

Friday, November 1, 2024

Chair Yoga with Magda

Date and Time: Friday, November 1 9:30 am - 10:30 am

Address: 1207 Highway 518 Seguin ON P2A 2W9

Chair Yoga with Magda
Every Monday and Wednesday at the Orrville Community Centre
9:30 am - 10:30 am

To arrange a free scheduled ride call 705-746-5602
for class information email magdajustbe@icloud.com

Essentrics® Aging Backwards Workout to Boost Energy

Date and Time: Friday, November 1 9:30 am - 10:30 am

Address: 15 HUMPHREY DRIVE

Experience a full-body workout that will leave you feeling revitalized from head to toe. This is an age reversing workout to keep your connective tissue healthy and resilient, ensuring that you move with ease.

Joint mobility and stability are critical for daily activities and for optimal performance in any physical activity. Unlock your joints, move with freedom and live pain-free with the help of this full-body workout.

Suitable for all fitness levels. Whether you are an athlete or just beginning to exercise, we all need healthy joints and connective tissue.

Dynamic fluid movements focus on:

- Strengthening and stretching the key muscles that play an important role in the health of your joints,
- Building strength in muscle groups that are often overlooked to prevent injuries,
- Improve your balance,
- Activating fascia and connective tissue to reduce pain and tightness in your body,
- Deep stretches to improve flexibility and functional mobility,
- Enhance mobility of your ankles and feet,
- Classes are ALWAYS low impact for protecting our joints with an emphasis on body alignment,
- Classes are ALWAYS full-body to rebalance the muscle the groups from head to toe.

When you keep your joints healthy, you can continue doing all the things you love to do, from playing your favorite sport to gardening, or staying active outdoors with your kids or grand kids.

Bring exercise mat and water bottle.

Drop In \$15/class or purchase a class pass.

Check out details of class pass in FAQ section
www.essentricswithcaroline.ca

Participants are asked to read and sign waiver.

Humphrey Community Centre
15 Humphrey Drive
Take stairs or elevator to second floor

Scottish Country Dancing

Date and Time: Friday, November 1 10:30 am - 12:30 pm

Address: 2 Victoria Street W Rosseau ON P0C 1J0

Are you looking for a fun activity -

Try Scottish Country Dancing - every Friday at 10:30 am located in the Rosseau Memorial Hall.

It is free and we will teach you.

Couples and singles are welcomed !

Contact Keith (416) 409-2746 or Margaret (416) 409-4546

Line Dancing - Orrville

Date and Time: Friday, November 1 1:30 pm - 3:00 pm

Address: 1207 Highway 518 Orrville ON P2A 2W9

Join us for line dancing at the Orrville Community Centre.

Everyone welcome. Free of charge. Sponsored by The Seguin Recreation and Culture Committee

For more information contact Anna

Saturday, November 2, 2024

Public Skating

Date and Time: Saturday, November 2 11:00 am - 12:50 pm

Address: 15 Humphrey Drive Seguin ON P2A 2W8

Public Skating

\$2/skater (4 years old and under free)

Times subject to change - check calendar of events often.

Sunday, November 3, 2024

Public Skating

Date and Time: Sunday, November 3 11:00 am - 12:50 pm

Address: 15 Humphrey Drive Seguin ON P2A 2W8

Public Skating

\$2/skater (4 years old and under free)

Times subject to change - check calendar of events often.

Monday, November 4, 2024

Chair Yoga with Magda

Date and Time: Monday, November 4 9:30 am - 10:30 am

Address: 1207 Highway 518 Seguin ON P2A 2W9

Chair Yoga with Magda

Every Monday and Wednesday at the Orrville Community Centre

9:30 am - 10:30 am

To arrange a free scheduled ride call 705-746-5602
for class information email magdajustbe@icloud.com

Exercise for Healthy Aging with Susan

Date and Time: Monday, November 4 10:00 am - 11:00 am

Address: 17 Victoria Street Rosseau ON

Pickleball in Foley

Date and Time: Monday, November 4 1:00 pm - 3:00 pm

Address: 60 Rankin Lake Road Seguin ON

Everyone welcome!

Pickle ball Mondays and Thursdays 1-3pm

Foley Community Centre

For more information contact Kim 705-346-0993 or Bianca 416-559-9890
or Kara 705-732-4300 ext 263

Council Meeting

Date and Time: Monday, November 4 2:30 pm

Address: Township of Seguin Municipal Office, 5 Humphrey Dr., Seguin, ON P2A 2W8

The Township of Seguin is now conducting Council Meetings in a hybrid format. Delegations to Council may attend in-person or electronically via Zoom. However please be advised there is a limit on the number of people who may be permitted to attend in-person in the Council Chambers and in-person attendance capacities may be lowered at any time, or in-person attendance may be discontinued at any time, due to health and safety concerns.

For anyone wishing to watch, the Council Meeting will be live streamed on the [Township of Seguin's YouTube Channel](#).

Agendas & Minutes

Council meeting agendas, agenda packages, addendum packages and minutes may be viewed below and are posted in the calendar on the Township's website.

The public may submit written comments to Council's attention to the municipal office regarding agenda matters, other than matters related to a Public Meeting under the Planning Act, via email to info@seguin.ca or facsimile (705) 732-6347 or regular mail or the municipal office drop box outside the main entrance to the municipal office located at 5 Humphrey Drive. Written comments related to an agenda item, other than matters related to a Public Meeting under the Planning Act, submitted by 9:00 a.m. on the regular business day preceding the scheduled meeting where that item will be considered will be considered as public information and submitted to Council and become part of the public record. It is the responsibility of the author to ensure any submissions to the Township of Seguin are received.

Delegations to Council

[How to Participate in Public Meetings for Applications Under the Planning Act](#)

Pickleball

Date and Time: Monday, November 4 6:30 pm - 9:00 pm

Address: 1207 Highway 518 Seguin ON

Pickle Ball. Everyone welcome!

No charge

Sponsored by The Seguin Recreation and Culture Committee

Pickle Ball Mondays at 6:30 pm - 9 pm

Orrville Community Centre

Contact Neil for more information.

Tuesday, November 5, 2024

Pickleball in Orrville

Date and Time: Tuesday, November 5 9:30 am - 12:00 pm

Address: 1207 Highway 518 Orrville ON P2A 2W9

Everyone welcome! Free of charge. Sponsored by The Seguin Recreation and Culture Committee

Pickleball every Tuesday and Thursday 9:30 am - 12 pm

Orrville Community Centre

For more information call Peter Shoebottom 705-346-2279

Christie Seniors Cards

Date and Time: Tuesday, November 5 1:00 pm - 4:00 pm

Address: 1207 Highway 518 Seguin ON P2A 2W9

BID Euchre

\$3.00 admit. Everyone welcome.

Join us Tuesdays - Orrville Community Centre

Wednesday, November 6, 2024

Exercise for Healthy Aging with Susan

Date and Time: Wednesday, November 6 10:00 am - 11:00 am

Address: 17 Victoria Street Rosseau ON

Adult Skate

Date and Time: Wednesday, November 6 11:00 am - 12:30 pm

Address: 15 Humphrey Drive

Adult Skate

Wednesdays 11 am - 12:30 pm

\$2/skater

Humphrey Seniors Cards

Date and Time: Wednesday, November 6 1:00 pm - 4:00 pm

Address: 15 Humphrey Drive

BID Euchre & Bridge

Wednesdays 1-4 pm

\$3.00 admit. New members welcome!

Mindfulness Based Cognitive Therapy Workshop

Date and Time: Wednesday, November 6 5:00 pm - 8:00 pm

Address: 17 Victoria Street Rosseau Nursing Station, Rosseau, Wellness Room

Mindfulness Based Cognitive Therapy is an evidence-based treatment and support for people struggling with stress, depression, and anxiety.

This group is being facilitated by Dr. Shira Taylor and is 100% covered by OHIP.

The goal of this group is to introduce the specific tools and skills of mindfulness meditation for motivated individuals struggling with habitual/chronic stress, burnout, depression and/or anxiety.

Suitable participants:

- are dealing with burnout, stress, or a mental health condition and could benefit from learning tools for stress reduction
- are ready and willing to commit to coming to all eight sessions and a one day retreat
- Are willing and able to do one hour of home practice daily
- have a valid OHIP card
- Are not dealing with active serious mental health issues (untreated PTSD, psychosis, suicidality, etc), an active substance use addiction, or life circumstances that prevent regular group participation

To learn more and to register please go to: <https://www.drshirataylor.ca/upcoming-groups/mindfulness-parry-sound-muskoka-lh4pf>

Although a referral from your family doctor is not required, it is helpful. Please find attached a referral form to bring to your doctor. Feel free to share the attached poster as well.

Pickleball

Date and Time: Wednesday, November 6 6:30 pm - 9:00 pm

Address: 1207 Highway 518 Seguin ON

Pickle Ball. Everyone welcome!

No Charge.

Pickle Ball Wednesdays at 6:30 pm - 9 pm

Orrville Community Centre

Contact Neil for more information.

Darts - Drop-in

Date and Time: Wednesday, November 6 7:00 pm - 9:00 pm

Address: 1207 Highway 518 Seguin ON P2A 2W9

Drop in Darts every Wednesday at 7:00pm at the Orrville Community Centre. No Experience Required.

Thursday, November 7, 2024

Seguin Business Association

Date and Time: Thursday, November 7 9:30 am

Address: 5 Humphrey Drive, Seguin, ON P2A 2W8

The Seguin Business Association meetings are conducted in a hybrid setting, with attendees participating either in-person or electronically.

The Seguin Business Association agendas, agenda packages and minutes are posted on the Township website.

Pickleball in Orrville

Date and Time: Thursday, November 7 9:30 am - 12:00 pm

Address: 1207 Highway 518 Orrville ON P2A 2W9

Everyone welcome! Free of charge. Sponsored by The Seguin Recreation and Culture Committee

Pickleball every Tuesday and Thursday 9:30 am - 12 pm

Orrville Community Centre

For more information call Peter Shoebottom 705-346-2279

Parent and Tot Skate

Date and Time: Thursday, November 7 10:00 am - 12:00 pm

Address: 15 Humphrey Drive

Parent and Tot Skate

Every Thursday from 10am-12pm at the Humphrey Arena.
This is a free event.

Pickleball in Foley

Date and Time: Thursday, November 7 1:00 pm - 3:00 pm

Address: 60 Rankin Lake Road Seguin ON

Everyone welcome!

Pickle ball Mondays and Thursdays 1-3pm

Foley Community Centre

For more information contact Kim 705-346-0993 or Bianca 416-559-9890
or Kara 705-732-4300 ext 263

Friday, November 8, 2024

Chair Yoga with Magda

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Check out details of class pass in FAQ section
www.essentricswithcaroline.ca

Participants are asked to read and sign waiver.

Humphrey Community Centre
15 Humphrey Drive
Take stairs or elevator to second floor

Scottish Country Dancing

Date and Time: Friday, November 8 10:30 am - 12:30 pm

Address: 2 Victoria Street W Rosseau ON P0C 1J0

Are you looking for a fun activity -

Try Scottish Country Dancing - every Friday at 10:30 am located in the Rosseau Memorial Hall.

It is free and we will teach you.

Couples and singles are welcomed !

Contact Keith (416) 409-2746 or Margaret (416) 409-4546

Line Dancing - Orrville

Date and Time: Friday, November 8 1:30 pm - 3:00 pm

Address: 1207 Highway 518 Orrville ON P2A 2W9

Join us for line dancing at the Orrville Community Centre.

Everyone welcome. Free of charge. Sponsored by The Seguin Recreation and Culture Committee

For more information contact Anna

Saturday, November 9, 2024

Orrville Christmas Market

Date and Time: Saturday, November 9 10:00 am - 2:00 pm

Address: 1207 HWY 518 Orrville



Seguin Recreation and Culture Committee Presents:
The Orrville Christmas Market

Local Crafts & Vendors!
Free Tea, Coffee & Hot Chocolate!

Sunday, November 10, 2024

Remembrance Day Ceremony - Foley

Date and Time: Sunday, November 10 10:00 am

Address: 56 Rankin Lake Road

Foley Cenotaph

Sunday service to follow at Seguin Pioneer – Otter Lake Church (56 Rankin Lake Road).

Remembrance Day Ceremony - Rosseau

Date and Time: Sunday, November 10 11:00 am

Address: 2 Victoria St W, Rosseau, ON P2A 2W8

Church service will begin at 10:30 am.

Public Skating

Date and Time: Sunday, November 10 1:00 pm - 2:50 pm

Address: 15 Humphrey Drive Seguin ON P2A 2W8

Public Skating

\$2/skater (4 years old and under free)

Times subject to change - check calendar of events often.

Monday, November 11, 2024

Chair Yoga with Magda

Date and Time: Monday, November 11 9:30 am - 10:30 am

Address: 1207 Highway 518 Seguin ON P2A 2W9

Chair Yoga with Magda

Every Monday and Wednesday at the Orrville Community Centre

9:30 am - 10:30 am

To arrange a free scheduled ride call 705-746-5602
for class information email magdajustbe@icloud.com

Exercise for Healthy Aging with Susan

Date and Time: Monday, November 11 10:00 am - 11:00 am

Address: 17 Victoria Street Rosseau ON

Remembrance Day - Humphrey

Date and Time: Monday, November 11 11:00 am

Address: 120 ON-141

Join the Humphrey Public School community to honour Remembrance Day. The ceremony will be held in the gym.

Remembrance Day - Orrville

Date and Time: Monday, November 11 11:00 am

Address: 1231 Highway 518

Gather between 10:00 am – 10:30 am at the Orrville Cenotaph

Pickleball in Foley

Date and Time: Monday, November 11 1:00 pm - 3:00 pm

Address: 60 Rankin Lake Road Seguin ON

Everyone welcome!

Pickle ball Mondays and Thursdays 1-3pm

Foley Community Centre

For more information contact Kim 705-346-0993 or Bianca 416-559-9890
or Kara 705-732-4300 ext 263

Pickleball

Date and Time: Monday, November 11 6:30 pm - 9:00 pm

Address: 1207 Highway 518 Seguin ON

Pickle Ball. Everyone welcome!

No charge

Sponsored by The Seguin Recreation and Culture Committee

Pickle Ball Mondays at 6:30 pm - 9 pm

Orrville Community Centre

Contact Neil for more information.

Tuesday, November 12, 2024

Old Timers Coffee Time

Date and Time: Tuesday, November 12 8:30 am - 10:30 am

Address: 2 Victoria Street West

Old Timers Coffee Time

8:30 -10:30 AM on the 2nd Tuesday of the month

Rosseau Memorial Hall - Downstairs

Come out and catch up with old friends and acquaintances downstairs next to the Library.

Coffee provided Call Jim @ 705-783-6406.

Pickleball in Orrville

Date and Time: Tuesday, November 12 9:30 am - 12:00 pm

Address: 1207 Highway 518 Orrville ON P2A 2W9

Everyone welcome! Free of charge. Sponsored by The Seguin Recreation and Culture Committee

Pickleball every Tuesday and Thursday 9:30 am - 12 pm

Orrville Community Centre

For more information call Peter Shoebottom 705-346-2279

Christie Seniors Cards

Date and Time: Tuesday, November 12 1:00 pm - 4:00 pm

Address: 1207 Highway 518 Seguin ON P2A 2W9

BID Euchre

\$3.00 admit. Everyone welcome.

Join us Tuesdays - Orrville Community Centre

Wednesday, November 13, 2024

Chair Yoga with Magda

Date and Time: Wednesday, November 13 9:30 am - 10:30 am

Address: 15 Humphrey Drive Seguin ON P2A 2W8

Chair Yoga with Magda

Every Monday and Wednesday at the Orrville Community Centre

9:30 am - 10:30 am

To arrange a free scheduled ride call 705-746-5602
for class information email magdajustbe@icloud.com

Exercise for Healthy Aging with Susan

Date and Time: Wednesday, November 13 10:00 am - 11:00 am

Address: 17 Victoria Street Rosseau ON

Adult Skate

Date and Time: Wednesday, November 13 11:00 am - 12:30 pm

Address: 15 Humphrey Drive

Adult Skate

Wednesdays 11 am - 12:30 pm

\$2/skater

Humphrey Seniors Cards

Date and Time: Wednesday, November 13 1:00 pm - 4:00 pm

Address: 15 Humphrey Drive

BID Euchre & Bridge

Wednesdays 1-4 pm

\$3.00 admit. New members welcome!

Committee of Adjustment

Date and Time: Wednesday, November 13 4:00 pm - 6:00 pm

Address: 5 Humphrey Drive

The Committee of Adjustment is appointed by Council to hear and make decisions on applications for minor variance from Seguin Township Zoning By-law 2006-125. The Committee may approve, refuse or defer applications for minor variance. These meetings are open to the public and anyone may attend to speak to the Committee about a particular application.

Mindfulness Based Cognitive Therapy Workshop

Date and Time: Wednesday, November 13 5:00 pm - 8:00 pm

Address: 17 Victoria Street Rosseau Nursing Station, Rosseau, Wellness Room

Mindfulness Based Cognitive Therapy is an evidence-based treatment and support for people struggling with stress, depression, and anxiety.

This group is being facilitated by Dr. Shira Taylor and is 100% covered by OHIP.

The goal of this group is to introduce the specific tools and skills of mindfulness meditation for motivated individuals struggling with habitual/chronic stress, burnout, depression and/or anxiety.

Suitable participants:

- are dealing with burnout, stress, or a mental health condition and could benefit from learning tools for stress reduction
- are ready and willing to commit to coming to all eight sessions and a one day retreat

- Are willing and able to do one hour of home practice daily
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- Are not dealing with active serious mental health issues (untreated PTSD, psychosis, suicidality, etc), an active substance use addiction, or life circumstances that prevent regular group participation

To learn more and to register please go to: <https://www.drshirataylor.ca/upcoming-groups/mindfulness-parry-sound-muskoka-lh4pf>

Although a referral from your family doctor is not required, it is helpful. Please find attached a referral form to bring to your doctor. Feel free to share the attached poster as well.

Pickleball

Date and Time: Wednesday, November 13 6:30 pm - 9:00 pm

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Pickle Ball. Everyone welcome!
No Charge.

Pickle Ball Wednesdays at 6:30 pm - 9 pm

Orrville Community Centre

Contact Neil for more information.

Darts - Drop-in

Date and Time: Wednesday, November 13 7:00 pm - 9:00 pm

Address: 1207 Highway 518 Seguin ON P2A 2W9

Drop in Darts every Wednesday at 7:00pm at the Orrville Community Centre. No Experience Required.

Thursday, November 14, 2024

Pickleball in Orrville

Date and Time: Thursday, November 14 9:30 am - 12:00 pm

Address: 1207 Highway 518 Orrville ON P2A 2W9

Everyone welcome! Free of charge. Sponsored by The Seguin Recreation and Culture Committee

Pickleball every Tuesday and Thursday 9:30 am - 12 pm

Orrville Community Centre

For more information call Peter Shoebottom 705-346-2279

Parent and Tot Skate

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Address: 15 Humphrey Drive

Parent and Tot Skate

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This is a free event.

Pickleball in Foley

Date and Time: Thursday, November 14 1:00 pm - 3:00 pm

Address: 60 Rankin Lake Road Seguin ON

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Foley Community Centre

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It is free and we will teach you.

Couples and singles are welcomed !

Contact Keith (416) 409-2746 or Margaret (416) 409-4546

PD Day Skating

Date and Time: Friday, November 15 1:00 pm - 3:00 pm

Address: 15 Humphrey Drive Seguin ON P2A 2W8

FREE PD SKATING

Friday November 15th from 1 - 3 pm.

Join us for a fun afternoon skate. Everyone welcome!

Line Dancing - Orrville

Date and Time: Friday, November 15 1:30 pm - 3:00 pm

Address: 1207 Highway 518 Orrville ON P2A 2W9

Join us for line dancing at the Orrville Community Centre.
Everyone welcome. Free of charge. Sponsored by The Seguin Recreation and Culture Committee

For more information contact Anna

Pickleball in Orrville

Date and Time: Friday, November 15 6:30 pm - 9:00 pm

Address: 1207 Highway 518 Seguin ON P2A 2W9

Pickle Ball. Everyone welcome!
No charge.

Some Fridays. Be sure to check the calendar for dates.

Contact Neil -705-380-1433

or Kara at the Township office 705-732-4300 ext 263

Saturday, November 16, 2024

Public Skating

Date and Time: Saturday, November 16 1:00 pm - 2:50 pm

Address: 15 Humphrey Drive Seguin ON P2A 2W8

Public Skating
\$2/skater (4 years old and under free)

Times subject to change - check calendar of events often.

Sunday, November 17, 2024

Public Skating

Date and Time: Sunday, November 17 1:00 pm - 2:50 pm

Address: 15 Humphrey Drive Seguin ON P2A 2W8

Public Skating

\$2/skater (4 years old and under free)

Times subject to change - check calendar of events often.

Monday, November 18, 2024

Chair Yoga with Magda

Date and Time: Monday, November 18 9:30 am - 10:30 am

Address: 1207 Highway 518 Seguin ON P2A 2W9

Chair Yoga with Magda

Every Monday and Wednesday at the Orrville Community Centre

9:30 am - 10:30 am

To arrange a free scheduled ride call 705-746-5602
for class information email magdajustbe@icloud.com

Exercise for Healthy Aging with Susan

Date and Time: Monday, November 18 10:00 am - 11:00 am

Address: 17 Victoria Street Rosseau ON

Council Meeting

Date and Time: Monday, November 18 2:30 pm

Address: Township of Seguin Municipal Office, 5 Humphrey Dr., Seguin, ON P2A 2W8

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Delegations to Council

How to Participate in Public Meetings for Applications Under the Planning Act

Pickleball

Date and Time: Monday, November 18 6:30 pm - 9:00 pm

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No charge

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Tuesday, November 19, 2024

Pickleball in Orrville

Date and Time: Tuesday, November 19 9:30 am - 12:00 pm

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Christie Seniors Cards

Date and Time: Tuesday, November 19 1:00 pm - 4:00 pm

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BID Euchre

\$3.00 admit. Everyone welcome.

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Wednesday, November 20, 2024

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Suitable participants:

- are dealing with burnout, stress, or a mental health condition and could benefit from learning tools for stress reduction
- are ready and willing to commit to coming to all eight sessions and a one day retreat
- Are willing and able to do one hour of home practice daily
- have a valid OHIP card
- Are not dealing with active serious mental health issues (untreated PTSD, psychosis, suicidality, etc), an active substance use addiction, or life circumstances that prevent regular group participation

To learn more and to register please go to: <https://www.drshirataylor.ca/upcoming-groups/mindfulness-parry-sound-muskoka-lh4pf>

Although a referral from your family doctor is not required, it is helpful. Please find attached a referral form to bring to your doctor. Feel free to share the attached poster as well.

Pickleball

Date and Time: Wednesday, November 20 6:30 pm - 9:00 pm

Address: 1207 Highway 518 Seguin ON

Pickle Ball. Everyone welcome!

No Charge.

Pickle Ball Wednesdays at 6:30 pm - 9 pm

Orrville Community Centre

Contact Neil for more information.

Seguin Recreation and Culture Committee

Date and Time: Wednesday, November 20 7:00 pm

Address: 5 Humphrey Drive, Seguin, ON P2A 2W8

Seguin Recreation and Culture Committee meetings are conducted in a hybrid setting, with attendees participating either in-person or electronically.

The Seguin Recreation and Culture Committee meeting agendas, agenda packages and minutes are posted on the Township's website.

Darts - Drop-in

Date and Time: Wednesday, November 20 7:00 pm - 9:00 pm

Address: 1207 Highway 518 Seguin ON P2A 2W9

Drop in Darts every Wednesday at 7:00pm at the Orrville Community Centre. No Experience Required.

Thursday, November 21, 2024

Pickleball in Orrville

Date and Time: Thursday, November 21 9:30 am - 12:00 pm

Address: 1207 Highway 518 Orrville ON P2A 2W9

Everyone welcome! Free of charge. Sponsored by The Seguin Recreation and Culture Committee

Pickleball every Tuesday and Thursday 9:30 am - 12 pm

Orrville Community Centre

For more information call Peter Shoebottom 705-346-2279

Parent and Tot Skate

Date and Time: Thursday, November 21 10:00 am - 12:00 pm

Address: 15 Humphrey Drive

Parent and Tot Skate

Every Thursday from 10am-12pm at the Humphrey Arena.
This is a free event.

Friday, November 22, 2024

Chair Yoga with Magda

Date and Time: Friday, November 22 9:30 am - 10:30 am

Address: 1207 Highway 518 Seguin ON P2A 2W9

Chair Yoga with Magda

Every Monday and Wednesday at the Orrville Community Centre
9:30 am - 10:30 am

To arrange a free scheduled ride call 705-746-5602
for class information email magdajustbe@icloud.com

Essentrics® Aging Backwards Workout to Boost Energy

Date and Time: Friday, November 22 9:30 am - 10:30 am

Address: 15 HUMPHREY DRIVE

Experience a full-body workout that will leave you feeling revitalized from head to toe. This is an age reversing workout to keep your connective tissue healthy and resilient, ensuring that you move with ease.

Joint mobility and stability are critical for daily activities and for optimal performance in any physical activity. Unlock your joints, move with freedom and live pain-free with the help of this full-body workout.

Suitable for all fitness levels. Whether you are an athlete or just beginning to exercise, we all need healthy joints and connective tissue.

Dynamic fluid movements focus on:

- Strengthening and stretching the key muscles that play an important role in the health of your joints,
- Building strength in muscle groups that are often overlooked to prevent injuries,
- Improve your balance,
- Activating fascia and connective tissue to reduce pain and tightness in your body,
- Deep stretches to improve flexibility and functional mobility,
- Enhance mobility of your ankles and feet,
- Classes are ALWAYS low impact for protecting our joints with an emphasis on body alignment,
- Classes are ALWAYS full-body to rebalance the muscle the groups from head to toe.

When you keep your joints healthy, you can continue doing all the things you love to do, from playing your favorite sport to gardening, or staying active outdoors with your kids or grand kids.

Bring exercise mat and water bottle.

Drop In \$15/class or purchase a class pass.

Check out details of class pass in FAQ section
www.essentricswithcaroline.ca

Participants are asked to read and sign waiver.

Humphrey Community Centre
15 Humphrey Drive
Take stairs or elevator to second floor

Scottish Country Dancing

Date and Time: Friday, November 22 10:30 am - 12:30 pm

Address: 2 Victoria Street W Rosseau ON P0C 1J0

Are you looking for a fun activity -

Try Scottish Country Dancing - every Friday at 10:30 am located in the Rosseau Memorial Hall.

It is free and we will teach you.

Couples and singles are welcomed !

Contact Keith (416) 409-2746 or Margaret (416) 409-4546

Line Dancing - Orrville

Date and Time: Friday, November 22 1:30 pm - 3:00 pm

Address: 1207 Highway 518 Orrville ON P2A 2W9

Join us for line dancing at the Orrville Community Centre.

Everyone welcome. Free of charge. Sponsored by The Seguin Recreation and Culture Committee

For more information contact Anna

Pickleball in Orrville

Date and Time: Friday, November 22 6:30 pm - 9:00 pm

Address: 1207 Highway 518 Seguin ON P2A 2W9

Pickle Ball. Everyone welcome!

No charge.

Some Fridays. Be sure to check the calendar for dates.

Contact Neil -705-380-1433

or Kara at the Township office 705-732-4300 ext 263

Sunday, November 24, 2024

Public Skating

Date and Time: Sunday, November 24 1:00 pm - 2:50 pm

Address: 15 Humphrey Drive Seguin ON P2A 2W8

Public Skating

\$2/skater (4 years old and under free)

Times subject to change - check calendar of events often.

Monday, November 25, 2024

Chair Yoga with Magda

Date and Time: Monday, November 25 9:30 am - 10:30 am

Address: 1207 Highway 518 Seguin ON P2A 2W9

Chair Yoga with Magda

Every Monday and Wednesday at the Orrville Community Centre
9:30 am - 10:30 am

To arrange a free scheduled ride call 705-746-5602
for class information email magdajustbe@icloud.com

Exercise for Healthy Aging with Susan

Date and Time: Monday, November 25 10:00 am - 11:00 am

Address: 17 Victoria Street Rosseau ON

Pickleball in Foley

Date and Time: Monday, November 25 1:00 pm - 3:00 pm

Address: 60 Rankin Lake Road Seguin ON

Everyone welcome!

Pickle ball Mondays and Thursdays 1-3pm

Foley Community Centre

For more information contact Kim 705-346-0993 or Bianca 416-559-9890
or Kara 705-732-4300 ext 263

Pickleball

Date and Time: Monday, November 25 6:30 pm - 9:00 pm

Address: 1207 Highway 518 Seguin ON

Pickle Ball. Everyone welcome!

No charge

Sponsored by The Seguin Recreation and Culture Committee

Pickle Ball Mondays at 6:30 pm - 9 pm

Orrville Community Centre

Contact Neil for more information.

Tuesday, November 26, 2024

Pickleball in Orrville

Date and Time: Tuesday, November 26 9:30 am - 12:00 pm

Address: 1207 Highway 518 Orrville ON P2A 2W9

Everyone welcome! Free of charge. Sponsored by The Seguin Recreation and Culture Committee

Pickleball every Tuesday and Thursday 9:30 am - 12 pm

Orrville Community Centre

For more information call Peter Shoebottom 705-346-2279

Christie Seniors Cards

Date and Time: Tuesday, November 26 1:00 pm - 4:00 pm

Address: 1207 Highway 518 Seguin ON P2A 2W9

BID Euchre

\$3.00 admit. Everyone welcome.

Join us Tuesdays - Orrville Community Centre

Finance Committee Meeting

Date and Time: Tuesday, November 26 4:00 pm

Address: Township of Seguin Municipal Office, 5 Humphrey Dr., Seguin, ON P2A 2W8

The Finance Committee meetings are conducted in a hybrid setting, with attendees participating either in-person or electronically.

The Finance Committee meeting agendas, agenda packages and minutes are posted on the Township's website.

Wednesday, November 27, 2024

Chair Yoga with Magda

Date and Time: Wednesday, November 27 9:30 am - 10:30 am

Address: 15 Humphrey Drive Seguin ON P2A 2W8

Chair Yoga with Magda

Every Monday and Wednesday at the Orrville Community Centre

9:30 am - 10:30 am

To arrange a free scheduled ride call 705-746-5602
for class information email magdajustbe@icloud.com

Exercise for Healthy Aging with Susan

Date and Time: Wednesday, November 27 10:00 am - 11:00 am

Address: 17 Victoria Street Rosseau ON

Adult Skate

Date and Time: Wednesday, November 27 11:00 am - 12:30 pm

Address: 15 Humphrey Drive

Adult Skate

Wednesdays 11 am - 12:30 pm

\$2/skater

Humphrey Seniors Cards

Date and Time: Wednesday, November 27 1:00 pm - 4:00 pm

Address: 15 Humphrey Drive

BID Euchre & Bridge

Wednesdays 1-4 pm

\$3.00 admit. New members welcome!

Mindfulness Based Cognitive Therapy Workshop

Date and Time: Wednesday, November 27 5:00 pm - 8:00 pm

Address: 17 Victoria Street Rosseau Nursing Station, Rosseau, Wellness Room

Mindfulness Based Cognitive Therapy is an evidence-based treatment and support for people struggling with stress, depression, and anxiety.

This group is being facilitated by Dr. Shira Taylor and is 100% covered by OHIP.

The goal of this group is to introduce the specific tools and skills of mindfulness meditation for motivated individuals struggling with habitual/chronic stress, burnout, depression and/or anxiety.

Suitable participants:

- are dealing with burnout, stress, or a mental health condition and could benefit from learning tools for stress reduction
- are ready and willing to commit to coming to all eight sessions and a one day retreat
- Are willing and able to do one hour of home practice daily
- have a valid OHIP card
- Are not dealing with active serious mental health issues (untreated PTSD, psychosis, suicidality, etc), an active substance use addiction, or life circumstances that prevent regular group participation

To learn more and to register please go to: <https://www.drshirataylor.ca/upcoming-groups/mindfulness-parry-southern-muskoka-lh4pf>

Although a referral from your family doctor is not required, it is helpful. Please find attached a referral form to bring to your doctor. Feel free to share the attached poster as well.

Pickleball

Date and Time: Wednesday, November 27 6:30 pm - 9:00 pm

Address: 1207 Highway 518 Seguin ON

Pickle Ball. Everyone welcome!

No Charge.

Pickle Ball Wednesdays at 6:30 pm - 9 pm

Orrville Community Centre

Contact Neil for more information.

Darts - Drop-in

Date and Time: Wednesday, November 27 7:00 pm - 9:00 pm

Address: 1207 Highway 518 Seguin ON P2A 2W9

Drop in Darts every Wednesday at 7:00pm at the Orrville Community Centre. No Experience Required.

Thursday, November 28, 2024

Pickleball in Orrville

Date and Time: Thursday, November 28 9:30 am - 12:00 pm

Address: 1207 Highway 518 Orrville ON P2A 2W9

Everyone welcome! Free of charge. Sponsored by The Seguin Recreation and Culture Committee

Pickleball every Tuesday and Thursday 9:30 am - 12 pm

Orrville Community Centre

For more information call Peter Shoebottom 705-346-2279

Parent and Tot Skate

Date and Time: Thursday, November 28 10:00 am - 12:00 pm

Address: 15 Humphrey Drive

Parent and Tot Skate

Every Thursday from 10am-12pm at the Humphrey Arena.
This is a free event.

Pickleball in Foley

Date and Time: Thursday, November 28 1:00 pm - 3:00 pm

Address: 60 Rankin Lake Road Seguin ON

Everyone welcome!

Pickle ball Mondays and Thursdays 1-3pm

Foley Community Centre

For more information contact Kim 705-346-0993 or Bianca 416-559-9890
or Kara 705-732-4300 ext 263

Friday, November 29, 2024

Chair Yoga with Magda

Date and Time: Friday, November 29 9:30 am - 10:30 am

Address: 1207 Highway 518 Seguin ON P2A 2W9

Chair Yoga with Magda
Every Monday and Wednesday at the Orrville Community Centre
9:30 am - 10:30 am

To arrange a free scheduled ride call 705-746-5602
for class information email magdajustbe@icloud.com

Essentrics® Aging Backwards Workout to Boost Energy

Date and Time: Friday, November 29 9:30 am - 10:30 am

Address: 15 HUMPHREY DRIVE

Experience a full-body workout that will leave you feeling revitalized from head to toe. This is an age reversing workout to keep your connective tissue healthy and resilient, ensuring that you move with ease.

Joint mobility and stability are critical for daily activities and for optimal performance in any physical activity. Unlock your joints, move with freedom and live pain-free with the help of this full-body workout.

Suitable for all fitness levels. Whether you are an athlete or just beginning to exercise, we all need healthy joints and connective tissue.

Dynamic fluid movements focus on:

- Strengthening and stretching the key muscles that play an important role in the health of your joints,
- Building strength in muscle groups that are often overlooked to prevent injuries,
- Improve your balance,
- Activating fascia and connective tissue to reduce pain and tightness in your body,
- Deep stretches to improve flexibility and functional mobility,
- Enhance mobility of your ankles and feet,
- Classes are ALWAYS low impact for protecting our joints with an emphasis on body alignment,
- Classes are ALWAYS full-body to rebalance the muscle the groups from head to toe.

When you keep your joints healthy, you can continue doing all the things you love to do, from playing your favorite sport to gardening, or staying active outdoors with your kids or grand kids.

Bring exercise mat and water bottle.

Drop In \$15/class or purchase a class pass.

Check out details of class pass in FAQ section
www.essentricswithcaroline.ca

Participants are asked to read and sign waiver.

Humphrey Community Centre
15 Humphrey Drive
Take stairs or elevator to second floor

Scottish Country Dancing

Date and Time: Friday, November 29 10:30 am - 12:30 pm

Address: 2 Victoria Street W Rosseau ON P0C 1J0

Are you looking for a fun activity -

Try Scottish Country Dancing - every Friday at 10:30 am located in the Rosseau Memorial Hall.

It is free and we will teach you.

Couples and singles are welcomed !

Contact Keith (416) 409-2746 or Margaret (416) 409-4546

Line Dancing - Orrville

Date and Time: Friday, November 29 1:30 pm - 3:00 pm

Address: 1207 Highway 518 Orrville ON P2A 2W9

Join us for line dancing at the Orrville Community Centre.

Everyone welcome. Free of charge. Sponsored by The Seguin Recreation and Culture Committee

For more information contact Anna

Pickleball in Orrville

Date and Time: Friday, November 29 6:30 pm - 9:00 pm

Address: 1207 Highway 518 Seguin ON P2A 2W9

Pickle Ball. Everyone welcome!

No charge.

Some Fridays. Be sure to check the calendar for dates.

Contact Neil -705-380-1433

or Kara at the Township office 705-732-4300 ext 263

Saturday, November 30, 2024

Public Skating

Date and Time: Saturday, November 30 11:00 am - 12:50 pm

Address: 15 Humphrey Drive Seguin ON P2A 2W8

Public Skating

\$2/skater (4 years old and under free)

Times subject to change - check calendar of events often.

<https://calendar.seguin.ca>