



Tuesday, September 3, 2024

Gentle Yoga for Seniors

Date and Time: Tuesday, September 3 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, September 4, 2024

Heart, Bone & Muscle Strength Class for Seniors

Date and Time: Wednesday, September 4 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, September 5, 2024

Gentle Yoga for Seniors

Date and Time: Thursday, September 5 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

Friday, September 6, 2024

Line Dancing

Date and Time: Friday, September 6 9:30 am - 10:30 am

Address: 75 2nd Ave E, Owen Sound

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

Do you enjoy music and dancing? Would you enjoy some gentle exercise at the same time?

Line dancing might be just the thing for you.

Come and enjoy with other like-minded seniors.

\$2 entry

Quilt Show at the Owen Sound Fall Fair - Bluewater Quilters' Guild

Date and Time: Friday, September 6 10:00 am - 7:00 pm

Address: 700 10th St E, Owen sound

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

Come to the Bluewater Quilters' Guild Quilt Show being held at the Julie McArthur Recreation Centre, 700 10th St E in Owen Sound. Our Quilt Show is part of the Owen Sound Fall Fair and is being held on Fri Sep 6-Sat Sep 7 from 10 am-7 pm.

There will be up to 100 Quilts to view along with a Quilt Raffle and a Mini Quilt Draw. Learn some quilting techniques from local Guild members and try your hand at one of the quilting demonstrations that will be available. There will also be some quilting focused activities for children and some vendors to tempt you with their products.

Quilt Show at the Owen Sound Fall Fair - Bluewater Quilters' Guild

Date and Time: Friday, September 6 10:00 am - 7:00 pm

Address: 700 10th St E, Owen sound

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

Come to the Bluewater Quilters' Guild Quilt Show being held at the Julie McArthur Recreation Centre, 700 10th St E in Owen Sound. Our Quilt Show is part of the Owen Sound Fall Fair and is being held on Fri Sep 6-Sat Sep 7 from 10 am-7 pm.

There will be up to 100 Quilts to view along with a Quilt Raffle and a Mini Quilt Draw. Learn some quilting techniques from local Guild members and try your hand at one of the quilting demonstrations that will be available. There will also be some quilting focused activities for children and some vendors to tempt you with their products.

Crokinole Social

Date and Time: Friday, September 6 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.

Saturday, September 7, 2024

Owen Sound Farmers Market

Date and Time: Saturday, September 7 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.

Quilt Show at the Owen Sound Fall Fair - Bluewater Quilters' Guild

Date and Time: Saturday, September 7 10:00 am - 7:00 pm

Address: 700 10th St E, Owen sound

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

Come to the Bluewater Quilters' Guild Quilt Show being held at the Julie McArthur Recreation Centre, 700 10th St E in Owen Sound. Our Quilt Show is part of the Owen Sound Fall Fair and is being held on Fri Sep 6-Sat Sep 7 from 10 am-7 pm.

There will be up to 100 Quilts to view along with a Quilt Raffle and a Mini Quilt Draw. Learn some quilting techniques from local Guild members and try your hand at one of the quilting demonstrations that will be available. There will also be some quilting focused activities for children and some vendors to tempt you with their products.

Off the Rock - A Tribute to Great Big Sea

Date and Time: Saturday, September 7 7:30 pm - 9:30 pm

Address: 251 9th St E

Group or organization you are submitting on behalf of: Off the Rock

Off The Rock is North America's premier tribute to one of Canada's greatest musical icons - Great Big Sea, and has been selling out theatres all over with their unforgettable show. Off The Rock brings an interactive and engaging show that is sure to keep audiences talking about their evening hours, days, even weeks later! Featuring the musical talents of Anthony Clayton, Thom Danger Speck, Tyler Reznick, Sean Battams, Steve Peckford, and David Skolnick, this dynamic group brings the spirit of the Canadian East Coast home, wherever home may be.

Monday, September 9, 2024

Line Dancing

Date and Time: Monday, September 9 9:30 am - 10:30 am

Address: 75 2nd Ave E, Owen Sound

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

Do you enjoy music and dancing? Would you enjoy some gentle exercise at the same time?

Line dancing might be just the thing for you.

Come and enjoy with other like-minded seniors.

\$2 entry

Tuesday, September 10, 2024

Gentle Yoga for Seniors

Date and Time: Tuesday, September 10 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, September 11, 2024

Heart, Bone & Muscle Strength Class for Seniors

Date and Time: Wednesday, September 11 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

SweetWater Gala

Date and Time: Wednesday, September 11 6:30 pm - 9:30 pm

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

Group or organization you are submitting on behalf of: SweetWater Music Festival

Support and celebrate the magic of SweetWater Music Festival at our Gala event. Enjoy an exclusive chamber music party with drinks and hors d'oeuvres.

Snowbird Lifestyle Presentations

Date and Time: Wednesday, September 11 7:00 pm - 9:00 pm

Address: 251 9th St E

A concert and information session for retirees and pre-retirees who spend their winters in warmer climes.

Join Medipac Communications for a FREE concert to celebrate the snowbird lifestyle! Entertainment includes the funny fisherman Jimmy Flynn, Scottish-Canadian tenor John McDermott and talented multi-instrumentalist family Next Generation Leahy; this event also includes a special presentation by Canadian Snowbird Association President Garry McDonald.

Sponsored by Medipac Travel Insurance and The Canadian Snowbird Association.

Thursday, September 12, 2024

Gentle Yoga for Seniors

Date and Time: Thursday, September 12 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

SweetWater Festival Concert - Sing Nature Alive

Date and Time: Thursday, September 12 7:00 pm - 9:00 pm

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

Group or organization you are submitting on behalf of: SweetWater Music Festival

Rachel Fenlon, a self-accompanying singer-pianist, will perform "Sing Nature Alive" by Matthias McIntire, our 2024 SweetWater Composer-in-Residence. The piece, enhanced with video and live electronics, passionately portrays a love for nature amidst the climate crisis.

Friday, September 13, 2024

SweetWater Artist Talk - Rachel Fenlon & Matthias McIntire

Date and Time: Friday, September 13 12:00 pm - 1:00 pm

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

Group or organization you are submitting on behalf of: SweetWater Music Festival

Join us for a moderated artist chat featuring composer Matthias McIntire and self-accompanying singer/pianist Rachel Fenlon about their collaborative artistic process.

Crokinole Social

Date and Time: Friday, September 13 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, September 13 1:30 pm - 4:00 pm

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

Crokinole social play.

Everyone welcome to come for the fun.

Owen Sound Ribfest 2024

Date and Time: Friday, September 13 4:00 pm - 10:00 pm

Address: 1900 3RD AVE E, OWEN SOUND, ON

Group or organization you are submitting on behalf of: Ontario Festival Group

Owen Sound Ribfest 2024 Presented by Ontario Festival Group will take place at the Bayshore Community Centre convenient for area residents and visitors from all over.

Featuring 5 of North America's Best Rib Teams ready to serve you, your friends and family Award-Winning Mouth-Watering BBQ Smoked Ribs, Tender Pulled Pork, Juicy Smoked Brisket, BBQ Chicken, Smoked Sausage and those huge Beef "Dino" Ribs. There will be a variety of festival foods like The Bloomin' Onion, funnel cakes, poutines, and of course to wash it all down nice cold beer.

Watch Live Music all weekend long featuring amazing Tributes to Blue Rodeo, CCR, Tragically Hip, Bob Marley, plus a variety of local bands. This year we are proudly donating a portion of our gate sales to Grey Bruce Hospice.

SweetWater Concert - Chamber Music Soiree

Date and Time: Friday, September 13 7:00 pm - 9:30 pm

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

Group or organization you are submitting on behalf of: SweetWater Music Festival

Enjoy a lantern-lit evening of chamber music in beautiful Leith Church featuring some of our favourite SweetWater festival artists including Keith Hamm and Julie Hereish plus new faces such as Michael Gurevich and Sarah McElravy. Plus enjoy a reception for the entire audience after the concert!

CBC Radio's Laugh Out Loud At the Roxy!

Date and Time: Friday, September 13 7:30 pm - 9:30 pm

Address: 251 9th St E

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

CBC Radio's Laugh Out Loud is recording new episodes of the hit radio show at The Roxy Theatre! Join host Ali Hassan for a night of comedy with some of the funniest Canadian comedians.

Comedian Lineup:

Chris Locke

Jackie Pirico

Ben Sosa-Wright

Sima Sepheri

Danish Anwar

Wassim El-Mounzer

Saturday, September 14, 2024

Owen Sound Farmers Market

Date and Time: Saturday, September 14 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.

SweetWater Festival KIDS CONCERT!

Date and Time: Saturday, September 14 10:30 am - 11:30 am

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

Group or organization you are submitting on behalf of: SweetWater Music Festival

Geared towards kids aged 1-5 and the young at heart! Step into a world of classical music enchantment for a captivating experience designed especially for kids and families.

SweetWater Festival - CANADIAN CHAMBER CHOIR

Date and Time: Saturday, September 14 12:00 pm - 1:00 pm

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

Group or organization you are submitting on behalf of: SweetWater Music Festival

Embark on an interactive musical journey with the JUNO-nominated Canadian Chamber Choir and Cre-e-Dene singer/composer Sherryl Sewepagaham as they take you behind the scenes of their multifaceted choral collaboration. Discover a world of captivating melodies and innovative vocal artistry as 22 singers from coast to coast showcase unique repertoire, provide a demonstration of vocal technique across a variety of styles and cultures, and candidly answer your burning questions about what it means to be Canada's only coast-to-coast professional choir. This noon-hour concert program will feature solo and collaborative performances by Sherryl Sewepagaham. It will also include works by eminent Canadian composers Tracy Wong, Scott Reimer and Hussein Janmohamed, interwoven between discussions about the themes that inspired them, and the artistic risks that brought them to the stage.

Owen Sound Ribfest 2024

Date and Time: Saturday, September 14 12:00 pm - 10:00 pm

Address: 1900 3RD AVE E, OWEN SOUND, ON

Group or organization you are submitting on behalf of: Ontario Festival Group

Owen Sound Ribfest 2024 Presented by Ontario Festival Group will take place at the Bayshore Community Centre convenient for area residents and visitors from all over.

Featuring 5 of North America's Best Rib Teams ready to serve you, your friends and family Award-Winning Mouth-Watering BBQ Smoked Ribs, Tender Pulled Pork, Juicy Smoked Brisket, BBQ Chicken, Smoked Sausage and those huge Beef "Dino" Ribs. There will be a variety of festival foods like The Bloomin' Onion, funnel cakes, poutines, and of course to wash it all down nice cold beer.

Watch Live Music all weekend long featuring amazing Tributes to Blue Rodeo, CCR, Tragically Hip, Bob Marley, plus a variety of local bands. This year we are proudly donating a portion of our gate sales to Grey Bruce Hospice.

Repair Cafe

Date and Time: Saturday, September 14 1:00 pm - 4:00 pm

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

Throw it Away? NO WAY!! Saturday September 14 is the second Saturday of the month which means it's **The Repair Café!** A partnership between Georgian Bluffs Climate Action Team and the Owen Sound and North Grey Union Public Library will be open **1 to 4 pm**. The 35 volunteer fixers now include specialists offering jewellery, clock, picture frame, sewing, knitting and bicycle repairs. If you can carry it in, we can help with repairs.

This month the Owen Sound Waste Watchers will be there to collect socks (old, holey, odd), and used/empty oral care and makeup containers which they send away to be recycled.

SweetWater Concert - SUN ON WATER

Date and Time: Saturday, September 14 7:00 pm - 9:00 pm

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

Group or organization you are submitting on behalf of: SweetWater Music Festival

This moving evening of music will feature the Canadian Chamber Choir and SweetWater Festival Orchestra performing Cree-Dene composer Sherryl Sewepagaham Andrea Neumann's work entitled Papiyahtik: Peace Chant. The CCC will perform Sun on Water composed by Hussein Janmohamed. Plus a Canadian premiere of Shorthand by Anna Clyne performed by Karen Ouzounian.

Zombie Blizzard

Date and Time: Saturday, September 14 9:30 pm - 11:50 pm

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

Group or organization you are submitting on behalf of: SweetWater Music Festival

“Zombie Blizzard”, a new song cycle composed by Aaron Davis and sung by world renowned award winning soprano Measha Brueggergosman-Lee, setting Margaret Atwood’s poems to music, written for brass ensemble, rhythm section and voice. “Zombie Blizzard” has a unique blending of the classical concert aria and jazz-influenced art song where Atwood’s lyrics tackle issues of sexism, humour, gender inequality, and grief.

Sunday, September 15, 2024

Terry Fox Run

Date and Time: Sunday, September 15 9:00 am - 12:00 pm

Address: 75 2nd Ave E, Owen Sound, ON N4K 2E5

Owen Sound Terry Fox Run- September 15, 2024

Join us for run day to help raise funds for cancer research!

Run Day Details:

- Registration: 9:00am
- Start Time: 10:00am
- Location: Harrison Park Bandshell
- Route will be posted online at <https://run.terryfox.ca/55903>
- Distances are marked

See you there!

SweetWater Next Wave Showcase

Date and Time: Sunday, September 15 12:00 pm - 1:00 pm

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

Group or organization you are submitting on behalf of: SweetWater Music Festival

Enjoy performances by some of the best up and coming local talent who will be in residence working with SweetWater artists all weekend long.

Owen Sound Ribfest 2024

Date and Time: Sunday, September 15 12:00 pm - 6:00 pm

Address: 1900 3RD AVE E, OWEN SOUND, ON

Group or organization you are submitting on behalf of: Ontario Festival Group

Owen Sound Ribfest 2024 Presented by Ontario Festival Group will take place at the Bayshore Community Centre convenient for area residents and visitors from all over.

Featuring 5 of North America's Best Rib Teams ready to serve you, your friends and family Award-Winning Mouth-Watering BBQ Smoked Ribs, Tender Pulled Pork, Juicy Smoked Brisket, BBQ Chicken, Smoked Sausage and those huge Beef "Dino" Ribs. There will be a variety of festival foods like The Bloomin' Onion, funnel cakes, poutines, and of course to wash it all down nice cold beer.

Watch Live Music all weekend long featuring amazing Tributes to Blue Rodeo, CCR, Tragically Hip, Bob Marley, plus a variety of local bands. This year we are proudly donating a portion of our gate sales to Grey Bruce Hospice.

Monday, September 16, 2024

Line Dancing

Date and Time: Monday, September 16 9:30 am - 10:30 am

Address: 75 2nd Ave E, Owen Sound

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

Do you enjoy music and dancing? Would you enjoy some gentle exercise at the same time?

Line dancing might be just the thing for you.

Come and enjoy with other like-minded seniors.

\$2 entry

Bluewater Quilters' Guild September Meeting

Date and Time: Monday, September 16 7:00 pm - 9:00 pm

Address: 1900 3rd Ave E, Owen Sound ON

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

Our guest speaker is Brenda Dagg, from the Fergus area. Brenda is a retired teacher who started quilting in 2005. Her current favourite style is scrappy and traditional but she likes to put a modern spin on traditional patterns through less traditional fabric choices. She also enjoys doing landscape and portrait quilts, thread painting, paper piecing and hand appliqué. Brenda does her own machine quilting. Join us as she shares what she has learned along the way.

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

Tuesday, September 17, 2024

Tomato Salsa Workshop

Date and Time: Tuesday, September 17 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 salsa workshop jam-packed with fun, flavour, and helpful tips!

This hands-on workshop covers all the steps to successfully prepare your own tomato salsa! 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 \$40+tax for the 2-hour workshop. Grey Roots members save 10%!

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

Gentle Yoga for Seniors

Date and Time: Tuesday, September 17 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

Tomato Salsa Workshop

Date and Time: Tuesday, September 17 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 salsa workshop jam-packed with fun, flavour, and helpful tips!

This hands-on workshop covers all the steps to successfully prepare your own tomato salsa! 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 \$40+tax for the 2-hour workshop. Grey Roots members save 10%!

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

Wednesday, September 18, 2024

Heart, Bone & Muscle Strength Class for Seniors

Date and Time: Wednesday, September 18 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

Tomato Salsa Workshop

Date and Time: Wednesday, September 18 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 salsa workshop jam-packed with fun, flavour, and helpful tips!

This hands-on workshop covers all the steps to successfully prepare your own tomato salsa! 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 \$40+tax for the 2-hour workshop. Grey Roots members save 10%!

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

Thursday, September 19, 2024

Gentle Yoga for Seniors

Date and Time: Thursday, September 19 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

Tomato Salsa Workshop

Date and Time: Thursday, September 19 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 salsa workshop jam-packed with fun, flavour, and helpful tips!

This hands-on workshop covers all the steps to successfully prepare your own tomato salsa! 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 \$40+tax for the 2-hour workshop. Grey Roots members save 10%!

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

Friday, September 20, 2024

Afternoon Tea for Alzheimer's

Date and Time: Friday, September 20 1:00 pm - 3:00 pm

Address: 948 3rd Avenue West, Owen Sound ON

The Alzheimer Society of Grey - Bruce works with more than 1,000 local families impacted by dementia. Join us for an Afternoon Tea at Billy Bishop Museum to show our community support.

Tea Date: Friday September 20 from 1:00pm - 3:00pm

Menu

Sandwiches: Ham with Cheese and Tomato, Egg Salad, Tuna Salad

Desserts: Cheesecake, Assorted Fresh Fruit

Drinks: Billy's Blend Tea, Coffee, Lemonade

Advance tickets only: \$30

Children 12 & under: \$15

\$5.00 from each ticket sold will go to support the Alzheimer Society of Grey - Bruce.

Crokinole Social

Date and Time: Friday, September 20 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.

Saturday, September 21, 2024

Owen Sound Farmers Market

Date and Time: Saturday, September 21 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.

Harvest Fest

Date and Time: Saturday, September 21 12:00 pm - 4:00 pm

Address: 102599 Grey Road 18

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

Kick off the fall season with food, fun, and music at Harvest Fest!

Enjoy delicious foods prepared right here in Grey County with local ingredients and global influences. Listen to music from around the world. Play heritage games or learn to grind grain the way the settlers did. Plus, lots more to enjoy at our harvest celebration!

Admission is free for members and children under 5. Family pass just \$27.50+tax.

Learn more at <https://greyroots.com/harvest-fest>

Queen's Court

Date and Time: Saturday, September 21 7:30 pm - 9:30 pm

Address: 251 9th St E

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

Queen's Court, features Ontario's own Sean Hawk, mixing experience from theatre, dance, comedy and vocals into a complete celebration of Queen material spanning their 15 year career. All the hits are performed with an incredible backup band and a great stage presence illuminating the essence of Queen Live. You will experience a night of non-stop rock anthems, including Bohemian Rhapsody, We Will Rock You, We Are the Champions, Radio GaGa, I Want to Break Free, Somebody to Love, Don't Stop Me Now, Another One Bites the Dust and so many more. You're Gonna Love It!

Sunday, September 22, 2024

Free Public Skating at Julie McArthur Regional Recreation Centre

Date and Time: Sunday, September 22 1:30 pm - 3:00 pm

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

Spend time with the family at the JMRRC from 1:30 – 3:00 PM today for the Free Public Skate. Courtesy of our season sponsor Bayshore Broadcasting !

Monday, September 23, 2024

Line Dancing

Date and Time: Monday, September 23 9:30 am - 10:30 am

Address: 75 2nd Ave E, Owen Sound

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

Do you enjoy music and dancing? Would you enjoy some gentle exercise at the same time?

Line dancing might be just the thing for you.

Come and enjoy with other like-minded seniors.

\$2 entry

Beginner Quilting Classes - 8 Classes (Bluewater Quilters' Guild)

Date and Time: Monday, September 23 1:00 pm - 3:30 pm

Address: 769 2nd Ave E, Owen Sound ON

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

Have you always wanted to try quilting? Now is the time to start!

This course consists of 8 classes running from Mon Sep 23 - Mon Nov 25, 2024. The sessions will cover buying the right fabric, cutting with a rotary cutter, piecing basic blocks, putting a quilt sandwich together and learning how to quilt it. The in-person classes will follow an online class with YouTube videos as well as in-class demonstrations.

You will need a sewing machine in good working order, your manual and any feet that came with your machine, paper and fabric scissors, thread in an off white or cream and several bobbins. We will provide cutting mats and rulers, please bring your own rotary cutter, if you have one.

Call 519-371-4787 if you would like to sign up or if you have any questions.

Beginner Quilting Classes - 8 Evening Classes (Bluewater Quilters' Guild)

Date and Time: Monday, September 23 6:00 pm - 9:00 pm

Address: 769 2nd Ave E, Owen Sound, ON

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

Have you always wanted to try quilting? Now is the time to start!

This course consists of **8 classes running from Mon Sep 23 - Mon Nov 25, 2024**. The sessions will cover buying the right fabric, cutting with a rotary cutter, piecing basic blocks, putting a quilt sandwich together and learning how to quilt it. The in-person classes will follow an online class with YouTube videos as well as in-class demonstrations.

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Call 519-371-4787 if you would like to sign up or if you have any questions.

Tuesday, September 24, 2024

Gentle Yoga for Seniors

Date and Time: Tuesday, September 24 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, September 25, 2024

Heart, Bone & Muscle Strength Class for Seniors

Date and Time: Wednesday, September 25 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, September 26, 2024

Gentle Yoga for Seniors

Date and Time: Thursday, September 26 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

Friday, September 27, 2024

PA Day Adventures

Date and Time: Friday, September 27 10:00 am - 3:00 pm

Address: 102599 Grey Road 18

Looking for something fun to do this PA Day? We have got you covered! Round up your kiddos and call in the grandparents - it's PA Day Adventures at Grey Roots!

10 AM - STEAM Challenges

11:30 AM - Leaf Prints

1:00 PM - Explore Moreston Village!

Each activity is just \$5+tax. Pick your favourites, register at greyroots.com/pa-day and prepare for a day of exploration and creation!

Crokinole Social

Date and Time: Friday, September 27 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, September 27 1:30 pm - 4:00 pm

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

Crokinole social

Open to everyone, come have some fun!

Saturday, September 28, 2024

Owen Sound Farmers Market

Date and Time: Saturday, September 28 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.

The Worlds Greatest Tribute to the Traveling Wilburys!

Date and Time: Saturday, September 28 7:30 pm - 9:30 pm

Address: 251 9th St E

Group or organization you are submitting on behalf of: Legends Revisited

Don't miss this spectacular salute to the supergroup of all supergroups; The Traveling Wilburys: George Harrison, Tom Petty, Roy Orbison, Jeff Lynne and Bob Dylan. The Traveling Milburys deliver the goods in an evening filled with thrilling lights, sound, video and audience participation. An authentic recreation of The Traveling Wilburys right down to the outfits and instruments. Enjoy all the hits of The Wilburys PLUS classics from each in

dividual artist including George Harrison (The Beatles), Jeff Lynne (Electric Light Orchestra), and Tom Petty (The Heartbreakers)! Performing to celebrations of sold-out audiences across North America, here's your chance to experience The World's Greatest Tribute To The Traveling Wilburys LIVE and in concert.

Sunday, September 29, 2024

Free Public Skating at Julie McArthur Regional Recreation Centre

Date and Time: Sunday, September 29 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.

Laura Bird Massie Hall Concert

Date and Time: Sunday, September 29 2:00 pm - 4:00 pm

Address: 496765 Veterans Rd. N.

Group or organization you are submitting on behalf of: Massie Hall Community Concert Series

Songstress Laura Bird draws inspiration from a mosaic of early folk roots and bluegrass music to old jazz standards. As both a musician and visual artist, she writes with the heart of a storyteller and a painter's eye for lush images. Audiences from house concert to festival stage have embraced her warm relaxed stage presence, finely honed guitar work, and her distinctive smoky voice. Bird will perform selections from her two critically acclaimed recording projects "Dreamwalker" and "The Water In Between"; and also plans to share new songs from her latest work. Please join us this autumn afternoon at Massie Hall in the quaint hamlet of Massie.

About Laura Bird <http://www.laurabird.com>

Purchase Tickets at <https://www.massiehall.com>

Monday, September 30, 2024

Line Dancing

Date and Time: Monday, September 30 9:30 am - 10:30 am

Address: 75 2nd Ave E, Owen Sound

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

Do you enjoy music and dancing? Would you enjoy some gentle exercise at the same time?

Line dancing might be just the thing for you.

Come and enjoy with other like-minded seniors.

\$2 entry

<https://events.owensound.ca>