



## **Tuesday, October 1, 2024**

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### **Gentle Yoga for Seniors**

Date and Time: Tuesday, October 1 11:00 am - 12:00 pm

Address: 199 - 4th Ave West, Owen Sound, Ontario

Gentle Yoga for Seniors with Sally Sunshine

1 hour of gentle flexibility & stretching; modified yoga to improve posture, balance & strength; chairs used for support; no floor work; focus on breathing; seated core toning; safe for beginners; aids in fall prevention.

Program design & taught by well-known, local, experienced & certified Seniors' Fitness Instructor Sally MacDonald

## **Wednesday, October 2, 2024**

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### **Pizza Workshop - With Kids!**

Date and Time: Wednesday, October 2 10:00 am - 12:00 pm

Address: 102599 Grey Road 18

Does your kiddo love helping in the kitchen? Future celebrity chef written all over them? This is the workshop for both of you!

Sign up for a fun, instructive workshop designed for kids with an adult. You and your child will learn all the steps to making homemade pizza from one of the best.

Elysha Davison of Davison Bread Co. is your guide as you make your own dough and sauce from scratch before topping your pizza just the way you like.

The best part, besides knowing how to make your own pizza of course, is that you'll take home your very own large pizza following the workshop!

\$60+tax covers instruction for 1 child and 1 adult, plus all ingredients.

[Register today!](#)

## Heart, Bone & Muscle Strength Class for Seniors

Date and Time: Wednesday, October 2 11:00 am - 12:00 pm

Address: 1350 - 16 St East, Owen Sound, Ontario

Heart, Bone & Muscle Strength Class for Seniors  
with Seated area for beginners or mobility challenged

20 mins cardio/aerobics for heart; easy to follow FUN class with great tunes!

Balance & Strength work with resistance bands & small soft balls; 15 min Stretch at the end.

Aids in fall prevention!

Program design & taught by well-known, local, experienced & certified Seniors' Fitness Instructor Sally MacDonald

Directions for inside the Heritage Mall, entrance 4 near Food Basics.

Enter store beside Cali Nails to RECEPTION area to register, pay & gain admittance to private classroom located behind the mural

## Thursday, October 3, 2024

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### Gentle Yoga for Seniors

Date and Time: Thursday, October 3 11:00 am - 12:00 pm

Address: Owen Sound, 1852 - 3rd Ave East, Owen Sound, ON

Gentle Yoga with Sally Sunshine

1 hr - Modified Yoga; improves flexibility, balance, strength, circulation; chairs available; NO floor work; focused breathing; CORE Toning; SAFE for beginners; helps prevent FALLS! Taught by well-known, experienced & certified Seniors' Fitness Instructor/Specialist Sally MacDonald

### Hotel California - The Original Eagles Tribute

Date and Time: Thursday, October 3 7:30 pm - 9:30 pm

Address: 251 9th St E

Group or organization you are submitting on behalf of: Major Talent Inc

For almost three decades, HOTEL CALIFORNIA has been re-creating the legendary sound of THE EAGLES, and thrilling audiences all over the world. The band set the bar in 1986, and they've remained the industry leading substitute for The Eagles ever since. Playing to huge outdoor and arena audiences, sharing bills with some of rock's legends, and going places no tribute band has gone before.

incredible lead vocal similarity, intensely accurate instrumental work, soaring harmonies, and a top flight live performance.

HOTEL CALIFORNIA's show has evolved into a masterful celebration of The Eagles' music. One of the most

game-changing song catalogs in the history of rock n' roll is performed to perfection.

You can check them out any time you like, but you'll never want to leave.

If you love The Eagles, then welcome to the Hotel California - you've just found the next-best thing.

## Friday, October 4, 2024

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### Crokinole

Date and Time: Friday, October 4 1:00 pm - 4:00 pm

Address: 75 2nd Ave. E., Owen Sound, On

Harrison Park Seniors Centre is a great place to have fun, meet others and play.....

CROKINOLE!!!

Join us on the 1st and 3rd Friday of each month, to play a relaxed non competitive game.

Boards will be provided by the Centre, but if you really love yours and would like to bring it, you are more than welcome to.

### Chicago Transit Canada

Date and Time: Friday, October 4 7:30 pm - 9:30 pm

Address: 251 9th St E

Group or organization you are submitting on behalf of: Vehicle Entertainment

There are a lot of bands doing a tribute to the band Chicago, but back in the early 90's, when Powerhouse decided to put together their Chicago Transit tribute act, they were the first in the world to do so. And they remain to day as the longest running Chicago tribute band and the only one to carry four lead vocalists, just as the band Chicago does.

The band, with its three piece horn section, five piece rhythm section and four lead vocalists is able to cover all the Chicago material from the early horn-dominant classics like 'Make Me Smile', '25 or 6 to 4' and 'Saturday in the Park' to the later, softer, keyboard-oriented ballads like 'If You Leave Me Now'.

If you like Chicago, you'll love Chicago Transit!

Recommended for audiences 18+

## Saturday, October 5, 2024

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### Owen Sound Farmers Market

Date and Time: Saturday, October 5 8:00 am - 12:30 pm

Address: 88 8th St E, Owen Sound, ON N4K 1K8

Group or organization you are submitting on behalf of: The City of Owen Sound

The [Owen Sound Farmers' Market](#) is open Saturday mornings year-round in the heart of the River District, in a former waterworks building. Come fill your basket with local goodies before heading out for the cottage, beach or a scenic drive.

The Owen Sound market is one of the oldest in Ontario, with bakers, growers and artisans offering a wide variety of products, from candles, woollens, moccasins, cards, soaps, pottery and freshly caught fish from Georgian Bay to maple syrup and artisan breads, olive oil, baking, preserves and locally roasted coffee.

These make perfect hostess gifts if you're visiting friends or family - or you can pack them up and head out for a picnic at nearby [Harrison Park](#) or [Inglis Falls](#). The market also has a café.

## Relive the Music 50s & 60s SHOW

Date and Time: Saturday, October 5 7:30 pm - 9:30 pm

Address: 251 9th St E

Group or organization you are submitting on behalf of: S. A. M. Productions Ltd.

One of a kind "50s & 60s Jukebox Musical Concert with a Broadway feel with Band, Singers, Dancing, Tributes, Video and Trivia"! A one of a kind show that takes the audience through Music History, Trivia & Memories. \*96 STANDING OVATIONS in a row across Canada\* \*Sold out Shows\* \*THERE IS NO OTHER SHOW LIKE THIS\*

Millennials, buy tickets to this show for your parents and grandparents. They will have a blast with memories! One of the founding members and star singers of this show, World Champion Tina Turner tribute artist Luisa Marshall as seen on Oprah & ELLEN, is performing as numerous artists including Tina Turner in the show. See more [www.ReliveTheMusic.ca](http://www.ReliveTheMusic.ca)

A one of a kind show that takes the audience through Music History, Trivia & Memories of the 50s & 60s. You will learn many things you never knew about these artists. You will see an energetic band, amazing frontline singers and dancing transforming and re-living through two decades of music, costumes, trends and dancing along with informative video imagery in the background.

## Sunday, October 6, 2024

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### Blue Mountains Bruce Trail 3rd Annual Music Hike and Bruce Trail Day

Date and Time: Sunday, October 6 10:00 am - 3:00 pm

Address: 8861 Sideroad 15 & 16 Nottawasaga, Duntroon, ON L0M 1H0

Everyone's invited to celebrate our Annual Music Hike and Bruce Trail Day on Sunday, October 6!

This year, we are combining our popular Annual Music Hike with Bruce Trail Day. Join us for this FREE event as you explore the Bruce Trail while listening to live music stations along the trail and discover the amazing variety of life along the Niagara Escarpment. Learn about our year-round hiking programs, volunteer opportunities, and what we are doing to preserve a ribbon of wilderness in southern Ontario from Niagara to Tobermory.

Bruce Trail Day is an annual celebration of the Bruce Trail and the wonders of the Niagara Escarpment, hosted by the Bruce Trail Conservancy at each of its Bruce Trail Clubs. The Blue Mountains Bruce Trail Club will host our celebration at the Nottawasaga Bluffs Conservation Area. This year's theme will be "Apples," highlighting the abundance of apple orchards in our area. Come join us for some apple surprises and some fun games for the whole family.

The event will run from 10:00 AM to 3:00 PM. The hike is self-directed. You can arrive when you want and hike at your own pace. There will be volunteers to help point the way. The first round of musicians will play from 11:00 AM to 12:00 Noon, and the second round will play from 1:00 PM to 2:00 PM.

Everyone is welcome! We invite music lovers, nature lovers, hikers of all levels, and anyone wanting to venture onto the Bruce Trail for the first time, or the hundredth time, to join us. The main trail from the parking lot to the lookout is seasonally accessible. All other trails are not considered accessible due to inclines and uneven surfaces.

On this Bruce Trail Day, we are continuing our celebration of belonging and highlighting that every one of us belongs in this space, no matter our age, ability, race or ethnicity, gender identity or sexual orientation, or economic or social circumstances. #BruceTrailforAll

Please wear weather-appropriate clothing and comfortable footwear and bring a water bottle. We also ask that hikers leave their pets at home.

Event details will be posted in the coming months. <https://bmbtc.org/news/events/>

Event to be held Rain or Shine, however rain may impact availability of some musicians.

NEW LOCATION: Nottawasaga Bluffs Conservation Area, 8861 Sideroad 15 & 16 Nottawasaga, Duntroon, ON L0M 1H0

What3Words: flutes.duplicates.compulsive

Getting there: Online mapping systems may try to send you along 15/16 Sideroad. Nottawasaga Concession 8. Don't go that way. Instead, come along County Road 124 from Singhampton (not Glen Huron).

Directions: Travel south from Collingwood through Duntroon on County Road 124. Just before Singhampton, turn left on Mill Town Road, then immediately left onto Ewing Road. Follow Ewing to 17/18 Sideroad and turn left. At the next stop sign at a T-intersection, turn left. Continue for 500 m and look for the parking lot on your right.

We look forward to seeing you at our Annual Music Hike on Bruce Trail Day!

## Free Public Skating at Julie McArthur Regional Recreation Centre

Date and Time: Sunday, October 6 1:30 pm - 3:00 pm

Address: 700 10th St E, Owen Sound, ON N4K 0C6

Spend some time with the family at the JMRRRC from 1:30 PM – 3:00 PM today for the Free Public Skate. Sponsored by Owen Sound COMM-R-ETTES!

## Monday, October 7, 2024

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### Seniors Line Dancing

Date and Time: Monday, October 7 9:30 am - 10:30 am

Address: Owen Sound, Ontario (enter specific street address)

Group or organization you are submitting on behalf of: Harrison Park Seniors Centre

Do you enjoy music and dancing? Would you enjoy some gentle exercise at the same time? If you said yes then line dancing may be just the thing for you. Come and enjoy with other like-minded seniors.

Cost is \$2 to participate

## Tuesday, October 8, 2024

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### Pierogi Workshop

Date and Time: Tuesday, October 8 10:00 am - 12:00 pm

Address: 102599 Grey Road 18

Group or organization you are submitting on behalf of: Grey Roots Museum & Archives

Join Adriene Mackenzie, of Adriene's Canning & Jamming for a pierogi workshop jam-packed with fun,

flavour, and helpful tips!

This hands-on workshop covers all the steps to successfully prepare your own authentic pierogi! Participants will prep, create, sample and take home the fruits of their labour. The workshop includes all ingredients, small group instruction, and good conversation with like minded foodies.

Tickets are just \$45+tax for the 2-hour workshop. Grey Roots members save 10%!

Get your tickets today at <https://greyroots.com/workshops>

## Seniors Sing-a-long

Date and Time: Tuesday, October 8 10:00 am - 12:00 pm

Address: 75 2nd Ave E. Owen Sound

SENIORS SING-A-LONG WILL NOT BE OFFERED DURING JULY AND AUGUST. SEE YOU IN SEPTEMBER!

Come join us every Tuesday morning at Harrison Park Seniors Centre for a fun sing-a-long

A great group of like minded people that just want to gather and have some fun.

The Centre is open to anyone 55+

A cost of \$2 is collected on the day to participate.

Would you like to help out in your community? We are always looking for volunteers. If you are interested, please call [289/259-2862](tel:2892592862).

## Gentle Yoga for Seniors

Date and Time: Tuesday, October 8 11:00 am - 12:00 pm

Address: 199 - 4th Ave West, Owen Sound, Ontario

Gentle Yoga for Seniors with Sally Sunshine

1 hour of gentle flexibility & stretching; modified yoga to improve posture, balance & strength; chairs used for support; no floor work; focus on breathing; seated core toning; safe for beginners; aids in fall prevention.

Program design & taught by well-known, local, experienced & certified Seniors' Fitness Instructor Sally MacDonald

## Pierogi Workshop

Date and Time: Tuesday, October 8 1:00 pm - 3:00 pm

Address: 102599 Grey Road 18

Group or organization you are submitting on behalf of: Grey Roots Museum & Archives

Join Adriene Mackenzie, of Adriene's Canning & Jamming for a pierogi workshop jam-packed with fun, flavour, and helpful tips!

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Get your tickets today at <https://greyroots.com/workshops>

## Wednesday, October 9, 2024

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### Heart, Bone & Muscle Strength Class for Seniors

Date and Time: Wednesday, October 9 11:00 am - 12:00 pm

Address: 1350 - 16 St East, Owen Sound, Ontario

Heart, Bone & Muscle Strength Class for Seniors  
with Seated area for beginners or mobility challenged

20 mins cardio/aerobics for heart; easy to follow FUN class with great tunes!

Balance & Strength work with resistance bands & small soft balls; 15 min Stretch at the end.

Aids in fall prevention!

Program design & taught by well-known, local, experienced & certified Seniors' Fitness Instructor Sally MacDonald

Directions for inside the Heritage Mall, entrance 4 near Food Basics.

Enter store beside Cali Nails to RECEPTION area to register, pay & gain admittance to private classroom located behind the mural

### Pierogi Workshop

Date and Time: Wednesday, October 9 6:00 pm - 8:00 pm

Address: 102599 Grey Road 18

Group or organization you are submitting on behalf of: Grey Roots Museum & Archives

Join Adriene Mackenzie, of Adriene's Canning & Jamming for a pierogi workshop jam-packed with fun, flavour, and helpful tips!

This hands-on workshop covers all the steps to successfully prepare your own authentic pierogi! Participants will prep, create, sample and take home the fruits of their labour. The workshop includes all ingredients, small group instruction, and good conversation with like minded foodies.

Tickets are just \$45+tax for the 2-hour workshop. Grey Roots members save 10%!

Get your tickets today at <https://greyroots.com/workshops>



# Thursday, October 10, 2024

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## Gentle Yoga for Seniors

Date and Time: Thursday, October 10 11:00 am - 12:00 pm

Address: Owen Sound, 1852 - 3rd Ave East, Owen Sound, ON

Gentle Yoga with Sally Sunshine

1 hr - Modified Yoga; improves flexibility, balance, strength, circulation; chairs available; NO floor work; focused breathing; CORE Toning; SAFE for beginners; helps prevent FALLS! Taught by well-known, experienced & certified Seniors' Fitness Instructor/Specialist Sally MacDonald

## Wizard card game

Date and Time: Thursday, October 10 1:00 pm - 4:00 pm

Address: 75 2nd Ave E., Owen Sound, Ontario

Join us for an afternoon to play the fun card game Wizard or perhaps another card game of your choosing.

Harrison Park Seniors Centre is an all inclusive group of wonderful people ages 55+ that like to come together to have fun, talk, laugh and make new friends.

Cost is \$2 to participate. Would you like to help out in your community? If so, we are always looking for volunteers. Contact [289/259-2862](tel:2892592862).

## Pierogi Workshop

Date and Time: Thursday, October 10 6:00 pm - 8:00 pm

Address: 102599 Grey Road 18

Group or organization you are submitting on behalf of: Grey Roots Museum & Archives

Join Adriene Mackenzie, of Adriene's Canning & Jamming for a pierogi workshop jam-packed with fun, flavour, and helpful tips!

This hands-on workshop covers all the steps to successfully prepare your own authentic pierogi! Participants will prep, create, sample and take home the fruits of their labour. The workshop includes all ingredients, small group instruction, and good conversation with like minded foodies.

Tickets are just \$45+tax for the 2-hour workshop. Grey Roots members save 10%!

Get your tickets today at <https://greyroots.com/workshops>

# Friday, October 11, 2024

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## Crokinole

Date and Time: Friday, October 11 1:00 pm - 4:00 pm

Address: 75 2nd Ave. E., Owen Sound, On

Harrison Park Seniors Centre is a great place to have fun, meet others and play.....

CROKINOLE!!!

Join us on the 1st and 3rd Friday of each month, to play a relaxed non competitive game.

Boards will be provided by the Centre, but if you really love yours and would like to bring it, you are more than welcome to.

## Crokinole Social

Date and Time: Friday, October 11 1:30 pm - 4:00 pm

Address: 201 4th Ave W, Owen Sound, ON N4K 4V1

Crokinole social open to everyone.

Join us for some fun.

## Saturday, October 12, 2024

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### Owen Sound Farmers Market

Date and Time: Saturday, October 12 8:00 am - 12:30 pm

Address: 88 8th St E, Owen Sound, ON N4K 1K8

Group or organization you are submitting on behalf of: The City of Owen Sound

The Owen Sound Farmers' Market is open Saturday mornings year-round in the heart of the River District, in a former waterworks building. Come fill your basket with local goodies before heading out for the cottage, beach or a scenic drive.

The Owen Sound market is one of the oldest in Ontario, with bakers, growers and artisans offering a wide variety of products, from candles, woollens, moccasins, cards, soaps, pottery and freshly caught fish from Georgian Bay to maple syrup and artisan breads, olive oil, baking, preserves and locally roasted coffee.

These make perfect hostess gifts if you're visiting friends or family - or you can pack them up and head out for a picnic at nearby Harrison Park or Inglis Falls. The market also has a café.

### Laugha-Cadabra: Magic and Laughter

Date and Time: Saturday, October 12 7:00 pm - 9:00 pm

Address: 251 9th St E

Group or organization you are submitting on behalf of: Sin City Illusions

Join us for a hilariously amazing evening of magic, featuring two of Toronto's finest magicians. You'll be treated to incredible illusions, impossible mind reading, and a whole lot of fun!

Your featured performers are:

**Gambit Magician:** As one of Canada's premier magician, he's performed across the world and on packed stages across Canada. He's amazed audiences at big corporate events, and even across India to entertain and empower those in need. Don't miss this master magician perform his craft!

**Ken Pham:** He's a viral magician with over 10 million video views on social media. Ken has performed all over Canada, and even on a sold out show in Las Vegas! His show is full of wacky illusions, amazing mentalism, and a ton of audience participation.

Get your tickets now for the best seat selection!

## **Sunday, October 13, 2024**

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### **Free Public Skating at Julie McArthur Regional Recreation Centre**

Date and Time: Sunday, October 13 1:30 pm - 3:00 pm

Address: 700 10th St E, Owen Sound, ON N4K 0C6

Bring the family for Free Family skating at the JMRRC. There is no better place to be today from 1:30 PM - 3:00 PM. Brought to you by Fairmount Security Services!!

## **Monday, October 14, 2024**

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### **Seniors Line Dancing**

Date and Time: Monday, October 14 9:30 am - 10:30 am

Address: Owen Sound, Ontario (enter specific street address)

Group or organization you are submitting on behalf of: Harrison Park Seniors Centre

Do you enjoy music and dancing? Would you enjoy some gentle exercise at the same time? If you said yes then line dancing may be just the thing for you. Come and enjoy with other like-minded seniors.

Cost is \$2 to participate

## **Tuesday, October 15, 2024**

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## Seniors Sing-a-long

Date and Time: Tuesday, October 15 10:00 am - 12:00 pm

Address: 75 2nd Ave E. Owen Sound

SENIORS SING-A-LONG WILL NOT BE OFFERED DURING JULY AND AUGUST. SEE YOU IN SEPTEMBER!

Come join us every Tuesday morning at Harrison Park Seniors Centre for a fun sing-a-long

A great group of like minded people that just want to gather and have some fun.

The Centre is open to anyone 55+

A cost of \$2 is collected on the day to participate.

Would you like to help out in your community? We are always looking for volunteers. If you are interested, please call [289/259-2862](tel:2892592862).

## Gentle Yoga for Seniors

Date and Time: Tuesday, October 15 11:00 am - 12:00 pm

Address: 199 - 4th Ave West, Owen Sound, Ontario

Gentle Yoga for Seniors with Sally Sunshine

1 hour of gentle flexibility & stretching; modified yoga to improve posture, balance & strength; chairs used for support; no floor work; focus on breathing; seated core toning; safe for beginners; aids in fall prevention.

Program design & taught by well-known, local, experienced & certified Seniors' Fitness Instructor Sally MacDonald

## Wednesday, October 16, 2024

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### Heart, Bone & Muscle Strength Class for Seniors

Date and Time: Wednesday, October 16 11:00 am - 12:00 pm

Address: 1350 - 16 St East, Owen Sound, Ontario

Heart, Bone & Muscle Strength Class for Seniors  
with Seated area for beginners or mobility challenged

20 mins cardio/aerobics for heart; easy to follow FUN class with great tunes!

Balance & Strength work with resistance bands & small soft balls; 15 min Stretch at the end.

Aids in fall prevention!

Program design & taught by well-known, local, experienced & certified Seniors' Fitness Instructor Sally MacD

onald

Directions for inside the Heritage Mall, entrance 4 near Food Basics.

Enter store beside Cali Nails to RECEPTION area to register, pay & gain admittance to private classroom located behind the mural

## Thursday, October 17, 2024

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### Gentle Yoga for Seniors

Date and Time: Thursday, October 17 11:00 am - 12:00 pm

Address: Owen Sound, 1852 - 3rd Ave East, Owen Sound, ON

Gentle Yoga with Sally Sunshine

1 hr - Modified Yoga; improves flexibility, balance, strength, circulation; chairs available; NO floor work; focused breathing; CORE Toning; SAFE for beginners; helps prevent FALLS! Taught by well-known, experienced & certified Seniors' Fitness Instructor/Specialist Sally MacDonald

### Wizard card game

Date and Time: Thursday, October 17 1:00 pm - 4:00 pm

Address: 75 2nd Ave E., Owen Sound, Ontario

Join us for an afternoon to play the fun card game Wizard or perhaps another card game of your choosing.

Harrison Park Seniors Centre is an all inclusive group of wonderful people ages 55+ that like to come together to have fun, talk, laugh and make new friends.

Cost is \$2 to participate. Would you like to help out in your community? If so, we are always looking for volunteers. Contact [289/259-2862](tel:2892592862).

### Ron James... Not Nearly Done Yet!

Date and Time: Thursday, October 17 7:30 pm - 9:30 pm

Address: 251 9th St E

Group or organization you are submitting on behalf of: Shantero Productions

With twenty-five years spent barreling down endless strips of asphalt from coast to coast, RON JAMES, our nation's number one road warrior and newly minted senior citizen, is Not Nearly Done Yet! With his trademark poetically charged alliterative rants, performed with razor sharp timing, this award-winning comedian and best-selling author takes audiences on a marathon roller coaster ride in the language of laughs, charting a course through a politically polarized world out of whack. From the micro to macro, he tackles everything from the dating woes of Baby Boomers, embattled public health care, aging parents, food fads, exercise addiction, nostalgia, information overload, tropical vacations gone awry, New Age divas, homelessness crisis, climate change, corporate monopolies and gambling ads in hockey, to the rise of AI's robot revolution. The comedian the Globe and Mail called, 'a man of a million words and a million laughs', contemplates what really matters most in a culture beset

t by runaway consumption... and it is us. The preservation of humanity's humanity. 'Everything else is just a spoiler on a Dodge Neon'.

## Friday, October 18, 2024

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### Creative Baking Workshop - Focaccia

Date and Time: Friday, October 18 11:00 am - 1:00 pm

Address: 102599 Grey Road 18

Experience the satisfaction of crafting your own focaccia dough under the guidance of Niv Menon-Saberi from Season 7 of the Great Canadian Baking Show.

Learn the secrets behind mixing, kneading, and decorating to create the perfect bread. With step-by-step instructions and insider tips, you'll leave equipped to bake your own mouth watering focaccia at home.

Tickets are \$57.50+tax and cover small group instruction and all ingredients. Participants leave with prepared and decorated dough to bake at home.

Learn more and register at [greyroots.com/baking-workshops](https://greyroots.com/baking-workshops)

### OSNGUPL Local Author Book Fair

Date and Time: Friday, October 18 1:00 pm - 4:00 pm

Address: 824 1st Avenue West

Group or organization you are submitting on behalf of: Owen Sound & North Grey Union Public Library

OSNGUPL Local Author Book Fair

Friday, October 18

Saturday, October 19

1:00 pm-4:00 pm

Throughout the Owen Sound & North Grey Union Public Library

The Owen Sound & North Grey Union Public Library is hosting a two-day book fair with over 30 authors in attendance!

Connect with authors who write poetry, fiction, non-fiction, children and young adult books. Get to know the authors, purchase their books and enter to win some library themed prizes.

## Crokinole

Date and Time: Friday, October 18 1:00 pm - 4:00 pm

Address: 75 2nd Ave. E., Owen Sound, On

Harrison Park Seniors Centre is a great place to have fun, meet others and play.....

CROKINOLE!!!

Join us on the 1st and 3rd Friday of each month, to play a relaxed non competitive game.

Boards will be provided by the Centre, but if you really love yours and would like to bring it, you are more than welcome to.

## Jason Cyrus Live! A Mystical and Magical Journey Into the Unconscious Mind

Date and Time: Friday, October 18 7:30 pm - 9:30 pm

Address: 251 9th St E

Group or organization you are submitting on behalf of: The Roxy Theatre

The Roxy Presents:

The incredible showman extraordinaire—Jason Cyrus returns with the hottest stage hypnosis show in Canada. Hypnotizing thousands throughout his dynamic career, Jason delivers a distinct one-of-a-kind energizing experience of hypnosis. Audiences everywhere are mesmerized saying, “That was the greatest, funniest show I ever saw!” The wildly popular show will leave you captivated, and in stitches with laughter, as participants experience a night of fun leaving their troubles at the door! Not only are Jason’s shows filled with fun, high energy and non-stop entertainment but Jason demonstrates his unique ability to inspire and educate his volunteers and audiences, leaving them captivated, charged up and wanting more. Expect nothing less than sensational when you watch Jason in action! The fun, the thrills, and the uncontrollable laughter ... it’s the most hilarious and fascinating journey into the mind that you will ever take!

**This production contains haze and strobe lighting. No video is permitted.**

**Recommended for ages 12+.**

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## Saturday, October 19, 2024

## Owen Sound Farmers Market

Date and Time: Saturday, October 19 8:00 am - 12:30 pm

Address: 88 8th St E, Owen Sound, ON N4K 1K8

Group or organization you are submitting on behalf of: The City of Owen Sound

The [Owen Sound Farmers' Market](#) is open Saturday mornings year-round in the heart of the River District, in a former waterworks building. Come fill your basket with local goodies before heading out for the cottage, beach or a scenic drive.

The Owen Sound market is one of the oldest in Ontario, with bakers, growers and artisans offering a wide variety of products, from candles, woollens, moccasins, cards, soaps, pottery and freshly caught fish from Georgian Bay to maple syrup and artisan breads, olive oil, baking, preserves and locally roasted coffee.

These make perfect hostess gifts if you're visiting friends or family - or you can pack them up and head out for a picnic at nearby [Harrison Park](#) or [Inglis Falls](#). The market also has a café.

## Scenic City Crokinole Classic (tournament)

Date and Time: Saturday, October 19 9:00 am - 4:30 pm

Address: 435 1st Street W. Owen Sound, ON.

□

Scenic City Crokinole Tournament

First United Church, 435 1st Street, W

Owen Sound, ON

Open at 9am until 4:30pm

Competitive division and recreational division

To see poster below click on poster link under FILE NAME □

## OSNGUPL Local Author Book Fair

Date and Time: Saturday, October 19 1:00 pm - 4:00 pm

Address: 824 1st Avenue West

Group or organization you are submitting on behalf of: Owen Sound & North Grey Union Public Library

OSNGUPL Local Author Book Fair

Friday, October 18

Saturday, October 19

1:00 pm-4:00 pm



Throughout the Owen Sound & North Grey Union Public Library

The Owen Sound & North Grey Union Public Library is hosting a two-day book fair with over 30 authors in attendance!

Connect with authors who write poetry, fiction, non-fiction, children and young adult books. Get to know the authors, purchase their books and enter to win some library themed prizes.

CONTACT: Library Staff 519-376-6623 [info@library.osngupl.ca](mailto:info@library.osngupl.ca)

## **Sunday, October 20, 2024**

---

### **Free Public Skating at Julie McArthur Regional Recreation Centre**

Date and Time: Sunday, October 20 1:30 pm - 3:00 pm

Address: 700 10th St E, Owen Sound, ON N4K 0C6

Free Family Skating today at the JMRRRC from 1:30 PM – 3:00 PM. Curtesy of CUPE Local 1189!

## **Monday, October 21, 2024**

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### **Seniors Line Dancing**

Date and Time: Monday, October 21 9:30 am - 10:30 am

Address: Owen Sound, Ontario (enter specific street address)

Group or organization you are submitting on behalf of: Harrison Park Seniors Centre

Do you enjoy music and dancing? Would you enjoy some gentle exercise at the same time? If you said yes then line dancing may be just the thing for you. Come and enjoy with other like-minded seniors.

Cost is \$2 to participate

## Bluewater Quilters' Guild - October 2024 Meeting (on Zoom)

Date and Time: Monday, October 21 7:00 pm - 9:00 pm

Address: Owen Sound, Ontario (enter specific street address)

Group or organization you are submitting on behalf of: Bluewater Quilters' Guild

October meeting is being held by Zoom, guests can email [info@bluewaterquiltersguild.ca](mailto:info@bluewaterquiltersguild.ca) for a link to the meeting.

Our guest speaker is Cristina de Miranda, owner of Ships & Violins, a Canadian company dedicated to making unique, well designed and thoughtfully arranged quilt patterns for the adventurous modern quilter.

A virtual show and share of recent work by our members will also be held.

All are welcome!

## Tuesday, October 22, 2024

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### Seniors Sing-a-long

Date and Time: Tuesday, October 22 10:00 am - 12:00 pm

Address: 75 2nd Ave E. Owen Sound

SENIORS SING-A-LONG WILL NOT BE OFFERED DURING JULY AND AUGUST. SEE YOU IN SEPTEMBER!

Come join us every Tuesday morning at Harrison Park Seniors Centre for a fun sing-a-long

A great group of like minded people that just want to gather and have some fun.

The Centre is open to anyone 55+

A cost of \$2 is collected on the day to participate.

Would you like to help out in your community? We are always looking for volunteers. If you are interested, please call [289/259-2862](tel:2892592862).

### Gentle Yoga for Seniors

Date and Time: Tuesday, October 22 11:00 am - 12:00 pm

Address: 199 - 4th Ave West, Owen Sound, Ontario

Gentle Yoga for Seniors with Sally Sunshine

1 hour of gentle flexibility & stretching; modified yoga to improve posture, balance & strength; chairs used for support; no floor work; focus on breathing; seated core toning; safe for beginners; aids in fall prevention.

Program design & taught by well-known, local, experienced & certified Seniors' Fitness Instructor Sally MacDonald

## Wednesday, October 23, 2024

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### Heart, Bone & Muscle Strength Class for Seniors

Date and Time: Wednesday, October 23 11:00 am - 12:00 pm

Address: 1350 - 16 St East, Owen Sound, Ontario

Heart, Bone & Muscle Strength Class for Seniors  
with Seated area for beginners or mobility challenged

20 mins cardio/aerobics for heart; easy to follow FUN class with great tunes!

Balance & Strength work with resistance bands & small soft balls; 15 min Stretch at the end.

Aids in fall prevention!

Program design & taught by well-known, local, experienced & certified Seniors' Fitness Instructor Sally MacDonald

Directions for inside the Heritage Mall, entrance 4 near Food Basics.

Enter store beside Cali Nails to RECEPTION area to register, pay & gain admittance to private classroom located behind the mural

### Fright Night - The Hyperborean

Date and Time: Wednesday, October 23 7:30 pm - 10:00 pm

Address: 102599 Grey Road 18

Group or organization you are submitting on behalf of: Grey Roots Museum & Archives

Enjoy the Grey County premiere of this mind-bending horror-comedy!

Created by the Collingwood Film Co., [the Hyperborean](#) is locally shot, oozes unsettling charm, and pays homage to the history of nautical exploration in Canada's North.

Hollis Cameron, CEO and patriarch of the Cameron Whiskey family, has invited his adult children to sample their legacy product: barrels of whiskey aged 170 years, recovered from the wreck of the Arctic ghost ship HMS Investigator. This historic find is destined to become the world's rarest, most expensive, spirit. Contentious (and hilarious) family disputes are on full display, but cosmic terror sinks in as the evening unfolds...

This event is licensed, with a cash bar, popcorn, movie screening and a Q & A session featuring director Jesse Thomas Cook, and star Liv Collins.

**Tickets: \$15+tax.** Grey Roots members save 10%.

Doors open at 7:00 p.m.

## Thursday, October 24, 2024

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## Gentle Yoga for Seniors

Date and Time: Thursday, October 24 11:00 am - 12:00 pm

Address: Owen Sound, 1852 - 3rd Ave East, Owen Sound, ON

Gentle Yoga with Sally Sunshine

1 hr - Modified Yoga; improves flexibility, balance, strength, circulation; chairs available; NO floor work; focused breathing; CORE Toning; SAFE for beginners; helps prevent FALLS! Taught by well-known, experienced & certified Seniors' Fitness Instructor/Specialist Sally MacDonald

## Wizard card game

Date and Time: Thursday, October 24 1:00 pm - 4:00 pm

Address: 75 2nd Ave E., Owen Sound, Ontario

Join us for an afternoon to play the fun card game Wizard or perhaps another card game of your choosing.

Harrison Park Seniors Centre is an all inclusive group of wonderful people ages 55+ that like to come together to have fun, talk, laugh and make new friends.

Cost is \$2 to participate. Would you like to help out in your community? If so, we are always looking for volunteers. Contact [289/259-2862](tel:2892592862).

## Friday, October 25, 2024

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### Crokinole

Date and Time: Friday, October 25 1:00 pm - 4:00 pm

Address: 75 2nd Ave. E., Owen Sound, On

Harrison Park Seniors Centre is a great place to have fun, meet others and play.....

CROKINOLE!!!

Join us on the 1st and 3rd Friday of each month, to play a relaxed non competitive game.

Boards will be provided by the Centre, but if you really love yours and would like to bring it, you are more than welcome to.

### Creative Baking Workshop - With Kids!

Date and Time: Friday, October 25 1:00 pm - 3:00 pm

Address: 102599 Grey Road 18

Group or organization you are submitting on behalf of: Grey Roots Museum & Archives

On this PA Day Friday, you and your chef-to-be will learn how to make delicious focaccia under the guidance of Niv Menon-Saberi from Season 7 of the Great Canadian Baking Show.

With step-by-step instructions and insider tips, you'll leave equipped to bake your own mouth watering focaccia at home. A great way to build skills and confidence in the kitchen.

Tickets are \$57.50+tax for one adult and child. Participants leave with prepared and decorated dough to bake at home.

Learn more and register at [greyroots.com/baking-workshops](https://greyroots.com/baking-workshops).

## Crokinole Social

Date and Time: Friday, October 25 1:30 pm - 4:00 pm

Address: 201 4th Ave. W. Owen Sound, Ontario

Group or organization you are submitting on behalf of: Owen Sound Crokinole Club

Crokinole Social, open to everyone.

Join us for the fun of it !!

## Saturday, October 26, 2024

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### Owen Sound Farmers Market

Date and Time: Saturday, October 26 8:00 am - 12:30 pm

Address: 88 8th St E, Owen Sound, ON N4K 1K8

Group or organization you are submitting on behalf of: The City of Owen Sound

The [Owen Sound Farmers' Market](#) is open Saturday mornings year-round in the heart of the River District, in a former waterworks building. Come fill your basket with local goodies before heading out for the cottage, beach or a scenic drive.

The Owen Sound market is one of the oldest in Ontario, with bakers, growers and artisans offering a wide variety of products, from candles, woollens, moccasins, cards, soaps, pottery and freshly caught fish from Georgian Bay to maple syrup and artisan breads, olive oil, baking, preserves and locally roasted coffee.

These make perfect hostess gifts if you're visiting friends or family - or you can pack them up and head out for a picnic at nearby [Harrison Park](#) or [Inglis Falls](#). The market also has a café.

### Horn of Plenty/Plenty of Horn!

Date and Time: Saturday, October 26 7:00 pm - 9:30 pm

Address: 1550 8th Street East

Group or organization you are submitting on behalf of: Georgian Bay Symphony

Nothing says fall like **Vivaldi's** "Autumn" from *The Four Seasons*. And nothing says fall in Grey Bruce like apples. Canadian composer **Keith Bissell** was born in Meaford in 1921. His work *Under the Apple Boughs* has a memorable French horn part performed by our own Jamie McCormack.

## Sunday, October 27, 2024

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### Free Public Skating at Julie McArthur Regional Recreation Centre

Date and Time: Sunday, October 27 1:30 pm - 3:00 pm

Address: 700 10th St E, Owen Sound, ON N4K 0C6

Enjoy skating today at the Rec Centre from 1:30 PM - 3:00 PM. Take yourself, take your family, but more importantly – take your skates! Brought to you by Bayshore Broadcasting!!!

## Monday, October 28, 2024

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### Seniors Line Dancing

Date and Time: Monday, October 28 9:30 am - 10:30 am

Address: Owen Sound, Ontario (enter specific street address)

Group or organization you are submitting on behalf of: Harrison Park Seniors Centre

Do you enjoy music and dancing? Would you enjoy some gentle exercise at the same time? If you said yes then line dancing may be just the thing for you. Come and enjoy with other like-minded seniors.

Cost is \$2 to participate

## Tuesday, October 29, 2024

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### Seniors Sing-a-long

Date and Time: Tuesday, October 29 10:00 am - 12:00 pm

Address: 75 2nd Ave E. Owen Sound

SENIORS SING-A-LONG WILL NOT BE OFFERED DURING JULY AND AUGUST. SEE YOU IN SEPTEMBER!

Come join us every Tuesday morning at Harrison Park Seniors Centre for a fun sing-a-long

A great group of like minded people that just want to gather and have some fun.

The Centre is open to anyone 55+

A cost of \$2 is collected on the day to participate.

Would you like to help out in your community? We are always looking for volunteers. If you are interested, please call [289/259-2862](tel:2892592862).

## Gentle Yoga for Seniors

Date and Time: Tuesday, October 29 11:00 am - 12:00 pm

Address: 199 - 4th Ave West, Owen Sound, Ontario

Gentle Yoga for Seniors with Sally Sunshine

1 hour of gentle flexibility & stretching; modified yoga to improve posture, balance & strength; chairs used for support; no floor work; focus on breathing; seated core toning; safe for beginners; aids in fall prevention.

Program design & taught by well-known, local, experienced & certified Seniors' Fitness Instructor Sally MacDonald

## Fall Lecture Series - Coming to Life

Date and Time: Tuesday, October 29 1:00 pm - 3:00 pm

Address: 102599 Grey Road 18

This lecture gives an overview of the Canadian Conservation Institute and its services, and highlights observations and recommendations for a 1930s horse-drawn winterized hearse from the Grey Roots collection which underwent treatment in Ottawa.

The restored hearse is currently on display at Grey Roots.

Presenter: Amanda Salmon, Conservator at the Canadian Conservation Institute.

View this pre-recorded lecture in the Thomas Wheildon Theatre at Grey Roots or online.

[greyroots.com/fall-lecture-series-2024](https://greyroots.com/fall-lecture-series-2024)

## Wednesday, October 30, 2024

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### Heart, Bone & Muscle Strength Class for Seniors

Date and Time: Wednesday, October 30 11:00 am - 12:00 pm

Address: 1350 - 16 St East, Owen Sound, Ontario

Heart, Bone & Muscle Strength Class for Seniors  
with Seated area for beginners or mobility challenged

20 mins cardio/aerobics for heart; easy to follow FUN class with great tunes!

Balance & Strength work with resistance bands & small soft balls; 15 min Stretch at the end.

Aids in fall prevention!

Program design & taught by well-known, local, experienced & certified Seniors' Fitness Instructor Sally MacDonald

Directions for inside the Heritage Mall, entrance 4 near Food Basics.

Enter store beside Cali Nails to RECEPTION area to register, pay & gain admittance to private classroom located behind the mural

## Thursday, October 31, 2024

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### Gentle Yoga for Seniors

Date and Time: Thursday, October 31 11:00 am - 12:00 pm

Address: Owen Sound, 1852 - 3rd Ave East, Owen Sound, ON

Gentle Yoga with Sally Sunshine

1 hr - Modified Yoga; improves flexibility, balance, strength, circulation; chairs available; NO floor work; focused breathing; CORE Toning; SAFE for beginners; helps prevent FALLS! Taught by well-known, experienced & certified Seniors' Fitness Instructor/Specialist Sally MacDonald

### Wizard card game

Date and Time: Thursday, October 31 1:00 pm - 4:00 pm

Address: 75 2nd Ave E., Owen Sound, Ontario

Join us for an afternoon to play the fun card game Wizard or perhaps another card game of your choosing.

Harrison Park Seniors Centre is an all inclusive group of wonderful people ages 55+ that like to come together to have fun, talk, laugh and make new friends.

Cost is \$2 to participate. Would you like to help out in your community? If so, we are always looking for volunteers. Contact [289/259-2862](tel:2892592862).

### The Queen's Bush Bluegrass Club - Thursday Nights!!

Date and Time: Thursday, October 31 7:00 pm - 10:00 pm

Address: 890 4th Avenue East

Group or organization you are submitting on behalf of: The Queen's Bush Bluegrass Club

**Play Bluegrass!!!**



The Queen's Bush Bluegrass Club welcomes both new players wishing to learn and those more experienced musicians as well. Or, just come out and listen!

Instruments - Acoustic only, please. No amps (unless your bass needs one)

- o Guitar
- o Mandolin
- o Banjo
- o Bass
- o Dobro
- o Fiddle

Practices are on **Thursday nights** at the Harmony Centre, 890 4th Avenue East, Owen Sound, ON (corner of 9th Street and 4th Avenue East - enter on 9th Street)

- o Learning Group: 7 -8:30 pm
- o Regular Jam; 7 pm -10 pm
- o \$5 per visit please

**Contact:** [kerrvadameastlink.ca](http://kerrvadameastlink.ca) or [mike.mateicic@rogers.com](mailto:mike.mateicic@rogers.com)

<http://events.owensound.ca>