pm - 7 pm. If you are interested in joining, please contact Donna Smith by phone at 613-756-1393 or by email at [Teddybear19395@aol.com](mailto:Teddybear19395@aol.com).

## **LOCAL CLUBS IN OUR AREA**

**Barry's Bay Heritage Society:** Genealogy Group meets every 3<sup>rd</sup> Wednesday of the month from 7 pm – 9 pm at the Water Tower Lodge, 3<sup>rd</sup> Floor. Contact Dave Kelly at 613-756-2259

**Opeongo Seniors 50+ Centre:** 19 Stafford Street, Barry's Bay: [info@opeongoseniors.ca](mailto:info@opeongoseniors.ca) Offers activities such as exercise classes, line dancing, square dancing and shuffleboard. Drop in for a chat or cup of coffee

**Madawaska Valley Friendship Club:** Meets on the 1<sup>st</sup> Thursday of each month at 1095 Farmer Road in Combermere. New members welcome! Join us for a potluck luncheon at 11:30 a.m. Call Nancy Betournay at 613-756-9610 for more information.

**Coffee Club Group:** A monthly social and discussion group of persons living with memory changes and their family caregivers. This monthly group is held at the Opeongo Seniors Centre on the 2<sup>nd</sup> Tuesday of each month from 1:00-2:30 p.m. For more information call Caitlin Ext. 3125 and Milton Ext. 3126 at the Dementia Society.