



MUNICIPALITY OF

North Perth Community Connection Newsletter

May/ June 2024

V24I3

"Fostering a Sense of Community through Quality Programs"

13th Annual
North Perth Community of
Character Run

Thursday May 30, 2024



1 km, 3km, 5km, 10km Run
3 km Walk

Registration Opens March 8, 2024
info@cocnp.net

LISTOWEL'S Lifestyle SHOW 2024

Over 50
VENDOR
SPACES

Fri. May 10, 4-9

Sat. May 11, 9-3

Steve Kerr Memorial Complex
LISTOWEL

965 Binning St W, Listowel, ON N4W 0G6

Free Admission

Gratefully accepting non-perishable food items
for our local food bank

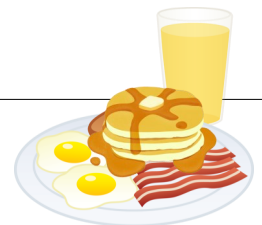
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Emergency Services 24hr Mental Health Awareness Walk

Saturday, June 22nd – Sunday, June 23rd, 8:00am to 8:00am
Steve Kerr Memorial Complex, 965 Binning St. W, Listowel
Come join Police, Firefighters, EMS, and other emergency services
personnel as they walk around the track for 24 hours to raise
awareness for mental health.
Thank you to event sponsors: Feige's Gourmet Dressing, LivFit
Listowel, and Pharmasave Listowel Pharmacy

Firefighters BREAKFAST

No need to cook, or wash the dishes.
Let our firefighters cook
breakfast for you!
Donations are welcome.
Listowel: May 26, 8am-1pm
Listowel Agricultural Hall



Atwood: June 2, 8am-12noon
Atwood Fire Station
Monkton: June 9, 8am-12pm
Elma Logan Rec Complex

Bike Rodeo

May 25, 2024

10am-Noon

Steve Kerr

Memorial Complex



North Perth's Annual
Teddy Bear Family



PLAYDAY

Saturday, June 15, 2024

11:00 - 2:00 Listowel Memorial Park
455 Royal Street, Listowel, ON

Want to play? Then head to our Teddy Bear Play Day! It is a free
family event celebrating play, and the fun, freedom and learning
that naturally comes with it. With a variety of fun and interactive
play zones, there's lots to enjoy!

FEATURING:
Rock Climbing Wall
Inflatables
Train Rides

Your regular fun play zones will be there too:
Get creative in our Art Zone
Free Sponsored Family Swim at our Water
Zone (Listowel Kinsmen Pool)
Mini Putt at the Sand Zone
What structure will your imagination make in
the Building Zone
Plant a flower in the Garden Zone



LET'S GET READY FOR SPRING!!

May 15, 2024

5pm-9pm

Steve Kerr

Memorial Complex



Come have some fun making
a spring floral arrangement.
Learn how to turn your beautiful
flowers into a professional
arrangement.

To register visit our website
www.northperth.ca/register
(Found in workshops)

Perth Children's Water Festival

Sunday, May 26th, 2024 from 1 p.m. – 4 p.m.

(Rain date set for Sunday, June 2nd)

Listowel Memorial Park -455 Royal St E,

Admission is free!

Experience our fun-filled, hands-on, water focused activities for kids of all ages. Come learn about our water resources and their importance in the community.



Disclaimer: North Perth strives to provide you with the most current and accurate information. The information in this newsletter is current as of the print date Friday, April 19th, 2024. **All programs and events are subject to change or cancellation.**

Please visit our website at www.northperth.ca for updates.



Summer Day Camp!! *****Weekly Pre-registration and pre-payment required**

Ages: children going into Grade 2 (Fall 2024) - 12 years of age *For children going into Grade 1 in Fall 2024 call to register for the Summer Kinder Camp Program at 519-291-4222*

Camp A: 6:30am - 4:15pm, Camp B: 7:45am - 5:30pm. *All Specialty Camps are full*****

Weekly Pre-registration and payment is required for all camps. Parents/Guardians must abide by pre-registered drop-off/pick-up times. Summer Camps are per week and must be paid in advance as per North Perth payment policy.

2024 Weekly Camp Schedule		REGISTER ONLINE: visit www.northperth.ca/register		
	THEME	WEEK	Availability	COST/WEEK
1	Blast into Summer (No Camp Mon. July 1)	July 2 – 5	Camp A: Availability Camp B: Full	\$156/Child
2	Mission Impossible	July 8 - 12	Camp A & B: Full	\$195/Child
3	Ooey Goopy Science	July 15 – 19	Camp A: Availability Camp B: Full	\$195/Child
4	Splash Academy	July 22 – 26	Camp A & B: Full	\$195/Child
5	Summer Olympics	July 29 – Aug. 2	Camp A: Limited Availability Camp B: Full	\$195/Child
6	Inventors Week (No Camp Mon. Aug. 5)	Aug. 6 – 9	Camp A: Availability Camp B: Full	\$156/Child
7	Into the Wild	Aug. 12 – 16	Camp A & B: Full	\$195/Child
8	Dinosaur Discovery	Aug. 19 – 23	Camp A: Limited Availability Camp B: Full	\$195/Child
9	Frozen in Summer	Aug. 26 – 30	Camp A & B: Full	\$195/Child

Sponsored Swimming



Why not be a sponsor for our Family & Public Swims this summer!

Your sponsorship would allow residents to participate free of cost and would be

giving your Business/Organization/Club, etc. an opportunity to promote itself within the community.

The Programs Department will provide advance advertising in the Community Connection Newsletter, the Municipal Website, Facebook, Twitter and at the sponsored pool as a thank you for your sponsorship!

If you have any questions or to book a sponsorship, please feel free to email us at programs@northperth.ca or call 519-292-1448.

ARE YOU IN GRADE 4-12 AND WOULD LIKE TO:

- EXPLORE NEW YORK CITY?
- WATCH A BROADWAY SHOW?
- PERFORM AT CARNEGIE HALL, MARCH BREAK 2025?
- REPRESENT LISTOWEL IN NYC?
- ENGAGE IN ARTISTIC/CULTURAL ACTIVITIES?



TO DISCOVER HOW YOU CAN BE A PART OF A **ONCE IN A LIFETIME OPPORTUNITY TO PERFORM IN A CHOIR WITH LISTOWEL BORN & RAISED COMPOSER/CONDUCTOR, PAUL AITKEN AT CARNEGIE HALL, IN NYC!**

IF YOU ARE INTERESTED, PLEASE CONTACT*:
MORGAN: MORGAN.KUEPFER@ED.AMDSB.CA
 OR
CLAUDIA: CLAUDIA.PRESCOTT@ED.AMDSB.CA

*CONTACT MUST BE MADE PRIOR TO JUNE 11, 2024 TO RESERVE YOUR SPOT!



In coordination with Mid-America Productions in NYC, Ellison Tours and the Municipality of North Perth



Pool Opens June 10th

Atwood and Listowel Public Swims:

June 10-14, 2024 6:30 - 7:20pm

Need a Deep End Test?

Come at 5:45-6:30pm that week!



2024 Swimming Lesson Schedule

Advanced Swim Lessons (Bronze Medallion, Bronze Cross, Bronze Star): July 15-19, 2024		Session 1 June 17-28	Session 2 July 2-12 (No class Jul.1)	Session 3 July 22- Aug. 2	Session 4 Aug. 6-16 (No class Aug.5)
Parent & Tot (4-12 months) with a caregiver the child will explore the water through buoyancy, movement skills, intro to PFDs and entries	\$80	n/a	10:00 -10:30	10:45 - 11:15	11:15 - 11:45
Parent & Tot 2 (12-24 months) with a caregiver the child will perform assisted front and back floats, learn how to travel at the surface by kicking, intro to PFDs and entries.	\$80	n/a	10:00 -10:30	10:45 - 11:15	11:15 - 11:45
Parent & Tot 3 (2-3 years) with a caregiver the child will have fun jumping into the water with assistance. They learn to hold their breath and open their eyes under water. Kicking on front and back swim orientation and stroke development.	\$80	4:30 - 5:00	11:15 -11:45	9:30 - 10:00 11:15 – 11:45	10:45 - 11:15
Preschool A (3-5 years) Swimmers jump into chest-deep water assisted. Floating on front and back and back glides with assistance for 3 seconds. Shallow water movement wearing a PFD. Fitness swim 1-2 m.	\$80	4:30 - 5:00	10:45 -11:15	10:00 – 10:30	9:30 - 10:00
Preschool B (3-5 years) Preschoolers jump into chest-deep water and get in and out wearing a PFD. They submerge and exhale under water. They glide on front and back 3m with a buoyant aid. Flutter kick on back 5m.	\$80	5:45 - 6:15	10:45 -11:15	11:15 - 11:45	10:00 - 10:30 11:15 - 11:45
Preschool C (3-5 years) Preschoolers try both a jump and a side roll into deep water while wearing a PFD. They recover objects from the bottom in waist-deep water. Kicking and gliding on front and back unassisted. Fitness swim 5-7m.	\$80	4:00 - 4:30	11:15 - 11:45	10:45 - 11:15	10:00 - 10:30 10:45 – 11:15
Swimmer 1 (6+ years) Beginners become comfortable jumping into water with and without a PFD. They open their eyes, exhale and hold their breath under water. They work on floats, glides and kicking on front and back. Fitness swim 5-10m.	\$80	5:15 - 5:45 5:45 - 6:15	9:30 - 10:00	10:00 - 10:30 10:45 - 11:15	11:15 - 11:45
Swimmer 2 (6+ years) Advanced beginners jump into deeper water and become comfortable falling sideways into the water wearing a PFD. Tread water without an aid, recover an object in chest-deep water. Fitness swim 10-15m.	\$80	4:30 - 5:00 5:45 - 6:15	9:30 - 10:00	10:00 - 10:30	9:30 - 10:00 11:15 - 11:45
Swimmer 3 (6+ years) Swimmers develop front and back crawl strokes, and explore whip kick in a vertical position. Swimmers tread water for up to 30 sec. and learn to transition from front to back flutter kick. Fitness swim 20-25m.	\$80	4:00 - 4:30 5:15 - 5:45	10:45 -11:15	9:30 - 10:00	10:00 - 10:30
Swimmer 4 (6+ years) Swimmers work towards stride dives and standing dives into deep water. They improve the front crawl, back crawl and whip kick. Swimmers are introduced to a 3m under water swim. Fitness swim 50m.	\$80	4:00 - 4:30	10:00 -10:30	11:15 - 11:45	10:45 - 11:15
Swimmer 5 (6+ years) Junior swimmers shallow dive into deep water and perform in-water back somersaults. They achieve the Canadian Swim to Survive Standard. Front and back crawl while breaststroke skills are introduced. Fitness swim 100m.	\$80	5:15 - 5:45	11:15 - 11:45	11:15 - 11:45	9:30 - 10:00
Swimmer 6 (6+ years) Intermediate swimmers increase efficiency in front crawl, back crawl and work to develop breaststroke skills, introduced to stride entries, scissor kick and vertical dolphin kick. Front and back crawl sprints. Fitness swim 150m.	\$85	4:00 - 5:00	9:30 -10:30	9:30 - 10:30	n/a
Swimmer 7 (6+ years) Intermediate swimmers master dolphin kick, diving off blocks and eggbeater. They are introduced to sculling and continue to maximize efficiency in front crawl, back crawl and breast- stroke. Fitness swim is 300m.	\$85	4:00 - 5:00	9:30 - 10:30	9:30 - 10:30	n/a
Swimmer 8 (8+ years) Advanced skills include head and foot first surface dives and 25m obstacle swim. First aid basics. Swim lengths of front crawl and breaststroke. Fitness Swim 350m.	\$85	5:15 - 6:15	n/a	New LKP July 15-19 Condensed Wk. (Swim 8 & 9) 10:45 - 11:45	n/a
Swimmer 9 (8+ years) 75m swims of front crawl, back crawl and breast-stroke. Rescues with buoyant aid and timed object support. First aid continued. Fitness swim 500m.	\$85	5:15 - 6:15	n/a		n/a

Private Swim Lessons \$130/Week Session Register Online at www.northperth.ca/register



Red Cross Babysitting Course

June 7th 9-3pm Cost \$60/person

Atwood, Elma Memorial Community Centre

Must Pre-register and Pre pay

To register visit www.northperth.ca/register



Home Alone Course

May 11th 9-2pm Cost \$55/person

Atwood, Elma Memorial Community Centre

Must Pre-register and Pre pay

To register visit www.northperth.ca/register

If you require more information about our programs contact the Programs Department at programs@northperth.ca

FREE!!! Adult Co-ed Recreational Soccer

A co-ed outdoor opportunity to develop confidence in soccer skills as well as improving fitness participating in a recreational, non-competitive program based on your level of skill and experience; beginners are welcome! Participants need to have running shoes (or cleats if you have them), shin pads and water bottle.



Must be 20 years and older
Starting Wed. May 1st 7-9pm
(weather permitting) Spinrite Soccer Field
(Steve Kerr Memorial Complex)

If you have any questions participants are asked to contact Peter at swifthammer@yahoo.ca



Next Door North Perth
Neighbours Meet and Greet

We encourage the members of North Perth to get outside, meet new people and make connections with those in your neighbourhood. Knowing those that live in your community is a great way for people to come together and make a positive impact on the lives of others.

MAY 11, 2024

Listowel, ON
 Atwood, ON

Visit the municipal social media and website to learn more about this initiative that being brought forward by the North Perth's Diversity, Equity, and Inclusion Advisory Committee.



8 Week Girls Soccer Program for ages 6-12yrs

Saturdays starting June 1st—July 20th

10-11am at the Wallace Soccer fields \$25.00

This program will use activities to develop important basic motor skills. Overall the program will be FUN, active and will provide young girls with an opportunity to develop their fundamental skills and increased knowledge of the game. Must Pre-register and Pre pay To register visit www.northperth.ca/register

BOCCE BALL
STARTING MAY 7TH 2024

TUESDAYS AND THURSDAYS
9AM AND 7PM

LISTOWEL BOCCE BALL COURTS
(BEHIND MAITLAND TERRACE)

QUESTIONS PLEASE CONTACT:
ANNE 519-418-1944 OR
MARLENE 226-622-9935



Listowel Fitness Bootcamp

\$10 Drop in fee

Mondays at SKMC - in the Community Room

6:30 to 7:30pm

All are welcome!!

For more information contact Sonya: littleark@hotmail.com

Opportunity SALE

Knox Presbyterian Church, Listowel

Friday, May 3 from 2 - 7 p.m.

Saturday May 4 from 8:30 a.m. to Noon.

Clothing, housewares and so much more!

For more information contact: 519-291-4690



Infant/ Toddler Choking and CPR Workshop

This workshop is a partnership between the Municipality of North Perth and EarlyON.

Learn about what to do in case of an emergency. We will be covering topics such as Choking, CPR, and Basic First Aid

May 28, 2024 • 6-8pm

Location: Steve Kerr Memorial Complex

\$15/person

register online at

www.northperth.ca/register



Red Cross Standard First Aid and CPR Course

June 22nd 8:30-4:30 Cost \$135.00/person

Online pre-course work must be completed prior to course

For Ages 14yrs +

Atwood, Elma Memorial Community Centre

Must Pre-register by emailing:

nalexander@northperth.ca



SETSEVEN

SKILLS AND TECHNOLOGY • NORTH PERTH & REGION

- ✔ Job readiness skills
- ✔ Compliance certifications
- ✔ Professional development
- ✔ Training support for employers
- ✔ ESL classes

Stay tuned for new courses launching soon!

www.set7.ca

email: set7@northperth.ca

Call: 519-444-4098

Cooking Class and Food Preparation

For ages 12-14 June 6th. 5pm-6:30pm

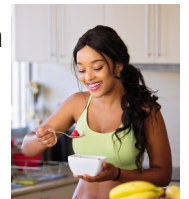
at the Steve Kerr Memorial

Complex—Community Room/ Kitchen

Free! Limited Space

To register visit

www.northperth.ca/register



Do you Have a Colostomy, Ileostomy or Urostomy or Internal Pouch?
 You local support group meets every first Tuesday of the Month. They are here to help learn to live your life to the fullest!
 Contact: Janet Heinbuch 519-273-4327
 jpheibuch@outlook.com



NORTH PERTH NEW RESIDENT Welcome
 NORTH PERTH CHAMBER OF COMMERCE WELCOMES YOU!
 The North Perth Chamber of Commerce would like to Welcome you with a package to help you adjust to your new surroundings. Stop in today at the North Perth Chamber office!!
 580 Main Street West Listowel, Ontario N4W 1A8
 Business Hours Monday to Friday 9:00am to 4:00pm
 Phone: 519-291-1551 Email: info@npchamber.com

COMANCHEROS CAR CLUB WITH NORTH PERTH COMMUNITY HOSPICE PRESENTS

Poker RALLY

June 15th, 2024 *Let's Ride*
 10am - 9pm

DINNER LIVE MUSIC SILENT AUCTION

PRE-REGISTER BY JUNE 5TH start and finish at PARKVIEW GARDENS, LISTOWEL stops include: PENTASTIC, HUNTER ENTERPRISES, & STOP 23

Registration \$50 hand/person

\$ Hard Cash FOR THE BEST HAND
 All vehicle types welcome

Scan for registration form and more information or call 519-291-5141

Create Lasting Memories
 AT THE NORTH PERTH COMMUNITY HOSPICE MEMORIAL WORKSHOP

Craft a beautiful memorial stone in honour of your family's person or pet. All ages welcome.

MAY 25, 2024
 10am - 12pm
 Location in Listowel but TBD based on Registration

FORGIVENESS IN OUR HEARTS

WORKSHOP HIGHLIGHTS:

- All Materials Included
- Express emotions through art
- Reflect and heal as a family

NO COST TO ATTEND
 REGISTRATION REQUIRED
 SPACE IS LIMITED

FOR REGISTRATION: 519-291-5141 AND MORE INFO: VVHOSPICE@WIGHTMAN.CA

Sponsored by:
 STRATFORD PERTH COMMUNITY FOUNDATION
 It all comes back to you.

Trivia?d

The Listowel Kinsmen host Trivia & Taps on the 3rd Tuesday of the month at the Listowel Kin Station. The start time is 7 pm, with doors opening at 6:45 pm. The details are as follows: The team fee is \$50. Teams size is up to 6 players, bar and popcorn available Signup at www.listowelkinsmen.org

Our upcoming Trivia & Taps are:
 Friday, May 17 from 7-10:30pm
 Friday, June 21 from 7-10:30pm - last one until September

Listowel Legion
 565 Elizabeth St E, Listowel, ON (519) 291-2650
 Any questions about programs offered at the Listowel Legion please call the legion after 4pm.

Cards: All cards start at 7:30pm and will end by 10 pm to paly cards costs of \$3.00 per person is required
 Monday nights is Lost Heir
 Tuesday nights is Pepper
 Wednesday night is Euchre Everyone is welcome do not need to be a member and do not need a partner

Darts: You must have your own darts
 Men's darts are Tuesday night and start at 7:30pm
 Ladies' darts are Thursday night - 7:30pm

Meat Draw: Friday nights at 6 pm. Everyone welcome – tickets must be purchased to have a chance to win.

The Centre for Employment & Learning
 Every client. Every time.

Call or Visit Today! 519-291-9453
 280 Wallace Ave S.

Adult Education

High School Credits

- Earn a diploma
- Upgrade credits

Ask about PLAR

ESL

Online and in person
 Levels 0 - 8
 Citizenship Classes

Skills Upgrading

Online and in person
 Job Skills
 Digital Skills

Canada EMPLOYMENT ONTARIO Ontario

POLICE WEEK BBQ!

Join the Perth County OPP in celebrating Police Week at a free BBQ hosted at our North Perth Detachment on Saturday May 18th, 2024! Adults and kids alike enjoy checking out the police cruisers and ATVs. Food and drinks supplied by Erie Meats. More details to come!

Saturday, May 18th, 2024, 11:00am-3:00pm
 North Perth OPP Detachment
 330 Wallace Ave N., Listowel

HATE CRIME INFORMATION SESSION

The Perth County OPP, in partnership with the Avon Maitland District School Board, is presenting an awareness and information session about Hate Crime. Speakers will include the Human Rights and Equity Lead with the AMDSB, and a member of the Ontario Provincial Police. Representatives from community organizations will be present to provide resources, and there will be time for questions and answers.

Thursday, May 30th, 2024, 6:00pm-8:00pm
 Listowel District Secondary School, 155 Maitland Ave. S., Listowel



LIBRARY CORNER

Register in person, by phone,
or online: www.nppl.ca

We have a new website!

Our new website has officially launched and we couldn't be more excited to share it with you all. Visit us at www.nppl.ca on your computer, tablet, or mobile device today.

Summer Programs & Reading Challenges

Join the North Perth Public Library for a summer filled with fun and adventure. The fun begins July 1 and will run until August 23!

Spring Flower Take & Makes!

Come in starting May 1 to pick up your supplies to make a spring craft at home!

No holds, limited quantities available, 2 kits per family maximum, available at all NPPL branches

Create an Art Entry Listowel Branch

Registration Required
June 7

Ages 6-9 (10:30am-12pm) and ages 10-15 (1-3pm)
Make a card or scrapbook layout based on this year's fair themes. Materials will be provided, you provide photo(s)!

Essential Oils 101

May 14, 6:30pm
Listowel Branch

Join us as we touch on the history and uses of essential oils and then we will get to put our knowledge to use as we make (and take) our very own room spray. Register today!

Parks Passes

Explore nature on us! Get entrance to some Ontario Parks, Grand River Conservation Area or Upper Thames Conservation Area for free.

Come into NPPL to get your pass today!

Atwood
218A Main St. / 519-356-2455

Listowel
260 Main St. W. / 519-291-4621

Monkton
200 Nelson St. / 519-347-2703

Mon 12-5 Tues 3-8 Thurs 11-2 Sat 1-3

Mon 10-8 Tues 10-8 Wed 10-8
Thurs 10-8 Fri 10-5 Sat 10-3

Tues 11-2 Wed 3-8 Thurs 3-8 Sat 10-12



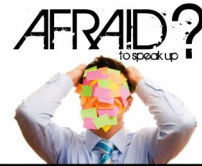
Our **Harvest of HOPE Educational Garden** is here to encourage learning. We are open to all, and programs are free. If you are interested in participating in any of these upcoming events, or if you would like to volunteer to assist with this year's garden, please email or call Carolyn Saunders - carlyn.saunders@salvationarmy.ca or 519-291-2900

- Sourdough Bread Making Class - Wed, May 8th 7-8:30pm
- Small Space/Container Gardening Class - Wed, May 15th 7-8:30pm
- Cheese Making Class - 7-8:30pm - Thurs, June 6th 7-8:30pm
- Canning Basics Class - 7-8:30pm - Thurs, June 13th 7-8:30pm

HOPE Eats Community meals will continue through May and Most of June. Free of Charge. 5:00-7:00 at 625 Main St. E. in Listowel.

Our **Food Bank** is available for those in need at 326 Main St. E. Unit D in Listowel. Please contact Carolyn for an individual appointment. carolyn.saunders@salvationarmy.ca or text 226-622-4719.

If you have a few hours to spare each week and would like to be involved in helping *feed our community* through Hope Eats or HOPE Links, please reach out to Kelly about volunteering. Kelly.payne@salvationarmy.ca or 519-291-3200



TOASTMASTERS
INTERNATIONAL

TOASTMASTERS

Do you freeze anytime your boss asks you a question at a meeting? Are you filled with fear when you have to stand at the front of a room and lead a group through a presentation? Are you dreading the thought of making a speech at a wedding you're attending in a few months? If this describes you, chances are - you are afraid of public speaking! (as are MOST of us). Joining Toastmasters gives you the chance to practice speaking in front of a group of people so you can start to feel more comfortable speaking in front of others. We offer a very friendly, laid back environment to practice in, and have a lot of fun in the process. Meetings are every Thursday evening at 7:14 p.m. in the Community Room of St Pauls Lutheran Church, 505 Wallace Ave North, Listowel. Msg us on Facebook for details (Linguists of Listowel) Or message Darren Martin directly at 519-616-0171 or darrenmartin397@gmail.com

**FREE LEARNING SUPPORT
IN LISTOWEL.**

Are you a student struggling with math, reading or writing?

Are you tired of watching your child struggle with school work?

Support is available for:

- All students registered in Grades 7 through 12
- Any parent or guardian of a student (from JK to Grade 12) who would like assistance learning how to support their child(ren)

To register, contact: Elizabeth.Durnin@ed.amdsb.ca

Location: • 280 Wallace Ave S., Listowel

Dates: • now until June 26, 2024
• Monday 2:30pm to 4:00pm
• Wednesday - 2:30pm to 7:00pm
• Thursday 2:30pm to 4:00pm



The Centre for
Employment
& Learning

LISTOWEL COMMUNITY GARAGE SALE

Saturday May 11, 2024

7:00am – 2:00pm

Home of Community Connection Newsletter at www.northperth.ca

Senior Connection

Lonely No More

Rural Community Connections •••► a program for seniors

YOU ARE INVITED TO JOIN OUR

Virtual Music Group

Fridays @ 3:30pm

Join online at <http://pwa.zoom.us/jc/>
and enter in the meeting ID:
8255122752

Or over the phone by dialing 855-703-8985

Need help? Call the Lonely No More
Coordinator at 519-292-6862

Alzheimer Society
HURON PERTH

Memory and Aging Program™

Memory
aging &
PROGRAM

What kinds of memory changes should I expect as I grow older?
What changes are normal and which ones are not?
Can I improve my memory? Find answers at this 4-week course!

Thursday April 25 1:30 pm - 3:30 pm
Thursday, May 2 1:30 pm - 3:30 pm
Thursday, May 9 1:30 pm - 3:30 pm
Thursday, May 16 1:30 pm - 3:30 pm

Location: Knox Presbyterian Church
220 Livingstone Ave N, Listowel

\$25 Workbook Fee
Program registration required

More information or to register: Alzheimer Society Huron Perth
Stratford: 519-271-1910 or Clinton: 519-482-1482
email: christyb@alzhp.ca

HEART HEALTH NUTRITION SERIES

Session 1: Blood pressure and the
DASH diet

Session 2: Cholesterol and the
Mediterranean diet

Session 3: Heart Healthy Recipes

WHEN: Thursday's- May 2, 9, 16

WHERE: Fisher Family Primary Care Centre- 185 Inkerman St. East, Listowel

WHEN: 2-4pm

To RSVP, please call 519-291-3125 x 6271 or email: jenessa.grein@lwafht.ca

Listowel-Wingham
and Area
FAMILY
HEALTH TEAM

North Perth Seniors

- May**
- 2 - U-Turn
 - 9 - Al Crawford
 - 16 - The Parson Brothers
 - 23 - TBD
 - 30 - The Country Versitiles
- June**
- 6 - The Country Versitiles
 - 13 - The Classics
 - 20 - Randy Satchel
 - 27 - The Country Versitiles

All programs begin at 2pm at the Legion
Auditorium Listowel. \$5.00 includes: Admission,
Entertainment, Refreshments, 5 door prize draws
& 6 spot dance prizes!

For program or trip information, or to reserve your seat, Call:

Kira Gall ~ North Perth Seniors Program Coordinator
Monday to Friday 9am to 5pm at (226)622-4882 or
Email Kira at northperthseniorscentre@gmail.com



Follow us on Facebook! @northperthseniors!

VON Perth Huron needs you!

Are you a social person who wants to give back
to your community by sharing your time?

We are seeking caring volunteers to join our team
in Listowel:

- Deliver or Serve Meals
- Provide Rides for Appointments
- Lead an Exercise Class (Training Provided)
- Visit One on One with an Isolated Senior
- Assist with Activities at the Day Program

*Multiple Roles & Flexible Hours



Make an impact.
Volunteer at VON.
Call: 519-291-5898
justine.jordan2@von.ca
VON.ca/volunteer



If you require more information about our programs contact the Programs Department at programs@northperth.ca

North Perth EarlyON Child & Family Centre



Office Phone (519) 291-6626 Cell Phone (519) 444-8965
 Email: earlyon@northperth.ca
 Facebook & Instagram: North Perth EarlyON Child & Family Centre



EarlyON Playroom Locations

North Perth EarlyON: BINNING

955 Binning St. West Listowel ON
 (Shared entrance with North Perth Spinrite Child and Family Centre)

North Perth EarlyON: TREMAINE

1209 Tremaine Ave. Listowel ON.
 (Far left entrance of St. Mary's Child and Family Centre.)

North Perth EarlyON: MONKTON

200 Nelson St. Monkton ON.
 (Located in the same building as to the Library, Monkton Childcare, and Arena)

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>No Program May 20</p>  <p>May 6, 13 & 27 PLAY & LEARN 9:30-11:30am EarlyON Playroom: Binning</p>	 <p>PLAY & LEARN 9:30-11:30am Salvation Army Church</p>  <p>No Evening Play & Learn May 28 May 7, 14 & 21 PLAY & LEARN 6-7pm EarlyON Playroom: Monkton</p>  <p>May 28 Infant Feeding Café 1-2pm EarlyON Playroom: Tremaine</p>	 <p>PLAY & LEARN 9:30 -11:30am EarlyON Playroom: Binning</p>  <p>Infant Program April 3—May 1 10-11:30am EarlyON Playroom: Tremaine **REGISTERED**</p>	 <p>BABY TIME 9:30-11:30am EarlyON Playroom: Tremaine</p>  <p>No Play & Learn May 30 May 2, 9, 16 & 23 PLAY & LEARN 10-11:30am Elma Memorial Community Centre</p>	 <p>PLAY & LEARN 9:30-11:30am EarlyON Playroom: Tremaine</p>  <p>No Play & Read May 3 May 10, 17, 24 & 31 PLAY & READ 10:30-11:15am Listowel Public Library **REGISTERED**</p>	<p>No Program May 18</p>  <p>May 4 & 11 PLAY & LEARN 9:30-11:30 am EarlyON Playroom: Monkton</p>  <p>May 25 BIKE RODEO 10am-12pm Steve Kerr Memorial Complex</p>
					<p>SUNDAY</p>  <p>May 26 CHILDREN'S WATER FESTIVAL 1-4pm Listowel Memorial Park</p>

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For more information visit the EarlyON page at www.northperth.ca



June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>PLAY & LEARN 9:30-11:30am EarlyON Playroom: Binning</p>	 <p>PLAY & LEARN 9:30-11:30am Salvation Army Church</p> <p>No Evening Play & Move on June 25</p>  <p>June 4, 11 & 18 PLAY & LEARN 6-7pm EarlyON Playroom: Monkton</p>	 <p>PLAY & LEARN 9:30 -11:30am EarlyON Playroom: Binning</p>	<p>No Baby Time on June 20 & 27</p>  <p>June 6 & 13 BABY TIME 9:30-11:30am EarlyON Playroom: Tremaine</p>	<p>No Play & Learn on June 14 & 21</p>  <p>June 7 & 28 PLAY & LEARN 9:30-11:30 am EarlyON Playroom: Tremaine</p>  <p>PLAY & READ 10:30-11:15am Listowel Public Library **REGISTERED**</p>	<p>No Program June 29</p>  <p>June 1, 8 & 22 PLAY & LEARN 9:30-11:30 am EarlyON Playroom: Monkton</p>  <p>June 15 Teddy Bear Family Play Day 11am-2pm Listowel Memorial Park, 455 Royal St. E.</p>

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