



JUNE IS RECREATION AND PARKS MONTH

**Saturday, June 1**

- **Farmers Market**, 7 a.m. to 2 p.m. featuring over 55 vendors
- **Music in the Square**: Rob Repovs Music 10:30 a.m. to 1:45 p.m.

**FREE** **Intro to Handball** (*7 years to adult*), 10 a.m. Reserve a spot at [stcatharines.ca/ActiveSTC](http://stcatharines.ca/ActiveSTC)

**Monday, June 3**

**FREE** **Balance and Core Fitness**, 7:15 p.m. Harriet Tubman School Reservation required

**Tuesdays**

- **St. Catharines Museum and Welland Canals Centre** is open until 8 p.m. on Tuesdays. Check out the Museum's galleries, take a guided tour of the Welland Ship Canal Fallen Workers Memorial, or catch a ship locking through after-hours. Galleries and viewing platform are all open until 8 p.m.

**Tuesdays, June 4 to 25**

- **Beginner Tennis Lessons** Port Weller Community Centre courts Reserve a spot at [stcatharines.ca/ActiveSTC](http://stcatharines.ca/ActiveSTC)

**Wednesdays, June 5 to 26**

- **Hop On – Learn to Cycle** (*age 7 to 11 years*) Port Weller Community Centre courts Reserve a spot at [stcatharines.ca/ActiveSTC](http://stcatharines.ca/ActiveSTC)



Enjoy a trail

Play a round of disc golf in Richard Pierpoint Park



Play basketball at the new multi use courts at Catherine Street Park

Lace up your skates for public skating

Take a dip at the Kiwanis Aquatics Centre

Stroll the labyrinth at Fairview Park

cool off at a splash pad



**Thursday, June 6**

- **Farmers Market**, 8 a.m. to 2 p.m. featuring over 35 vendors

**Saturday, June 8**

- **Farmers Market**, 7 a.m. to 2 p.m. featuring over 55 vendors
- **Music in the Square**: Robert Alfieri 10:30 a.m. to 1:45 p.m.
- **Intro to Handball** (*7 years to adult*), 10 a.m. Reserve a spot at [stcatharines.ca/ActiveSTC](http://stcatharines.ca/ActiveSTC)

**Tuesday, June 11**

- **Summer program registration** opens at 6 p.m. for residents

**Thursday, June 13**

- **Farmers Market**, 8 a.m. to 2 p.m. featuring over 35 vendors

**FREE** **Intro to Handball** (*7 years to adult*), 6 p.m. Reserve a spot at [stcatharines.ca/ActiveSTC](http://stcatharines.ca/ActiveSTC)

**Saturday, June 15**

- **Farmers Market**, 7 a.m. to 2 p.m. featuring over 55 vendors
- **Music in the Square**: Chris Scott 10:30 a.m. to 1:45 p.m.

**Wednesday, June 19**

**FREE** **POUND Fitness**, 9:30 a.m. Kiwanis Aquatics Centre Reservation required

**Thursday, June 20**

- **Farmers Market**, 8 a.m. to 2 p.m. featuring over 35 vendors

**Saturday, June 22**

- **Farmers Market**, 7 a.m. to 2 p.m. featuring over 55 vendors
- **Music in the Square**: Rusty Jacob 10:30 a.m. to 1:45 p.m.

**Monday, June 24**

**FREE** **HIIT Fitness**, 6:15 p.m. Harriet Tubman School Reservation required

**Thursday, June 27**

- **Farmers Market**, 8 a.m. to 2 p.m. featuring over 35 vendors

**Saturday, June 29**

- **Farmers Market**, 7 a.m. to 2 p.m. featuring over 55 vendors
- **Music in the Square**: Ryan Thomas Smelle, 10:30 a.m. to 1:45 p.m.
- **Discovery Table**: Let's Get Green featuring Tiny Harvest 9:30 a.m. to noon

**St. Catharines Museum and Welland Canals Centre** is open daily 9 a.m. to 5 p.m. Admission is by donation.

**Lakeside Park Carousel**  
For the young and young at heart! The Lakeside Park Carousel is open Saturdays and Sundays from 11 a.m. to 8 p.m. The Carousel is still 5 cents a ride or admission by donation.

# JUNE IS Seniors MONTH

Register at  
**ActiveSTC**

Some fees apply for programs.  
For more information please call  
905.685.6668 or visit  
[stcatharines.ca/ActiveSTC](http://stcatharines.ca/ActiveSTC)



**Everyday:**  
lounge area,  
computers,  
TV, books and  
puzzles.

## Monday, June 3

- **Flag raising and Pickleball with a Politician**  
Dunlop Dr. Older Adult Centre, 9:30 a.m.



## Mondays

- **HIIT Fitness**  
Harriet Tubman Public School  
6:15 p.m. to 7:15 p.m.

**\$2.30 members and \$3.65 non-members**

- **Balance and Core**  
Harriet Tubman Public School  
6:15 p.m. to 7:15 p.m.

**\$2.30 members and \$3.65 non-members**

## Monday to Friday

- **Seniors' Centre Without Walls**  
various times  
Dial 1.866.279.1594  
and enter participant  
code 943825#



## Monday, June 10 to Saturday, June 15

- **FREE Complimentary coffee and tea**  
All Older Adult Centres

## Thursdays

- **Maximize Mobility**  
West St. Catharines Older Adult Centre  
5 p.m. to 6 p.m.

**\$2.30 members and \$3.45 non-members**

## Saturday, June 22

- **An Afternoon of Entertainment and Dance with the Jimmy Marando Swing Band**  
Dunlop Dr. Older Adult Centre  
2 p.m. to 4 p.m.

**\$20 per person**

## Monday, June 24

- **FREE Nordic Pole Walk and Museum Tour**  
St. Catharines Museum and Welland Canals Centre, 1 p.m.

## Thursday, June 27

- **Lunch and Music Trivia with Ted Yates**  
West St. Catharines Older Adult Centre  
12:30 p.m. to 2:30 p.m.

**\$10 per person**

**Links to Wellbeing social prescribing project participation** can reduce social isolation in older adults. Programs that promote active participation by older adults have been demonstrated, time and time again, to be an effective strategy to reduce loneliness and to improve social connectedness, and mental and physical health.

Self refer by phoning 905.688.5601 ext. 1566

Receive a 12 time pass to participate in any Older Adult Centre programming.



Annual  
membership,  
prorated,  
**\$40.75**

 St. Catharines

