

Children's Programs



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.



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

- Free!
- Registration Required

September 17
September 24

Dot Day
Crispy Apples!

Ages 4-10
Ages 6-12

October 1
October 8
October 15
October 22
October 29

L.T.S. Beaver Lodge & Dam Building
L.T.S. Exploration Mars
L.T.S. Coding Bracelets & Ozobots
L.T.S. Kaleidoscopes & Light
L.T.S. Buzz! Buzz! Buzz!

Ages 4-10
Ages 6-12
Ages 8-12
Ages 4-10
Ages 6-12

November 5
November 19
November 26

Pterodactyl Flying Puppets
Dino Lego
Mini Dinosaur Garden in a Jar

Ages 4-10
Ages 6-12
Ages 8-12



Dungeons & Dragons for Kids

Discover the world of D&D as our DM Kat takes you on an epic adventure! No experience necessary. Please attend both dates as the story continues.

4:00 pm - 7:00 pm

Tuesday, September 3
Tuesday, September 17

- Ages 10-14
- Free!
- Registration Required



Homeschooler Hive

The "Hive" is buzzing with fellow Homeschoolers sharing ideas and children enjoying the library!

10:30 am -12:00 pm

Monday, September 16
Monday, October 7
Monday, November 25

- Ages 5-10
- Free!
- Registration Required



Children's Programs



Meet & Greet with EarlyON

Barb and Madison from EarlyON will be joining Susan for a fun social morning of exploring the library, hands-on activities and stories. Drop in and say "Hello!"

9:30 am -11:30 pm

Monday, September 23

Monday, October 21

Monday, November 18

- Ages 0-6
- Free!
- Drop in



Switch Wednesdays

Come and hang after school and compete against your friends - old and new - in the chosen NIN Switch game of the week.

3:00 pm - 4:30 pm

Begins September 18

- Ages 10-14
- Free!
- Registration Required



First Nation Public Library Week

"Remember When" is this year's F.N.P.L.W. theme, evoking the beginning of a captivating story. Visit the Children's Department to explore more about First Nation community-building and the art of reminiscing.

October 1-4



Ontario Public Library Week

Join us as we celebrate "Libraries for Life" and enjoy activities all week long! Show your library love - snap a picture in our O.P.L.W. photo booth.

October 21-26



DiNovember

DiNovember is a special month where dinosaurs come to life! Enjoy dinosaur-themed fun all month long!

6:00 pm -7:00 pm

Tuesday, November 5
Tuesday, November 19
Tuesday, November 26

Pterodactyl Flying Puppets Ages 4-10
Dino Lego Ages 6-12
Mini Dinosaur Garden in a Jar Ages 8-12

Saturday, November 16
10:00 am - 11:30 am

Dino-Rama!

Ages 4-12

Children & Youth Programs



PA Day Camps



Friday

October 11

Friday

November 15

A day filled with games, crafts, science experiments and more!

- \$40/Camper Per Day
- 8:30 am-3:30 pm
- Late Pick-Up Available for an Additional Fee
- Registration Required



Drama Lab & Young Actor's Company

Ottawa Valley Theatre Kids instructs these exciting programs for young stars! Different sessions for children ages 6-15, this program offers a fun and nurturing environment for young performers to explore the magical world of theater.



OTTAWA
VALLEY
THEATRE
KIDS

September 19-December 12

*No Class October 31

- \$125-\$140/ 12-week Session
- Registration Required

Ages 6-8

5:15-6:15 pm

Ages 9-11

6:15-7:15 pm

Ages 12-15

7:15-8:30 pm



Ballet

Lead by Mary Falconer, our ballet students will learn classical dance techniques while developing grace, posture, musicality and concentration.



Thursdays

September 19-November 28

- \$110/10-Week Session
- Registration Required

Ages 3-4

3:40-4:10 pm

Ages 3-4

4:20-4:50 pm

Ages 5-6

5:00-5:45 pm

Ages 7-8

5:55-6:40 pm

Ages 9+

6:50-7:35 pm



Craft & Pizza Day with YWHO

Join us for an afternoon of decorating pumpkins! We'll provide all the supplies you need to paint or carve your own jack-o-lanterns. Pizza lunch supplied by Domino's Pizza Renfrew.

ywho

12 pm-2 pm

Saturday, October 19



- FREE for ages 12-25
- Registration Required



Weekly Children's Programs

Register for Fall Session Programs
September 3 - 10



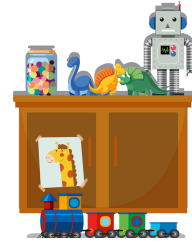
Storybook Cupboard

An interactive program for children plus a parent, grandparent or guardian. Come and discover what is hiding within the Storybook Cupboard!

9:00 am - 10:00 am

Mondays Beginning September 16

- Ages 1-3
- Free!
- Registration Required



Tickles & Giggles!

Enjoy a special outing with your baby at the library. Tickles & Giggles is a fun program of tickling rhymes, songs and stories!

2:00 pm - 3:00 pm

Tuesdays Beginning September 17

- Newborns - 15 Months
- Free!
- Registration Required



Storytime on Zoom

Join Susan for some interactive Storytime fun!

9:00 am - 9:30 am

Thursdays Beginning September 19

- Ages 1-5
- Free!
- Registration Required



Caregiver's Corner

Get together weekly with fellow Caregivers of in-home daycares to share playtime, stories and discovering the library!

10:00 am - 11:00 am

Thursdays Beginning September 19

- Ages 1-5 & a caregiver
- Free!
- Registration Required

Kindergym



Parent & Child Class

This program is for children ages 5 and under accompanied by an adult to help them. Tunnels, wedges and beams are set up to increase strength, balance and coordination. Drop in any time throughout the 1.5-hour session.



10:00 am - 11:30 am

Wednesdays

Beginning September 4

- Ages 5 and under with adult
- \$10/Session Per Child
- Registration Required



3-5 Years Old (without parent)

Children will move through a circuit including tunnels, wedges and beams aimed to increase strength, balance and coordination. This is a great program to start before entering gymnastics.

2:50 pm - 3:20 pm

September 18-October 16

October 30-November 27

- Ages 3-5
- \$50/5-Week Session Per Child
- Registration Required



Pop-Up Kindergym!

This exploratory program encourages parent-child bonding while enhancing your little one's physical skills. Our supervisor will be on-site to ensure a safe and enjoyable experience for everyone.



10:00 am - 11:30 am

Sunday, September 29

Sunday, October 27

Sunday, November 24

- Ages 5 and under accompanied by an adult
- \$10/Session Per Child
- Registration Required

Gymnastics & Open Gym



Gymnastics

This gymnastics program has been developed to teach basic gymnastics skills as an introduction to the sport, but also includes games and activities throughout the 10-week session.

Wednesdays
September 18-November 20

3:30 pm-4:20 pm

4:30 pm-5:20 pm

*Registration opens

Tuesday, September 3 at 12 pm.

- \$110 for 10-week Session
- Ages 5-11 years old.



We have partnered with **Gymnastics EH!** who runs their season of gymnastics directly after our 10-week sessions.

Contact youthgymnasticseh@gmail.com for more information regarding their program. Register in person at myFM Centre in Multi-Purpose Room # 1 on Saturday, September 14 from 9 am-12 pm.



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.

September-November

*Registration Required



**Families, Adults, &
Seniors**

Saturdays

12:00 pm - 2:00 pm

Youth 8+ years

*Supervisor on site

Mondays

6:00 pm - 8:00 pm

Babies, Toddlers, and Children



Baby & Caregiver Music Class

In this class, the magic of music and joy of bonding come together! This engaging class is designed for caregivers and their little ones to explore rhythm, melody and movement in a fun, interactive environment.

10:30 am - 11:00 am

Wednesday Mornings

September 18-October 23

November 6-December 11

- Ages 0-18 Months
- \$60/ 6-Week Session
- \$15/Class
- Registration Required

Drop-In and try this class out on Wednesday, September 11 at 10:30 am!



Baby, Toddler & Caregiver Music Class

A perfect blend of music, movement and family fun! This class is designed to accommodate caregivers with one or multiple children. Enjoy a variety of engaging songs and rhythm activities that cater to different age levels. Enjoy a variety of engaging songs and rhythm activities that cater to different age levels, promoting developmental growth for each child.

11:00 am - 11:45 am

Wednesday Mornings

September 18-October 23

November 6-December 11

- Ages 0-4
- \$60/ 6-Week Session
- \$15/Class
- Registration Required

Drop-In and try this class out on Wednesday, September 11 at 11:00 am!



Make with Me - Parent & Child Classes

“Make with Me” isn’t just about creating; it’s about making memories that will last a lifetime! Join us as we celebrate the magic of creativity, the joy of shared experiences, and the special bond between parent and child.

10:00 am - 11:30 am

Saturday, September 21

Saturday, October 26

Sunday, November 3

- Parent/guardian with child
- \$16 per monthly session
- Registration Required



Dance Classes



Swing Dance

Grab a friend, partner, or simply your enthusiasm, and join David for this incredible opportunity to learn, groove, and have a swingin' good time! Anyone can join! Solos or couples are both welcome.



Beginner

6:00 pm - 7:00 pm

Saturdays

**September 21, October 5,
October 26, November 2**

- \$32 + HST/ 4-weeks
- \$10 + HST/ 1-week
- Registration Required

Intermediate

6:30 pm - 7:30 pm

Sundays

**September 22, October 6,
October 27, November 3**

- \$32/ 4-Week Session
- \$10/ 1-Week
- Registration Required



Beginner Latin Dance

Do you want to learn to move to the rhythm of Latin music? Join our Latin dance class! Don't miss this chance to have fun, get some exercise, and learn a new skill! Bring your friends or come alone and meet new people.

7:30 pm - 8:30 pm

Saturdays

**September 21, October 5,
October 26, November 2**



- \$32 + HST/ 4-weeks
- \$10 + HST/ 1-week
- Registration Required



Beginner Slow Dancing

Looking to add a touch of romance and elegance to your dance moves? Join us for our Slow Dancing Class! Whether you're a beginner or just looking to refine your skills, this class is perfect for all levels. Solos and couples welcome!

5:00 pm - 6:00 pm

Sundays

**September 22, October 6,
October 27, November 3**



- \$32 + HST/ 4-weeks
- \$10 + HST/ 1-week
- Registration Required



Line Dancing

Kick up your heels and join us for a lively line dancing class! With two class levels to choose from, our class offers a fun and energetic way to stay active, socialize, and learn new moves.



Basic (Ultra Beginner)

6:30 pm - 7:30 pm

Wednesdays

Sept. 25-Nov. 13

- \$80+HST/ 8-Weeks
- \$15+HST/ 1-Week
- Registration Required

Novice (Seasoned Beginner)

5:00 pm - 6:00 pm

Wednesdays

Sept. 25-Nov. 13

- \$80+HST/ 8-Weeks
- \$15+HST/ 1-Week
- Registration Required

Fitness Classes



Tai Chi

An opportunity to improve your balance, flexibility, and overall well-being. Whether you're a beginner or an experienced practitioner, Sifu Janna's classes are perfect for all levels.

6:30 pm - 8:00 pm

Tuesdays

October 15-October 29

- \$35+HST/ 3-Week Session
- \$15+HST/ 1-Week
- Registration Required



Yoga

Lead by certified instructor Sarah St. Germain, this rejuvenating yoga session is designed to strengthen your body, calm your mind, and nurture your spirit. This all-levels class will be focusing on learning the basic postures and proper alignment for each pose, to ensure your practicing safe.

6:30 pm - 7:30 pm

Tuesdays

September 10-October 8

*No Class October 1



- \$40+HST/ 4-Week Session
- \$15+HST/ 1-Week
- Registration Required



Essentrics® with Kimberly

This workout focuses on improving strength and stability while challenging your balance reflexes and enhancing body awareness. A great challenging workout for ALL fitness levels.

5:30 pm - 6:30 pm

Tuesdays

September 17-October 15

November 5-December 3

- \$40+HST/ 5-Week Session
- \$10+HST/1-Week
- Registration Required



Booty Bands with Samm

Booty Bands is a whole-body workout using resistance bands and your bodyweight to get on a good sweat and work your body. All levels welcome, adjustments easily made for prenatal and postpartum, knee/back/hip issues, and more!

7:15 pm - 8:15 pm

Mondays

October 7-November 25

*No Class October 14 or November 11



- \$50+HST/ 6-Week Session
- \$10+HST/ 1-Week
- Registration Required

Fitness & Dance Classes



Stretch & Strength with Colleen

Certified Personal Trainer and Group Fitness Instructor, Colleen Barrie of Fit Females will instruct a weekly Stretch & Strength Class. This class will enhance flexibility, build muscle, and improve overall body tone, this class is perfect for all fitness levels.

4:30 pm-5:30 pm

Wednesdays

September 25-October 16

- FREE-Sponsored by Chartwell Quail Creek
- Registration Required



Sponsored By:



QUAIL CREEK
retirement residence



Dancercise with Olga

This fun and exhilarating workout combines the best of dance and exercise, set to upbeat music that will keep you moving and motivated. Perfect for all fitness levels, Dancercise offers a full-body workout that improves cardiovascular health, tones muscles, and boosts your mood.

6:30 pm-7:30 pm

Thursdays

- **October 3-October 24**
- **November 7-November 28**
- \$18+HST/ 4-Week Session
- \$6+HST/ 1-Week
- Registration Required



Lady Style Dance with Olga

Unleash your inner diva and embrace your unique rhythm with our Lady Style Dance classes! Designed to celebrate the grace and power of feminine movement, these classes focus on stylish, confident dance routines that emphasize elegance, strength, and flair.

8:00 pm-9:30 pm

Thursdays

- **October 3-October 24**
- **November 7-November 28**
- \$18+HST/ 4-Week Session
- \$6+HST/ 1-Week
- Registration Required



Badminton & Pickleball



Pickleball Sessions

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

- \$3+HST/ 2-Hour Session
- Registration Required
- Drop ins welcome if space is available.

Monday

1:00 pm-
3:00 pm

Tuesday

6:00 pm-
8:00 pm

Friday

10:00 am-
12:00 pm

Saturday

9:30 am
11:30 am



Pickleball Clinics

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

Beginner

10:00 am-12:00 pm

Sundays

- **September 22**
- **October 20**
- **November 17**

- Free!
- Registration Required



Sponsored By:



QUAIL CREEK
retirement residence

Intermediate

10:00 am - 12:00 pm

Sundays

- **September 15**
- **October 13**

- Free!
- Registration Required



Badminton

The Home Hardware Gymnasium offers three regulation badminton courts. All are welcome to sign up for these sessions. Open to the public!

6:00 pm - 9:00 pm

Thursdays

September 5-November 21

- Recreational Play
- 16+ (under 16 may play with a parent/guardian)
- \$4.50+HST/ 3-Hour Session
- Drop ins welcome if space is available.



13FirstAid Training Courses



First Aid

This 13 First Aid instructs first aid courses. Successful participants receive a Red Cross Standard First Aid, CPR-C, and AED Certifications recognizing their training. It is valid for 3 years.

9:00 am - 4:00 pm

Tuesday, September 10

Saturday, September 28

Tuesday, October 8

Sunday, October 20

Monday, November 4

Sunday, November 24

- \$129.00+HST/Per Person
- Registration Required
- Register Online at www.13firstaid.com

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.



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. Recommended for youth ages 9-13.

9:00 am - 2:30 pm

Sunday, September 29

Friday, November 15

- \$75.00/Per Person
- Registration Required
- Register Online at www.13firstaid.com

Use coupon code:
RenfrewRec. This code provides users with a **\$10 discount** on Stay Safe Home Alone 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. Recommended for youth ages 11-15.

9:00 am - 3:30 pm

Saturday, October 5

- \$75.00/Per Person
- Registration Required
- Register Online at www.13firstaid.com

Use coupon code:
RenfrewRec. This code provides users with a **\$10 discount** on Babysitter's courses offered in partnership with the Town of Renfrew.

YWHO FALL SCHEDULE

Youth Wellness Hubs Ontario

ywho

September

RENFREW COUNTY YOUTH WELLNESS HUB

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

613-570-8953

renfrewcountyywho@gmail.com

Renfrew Location:

1 Ma-Te-way Park Dr MYFM CENTRE

MONDAY AND WEDNESDAY IN RENFREW
10AM-6PM

TUESDAY AND THURSDAY IN PEMBROKE
10AM-6PM

Pembroke Location: 278 Nelson St

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1.	2. LABOR DAY! Last Day of Summer Bash 3pm-6pm	3. PLEO 6:30PM-8PM Last Day of Summer Bash 3pm-6pm	4. Creative Writing ages 18-25 12pm-2pm Back to School Bash 3pm-6pm	5. Waterfront Walk 3pm-5pm Come See Us at the Renfrew Fair!! 10am to 10pm Free Draw!!	6. Come See Us at the Renfrew Fair!! 10am-10pm Free Draw	7. ADMIT ONE Come See Us at the Renfrew Fair!! 10am-10pm Free Draw
8. Come See Us at the Renfrew Fair!! 10am-5pm Free Draw	9. Fall Bucket List/ Vision Boards & Slime Making 3pm-6pm	10. Suicide Prevention Awareness Day BINGO 4pm-6pm	11. DIY Tacos for ages 18-25 12pm-2pm Hat Trivia & Hat Making for Make a Hat Day!! 3pm-5pm Ontrac 2PM-4PM	12. Creative Writing ages 18-25 12pm-2pm Make Your Own Comic Strip 2pm-4pm COMMUNITY SERVICES 2PM-4PM	13. Game Show Night in Pembroke (please register) 4pm-7pm	14.
15.	16. Youth Advisory 3pm-4pm Game Show Night 4pm-7pm	17. Resume Building Workshop 4pm-6pm PFLAG YOUTH GROUP REGISTER WITH PFLAG	18. BMH Healthy relationships with Ryan 4:00-5:00 Game Time ages 18-25 12pm-2pm	19. Equinox Gym Time 4pm-5pm (please register) DIY Tacos for ages 18-25 12pm-2pm	20. Virtual Services Available by Appointment 8:30am-4:30pm	21. Recovery Day in Renfrew at Low's Square 12pm to 4pm
22. First Day of Fall	23. Lets Learn Sign Language for International Day of Sign Language! 2pm-4pm partner with Connection Center	24. Make Your Own Comic Strip 3pm-6pm Pizza & Youth Advisory 4pm-5pm	25. Sweet Treats with Peer Support 4pm-6pm Book Club for ages 18-25 12pm-2pm	26. Culture Exploration for ages 18-25 12pm-2pm Movie Night 4pm-7pm EMPLOYMENT SERVICES 1PM-3PM	27. Virtual Services Available by Appointment 8:30am-4:30pm	28.
29.	30. National Day for Truth and Reconciliation Event at the MYFM Centre in Renfrew 10:30am-12:30pm					

Our Core Services

Peer Support
Care Navigation
Recreational & Skill Building Activities

Mental Health and Addictions Counselling

by appointment
Primary Care

All Services FREE OF CHARGE

Please view calendar online for most updated information

Activity Drop In Hours.
Monday-Thursday
3pm-6pm

SNACKS ARE ALWAYS AVAILABLE!! SWING BY FOR SOME YUMMY FOOD

Renfrew Location:

1 Ma-Te-way Park Dr MYFM CENTRE

MONDAY AND WEDNESDAY IN RENFREW
10AM-6PM

TUESDAY AND THURSDAY IN PEMBROKE
10AM-6PM

Pembroke Location: 278 Nelson St


October

HAVE QUESTIONS? WANT TO REGISTER FOR AN EVENT?
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613-570-8953

renfrewcountyywho@gmail.com

RENFREW COUNTY YOUTH WELLNESS HUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1. PLEO 6:30PM-8PM Pictionary and charades 3pm-6pm Rosh Hashanah 1st-4th	2. Fall Flower Latte Arranging 3pm - 6pm Culture Exploration ages 18-25 12pm-2pm	3. Equinox Gym Time 4pm-5pm (please register) Follow Along Painting 3pm-6pm make apple crisp ages 18-25 - 12pm-2pm	4. Virtual Services Available by Appointment 8:30am-4:30pm	5. Youth Celebration Day in Down Town Pembroke 10am-6pm
6.	7. Pictionary and Charades 4pm-7pm	8. Fall Latte Flower Arranging 3pm - 6pm	9. Thanksgiving Get Together (please register) 4pm-7pm Ontrac 2pm-4pm	10. COMMUNITY SERVICES 1PM-3PM World Mental Health Day Thanksgiving Get Together (please register) 3pm-6pm	11. Virtual Services Available by Appointment 8:30am-4:30pm	12.
13.	14. Happy Thanksgiving	15. Connect Four Tournament 4pm-6pm PFLAG YOUTH GROUP REGISTER WITH PFLAG	16. BMH Learning Session with Ryan 4:00-5:00 movie and popcorn ages 18-25 from 12pm-2pm	17. Equinox Gym Time 4pm-5pm (please register) Fall Movie Day 4pm-7pm Fall Walk Downtown for ages 18-25 12pm-2pm EMPLOYMENT SERVICES 1PM-3PM	18. Virtual Services Available by Appointment 8:30am-4:30pm	19. Partner with the Town of Renfrew 12pm-2pm Pumpkin Carving (must register with the Town)
20.	21. Youth Advisory 3:30pm-4pm Fall Minute to Win it Games 4pm-6pm	22. Pumpkin Carving 3pm-6pm partnered with Renfrew Connection Center	23. Fall Movie Day Watch Party 3pm-6pm Budgeting Course for ages 18-25 12pm-2pm	24. Fall Walk 4pm-5pm Movie and popcorn ages 18-25 - 13pm-2pm	25. Virtual Services Available by Appointment 8:30am-4:30pm	26.
27. 	28. Resume Building Workshop 3pm-4pm Pumpkin Carving 4pm-6pm	29. Youth Advisory 4pm-5pm Crazy 8's Tournament 5pm-6pm	30. BOO! Halloween Party in Renfrew 3pm-6pm	31. Halloween Snacks 3pm-6pm	SNACKS ARE ALWAYS AVAILABLE!! SWING BY FOR SOME YUMMY FOOD	

Activity Drop In Hours.
Monday-Thursday
3pm-6pm

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Care Navigation
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YWHO FALL SCHEDULE

Youth Wellness Hubs Ontario

ywho

RENFREW COUNTY YOUTH WELLNESS HUB

November

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

613-570-8953

renfrewcountyywho@gmail.com

Renfrew Location:

1 Ma-te-way Park Dr MYFM CENTRE

MONDAY AND WEDNESDAY IN RENFREW
10AM-6PM

TUESDAY AND THURSDAY IN PEMBROKE
10AM-6PM

Pembroke Location: 278 Nelson St

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SNACKS ARE ALWAYS AVAILABLE!! SWING BY FOR SOME YUMMY FOOD	Activity Drop In Hours. Monday-Thursday 3pm-6pm				1. Virtual Services Available by Appointment 8:30am-4:30pm	2.
3.	4. Mario Kart Tournament 3pm-6pm	5. PLEO 6:30PM-8PM Trivia Night 3pm-6pm	6. Puffy Painting 4pm-7pm DIY Pizza ages 18-25 12pm-2pm Ontrac 2pm-4pm	7. Art Time ages 18-25 12pm-2pm You're the Chef 4pm-6pm	8. Virtual Services Available by Appointment 8:30am-4:30pm	9. Movie Matinee @ Obrien Renfrew Theatre - must register
10.	11. REMEMBRANCE DAY	12. Puffy Painting 3pm-6pm	13. Board Games 3pm-6pm Walk in the park ages 18-25 12pm-2pm Ontrac 2pm-4pm	14. COMMUNITY SERVICES 1PM-3PM Budgeting course for ages 18-25 - 12pm-2pm You're the Chef 4pm-6pm	15. Virtual Services Available by Appointment 8:30am-4:30pm	16.
17.	18. Harry Potter Trivia 4pm-7pm partnered with Renfrew Connection Center	19. PFLAG YOUTH GROUP REGISTER WITH PFLAG Hugli's Blueberry Ranch 3pm-5pm MUST REGISTER	20. BMH Learning about boundaries with Ryan 4:00-5:00 mediation for ages 18-25 12pm-2pm	21. Equinox Gym Time 4pm-5pm (please register) Video Games for ages 18-25 12pm-2pm You're the Chef 4pm-6pm	22. Virtual Services Available by Appointment 8:30am-4:30pm	23.
24.	25. Movie Watch Party 3pm-6pm	26. Youth Advisory 4pm-5pm Playing Cards with Peer Support 5pm-7pm	27. Make your OWN Comic Strip 3pm-6pm Card Games ages 18-25 12pm-2pm	28. DIY Pizza for ages 18-25 - 12pm-2pm You're the Chef 4pm-6pm EMPLOYMENT SERVICES 1PM-3PM	29. Virtual Services Available by Appointment 8:30am-4:30pm	30. Pembroke Santa Clause Parade

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All Services FREE OF CHARGE



NHA/NHL Birthplace Museum

Read about the early days of hockey in Ontario and Quebec and learn about the making of the NHA in the small town of Renfrew over 100 years ago. Discover the story of M.J. O'Brien, his son Ambrose, and their mission to win the Stanley Cup, changing Canadian Hockey forever.



SEPTEMBER-JUNE

Thursday

1 pm-4 pm

Friday & Saturday

10 am-4 pm

📍 myFM Centre - 1 Ma-te-Way Dr.



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 flowerlady_450@hotmail.com
- **DOG OBEDIENCE:** Ashley Fontes 613-570-1823 ashley.fontes.11@gmail.com
- **BRAZILIAN JIU JITSU:** Jason Smith 613-432-0437 renfrewbjj@gmail.com
- **BEAT BUDDIES:** Kelly Pecoskie 613-312-7531 kellypecoskie@gmail.com
- **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 613-312-9096 gelabellydance@gmail.com
- **BABY COLLEGE:** Katrina Morrison 613-204-8770 kat@babycollege.ca
- **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) rmscpresident@gmail.com
- **YOUTH WELLNESS HUBS (RCYWHO):** Sarah Haaima (Manager) shaaima@renfrewhosp.com
- **RENFREW PREP BASKETBALL:** Marek Kopiowski 613-570-4165 contact@renfrewprep.com
- **SILVERWOLVES HOCKEY:** Ryan MacIntyre 613-433-4840 silverwolves.hc@gmail.com

For questions regarding renting a facility, please contact Donna McWhirter



dmcwhirter@renfrew.ca



613-432-3131 x701



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Resident Rate applies to those that have Recreation Agreements with Town of Renfrew including:

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



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Do you have a special skill, hobby or interest?

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Town of Renfrew ☎ 613-432-4848 x 118

✉ programs@renfrew.ca

Renfrew Public Library ☎ 613-432-8151 x 603

✉ info@renfrewlibrary.ca