



MUNICIPALITY OF

# North Perth Community Connection Newsletter

*"Fostering a Sense of Community through Quality Programs"*

September/ October 2025  
V25I5

## SEPTEMBER / OCTOBER Days of Significance

To foster community connections and inclusivity, the North Perth Diversity, Equity, and Inclusion Advisory Committee is highlighting days of significance throughout the year that are important to members of our diverse community

September 5-14: Onam (Date Varies)  
September 10: World Suicide Prevention Day  
September 11-15: Mennonite Heritage Week  
September 23: International Day of Sign Languages  
September 30: National Day for Truth and Reconciliation / Orange Shirt Day  
October 1-31: Disabilities Employment Awareness Month  
October 1-31: Islamic History Month Canada  
October 1-31: Latin American Heritage Month  
October 1-31: Women's History Month  
October 4: National Day of Action for Missing and Murdered Indigenous Women and Girls  
October 10: World Mental Health Day  
October 11: International Day of the Girl Child  
October 11: National Coming Out Day  
October 14: Thanksgiving (date differs)  
October 17: International Day for the Eradication of Poverty  
October 18: Persons Day October 19: International Pronouns Day

An initiative of the DEI Advisory Committee  
If you would like to submit a date for consideration to be recognized please visit: [www.northperth.ca/DEI](http://www.northperth.ca/DEI)



## Perth County OPP Social Media



@OPP\_WR



@opp\_west



@OPPWest



**OPP Non emergency Number**  
**1-888-310-1122**



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,  
Business Hours Monday to Friday  
9:00am to 4:00pm Phone: 519-291-1551  
Email: [info@npchamber.com](mailto:info@npchamber.com)

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Turn your clocks  
back on Sunday,  
November 2/25



**Are you new to the community or looking to find out what we have to offer? Are you wanting to become more involved with this community?**

**Be the First to know!**

**Follow us on Facebook, Twitter, Instagram and visit our website!**  
**[www.northperth.ca](http://www.northperth.ca)**



## YOUTH GIRLS VOLLEYBALL COACHES NEEDED

- Evening Practice once per week
- Westfield Elementary School

11-12u potential practice dates Mon. evening  
13-17u potential practice dates Tues. evening

If you have a passion for sports and enjoy working with youth, please email the programs department TODAY!

[programs@northperth.ca](mailto:programs@northperth.ca)



## PUBLIC SWIMMING SPONSORS

63% of our public swimming opportunities at the pools in North Perth have been sponsored by our generous local businesses and organizations!

Their generosity allows the community to get active and connect with friends and family!

**THANK YOU to all of our sponsors!**



## Have You Seen Excellence? Nominate Now!

It's easy to express your appreciation for GREAT service, products or experience from local businesses.

**Nominate A Business**  
**Open until Sept 9**

Josslin Insurance  
a Real Insurance broker



**EXPRESS  
NOMINATION  
FORM ONLINE**  
Go to:  
[NPChamber.com](http://NPChamber.com)

THANKING OUR EVENT SPONSORS - LISTOWEL TECHNOLOGY INC | MUNICIPALITY OF NORTH PERTH | PERTH COUNTY EC. DEV. | LIBRO CREDIT UNION  
CLEANING DEPOT | ERIE MEATS | TD | TRILLIUM MUTUAL INSURANCE | WARD & UPTIGROVE | LISTOWEL BIA | THE RANCH 100.1 FM | IDEAL SUPPLY

**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, August 15, 2025. **All programs and events are subject to change or cancellation.**

Please visit our website at [www.northperth.ca](http://www.northperth.ca) for updates.

# North Perth Skating Schedule

## Steve Kerr Memorial Complex:

### LISTOWEL

965 Binning St W Listowel



### Free Parent Tot Skate

#### Steve Kerr Memorial Complex:

Tuesdays and Thursdays  
10am-12pm

**Starting Sept 16th**

#### Elma Logan Recreation Complex:

Mondays and Wednesdays  
10am-12pm

**Starting Sept 29th**

## Elma Logan Recreation Complex:

### MONKTON

200 Nelson St. Monkton



### Free Senior Skate

#### Steve Kerr Memorial Complex:

Tuesdays  
12pm-1pm

**Starting Sept 16th**

#### Elma Logan Recreation Complex:

Mondays and Wednesdays  
12pm-1pm

**Starting Sept 29th**

## Wallace Community Centre:

### KURTZVILLE

6670 Perth Line 88, Kurtzville

### Free Senior Stick and Puck

#### Steve Kerr Memorial Complex:

Fridays 11am-12:00pm

**Starting Sept 19th**

**\*Note:** No Parent & Tot or Senior Skates/Stick & Puck on Statutory Holidays or other scheduled events. Schedule is subject to change. Please see calendar on our website [www.northperth.ca](http://www.northperth.ca) (Facilities)

## Public Skating

Individual Rate: \$5.00/ person  
Family Rate: \$15.00 \*Includes 2 Guardians and up to 5 children.  
(under 3yrs is free)

**\*\*Schedule is subject to change\*\***

Free if the skate is sponsored, please watch social media for our sponsors!

### Wallace - WCC

Oct 5, 12, 19, 26,  
Nov 2, 9, 16, 23, 30,  
Dec 7, 14, 21, 22,  
23, 28, 29, 30,  
Jan 2, 4, 11, 18, 25,  
Feb 1, 8, 15, 16, 22,  
Mar 1, 8, 15

### Listowel - SKMC

Oct 5, 12, 19, 26,  
Nov 2, 9, 16, 23, 30,  
Dec 7, 14, 21, 22,  
23, 28, 29, 30,  
Jan 2, 4, 11, 18, 25,  
Feb 1, 8, 15, 16, 22,  
Mar 1, 8, 16, 17, 18,  
19, 20, 22, 29,

### Monkton - ELRC

Oct 5, 12, 19, 26,  
Nov 2, 9, 23, 30,  
Dec 7, 14, 21, 22,  
23, 28, 29, 30,  
Jan 2, 4, 11, 18, 25,  
Feb 1, 8, 15, 16, 22,  
Mar 1, 8, 15, 19, 20

**If you would like to sponsor a Public Skating date email Nicole Alexander at [programs@northperth.ca](mailto:programs@northperth.ca) or if you would like to rent the Ice surface or facility please email Nicole Johnston [njohnston@northperth.ca](mailto:njohnston@northperth.ca)**

### SAVE THE DATE!!!

We are having a professional wreath making class!

November 20th, 2025 6pm –9pm

at Steve Kerr Memorial Complex

More details to come, check out our website

<https://app.univerusrec.com/northperthpub/>

### Walking track at Steve Kerr Memorial Complex

**Sept.:** Mon.-Fri. 8am-1pm **Oct.-April:** Mon.-Fri. 8am-6pm

#### Walking Track Guidelines and Detail:

- Walk/Run Counterclockwise
- Share the space when passing
- Two-lane inclusive track
- The track distance is 722 feet. 4.5 laps = 1km
- Track is closed on Stat Holidays
- Supervision is required for children

*\*Hours subject to change for private rentals, paid events and at the discretion of the Municipality.*



## UNIQUE BOARD GAME DAY



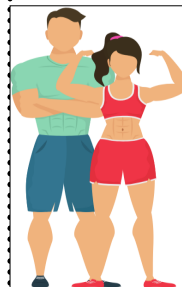
**Sun. Sept 21 and Oct 19, 2025  
2:00pm-5:00pm**

### Steve Kerr Memorial Complex - Blueline Room

*Unique games are provided. Participants are welcome to bring their own games.*

*16yrs+ or accompanied by parent/guardian*

*More Information email [programs@northperth.ca](mailto:programs@northperth.ca)*



### Listowel Fitness Bootcamp

\$10 Drop in fee

Mondays (starting Sept 16)

at SKMC in the

Community Room

6:30 to 7:30pm

All are welcome!!

For more information contact

Sonya: [littleark@hotmail.com](mailto:littleark@hotmail.com)



# MINOR BASKETBALL



North Perth is planning its North Perth Minor Basketball program!  
If you are in grades 1-8 and would like to register for our basketball program, information will be shared at the beginning of September!  
Watch our social media and registration software for more information!

To see more programs and to register online follow the link or scan the QR code!

<https://app.univerusrec.com/northperthpub/>



## NORTH PERTH RECREATION PROGRAMS

For More Info Visit - [www.northperth.ca](http://www.northperth.ca)

North Perth Programs are offered with community and volunteer support. All participants are responsible for assisting within programs to ensure programs continue to be offered within our community.



**Men's Basketball League:** Registered

**Adult Indoor Soccer:** Drop-In



**Badminton:** Drop-In

**Board Games:** Drop-In



**Paint Group:** Drop-In

**Pickleball:** Drop-In



**Cricket:** Drop-In

**Various Skating programs:** Drop-In



**Volleyball:**  
**Adult League:** Registered  
**Women's:** Drop-In  
**Girls:** Registered



## NORTH PERTH GIRLS VOLLEYBALL



**Location:** North Perth Westfield Elementary School

**Ages 11-12U:** Mondays, 7:15 p.m. – 8:15 p.m.

**Ages 13U:** Tuesdays, 6:00 p.m. – 7:30 p.m.

**Ages 14U:** Tuesdays, 6:00 p.m. – 7:30 p.m.

**Ages 15U:** Tuesdays, 7:30 p.m. – 9:00 p.m.

**Ages 16-17yrs:** Tuesdays, 7:30 p.m. – 9:00 p.m.



Dates and times are subject to change.

Please visit our website for more information or to register!

Follow the link or scan the QR code

<https://app.univerusrec.com/northperthpub/>



### Home Alone Safety for Kids

**October 10, 2025 9am-2pm**

For Ages 9-11 yrs. **Cost \$60/person**

Atwood, Elma Memorial Community Centre



### Red Cross Babysitting Course

**November 21, 2025 9-3pm**

For Ages 11-15 yrs. **Cost \$65/person**

Atwood, Elma Memorial Community Centre



To register or to see more dates visit our website or scan the QR Code

<https://app.univerusrec.com/northperthpub/>



## North Perth Recreation Day Camps!

Get ready for our 2025 fall and winter Day Camps!

Check out dates, time, and cost on our website!

**Pre-registration and payment is required**

<https://app.univerusrec.com/northperthpub>



### Red Cross Standard First Aid and CPR Courses

**SFA CPR Full Course**

Online pre-course work  
must be completed for Full  
course certification.

**Sept 12th 8:30-4:30**

**Sept 13th 8:30-4:30**

**Oct 4th 8:30-4:30**

**\$140.00/person**

**SFA CPR Recert**

**Sept 13th 8:30-4:30**

**Oct 3rd 8:30-4:30**

**\$105.00/person**



To register or to see more dates visit our website or scan the QR Code

<https://app.univerusrec.com/northperthpub/>

## Art Group

Paint, Draw, Sketch .... Be Creative.....

Come check out our adult painting group!  
**Wednesdays 10:00am -1:00pm**  
**Steve Kerr Memorial Complex - Blueline Room**  
**\$4.00/ person**  
**Must bring own supplies**

Want more information?  
Drop-in on Wednesdays or email  
[programs@northperth.ca](mailto:programs@northperth.ca)

If you require more information about our programs contact the Programs Department at [programs@northperth.ca](mailto:programs@northperth.ca)

# October is *In Motion* Month 2025

Contact the Programs Department for Details: [programs@northperth.ca](mailto:programs@northperth.ca) Follow us on Facebook @North.Perth Twitter @NorthPerth1 or check out our website! [www.northperth.ca](http://www.northperth.ca). **Get up, Get out and Get moving!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Gr. 5 In Motion Passes:</b> <b>All North Perth Gr. 5 students will be able to register for an In Motion Pass this Oct. Visit <a href="http://www.northperth.ca/register">www.northperth.ca/register</a> for more details.</b>			1 Enjoy one of our many beautiful parks in North Perth	2 Try your hand at tennis	3 Play Outdoor Pickleball at one of our courts	4 Try a free tour at Hoovers Maple Syrup
5 Try out our skate park!	6 Bike the Trails today!	7 Pets "in motion" bring your pet for a walk around our beautiful parks!	8 Pick Up Road Hockey with friends	9 Parent and Tot Skating at SKMC	10 Take a talk and enjoy a meal at one of our amazing local restaurants	11 Come fly your kite at the Atwood Lions Park!
12 Try Public Skating!	13 Go for a Family walk along our beautiful trails this Thanksgiving	14 Find a soccer field or ball diamond for your family to try a new sport or work on your skills.	15 Parent and Tot skating at ELRC Senior Skating at ELRC	16 Play Tag in the backyard with your children.	17 Find a local pumpkin patch and find the perfect pumpkin	18 Find local Corn maze
19 Enjoy one of the many sporting events at the local arenas	20 Try the Indoor walking track at SKMC	21 Parent and Tot skating at SKMC Senior Skating at EKMC	22 Book An Alpaca Tour	23 Rake up the leaves and jump in them with the kiddos	24 Have a Family Camp fire and enjoy the cool fall air	25 Enjoy one of the many sporting events at the local arenas
26 Enjoy one of the many sporting events at the local arenas	27 Parent and Tot skating at ELRC Senior Skating at ELRC	28 After school/work head out as a family for a nature scavenger hunt	29 Free Fitness Resources at your North Perth Public Libraries-Videos - Books -Internet	30 Try the Indoor walking track at SKMC	31 Take a spooky stroll on Halloween night!!	



Giving Hope Today

The Salvation Army Listowel Community Services Work alongside us in fundraising for the Food Bank, Hope Links, and our Christmas programs by scanning the QR code or going to [rideforrefuge.org/listowel](http://rideforrefuge.org/listowel). Join us Saturday Oct 4, 2025 and walk/ride together to support people who are seeking hope, safety, and freedom.



**Fire won't wait. Plan your escape.**

[firepreventionweek.org](http://firepreventionweek.org)

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**culture days**  
create participate share

**North Perth**

**FALL FARM, FLAVOUR & FOLIAGE**

**TOUR**

**27 September**  
10am-3pm

Come on out Saturday, Sept. 27<sup>th</sup> for a FREE self-guided tour around the beautiful countryside of North Perth. Experience the beautiful fall colours, sample the delicious products, and learn about the exciting variety of farms and agricultural businesses right here in North Perth! Limited transportation can be arranged by Sept. 20<sup>th</sup> for those without access to a vehicle.

To register and view participating farm & business hosts, visit:  
[northperth.ca/farmtour](http://northperth.ca/farmtour)



**North Perth Women of Distinction**

**Blue Jeans n Bling Event**

**Saturday November 9<sup>th</sup>, 2025**

This annual event celebrates women in our community who are making a difference in the lives of others through their actions and leadership.

Please nominate a female community leader whom you'd like to see celebrated. With so many amazing women striving to help make this community a better place every day. Categories are: Professional 40 and Under, Community, Entrepreneur, Professional Over 40, Lifetime achievement (55+)

**Nominations close Mon. October 13th. For more information go to the Facebook page, North Perth Women of Distinction**



## Registration available online and at NEW MEMBERS MEETING

Tue., Sept. 30, 2025 - 7:00-7:30pm - Kin Station Listowel  
New member and caregiver should attend.

First group meeting - Tuesday, October 8 - 4:30pm



A youth service group run through  
Kinsmen and Kinettes Listowel.  
Aimed to support youth through  
organizing, volunteering, and fundraising,  
all while having fun together.

2025-26 SPONSORS



**Grades 6-9\* aged students**

Meeting 1st and/or 2nd Tuesday of each month  
4:30-6pm Kin Station, Listowel

No cost, supper provided at each meeting.

Under the leadership of  
**Tyler Schaefer and Jill Fowler**

### For further information

kinyouth@listowelkinsmen.org  
www.listowelkinsmen.org/kin-youth  
Instagram and Facebook: kincaresyouthgroup

\*Gr 9s can receive volunteer hours for meetings and events

Kin Cares is a youth service group  
run by the Kinsmen and Kinettes  
clubs of Listowel



# Halloween Dog Show

## Wings \$15 lb

**Saturday, October 25  
1-4 pm**

New Memorial Garden  
200 Nelson Street  
Monkton Ontario

EMAIL SUNNY TO REGISTER  
costellosunny2@gmail.com  
registration by donation at the booth

**PRIZES WILL BE  
AWARDED TO THE  
WINNERS**

\*Proceeds go to the Lions Foundation of Canada Dog Guides

- 🐾 Dog costume show
- 🐾 Best obstacle course attempt
- 🐾 Waggiest tail competition
- 🐾 Cutest puppy
- 🐾 Most well groomed
- 🐾 Coolest trick or treat champion
- 🐾 Best dog and owner duo
- 🐾 Best doggy dance to monster mash

North Perth Community Hospice with  
the Listowel Comancheros Car Club  
PRESENTS

# Poker RALLY

**September 13th, 2025** *Let's Ride*

10am - 8pm

PRE-REGISTER BY September 8th  
start and finish at be at the  
Royal Canadian Legion, Listowel

## \$ Hard Cash

**FOR THE BEST HAND**  
All vehicle types welcome

Registration  
**\$50**  
hand/person

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

## JUMPSTART REGISTRATION EVENT

Ready to register for activities, but struggling to cover the cost?  
Come get help applying for Canadian Tire Jumpstart Funds

Before you start your application, please have the following ready:

- ✓ Your contact information (name, postal code, phone number, and email address)
- ✓ The first name, last name, gender, and date of birth of your child
- ✓ Proof of programming your child wants to participate in (to be uploaded) which should include: organization name (payee), program name, program dates, program cost
- ✓ The amount of money you are requesting
- ✓ Proof of financial need: a clear, legible, and current **copy of your Canada Child Benefit (Statement)** will be required as proof of need and should include Parent Name, Family Net Income, Marital Status, Child First Names



**Tuesday, Sep. 16th**  
**North Perth Public Library**  
**260 Main St W**  
**Listowel**  
**1:00-3:00 PM**  
**&**  
**5:00-7:00 PM**

# BUG!

## BEGINNING UKULELE GROUP

**Alzheimer Society**  
THURSDAY EVENING

This easy to learn, fun and versatile instrument can be enjoyed by young and old, those with a musical background and novices.

The ukulele has become the go to instrument for folks wanting to be a part of the musical community.

Embrace learning a new skill and meeting new people!

**10:00 am, Thursdays**  
October 16 - November 13  
via ZOOM

Contact Jeanette (jeanette@alzhp.ca) or Christy (christy@alzhp.ca) 1-800-561-5012

Ukes available for a small fee. Free for those who supply their own ukulele\*



## 10th Annual Christmas Showcase

Listowel Agricultural Hall  
Sat. November 15th 2025  
10:00 AM to 2:00 PM

Featuring crafters, artisans,  
home party hosts, bakers  
and more!

Admission is a donation to  
the Ag Societies Milk  
Program Food Booth on  
Site Vendor Spots are now  
available for our Annual  
Christmas Showcase.  
Vendor spots \$40.00 each  
by emailing  
lascraftshow@gmail.com



## Upcoming Events

With North Perth Pride

### COMEDY NIGHT

September 27<sup>th</sup> - 7:30

A night of BIG laughs featuring Pro comedians from  
the 2SLGBTQIA+ community. 19+ Ticketed Event.



### MOVIE SOCIAL

October 20<sup>th</sup> - 6:30 social 7:30 movie  
Join us for a fabulously fun Movie Social featuring  
The Rocky Horror Picture Show—all are welcome to  
come as you are and let's do the Time Warp again!

If you require more information about our programs contact the Programs Department at [programs@northperth.ca](mailto:programs@northperth.ca)



# LIBRARY CORNER

Register in person, by phone,  
or online: [www.nppl.ca](http://www.nppl.ca)

## CELEBRATE ONTARIO PUBLIC LIBRARY WEEK WITH US!

### October 19-25

We have an action-filled week planned for the community of North Perth in honour of libraries!  
Join us for...

- Let's Learn Series: The Preserving Chef
- PC Reads Events
- STEAM Club & STEAM Surprise
- Mixed Media Monday
- Intergenerational arts & crafts initiatives (Art Cart Drop in & Get Bookish)
- After School Club
- International Artist Day celebration
- ...and more!

More details and registration found on our website: [www.nppl.ca](http://www.nppl.ca)  
And don't forget to check out the three different arts displays!

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

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

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

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

Monkton  
200 Nelson St. / 519-347-2703

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



## ACHIEVE YOUR GOALS

[www.amdsb.ca/CEL](http://www.amdsb.ca/CEL)

- **Adult Education for Credit and Upgrading**
  - Earn your high school diploma or upgrade marks for school or work.
- **Tutoring Services**
  - For adult students, day school students in Gr 7-12 and parents of students K-12.
- **ESL (English as a Second Language)**
  - Free to those who qualify. In person classes available in Stratford and Listowel and online classes are available for all locations.
- **LearningHUB - Online Literacy and Skills Upgrading Program**
  - FREE online program for English-speaking adults living in Ontario. As an online program, we are here to make learning accessible! Be sure to check out our website at [www.learninghub.ca](http://www.learninghub.ca)
- **SURP - In-Person Skills Upgrading & Readiness Program**
  - Upgrade your skills for employment, apprenticeship or college, get ready for high school credits or learn new skills to improve your well-being. Lessons are specific to your goals and will build your confidence with reading, writing, math, digital technology, and workplace essential skills.
- **PSW Program**
  - Full Personal Support Worker (PSW) certification program, certified by the Ministry of Health and Long Term Care, with on-the-job training, offered as co-operative education.
- **Reach for Success**
  - An employment preparation program offering a range of activities to help youth aged 15-30 overcome barriers to employment

Principal: Kendra Brohman  
Email: [kendra.brohman@ed.amdsb.ca](mailto:kendra.brohman@ed.amdsb.ca)  
Tel: 519-271-4896



Avon Maitland  
District School Board  
Engage. Inspire. Empower. Achieve Learning

## Digital Wellness Workshop

This workshop equips clients with digital knowledge and tools to support health and wellness.

It covers:

- setting up your smartphone
- learning to use your camera and organize files
- wellness apps and navigating safely
- utilizing your calendar and map apps
- using your device to expand your knowledge and locate services in your community
- enjoying your downtime with podcasts, music and more

Tuesdays from October 7 - November 11  
From 10 am - 12 pm

In person - Listowel, Goderich and Clinton

Contact us to register today!

✉ [surp@ed.amdsb.ca](mailto:surp@ed.amdsb.ca)

☎ 1-844-470-7877



Skills Upgrading  
and Readiness Program



## JOIN PERTH COUNTY & THE NORTH PERTH PUBLIC LIBRARY

All five libraries in Perth County have teamed up to read the same book and offer events related to the book!

Join us as we all read Finding Larkspur by Dan Needles and/or join for the following events:

- Beauty In Nature, Sept 22-26
- Sourdough for Beginners, Oct 4
- Tell Me a Story, Oct 9
- The Preserving Chef, Oct 18
- Author Talk with Dan Needles, Oct 25
- ... and more

For all PCIN library events: [www.perthcountylibraries.ca](http://www.perthcountylibraries.ca)

For more information:  
[www.nppl.ca](http://www.nppl.ca)



## FALL RUMMAGE SALE

Planning ahead for Halloween and Christmas. Come, see what's available at the annual

Thursday, October 23, 10-1 & 4-7 and

Friday, October 24, 12-3 and 5-7 \$5 fill-a-bag night

Most items \$3.00 or less Cash Only

costumes, decor, household items, clothing, small furniture, lamps, linens, dishes, pots, pans, shoes, jewellery, books...treasures for all

at Trinity United Church 230 Barber St. N, Listowel

519.291.3460 [www.trinityunited.ca](http://www.trinityunited.ca)

## Coffee With A Cop 10am -11am

Connect with local officers over coffee.

September 18, 2025 :

Tim Hortons, 70 Main St, S Milverton

October 8, 2025 :

The Lounge - 102 main St E, Listowel

November 12, 2025 :

Tim Hortons, 235 Ontario St, Mitchell

December 11, 2025 :

Tim Hortons, 70 Main St, S Milverton

Follow us on social media

X: @OPP\_WR

Facebook: @OPPWEST

Instagram: @OPP\_WEST





# Senior Connection

**DEMENTIA Basics**  
WEBINAR SERIES

**Alzheimer Society**  
HURON PERTH

**Care-Partners**  
Dealing with the Feelings

**Alzheimer Society**  
HURON PERTH

**SAVE THE DATE**

**AGING WELL: A 4 WEEK SERIES ON BRAIN WELLNESS**

A 4 week series on improving brain health and the preventative measures you can take to maintain wellness.

**DEMENTIA BASICS - FALL 2025**  
Sessions over Zoom

10 Warning Signs	Monday, October 20 Tuesday, October 21	7:00 PM 1:30 PM
Types of Dementia	Monday, October 27 Tuesday, October 28	7:00 PM 1:30 PM
Understanding Progression	Monday, November 3 Tuesday, November 4	7:00 PM 1:30 PM
Communication Tips	Monday, November 10 Tuesday, November 11	7:00 PM 1:30 PM

Register via **Education Hour** at [www.alzheimer.ca/huronperth](http://www.alzheimer.ca/huronperth)  
Questions: 1-800-561-5012 or [info@alzhp.ca](mailto:info@alzhp.ca)

**Care-Partners: Dealing with the Feelings**

Sessions over Zoom  
Attendees encouraged to take Dementia Basics prior

**Becoming a Care-Partner**  
Tuesday, November 18 1:30 - 3:00 PM

**Care-Partner Stress**  
Tuesday November 25, 1:30 - 3:00 PM

**Grief and Loss**  
Tuesday December 2, 1:30 - 3:00 pm

**Guilt and other Tough Emotions**  
Tuesday December 9, 1:30 - 3:00 PM

Self-Register via **Education Hour** at [www.alzheimer.ca/huronperth](http://www.alzheimer.ca/huronperth)  
Questions: 1-800-561-5012 or [info@alzhp.ca](mailto:info@alzhp.ca)

**FREE**

**Tuesday, September 9th-30th 2025**  
10:00am-11:30am

**Event Locations:**  
Listowel, ON - Trillium Mutual Insurance - 495 Mitchell Rd. S

**Series Speakers:**  
Week 1: VON- Introduction to Prevention & Wellness  
Week 2: Alzheimer Society - Overview of Dementia  
Week 3: Dietitian Jenessa Grien- Eating for the Brain  
Week 4: Kinesiologist Kenzie Cameron- Exercising for the Brain

Registration is required

Join us for a meaningful, educational event!

FOR MORE INFORMATION  
CALL 519-291-5898 Ext. 6360

**Volunteer Visiting**

**What is Volunteer Visiting?**  
A volunteer visitor offers support and social interaction to an isolated individual through regular friendly visits at the client's home or out in the community, encouraging independent living.

A volunteer gives freely of their time and skills to support and further the mission and values of VON.

**VON Perth Huron is currently looking for clients and volunteers interested in this program.**

To learn more contact Alyssa the Program Coordinator at 519-291-5898 opt. 4 or email [alyssa.phanpha@von.ca](mailto:alyssa.phanpha@von.ca)



**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](mailto:jpheibuch@outlook.com)



## North Perth Seniors

### September

THURS. 4th MOSTLY SIDEWAYS  
THURS. 11th U- TURN  
THURS. 18th RANDY SACHEL  
THURS, 25th THE WEBER'S THREE

### October

THURS. 2nd COUNTRY VERSATILES  
THURS. 9th THE CLASSICS  
THURS. 16th DUSTY BOOTS  
THURS. 23th COUNTRY HORIZONS  
THURS. 30th MOSTLY SIDEWAYS (HALLOWEEN)

Regular program every Thursday afternoon from 2pm to 4pm at the Listowel Agricultural Hall. Live music, refreshments, door prizes, spot dances and 50/50 draw for an admission of \$ 5.00. water, pop, non alcoholic beer and wine maybe purchased for a small fee.

North Perth Seniors Centre (226) 622-4882

[northperthseniorscentre@gmail.ca](mailto:northperthseniorscentre@gmail.ca)



Follow us on Facebook! @northperthseniors!

If you require more information about our programs contact the Programs Department at [programs@northperth.ca](mailto:programs@northperth.ca)

# North Perth EarlyON Child & Family Centre



Child and Family Centre

Office Phone (519) 291-6626 Cell Phone (519) 444-8965

Email: [earlyon@northperth.ca](mailto: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)

## September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>No Programs on September 1</b></p> <p><b>Sept 8</b> <b>At Last Forest School</b> 10-11:30am Galbraith Conservation Area <i>*Registration Required*</i></p> <p><b>Sept 15, 22 &amp; 29</b> <b>PLAY &amp; LEARN</b> 9:30-11:30am EarlyON Playroom: Binning</p>	<p><b>PLAY &amp; LEARN</b> 9:30-11:30am Salvation Army Church</p> <p><b>Circle of Security (7 Sessions)</b> Sept 9 - Oct 21 10-11:30am EarlyON Playroom: Tremaine <i>*Registration Required*</i></p>	<p><b>PLAY &amp; LEARN</b> 9:30-11:30am EarlyON Playroom: Binning</p> <p><b>Infant Program</b> Sept 10 - Oct 8 (5 Sessions) 10-11:30am EarlyON Playroom: Tremaine <i>*Registration Required*</i></p> <p><b>Sept 17</b> <b>PLAY &amp; MOVE</b> 6-7pm Steve Kerr Memorial Complex</p>	<p><b>BABY TIME</b> 9:30-11:30am EarlyON Playroom: Tremaine</p> <p><b>Sept 18 &amp; 25</b> <b>PLAY &amp; LEARN</b> 10-11:30am EMCC (Atwood)</p> <p>Register for a program at <a href="http://www.keyon.ca">www.keyon.ca</a></p>	<p><b>PLAY &amp; LEARN</b> 9:30-11:30am EarlyON Playroom: Tremaine</p> <p><b>PLAY &amp; READ</b> 10:30-11:15am Listowel Public Library</p>	<p><b>Sept 6 &amp; 20</b> <b>PLAY &amp; LEARN</b> 9:30-11:30 am EarlyON Playroom: Monkton</p> <p>Programs proudly operated by</p>

## October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>No Program on October 13</b></p> <p><b>PLAY &amp; LEARN</b> 9:30-11:30am EarlyON Playroom: Binning</p> <p>Programs proudly operated by</p>	<p><b>Oct 14, 21 &amp; 28</b> <b>PLAY &amp; LEARN</b> 9:30-11:30am Salvation Army Church</p> <p><b>Circle of Security (7 Sessions)</b> Sept 9 - Oct 21 10-11:30am EarlyON Playroom: Tremaine <i>*Registration Required*</i></p>	<p><b>PLAY &amp; LEARN</b> 9:30-11:30am EarlyON Playroom: Binning</p> <p><b>Infant Program</b> Sept 10 - Oct 8 (5 Sessions) 10-11:30am EarlyON Playroom: Tremaine <i>*Registration Required*</i></p> <p><b>Oct 1, 15 &amp; 29</b> <b>PLAY &amp; MOVE</b> 6-7pm Steve Kerr Memorial Complex</p>	<p><b>Oct 2, 16, 23 &amp; 30</b> <b>BABY TIME</b> 9:30-11:30am EarlyON Playroom: Tremaine</p> <p><b>Oct 9</b> <b>Applebottom Orchards</b> 10-11am <i>*Registration Required*</i></p> <p><b>Oct 16, 23 &amp; 30</b> <b>PLAY &amp; LEARN</b> 10-11:30am EMCC (Atwood)</p>	<p><b>Oct 3, 10, 17 &amp; 24</b> <b>PLAY &amp; LEARN</b> 9:30-11:30am EarlyON Playroom: Tremaine</p> <p><b>PLAY &amp; READ</b> 10:30-11:15am Listowel Public Library</p> <p><b>Oct 31</b> <b>Halloween Costume Parade</b> 10am Caressant Care Nursing Home</p>	<p><b>Oct 4 &amp; 18</b> <b>PLAY &amp; LEARN</b> 9:30-11:30 am EarlyON Playroom: Monkton</p> <p>Register for a program at <a href="http://www.keyon.ca">www.keyon.ca</a></p>