

SUMMER 2024

# PROGRAM GUIDE

JUNE SUST AUGUST

# Locations



- myFM Centre, 1 Ma-te-Way Dr.
- Renfrew Public Library, 13 Railway Ave.
- Visitor Information Centre, 190 Mask Rd.

## \*Resident fee applies to those that live in:

Town of Renfrew, Township of Admaston/Bromley, Horton Township, Township of Greater Madawaska, Township of McNab/Braeside

# PROGRAM REGISTRATION





#### **Register Online:**

bookwhen.com/renfrewpl



#### Call:

613-432-8151 ext. 603



#### Visit:

13 Railway Ave. Renfrew, K7V 3A9







#### **Email:**

info@renfrewlibrary.ca





#### **Register Online:**

app.univerusrec.com/renfrewpub/courses/



#### Call:

613-432-3131



#### Visit:

myFM Centre, 1 Ma-te-Way Dr. Renfrew









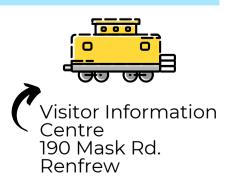
#### **Email:**

programs@renfrew.ca

# LOCATION LEGEND









# **Cuppa Crime**

Solve the mystery of what to read next with Cuppa Crime Book Club! Mystery, thriller and true crime readers unit to share recommendations and chat about their latest reads.

Thursday, June 13 Thursday, July 11 Thursday, August 15 5:00 pm - 6:00 pm

• Once a Month

- Registration Preferred
- Free!



## **Love of Literature**

Renfrew Public Library's original book club! Share your thoughts on each month's shared novel, and delve into deep discussion about it.

Thursday, June 27
Thursday, July 25
Thursday, August 29
6:00 pm - 7:00 pm

Once a Month







#### **Rebel Readers**

A book subscription program for teens & tweens. Get a book personally selected to your tastes, with some related activities and treats once a month!

- Ages 10-17
- Once a Month
- Registration Required
- Free!



# **Nonfiction Book Club**

Introducing RPL's latest book club! Meeting quarterly, this is a group for **nonfiction** readers! Come share what you've been reading and learning, and get some great recommendations from other members.

# Thursday, July 18

6:00 pm - 7:00 pm

- Ages 16-96
- Quarterly
- Registration Preferred
- Free

# PARK & PLAY TRAILER

Coming to a neighbourhood park near you! Join us on Mondays and Wednesdays from 5:00pm-7:00pm from May 29 - June 26. The Park & Play Trailer has sporting equipment and games that will be available for free play.

Wednesday, May 29 - Knights of Columbus Park 704 Sixth St.

Monday, June 3 - Kiwanis Park 410 Haig Ave.

Wednesday, June 5 - Ma-te-Way Park 1 Ma-te-Way Dr.

Monday, June 10 - Low Square 127 Raglan St. S.

Wednesday, June 12 - Legion Park 123 Monroe Ave. E.

Monday, June 17 - Fortington Park 285 Jordan Ave.

Wednesday, June 19 - Horton Heights Park 152 Erindale Ave.

Monday, June 24 - Ma-te-Way Park 1 Ma-te-Way Dr.

Wednesday, June 26 - Knights of Columbus Park 704 Sixth St.



# RENFREW PADDLES

Join the Town of Renfrew in partnership with Mad River Paddle Co. for an evening of mingling and paddling the Bonnechere River. Meet at 6 pm. On the water at 6:30 pm.

Monday, June 24 Thursday, July 18 Thursday, August 22





Bring your own gear and join us for FREE or rent a paddleboard or kayak for \$25 from Mad River Paddle Co. <a href="mailto:madriverpaddleco@gmail.com">madriverpaddleco@gmail.com</a>

Riverview Drive - Renfrew Boat Launch

# MUSIC IN THE PARK

O'Brien Park - 115 Arthur Ave. Renfrew



## WEEKLY

**SUNDAY AFTERNOONS June 23 - August 25** 

1:00 pm - 3:00 pm

June 23: Fran Pinkerton

June 30: Alan Wright & James Murray

July 7: Chris Morris July 14: Khloe B.

July 21: Jayson Bradshaw July 28: Jane-Anne Lafont

**August 4: Pattie Hass** 

August 11: Denny Welburn August 18: Neil Kennedy August 25: The Lofters



Bring your own blanket or chair to sit on.

# CANADA DAY

# Monday, July 1, 2024 2:00 pm - Dusk (Fireworks)!

2 pm: Opening Ceremonies with BAFN

2 pm - 5 pm: NHA/NHL Birthplace Museum OPEN and Puck Shoot

2 pm - 5 pm: McDougall Mill Museum displays

2 pm - 9 pm: Inflatables and Yard Games 3 pm: Junk Yard Symphony performance

3 pm - 6 pm: Caricatures (Free)

3 pm - 8 pm: Beer Tent

4 pm - 5:30 pm: Aerik Watson performance 5 pm: BBQ Dinner (Free-while supplies last) 5:30 pm - 7 pm: Blender Project performance 7 pm - 9 pm: The Timber Line performance Dusk (approximately 9:30 pm): Fireworks



# CULTURE CONNECT WEEK 3rd annual Culture Connect with LIP

Saturday, June 15 - Sunday, June 30

Renfrew is a proud Gold Sponsor of Culture Connect! Check out these awesome events as part of Culture Connect!

#### June 1-30 - while supplies last - FREE!

- **Biblio Bingo:** Choose your bingo journey for a fun cultural experience! Complete the prompts to get a line on your card and be eligible for an awesome prize!
- Spill the Tea Packages: try teas from around the world!
- Rock Painting Take & Makes: everything you need to paint!
  - Monday, June 17 All Day Ages 12+ FREE!
    Origami & Paper Folding
  - Thursday, June 20 10:30am Ages 1-6 FREE!
    Language Carrousel Storytime
  - Thursday, June 20 6:00pm Ages 16+ FREE!
    Culture Connect Movie Night: Ramen Shop
  - Friday, June 21 9:00am Ages 18+ FREE!
    Colleen Cardinal Author Presentation
  - Saturday, June 22 10:00am Ages 14+ FREE!

    Jamie Bramburger Author Presentation
  - Sunday, June 23 11:00am-1:30pm 16+ \$25 +HST Indian Cooking Class with Nala's Kitchen
  - Tuesday, June 25 1:30pm Ages 18+ FREE!
    Language Learning Labs
  - Friday, June 28 6:00pm Ages 14+ FREE!
    Culture Connect Paint Night
  - Sunday, June 30 10:00am-11:30am Ages 16+ FREE!
    African Dance Class with Dharma Dharma

<sup>\*</sup>Participants that are younger than recommended ages may attend with a parent or guardian.

# OTTAWA VALLEY READS

# Saturday, June 15 - Sunday, June 30

Like CBC's Canada Reads, the Local Immigration Partnership's (LIP) Ottawa Valley Reads competition eliminates competitors until the final - and best - book remains! Read the books, watch the defense videos, and vote! (Part of Culture Connect 2024)

#### **Ottawa Valley Reads Shortlist**

#### The Boat People - Sharon Bala:

A group of Sri Lankan refugees who arrive in Vancouver after a perilous ocean voyage to escape civil war must navigate the immigration process of Canada amid accusations of terrorism and threats of deportation. Follow the journey of a young father and his 6-year old son as they fight for a better life in Canada. (Championed by Jamie Bramburger)

#### Ru – Kim Thuy:

Kim, a 10-year-old girl and her family flee Vietnam and immigrate to Quebec where they try to navigate the complexities of their new French/English speaking home. Kim seizes every opportunity an immigrant can in this classic immigrant story told in a new way. (Championed by Kelly Latendresse)

#### Ohpikiihaakan-Ohpihmeh (Raised Somewhere Else) – Colleen Cardinal:

During the 60s scoop, over 20,000 Indigenous children in Canada were removed from their biological families, homes, and cultures to be raised by non-Indigenous households across Canada and the world. This personal story of a 60s scoop survivor is not one of tragedy, but rather of empowerment, reclamation, and personal reconciliation. (Championed by Robert Gardiner)

#### Black Boys Like Me - Matthew R. Morris:

Through 8 essays, Morris explores his own experiences with identity and perception reflecting on his schooling in Scarborough and the US, career as a teacher in Toronto and his 'place' in his culture as a Black man with an immigrant father and white mother. (Championed by Kate Mohanan)

#### The Break - Katherena Vermette:

In a series of shifting narratives, people connected, directly and indirectly, to a death in Winnipeg on The Break, a barren, isolated field, share their stories leading up to the death as a Métis police officer caught in the middle tries to piece the mystery together. (Championed by Sara Lehen)



## P.A. Day Camp

A day packed with fun, creativity, and adventure! Join us for our upcoming PA Day Camp!

Ages 5-11 Friday, June 7 8:30 am - 3:30 pm

\*Late pick up at 4:15 pm available for an additional fee



## **Summer Camp**

Get ready for an unforgettable adventure this summer! We have 8 fun-filled weeks with something for everyone to enjoy!

#### **Ages 5-11**

8:30 am - 3:30 pm

\*Late pick up at 4:15 pm available for an additional fee

\$200/ Week





Week 1: July 2-5 Week 2: July 8-12 Week 3: July 15-19 Week 4: July 22-26

Week 6: August 5-9
Week 7: August 12-16

Week 5: July 29-Aug. 2

Week 8: August 19-23

# **Challenger Soccer Camp**

Join us for an International Soccer Camp without leaving your area! Challenger has partnered with Town of Renfrew to offer soccer camps to improve your child's soccer skills whilst providing a unique cultural experience.



For Children 3-14 Years of Age Monday, July 22 - Friday, July 26

Lindsay Field at Ma-te-Way Park, 1 Ma-te-Way Dr.

# Colour FUN Run/Walk/Roll

Run, walk, or roll down our course and get blasted with coloured powder throughout your journey. Sign-up for this non-competitive, but lots of fun fundraiser for **Renfrew Public Library** and **Renfrew Pride**. 3.5 km along the Algonquin Trail - Rain or Shine!

#### Saturday, June 8 10:00am



- \$20.00/person (\$30.00 day of so pre-register to save money!)
- White T-Shirts available to purchase with registration.
- All Ages (participants under 16 require guardian supervision)

Starting Point: Ma-te-Way Park Ends At: Renfrew Town Hall

## **Board Game Cafe**

Turn RPL from a library to a Board Game Cafe! We'll provide the coffee and board games, you provide the players! This month, play Azul!

## Thursday, June 13 6:00pm - 8:00pm

- Free!
- Registration recommended
- Ages 14+

This program will also take place on **Thursday, July 11** (Unstable Unicorns) & **Thursday, August 15** (Really Loud Librarians)

## LOCATION LEGEND







#### Culture Connect Movie Night

Watch the film "Ramen Shop", a story about a young Japanese man who - after his parents' deaths - takes a food journey to Singapore where he uncovers delicious meals and family secrets. A touching film about family, reconciliation, and food.

\*Note: This movie is subtitled Free snacks will be provided!

# Thursday, June 20

6:00pm-8:00pm



- Drop in!
- Free!
- Ages 10+



#### Tai Chi

Step into serenity and discover the art of Tai Chi with Sifu Jana! Embrace gentle movements, cultivate inner calm, and enhance your well-being. Join us for rejuvenating sessions that harmonize mind, body, and spirit

Tuesday, June 11 6:30 pm - 8:00 pm Monday, June 17 9:00 am - 10:30 am



- Ages 14+ (under 14 may attend with a guardian)
- Registration is required

#### Chess

On the last Tuesday of each month, stop by the library for dropin chess and hone your strategy skills.

June 25

3:30 pm

July 30

3:30 pm

August 27

3:30 pm

Ages 12+Free!

Free!Drop-in



# **Foraging Workshop**

Discover nature's bounty right in your own community! Instructed by Tauny Stinson from Forager Bee.

#### Saturday, June 22 9:30 am-11:30 am

- \$35 + HST
- Registration Required
- Children under 12 free with an adult!



# Culture Connect Paint Night

Join Sheila for a classic Paint Night Party! She'll guide you step-by-step to create your own artistic masterpiece.

#### Friday, June 28 6:00 pm - 8:00 pm



- Limited Space
- Registration Required
- Ages 14+
- Free!



#### **Adult D&D**

Enter the magical world of Dungeons & Dragons, guided by our Dungeon Master. Build a character, battle creatures and enjoy an adventurous romp through your imagination. No experience necessary.

**Tuesday July 9 & 23** 

5:00 pm-8:00 pm

Free!

- Registration Required
- Ages 18-90.



## **Podcasting for Seniors**

Learn how to create a podcast from home with this step-by-step guide specially designed for older people. Come and be introduced to this amazing resource, which has training modules created by seniors for seniors.

Monday, July 15 2:00 pm - 3:00 pm

- Ages 65+
- Drop-in



# **Speed Puzzling Competition**

It's all the rage online, so come test your skills at RPL's first ever Speed Puzzling Competition. Teams of three will receive the same puzzle, then race to complete it first.

Saturday, July 27

1:00 pm - 3:00 pm

- Free!
- Ages 14+
- Registration Required

# **Braiding 101**

If you've wanted to learn how to braid hair, but are a little overwhelmed, join our expert hairstylist to learn how to get started or to improve your skills.

**Tuesday, August 13** 

3:00 pm - 4:00 pm

- Free!
- Ages 12-90
- Registration Required





#### **Adult Downtown** Storywalk

Stoll through downtown Renfrew and read a classic short story in the windows of local businesses. It's like window shopping for a story!

## August 1-30

- All month
- Free!
- Drop in

# One Star Reviews Guess Who



We'll list three one-star reviews of books, written by real reviewers, and you guess what book they're referring to. Updated at the start of each week - you'll have four chances to auess correctly!

August 6-30 • Free: Drop in

## **Stargazing & Astronomy**

Join the library for a special night - viewing the Perseid Meteor Shower. Hosted by the Killaloe University Astronomers, you'll learn fun facts about the Perseids and other meteor showers, and use a telescope to view the night sky.

# Friday, August 9

9:30pm

- Ages 13+
- Registration preferred

This event will be held at the RCAF Memorial Park

#### **Greenscreen Vacation Photoshoot**

Didn't get to take your dream vacation this summer? The library is here to help! Stop by on Saturday, August 31 and be photographed in the holiday destination of your choice using our green screen. Whether it's a tropical beach, the top of Everest or even outer space, RPL will help get you there!

## Saturday, August 31

1:00pm-2:00pm

- Free!
- Ages 14+
- Registration preferred



# CHILDREN & FAMILIES

# **Kindergym for Parent & Child**

This is an exploratory program and adults must remain within arms distance of their child. Set up includes tunnels, wedges and beams aimed to increase strength, balance and coordination. Drop in anytime through the 1.5-hour session.

Pre-register to guarantee your spot!

Thursday, June 6 - Thursday, August 29

10:00 am - 11:30 am

- \$10/class per child
- Ages 5 and under





## **Open Gym**

Join us for a FREE gymnasium experience where all levels of skill are not only welcome but celebrated! Whether you're a seasoned athlete or just looking to have some fun, our Open Gym Program is the perfect place for you.



Families/Adults/
Seniors
Saturdays
12:00 pm - 2:00 pm

8+ years
Tuesdays
3:00 pm - 5:00 pm

# LOCATION LEGEND









# **B.I.A.K.** Indigenous Teachings & Drumming

Enjoy songs and stories through drumming. Brought to you by BIAK EarlyON Mobile Unit.

## Thursday, June 6

10:30 am - 11:00 am

- Registration Required
- Free!



# Let's Talk Science - Take Home Kits!

Each Science Kit includes science activities, How-To instructions, and the learning behind the science!

## **Available Monthly!**

- Ages 5 & Up
- Free!



# **TD Summer Reading Club (TDSRC)**

Renfrew Public Library's 2024 TD Summer Reading Club runs June through August. Join us as we travel "To the Stars" and beyond!

**FREE** Special Programs offered at RPL for ages 4-12 in July & August



# **Kick-Off Event**

Tuesday, June 11 3:00 pm - 7:00 pm



Can't make it the 11th?

Make sure to drop-by Saturday, June 15th!



Mark your calendars for the TDSRC Wrap Up Party on Tuesday, August 20th!





# **Language Carousel Storytime**

Is there anything better than Storytime? How about Storytime in a different language? Join us for Language Carrousel Storytime as we discover stories in different languages!

Thursday, June 20

10:30 am - 11:30 am

• Ages 1-5

- Registration Required
- Free!

Local Immigration Partnership
Partenariat local pour l'immigration
LANARK & RENFREW

# **100 Books Before Kindergarten**

An Early Literacy Program for children before entering Kindergarten! Register at the Children's Circulation Desk, track your reading, show us your reading log. It's that easy! Children will receive a Keepsake Diploma and a Special Letter to present to their teacher on the first day of school!



## **Kid Librarian**

Kid Librarians are chosen each month to curate a display within the Children's Library showing some of their favourite books!

# **Monthly!**

- Ages 8-12
- Registration Required
- Free!



## **Hands-On-Tuesdays!**

From artwork to S.T.E.M. challenges, Hands-On-Tuesdays are perfect for those who like to be creative and use their imagination.

#### 6:00 pm - 7:00 pm

**June 4 -** B<sup>3</sup> (Ages 6-12)

June 11 - TDSRC (Ages 4-12)

June 18 - Scratch Art (Ages 4-10)

**June 25 -** Hot Wheels Challenge (Ages 8-12)

- Registration Required
- Free!



# TEENS & TWEENS

# **Youth Craft & Pizza Day**

Town of Renfrew has partnered with Renfrew County Youth Wellness Hub (YWHO) to offer this FREE program for youth aged 12-25.

Create a craft and enjoy some pizza, all while socializing with your peers.

Saturday, June 15

12:00 pm - 2:00 pm

Ages 12-25

- Free!
- Registration Required



# **Youth Cooking Day**

Town of Renfrew has partnered with Renfrew County Youth Wellness Hub (YWHO) to offer this FREE program for youth aged 12-25. Come make tacos for lunch! All supplies provided. We will also have colouring pages and puzzles!

Saturday, August 17<sub>\infty</sub>

12:00 pm - 2:00 pm



- Ages 12-25
- Free!
- Registration Required

## **Switch Tournaments**

Switch up your Saturday by competing against others in the chosen game of the week!

June

1st, 8th & 22nd July 6th, 13th & 20th

August

10th, 17th & 24th



#### 1:00 pm - 3:00 pm

- Ages 10-16
- Free!
- Registration Recommended

# **Epic Teen D&D**

RPL's epic teen D&D sessions continue!

June

4th & 18th

July 2nd, 16th & 30th

ywho

**August** 

27th



#### 4:00 pm - 8:00 pm

- Ages 13-18
- Free!
- Registration Required



# TEENS & TWEENS

# **Take & Make Packages**

Every month, RPL puts out a limited number of packages containing everything you need to complete a craft or activity. Don't miss out on your chance to bring the fun of the library home with you!

Free! While supplies last.



#### **Fiero Code Club**

Learn to code using a variety of coding scripts in a fun and interactive way! You can also compete in missions to win awesome robot prizes. Sign up and you can also play at home.

## **Fridays**

4:00 pm - 5:00 pm

- Ages 10-18
- Free!
- Library Card & Registration Required





# **Bad Art for Teens**

It's no fun trying to do everything well all of the time. Can you rise to the challenge of making the ugliest, worst art the world has ever seen? Let's find out!

# Thursday, August 22

5:00 pm - 7:00 pm

- Ages 13-19
- Free!
- Registration Required



# PICKLEBALL & BADMINTON

## **Recreational Pickleball**

This is a great place to play if you are new to the sport, or if you like to play recreationally. Get some exercise and socialize!

Monday
1:00 pm-3:00 pm

Tuesday

Friday 10:00 am-12:00 pm

Saturday 9:30 am-11:30 am



- Recreational play
- Ages 16+ (Under 16 may play with a parent/guardian)
- \$3.00 per 2-hour session \*Drop ins welcome!



## **Pickleball Clinics**

Join local pickleball enthusiasts who will teach you more about the fastest growing sport in North America. Offering clinics for intermediate and beginner players!

Sunday, June 9 10 am-11 am \*intermediate Sunday, June 23 10 am-12 pm \*beginner Sunday, July 21 10 am-12 pm \*beginner Sunday, August 18 10 am-12 pm \*beginner

\*NOTE\* We have lines on the floor for badminton which are not regulation lines for pickleball.

It will still give you a good idea of how to play.

- FREE!
- Registration is mandatory, spaces are limited.



# **Badminton**

The Home Hardware Gymnasium offers 3 regulation badminton courts. All are welcome to sign up for these sessions.

Open to the public.

#### **Thursday Evenings**

## 6:00 pm - 9:00 pm

- Recreational play
- Ages 16+ (Under 16 may play with a parent/guardian)
- \$4.50 per 3-hour session \*Drop ins welcome!





#### Lady Style Dance with Olga FREE!

Monday, June 24 - 5:30-7 pm Dance Studio Monday, August 26 - 5:30-7 pm Dance Studio

#### **African Dance Class with Andrea FREE!**

Sunday, June 30 - 10 am-11:30 am Community Hall

#### Yoga in the Park with Sarah FREE!

Monday, July 8 - 6:30 pm-7:30 pm O'Brien Park

#### **Essentrics® with Kimberly FREE!**

Tuesday, July 16 - 5:30 pm-6:30 pm Dance Studio Tuesday, August 20 - 5:30 pm-6:30 pm Dance Studio

#### **Swing Dancing with David FREE!**

Saturday, July 20 - 7:30 pm-8:30 pm Dance Studio

#### **Booty Bands with Samm FREE!**

Wednesday, July 24 - 6 pm-7 pm Multi-Purpose Room 1 Sunday, August 18 - 9 am -10 am Multi-Purpose Room 1

#### **Beginner Dancercise with Olga FREE!**

Monday, July 29 - 5:30 pm-7 pm Dance Studio Wednesday, August 14 - 5:30 pm-7 pm Dance Studio

#### **Slow Dancing with David FREE!**

Saturday, August 10 - 7:30 pm-8:30 pm Dance Studio

#### Sound Bath Healing with Diane \$25 + HST

Sunday, August 11 - 7 pm-8 pm Visitor Info Centre



#### **Latin Dance with David FREE!**

Saturday, August 17 - 7:30 pm-8:30 pm Dance Studio

#### Stretch & Strength in the Park with Colleen FREE!

Wednesday, August 21 - 4:30 pm-5:30 pm O'Brien Park

# RED CROSS TRAINING COURSES

## **First Aid**

Six First Aid course options are run concurrently, and the prices and durations vary. All courses start at 9:00 am with staggered end times depending on the chosen course.

Sunday, June 9
Saturday, July 6
Wednesday, August 14
Saturday, August 24
Tuesday, August 27
8:30 am - 4:30 pm

CPR C \$75

Emergency First Aid \$105

Standard First Aid
First Aid
\$129

Marine Basic First Aid
\$144

Use coupon code:

RenfrewRec. This code
provides users with a
\$10 discount on CPR-C,
EFA, or SFA courses
offered in partnership with
the Town of Renfrew.

# **Babysitter's Course**

Instructed by a Canadian Red Cross instructor from 13 First Aid. This course covers everything from managing difficult behaviors to essential content on leadership and professional conduct as a babysitter, with an increased focus on first aid.

Use coupon code:

Wednesday, July 3

8:30 am - 4:30 pm





- Recommended for youth between the ages of 11-15
- \$75.00 + HST registration

RenfrewRec. This code provides users with a \$10 discount on Babysitter's Course offered in partnership with the Town of Renfrew.

# Stay Safe! Home Alone Course

Instructed by a Canadian Red Cross instructor from 13 First Aid. This program teaches applicable and age-appropriate skills while increasing and reinforcing participants' capacity to improve their own safety.

Friday, June 7 Sunday, July 7 8:30 am - 4:30 pm





- Recommended for youth between the ages of 9-13
- \$70.00 + HST registration

Use coupon code:
RenfrewRec. This code
provides users with a
\$10 discount on Stay Safe!
Home Alone Course
offered in partnership with
the Town of Renfrew.

# YWHO SUMMER SCHEDULE



# Youth Wellness Hubs Ontario



HAVE QUESTIONS? WANT TO REGISTER FOR AN EVENT? CALL OR EMAIL US!!

613-570-8953

SUNDAY

2.

9.

16.

23.

30.

MONDAY AND WEDNESDAY IN RENFREW 10AM-6PM TUESDAY AND THURSDAY IN PEMBROKE 10AM-6PM

5.

Renfrew Location: 1 Ma-Te-way Park Dr MYFM CENTRE

Pembroke Location: 278

Nelson St

SATURDAY

HAPPY PRIDE

MONTH

8.

renfrewcountyywho@gmail.com

10.

17.

24.

MONDAY

3. Volley Ball SPM-4PM

DYI Smoothies

3pm-6pm

Basketball

3PM-4PM

3PM-4PM Pizza & Youth Advisory 5pm-5:30pm Scavenger Hunt

4pm-7pm

3PM-4PM

Movie Day & Snacks!!

**Our Core Services** Peer Support **Care Navigation** Recreational & Skill

**Building Activities** \*Mental Health and Addictions

Counselling\* **Drop in times** 2:00pm-5:00pm or 10:00am-2:00pm by appointment \*Primary Care\*

All Services FREE OF CHARGE **Activity Drop In** 

Hours, Monday-

Thursday 3pm-6pm **ALWAYS AVAILABLE!!** SWING BY FOR SOME YUMMY FOOD

ages 12-17

4. PLEO 6:30PM-8PM

Self Guided Activities

Art Group with

Peer Support

PELAG VOLITH GROUP

REGISTER WITH PFLAG

25. Pizza & Youth Advisor

5pm-5:30pm Self Guided Activities 3pm-6pm

Pride Art

3pm-6pm

11.

18.

3pm-6pm

ages 18-25 TUESDAY

Ball Hockey 3PM-4PM

St. Joes Spring Coffe

House (at St.Joes)

3PM-4PM

19. Ball Hockey

Dungeons and Dra 3:30pm-6pm ns and Dragon:

26

3PM-4PM

**Ball Hockey** 

3PM-4PM

Pride Art

3pm-6pm

Self Guided Activities

**Ball Hockey** 

WEDNESDAY THURSDAY **FRIDAY** 

COMMUNITY SERVICES

Sweet Treats with Peer

Support 4pm-7pm

20. Self Guided Activities 3pm-6pm Pizza & Youth Advisory

5pm-6pm

EMPLOYMENT SERVICES

1PM-3PM

Peer Support Art Group

3PM-6PM

13.

20.

27.

yourself

**Virtual Services** Available by

15. 14. Virtual Services Available by

Appointment 8:30am-4:30pm 21. National Indigenous Peoples Day Summer Kick Off BBQ

& Coffee House in Pembroke 4 3PM-6PM 4

29. Appointment

22.

Pizza and Crafts WITH the

(MUST REGISTER)



Renfrew Location: 1 Ma-Te-way Park Dr MYFM CENTRE

MONDAY AND WEDNESDAY IN RENFREW 10AM-6PM TUESDAY AND THURSDAY IN PEMBROKE

10AM-6PM

**Our Core Services** 

**Peer Support** 

**Care Navigation** 

Recreational & Skill

**Building Activities** 

\*Mental Health and

Addictions

Counselling\*

**Drop in times** 

2:00pm-5:00pm

or 10:00am-2:00pm by

appointment

\*Primary Care\*

All Services FREE OF

CHARGE

#### Pembroke Location: 278 Nelson St ages 12-17 ages 18-25 TUESDAY WEDNESDAY **THURSDAY** FRIDAY SATURDAY YOURE the CHEF

SUNDAY MONDAY . 2. 2:30pm-4pm rungeons and Dragon: Virtual Services PLEO 6:30PM-8PM Movie at O'Bries (MUST REGISTER) Available by Theater in RENFREY (MUST REGISTER) 3:30pm-6pm

Outdoor Games Self Guided Activities 5pm-7pm 0 3pm-6pm 4pm-7pm 11. Movie Day & Snacks 8. 10. YOURE the CHEF 13. 12. Outside Frisbee Self Guided Activities Vater Activities & BBQ 3pm-6pm 1pm-2:30pm Available by BINGO MMUNITY SERVICES
1PM-3PM **Outdoor Walk** Partnership with BMH Appointment 8:30am-4:30pm 4pm-5pm 17. 2:30pm-4pm Dungeons and Dragons YOURE the CHE 14. 15. Outdoor Soccer 16. Guided Activities Self Guided Activities Virtual Services **Multicultural Festiva** 3pm-6pm PFLAG YOUTH GROUP 3pm-6pm Available by Downtown Walks for Ice Cream & Downtown BING 12pm-4 Movie Day & Snacks YMENT SERVICES Appointment Margara REGISTER WITH PFLAG 8:30am-4:30pn 2pm-4pm Gym Time 1PM-3PM 23. Self Guided Activities 3pm-7pm 26. Virtual Services 21. 25. 22. Outdoor Walk 27. YOURE the CHEF 4pm-6pm Pizza & Youth Advisory Peer Support Art Group 2:30pm-4pm ngeons and Dragon & Summer Drinks Outdoor Scavenger Hu 4pm-5pm Appointment 8:30am-4:30pm 3pm-4pm 3pm-6pm 3:30pm-6pm

**Activity Drop In Hours,** Monday-Thursday

613-570-8953

3pm-6pm SNACKS ARE ALWAYS **AVAILABLE!! SWING BY FOR** SOME YUMMY FOOD

renfrewcountyywho@gmail.com

28.

29. **Self Guided Activities** 1pm-3pm or Scavenger Hunt 30. Self Guided Activiti O. 3pm-6pm Pizza & Youth Advisory 4pm-5pm

31. Gym Time 1PM-3PM YOURE the CHEF 31. 2:30pm-4pm Self Guided Activities 3pm-6pm

HAVE QUESTIONS? WANT TO REGISTER FOR AN EVENT? CALL OR EMAIL US!!

# YWHO SUMMER SCHEDULE

Youth Wellness Hubs Ontario



Renfrew Location: 1 Ma-Te-way Park Dr MYFM CENTRE MONDAY AND WEDNESDAY IN RENEREW

10AM-6PM TUESDAY AND THURSDAY IN PEMBROKE

10AM-6PM

HAVE QUESTIONS? WANT TO

613-570-8953 REGISTER FOR AN EVENT?
CALL OR EMAIL US!! renfrewcountyywho@gmail.com

Pembroke Location: 278 Nelson St

		ages 12-17		ages 18-25		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
O O				Movie Night 3pm-7pm	2. Virtual Services Available by Appointment 8:30am-4:30pm	3.
4. 🛪 🛪	5.	6. PLEO 6:30PM-8PM DIY Ice Cream Sundaes and Outdoor Activities 2pm-6pm	7. Sheep Farm Tour 12:30pm-3pm MUST REGISTER Outdoor Activities 1pm-3pm	8. Paint Night 3pm-6pm COMMUNITY SERVICES 1PM-3PM	9. Virtual Services Available by Appointment 8:30am-4:30pm	10.
11.	12. DIY Ice Cream Sundaes and Outdoor Activities 2pm-6pm	Outdoor Hike (weather dependent) 4pm-5pm	14. Basketball 1PM-3PM Peer Support Art Group & Summer Drinks 3pm-6pm	15. Outdoor Walk (weather dependent) 4pm-6pm	16. Virtual Services Available by Appointment 8:30am-4:30pm	17. Cooking WITH the Town of Renfrew AT the Hub 12PM-2PM (MUST REGISTER)
18.	19. Outdoor Hike (weather dependent) 5pm-6pm Pizza & Youth Advisory 4pm-5pm	Paint Night 3pm-6pm PFLAG YOUTH GROUP REGISTER WITH PFLAG	21. Drop In Soccer 4pm-6pm	22. DIY Ice Cream Sundaes 4pm-5pm  EMPLOYMENT SERVICES 1PM-3PM	23.  Back to School Picnic & Fishing 2pm-6pm MUST REGISTER	24.
25.	26. Downtown Scavenger Hunt 4pm-5:30pm	27. Pizza & Youth Advisory 4pm-5pm Outdoor Hike 1pm-3pm	28. Badminton 1PM-3PM Game Night 4pm-7pm	29. Sweet Treats with Peer Support 4pm-6pm	30. Virtual Services Available by Appointment 8:30am-4:30pm	31.

**Our Core Services** Peer Support **Care Navigation** Recreational & Skill **Building Activities** \*Mental Health and Addictions Counselling\* Drop in times

2:00pm-5:00pm or 10:00am-2:00pm by appointment \*Primary Care\*

**All Services FREE OF** CHARGE

**Activity Drop In Hours** Monday-Thursday 3pm-6pm SNACKS ARE ALWAYS

AVAILABLE!! SWING BY FOR SOME YUMMY

# NHA/NHL Birthplace Museum

Come for a visit and learn the history of the NHA (National Hockey Association) before it became the National Hockey League (NHL) in 1917; The O'Brien's of Renfrew; and view antique skates and hockey equipment.

#### **JUNE**

**Thursday** 1 pm-4 pm **Friday-Saturday** 10 am-4 pm

JULY-AUGUST **Tuesday-Saturday** 10 am-4 pm



myFM Centre - 1 Ma-te-Way Dr.

# McDougall Mill Museum

McDougall Mill is an 1855 stone building situated on the picturesque Bonnechere River next to O'Brien Park and the Swinging Bridge. The museum has three floors packed with eclectic artifacts from Renfrew's bygone days. There is something for everyone.

#### JUNE 1 - LABOUR DAY

Open Daily: 10 am-5 pm







# EXTERNAL CONTACTS

The below contacts are individuals and organizations that rent space at a Town of Renfrew facility to instruct their own programs.

- FITNESS CLASSES: Pat McGregor 613-312-9544 patter@sympatico.ca
- YOGA: Francis Finnigan 613-601-6124 <u>flowerlady\_450@hotmail.com</u>
- DOG OBEDIENCE: Ashley Fontes 613-570-1823 <u>ashley.fontes.11@gmail.com</u>
- BRAZILIAN JIU JITSU: Jason Smith 613-432-0437 renfrewbij@gmail.com
- BEAT BUDDIES: Kelly Pecoskie 613-312-7531 <u>kellypecoskie@gmail.com</u>
- WATER PAINT CLASS: Pat Forrest 613-433-6569 theartfulpainter@gmail.com
- ACRYLIC PAINT CLASS: Murielle Egan 613-290-5413 murielleegan@gmail.com
- KARATE: Mauro Borghi 613-432-0070 mauroborghi@hotmail.com
- ZUMBA: Peter Boldt 613-432-5654 boldtqualitycontrol@gmail.com
- BELLY DANCE: Gwen Melville 613-432-7459 gelabellydance@gmail.com
- BABY COLLEGE: Katrina Morrison 613-204-8770 <a href="mailto:kat@babycollege.ca">kat@babycollege.ca</a>
- BALLET: Michelle Picard 613-639-3588 michellepicard@nrtco.net
- CIRCUIT TRAINING: Dan Caldwell wathunk@hotmail.com
- GYMNASTICS: Gymnastics EH! youthgymnasticseh@gmail.com
- MINOR HOCKEY: Kyle Schroeder (President) president@renfrewminorhockey.ca
- RINGETTE: president@uovringette.ca
- FIGURE SKATING: Marnie Pratt (President) renfrewfigureskatingclub@gmail.com
- MINOR SOCCER: Shannon Hewitt (President) <a href="mailto:rmscpresident@gmail.com">rmscpresident@gmail.com</a>
- YOUTH WELLNESS HUBS (RCYWHO): Sarah Haaima (Manager) <a href="mailto:shaaima@renfrewhosp.com">shaaima@renfrewhosp.com</a>
- RENFREW PREP BASKETBALL: Marek Kopiowski 613-570-4165 contact@renfrewprep.com
- SILVERWOLVES HOCKEY: Ryan MacIntyre 613-433-4840 silverwolves.hc@gmail.com

Questions regarding renting a facility, please contact Donna McWhirter dmcwhirter@renfrew.ca 613-432-3131 x701











#### Do you have a special skill, hobby or interest?

We are always looking for instructors who can offer programs and activities for groups, workshops, or even single/one-time events.

Contact us using the information below:

Town of Renfrew **(** 613-432-4848 x 118

programs@renfrew.ca

Renfrew Public Library (\$\)613-432-8151 x 603

info@renfrewlibrary.ca