Recreator

Town of Fort Frances Recreation and Culture Programming Guide April 1 - June 31, 2024



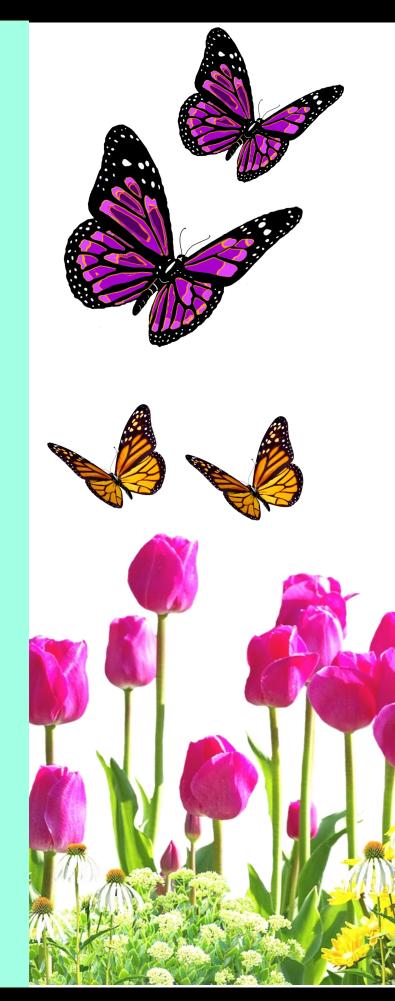
www.fortfrances.ca

Spring 2024

WHAT'S INSIDE?

-Facilities & Contacts	3
-Memberships & Rates	4
-Sport and Recreation in	5
Fort Frances	
-Summer Day Camps	6
-Upcoming Programs	8
-Registered Programs	9
-Drop In Programs	9
-Confederation College	10
Summer Programs	
-Summer Ice Program	11
-Aquatics	12
-Slo-Pitch	12
-Fort Frances Museum &	13
Culture Centre	
-Sorting Gap Marina	15
-Sister Betty Kennedy	16
Seniors Centre	
-Seniors Month	17





Facilities & Contacts

Community Services Division

Recreation & Culture Manager

Nathan Young

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nyoung@fortfrances.ca

Recreation & Aquatics Supervisor

Ria Cuthbertson

807-274-4561 x 1720

rcuthbertson@fortfrances.ca

Receptionist/Secretary

Melissa Belluz

807-274-4561 x 1701

mbelluz@fortfrances.ca

Fort Frances Museum and Culture Centre

Danielle Marshall, Curator

807-274-7891

dmarshall@fortfrances.ca

Fort Frances Public Library Technology Centre

Richard Bee, CEO

807-274-9879

rbee@ffpltc.ca

Fort Frances Senior Centre Cindy Noble, Volunteer Manager 807-274-7656

cnoble@fortfrances.ca

Memorial Sports Centre 740 Scott Street

www.fortfrances.ca/sportcentre

Saturday: 8:00 am to 10:00 pm

Sunday: 8:00 am to 8:00 pm

Monday - Friday: 6:00 am to 10:00 pm

Fort Frances Museum and Culture Centre

Fort Frances, ON, P9A 1H8

807-274-4561

259 Scott Street Fort Frances, ON, P9A 1G8 807-274-7891

Fort Frances Public Library Technology Centre

601 Reid Avenue Fort Frances, ON, P9A 0A2 807-274-9879

Fort Frances Senior Centre (Sister Kennedy) 401 Nelson Street Fort Frances, ON, P9A 1B3 807-274-7656

Sorting Gap Marina 1011 Front Street Fort Frances, ON, P9A 1A3 807-274-4561 (Dock Rentals / General Inquiries)

Memberships

MEMBERSHIP RATES (Memorial Sports Centre)

(please note that HST will be added to all rates)

Adult (18 and older)				
Annual	\$558.18			
6-month	\$362.83			
3-month	\$196.64			
Monthly	\$85.09			
Day Pass - 10 Days	\$70.93			
Day Pass - 5 Days	\$35.44			
Daily	\$7.88			
Monthly Payment Plan				
Annual	\$46.51			
6-month	\$60.47			

Student (13 and older)				
Annual	\$277.40			
6-month	\$187.50			
3-month	\$100.55			
Monthly	\$58.90			
Day Pass—10 Days	\$58.05			
Day Pass - 5 Days	\$29.05			
Daily	\$6.45			
Monthly Payment Plan				
Annual	\$23.11			
6-month	\$31.25			
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Child (5 and older)	
Annual	\$88.15
Day Pass - 5 Days	\$20.05
Daily	\$4.45

Family (Annual)	
Adult	\$558.18
Spouse	\$465.05
Student	\$239.16
Child	\$74.29

Senior (55 and older)					
Annual	\$426.24				
6-month	\$277.22				
3-month	\$150.09				
Monthly	\$65.05				
Day Pass - 10 Days	\$55.00				
Day Pass - 5 Days	\$27.48				
Daily	\$6.33				
Monthly Payment Plan					
Annual	\$35.52				
6-month	\$46.20				

Locker Rental	
3 months	\$36.15
6 months	\$53.00
Annual	\$79.69

MEMBERSHIPS INCLUDE...

Unlimited use of the weight room, squash courts, and pool. In addition, members can access a range of programs. These programs include: Yoga, Tai Chi, Pickleball, Public Skates, and Shinny.

Please note that some programs have limited enrollment. For these programs, we ask that you register early, in order to guarantee your spot.

REFUND OR TRANSFER

Memberships are <u>not</u> transferrable. They are refundable, but participants will incur a \$10 administration charge. For more information, please call the facility.

MEDICAL EXEMPTION

A monthly or annual membership may be put on hold for a valid medical reason. If a medical exception is required, please let us know. Please note that a valid medical note will need to be provided. Only one exemption will be permitted per membership term. Expired memberships are not eligible.

INTERRUPTION OF SERVICE

Management reserves the right to postpone, cancel, or combine classes and limit registration, whenever necessary. Class sizes are limited and are offered on a first come first serve basis.

Students over the age of 18 must bring proof of enrollment from educational institution.

Please note that management reserves the right to interrupt service for improvements to the facility, or other reasons of necessity, with no alterations to membership fees.

Sport and Recreation in and around Fort Frances (mostly spring and summer)

Sport	Club		Facebook	Contact
KidSport or Jum Helping families with	p start sport and equipment costs (conditions apply)	⊻	<u>×</u>	fortfrances@kidsportontario.ca efischer@nwhu.on.ca
Baseball	Rainy River District Women's Fastball League Rainy River District Men's Fastball League Adult Mixed Slow Pitch	× × × ×	<u>√</u>	darcyrae67@gmail.com
Basketball	FF Men's Basketball League		<u>~</u>	
Cadets	908 Rainy Lake RCACS (Air Cadets)		<u>~</u>	908aircadets@gmail.com
Community Garden	Fort Frances Community Garden Kids Garden Club	Ş.	<u> </u>	807-274-9827
Equestrian	2 Hearts Equine Therapy Whispering Pines Saddle Club Freedom Center Life Skills		× × ×	807-629-8497 807-486-3669 807-271-3619
Girl Guides	Ages 5 & up (volunteers needed)	<u>~</u>	<u>√</u>	marmour66@sympatico.ca
Gymnastics	Rainy Lake Gymnastics Academy	<u>~</u>	<u>~</u>	info@rlga.ca
Fitness Classes Gyms	Memorial Sports Centre RefleXion Studio – personal training Increase Fitness	< < <	< < <	807-274-4561 reflexion@mckaypts.co increasefitness@gmail.com
Hockey	FF Minor Hockey Association FF Girls Women's Hockey Association 3 on 3 Hockey	× ×		ffmharegistrar@gmail.com info@ffgwha.com
Judo	Borderland Judo Club		<u> </u>	BorderlandJudo@outlook.com
Jiu Jitsu	Borderland Jiu Jitsu		<u>√</u>	borderlandjiujitsu@outlook.com
Memorial Sports Centre	Toddler Time, Kids Zone, Youth Lounge Yoga, Tai Chi, Spin Bikes, Shinny & Skating	<u>×</u>	<u>√</u>	807-274-4561
Pickle Ball	JW Walker School Memorial Sports Centre, Outdoor Courts	i e	<u>~</u>	807-274-4561
Hiking / Biking	Rainy Lake Nordic Ski Club Eighth Street Ski Trails Rainy Lake Women on Wheels		< < < <	
Soccer	Borderland Soccer- adult Fort Frances Indoor Soccer – 14+ Co-ed Fort Frances Youth Soccer	<u>×</u>	< <	ffys.soccer@gmail.com
Squash	Sunset Country Squash – youth club, men's, women's nights, open courts		<u>√</u>	807-274-4561
Summer Camps and Programs			√ √ ∨	807-274-4561 807-274-5395 807-274-1223
Swimming	Cyclones Swim Club Swimming Lessons		< <u> <</u> 	807-274-4561
Tennis	Multi-use courts		<u> </u>	
Volleyball	FF Women's Volleyball League Fort Frances Rec Volleyball – 16+ mixed		<u>√</u> ✓	ffwvolleyball@gmail.com
Walking/running	Indoor track- Memorial Sports Centre	<u><</u>	<u> </u>	807-274-4561
	Fort Frances Public Library School clubs, teams and sports	<u>~</u>	<u> </u>	807-274-9879
Youth Programs	School clubs, teams and sports Seven Generations – activities – maker space Rainy River District 4H Club Urban Aboriginal Healthy Living for Kids Urban Indigenous Healthy Living Program 18+	✓✓✓	<u>√</u> <u>√</u>	807-274-2042 807-274-2796 healthylivingkids@unfc.org healthyliving@unfc.org

To add or change page information, email efischer@nwhu.on.ca



Summer Day Camps

SUMMER DAY CAMPS (Registration begins April 15th @ 10:00 am)

Looking for something fun to do this summer? Check out our Summer Camps at the Memorial Sports Centre. Join us for a summer of crafts, games, sports, offsite trips, swimming, and so much more!

(Please note that Week 1 and Week 6 are only four days in length because of Statutory Holidays)

LOCATION:	Memorial Sports Centre
TIME:	8:00 am - 5:00 pm (participant drop-off between 8:00 - 9:00 am, pick-up between 4:00 - 5:00 pm)
DATE:	Monday to Friday

AGES 5-8 Years

July 2-5*	Imaginarium	\$122.87	Imagination Camp is a whimsical week that encourages young minds to explore the boundless realms of their imagination. Children can expect imaginative storytelling, arts and crafts, dramatic play, and interactive games that spark their creativity and contribute to a fun-filled camp experience.
July 8-12	Kids Kitchen	\$153.61	Kids Kitchen is for children to gain hands-on experience in the kitchen, learning basic cooking skills and creating kid-friendly recipes. The camp includes fun and in- teractive cooking sessions, where kids explore different ingredients, measurement techniques, kitchen safety, and gain a basic understanding of nutrition.
July 15-19	Nature's Playground	\$153.61	Nature's Playground is an exciting and educational program designed to spark curi- osity and appreciation for the natural world. Children will engage in a variety of ac- tivities such as nature walks, plant and animal observations, simple experiments, and interactive demonstrations.
July 22-26	Around the World	\$153.61	Around the World Camp is a fun and interactive adventure that takes the campers on a journey to explore countries and cultures around the globe. Through exciting activities, games, and creative projects, kids get to learn about diverse customs, traditions, languages, and lifestyles; developing a positive attitude towards diversity.
July 29-August 2	Sportopia	\$153.61	Sports camp is structured to provide participants with a fun experience in various sports and physical activities. The camp offers a range of sports such as soccer, basketball, skating, swimming, and more.
August 6-9*	Movie Extravaganza	\$122.87	Movie camp is a creative camp designed for children who enjoy acting and the art of cinema. It encourages creativity, teamwork, and storytelling. Campers will engage in various activities related to screenwriting, costume design, and acting, bringing to life their very own plays.
August 12-16	Crafty Kids	\$153.61	Crafty Kids Camp is a creative program designed to immerse children in the worlds of art & crafts. In this camp, children engage in artistic activities such as painting, drawing, and the opportunity to experiment with different art mediums.
August 19-23	Carnival Craze	\$153.61	Carnival camp is designed to provide children with a unique and festive experience reminiscent of a carnival atmosphere. Campers will enjoy a variety of activities such as games, crafts, and off-site adventures that capture the lively and colorful spirit of a carnival.

Summer D	Pay Can	nps (Con't
TIME: 8	Memorial Sports 3:00 am - 5:00 p Monday to Frida	m (partici	pant drop-off between 8:00 - 9:00 am, pick-up between 4:00 - 5:00 pm)
AGES 9-12 Ye July 2-5*	e ars STEM Discovery	\$122.87	STEM (Science, Technology, Engineering, and Mathematics) camp is designed to engage participants in hands-on activities and projects related to STEM fields. The campers will explore a wide range of STEM topics through experiments, coding ses- sions, robotics projects, and problem-solving challenges. The STEM camp aims to provide an engaging environment where participants are exposed to cutting-edge technologies, visits from STEM professionals, and opportunities for team collabora- tion.
July 8-12	Artist's Bistro	\$153.61	Artist's Bistro is a creative and culinary program that combines the worlds of art and gastronomy. Children engage in artistic activities such as painting, drawing, and the opportunity to experiment with different art mediums. Campers will learn culinary skills through hands-on cooking classes. At the end of the week campers will invite their families to enjoy their culinary creations while browsing their "art gallery".
July 15-19	Career Quest	\$153.61	Career Quest is designed to help campers explore various professions, industries, and career paths. During the camp, participants will engage in a range of activities such as site visits, interactive training, and informational sessions that provide in- sights into different professions.
July 22-26	Around the World	\$153.61	Around the World is a culturally enriching program designed to provide campers with a global perspective by exploring the customs, traditions, and lifestyles of different countries. During the camp, participants engage in a variety of activities inspired by diverse cultures, which include arts and crafts, music and dance, lan- guage lessons, and culinary experiences.
July 29-August 2	Olympic Adventures	\$153.61	Olympics' Camp is a recreational program designed to provide youngsters with a dynamic and active experience inspired by the Olympic Games. Participants engage in a variety of sports and athletic activities, gaining exposure to different disciplines such as skating, swimming, gymnastics, and team sports like soccer and basketball.
August 6-9*	lt's Show- time!	\$122.87	It's Showtime offers participants the opportunity to explore various aspects of musi- cal theater and performing arts. Campers will work on developing a play; memoriz- ing lines, creating costumes, and learning choreography, then performing their pro- duction at the end of the week!
August 12-16	Carnival	\$153.61	Carnival camp is designed to provide children with a unique and festive experience reminiscent of a carnival atmosphere. Campers will enjoy a variety of activities such as games, crafts, and off-site adventures that capture the lively and colorful spirit of a carnival.
August 19-23	Outward Bound	\$153.61	Outward Bound camp is an adventure-based program that focuses on outdoor ac- tivities including canoeing, campfire building, and nature walks. The emphasis is on gaining wilderness survival skills and environmental stewardship, fostering a deeper connection with nature.

Please note that children who have special accommodations through school or other agencies will be required to provide the same support in order to be considered for the Town of Fort Frances Summer Programs. For consideration of special circumstances, consultation with the program supervisor is required.



APRIL 13	Hunter's Education Course	
APRIL 8-29	Rec'N Crew (Mondays 4-6pm)	
MAY 4	OUTspoken w Bobby Hudon	
MAY 25	Community Garage Sale	
MAY-JUNE	Indoor Roller Skating & Bicycling	
JUNE 1	Comedian - Mark Menei	
807-274-4561 https://fortfrances	s.ca/sportscentre MEMORIAL SPORTS CENT	RE



FRANCES

Memorial Sports Centre Registered Programs

- -

Follow our Memorial Sports Centre Facebook Page for more information on specific program information.

	More programs may be added throughout the season!		
	Facebook: @ Memorial Sports Centre	e Phone: 807-274-4561	
April 8 - 29	Rec 'n Crew (Age 6-12)	Monday's 4:00 PM - 6:00 PM	\$40.00
April 13	Hunter Education Course (Age 12+)	9:00 AM—5:00 PM	\$90.00
April 19	PD Day Camp (Ages 5-12)	8:00 AM - 5:00 PM	\$43.65
April 20- 21	Lifesaving Society Standard First Aid and CPR (Age 13+)	8:30 AM - 5:00 PM	\$129.64
June 10	PD Day Camp (Ages 5-12)	8:00 AM - 5:00 PM	\$43.65

Memorial Sports Centre Drop-in Programs

Mondays	Group Spin Bike	8:00 AM - 9:30 AM	Daily Rate
	No Instructor		
Mondays	Indoor Pickleball	9:30 AM - 11:30 AM	\$3.00
	Ends April 30th		
Tuesday,	Indoor Pickleball	8:30 AM - 11:30 AM	\$3.00
Wednesday,	*Ends April 30th*		
Thursday			
Monday &	Yoga	12:15 AM - 1:00 PM	Daily Rate
Wednesday			
Monday &	Tai Chi	1:15 PM - 2:00 PM	Daily Rate
Wednesday			
Tuesdays &	Parent & Tot Skating	Tuesdays - 10:15 AM - 12:15 PM	\$3.00
Thursdays	*Ends May 9th*	Thursdays 1:15 PM - 3:15 PM	(Age 3+)





C O L L E G E RAINY RIVER DISTRICT CAMPUS

Summer Youth Camps 2024!

Baking Camp June 24 - June 28 \$140

Trick Your Ride Camp July 15 - July 24 \$140





Quilt Your Heart Out Camp July 8 - July 12

\$140

Cooking Camp August 12 - August 16 \$140



Contact Confederation College today! fortfrancescampus@confederationcollege.ca (807) 274-5395

Woodworking Carpentry Camp July 8 - July 12 \$140

Trades Camp August 19 - August 23 \$140





^d Funded by the Moffat Family Fund, supported by the Rainy River District School Board, and the Ontario Youth Apprenticeship Program



BEAT THE HEAT WITH OUR SUMMER ICE PROGRAM



SALES OF ICE TIME STARTS MARCH 15TH!

The Town of Fort Frances Memorial Sports Centre is offering the coolest way to stay active this summer, with its pilot project of extending the ice rink season!

August ice is confirmed, with availability as soon as July 8th dependent on sales for hours of ice time.

TO SECURE YOUR TIME:Melissa BelluzMemorial Sports Centre740 Scott Street, Fort Frances(807) 274-4561 x1701mbelluz@fortfrances.ca

Memorial Sports Centre Aquatics

The Pool portion of the Memorial Sports Centre will remain closed for the season. We anticipate that the pool will reopen in Early June!			
Please follow our Facebook Page @ Memorial Sports Centre for updates			
We are excited to offer the following programs once the pool reopens!			
Aquafit	Morning / Lunch / Evening Lane Swims	Lifesaving Society Swim to Survive Lessons	
Bronze Cross Lifesaving Course	National Lifeguard Certification	Masters Swim Program	
Public/Toonie Swim	Family Swim	Private Lessons	
Are you interested in becoming a lifeguard?or, perhaps, you're a certified fitness or yoga instructor looking for work.			
Either way, we'd like to hear from you!			
As we expand our recreation team, we are looking for individuals that are interested in getting involved.			

For more information, please contact 807-274-4561.

Mixed Slo-Pitch League (Adult)

Join us for our adult **Slo-Pitch League**, taking place throughout the summer months. Participants must be 18 years of age, or older. Registration is done on a 'per team' basis.

The season operates from **May 28th - August 27th**. Games will be played Tuesday evenings. One game per week, per team.

> Registration fee (per team): \$443.23 (+hst) **REGISTER at the MEMORIAL SPORTS CENTRE April 24th - May 24th**

www.fortfrances.ca

(+++++++++)

Museum Exhibit

Come celebrate the ever-evolving world of Indigenous Ingenuity with our travelling exhibition, presented by Indigenous Tourism Ontario and Science North. The exhibition will be at the Fort Frances Museum from March 25 to April 12.

Since time immemorial, Indigenous peoples have demonstrated tremendous ingenuity; inspired and guided by place, spirit, and nature. The world we know today is influenced by their scientific knowledge. Ongoing contributions of Indigenous innovations, knowledges, and worldviews are integral to the mosaic of humanity. This exhibition presents a clever and novel mix of science and culture. It celebrates the diversity, interconnectedness and resourceful ways of knowing and being, that Indigenous knowledge and innovations provide in the global community.

Admission is by donation, and it's fun for the whole family!

Visit Monday through Friday from 11:00am to 4:00pm, with the last entry at 3:00pm.

For more information or to book school groups, visit sciencenorth.ca

Please note that the Museum will be closed Friday, March 29th and Monday, April 1st.



www.fortfrances.ca

Rainy Lake Market Square

CALL OUT FOR MARKET VENDORS

We are now accepting applications for the Rainy Lake Square Market Thursdays!

We want to provide the community a marketplace that encourages patrons to support a 'Buy Local' philosophy and we are looking forward to another exciting season!

Market Days - Thursdays - May 23rd - October 3rd

10:00 AM - 2:00 PM

Can't wait to see you there!

Vendor Costs: \$10/day +HST or \$50 +HST for the season.

For more info and the application, visit fortfrances.ca/rainylake-square or call the Museum at (807) 274-7891 x1112.

Museum Programs



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Please contact the Fort Frances Museum & Culture Centre or visit our Facebook Page for more information.

8		nces Museum & Culture Centre 7-274-7981	
April 11	Coffee, Tea, and History	10:00 AM - 11:30 AM	\$4.00
April 19	Earth Day - Garden Program	1:30 PM - 3:00 PM	\$4.00
April 19	Community Ties & Tapestries Exhibit Opening	6:00 PM - 8:00 PM	FREE!
May 9	Coffee, Tea, and History	10:00 AM - 11:30 AM	\$4.00
	A		







Opening Spring 2024

Boat Slips (all prices + hst)

Full Season - Sorting Gap	\$700.00
Full Season - Sorting Gap Personal Watercraft	\$350.00
Full Season - River Slip	\$355.93
Daily (overnight)	\$11.90
Weekly	\$59.07

Launch Fees (all prices + hst)

Launch Fee: Daily	\$10.00
Launch Fee: Seasonal	\$75.00
Launch Fee: Commercial	\$222.56

Boat Slips are offered first to last year's slip holders. Remaining slips will be made available for rental after April 15th.

Operating Hours TBD

Stay tuned to our Facebook Page @ Town of Fort Frances for more information on the Sorting Gap Marina hours of operation.



This is APPLY TODAY FOR PROGRAMS STARTING IN SEPTEMBER!

Our Campus in Fort Frances offers a variety of program options to meet your needs.

Options include programs in: Business, Education, Health Care, Community Services, Introductory Programs and more! Drop by our campus to meet with any of our college staff members to discuss your options. We'll even walk you through the application process!

Confederation College, Rainy River District Campus P: (807) 274-5395 E: <u>fortfrancescampus@confederationcollege.ca</u> <u>www.confederationcollege.ca/fort-frances</u>

y f ⓓ ♂ in www.confederationcollege.ca

RAINY RIVER DISTRICT CAMPUS

www.fortfrances.ca

Sister Betty Kennedy Seniors Centre

If you're 55 and older, feel free to stop by the Senior Centre and participate in the following activities:

Yoga / Tai Chi / Line Dancing / Cards / Pool / Wood Workshop / Lunches / Events

Please contact the Seniors Centre or visit our Facebook Page for more information and current program schedule.

We are always looking for volunteers! If you are interested in volunteering, please connect with Cindy Noble at the Seniors Centre!

Facebook: @ Fort Frances Seniors Centre

For more information, please call

807-274-7656



The Fort Frances Seniors Centre is committed to providing a vibrant and supportive environment for community members age 55+. Your generous donation will help us fund current and future programs, improve our facility, and expand our services.

With your support, we can make a lasting impact on the well-being of seniors in the community.

Donations are available in-person or by mail to 401 Nelson Street, Fort Frances Ontario, P9A 1B3.

Tax receipts are available for donations over \$20.00.

Cheques made payable to "The Town of Fort Frances". Please indicate the Fort Frances Seniors Centre on the memo line.

Thank you for your generosity.

FORT FRANCES SENIORS CENTRE





COME AND CELEBRATE SENIOR'S MONTH AT THE SISTER BETTY KENNEDY SENIOR CENTRE

CARD TOURNAMENTS			
500	June 3		
Contract bridge	June 8		
Smear	June 11		
Cribbage	June 20		
12:30 start			
Fee \$5.00 all funds returne	d as prizes		
MATINEE MOVIES			
Fried Green Tomatoes	June 5		
Where the Crawdads Sing	June 19		
The Help	June 26		
Movies start at 1 p.m.			
PONTOON BOAT RIDES			
2 p.m.	June 18		
Depart from Rendezvous Doc			
Depart from Rendezvous Doc	k ST		
Depart from Rendezvous Doc Donation to defray expenses BUTTER TART CONTE	k ST June 17		
Depart from Rendezvous Doc Donation to defray expenses	k ST June 17		
Depart from Rendezvous Doc Donation to defray expenses BUTTER TART CONTE	k ST June 17 ior Centre.		
Depart from Rendezvous Doc Donation to defray expenses BUTTER TART CONTE Contest rules available at Sen	k ST June 17 ior Centre.		

POOL TOURNAMENT				
Fee: \$5.00				
June 4	Starts at 10 a.m.			
SCRABBLE T	OURNAMENT			
Starts at 12:30	June 12			
1 st , 2 nd & 3 rd prizes				
BUILD YOUR OWN BREAKFAST SANDWICH Cost: \$3.00				
8 – 10 a.m.	June 3			
SAN	BUILD YOUR OWN BREAKFAST SANDWICH Cost: \$3.00			
8 – 10 a.m.	June 3			
MUSIC	MUSICAL BINGO			
2 – 4 p.m.	June 21			
MARDI GRAS DINNER				
5:30 p.m.	June 27			
OUTDOOR GAMES & RIVER WALK				
Horseshoes, Corn Hole Ladder Toss River walk Tickets for ice cream distributed.				

ALL ACTIVITIES WILL TAKE PLACE AT SISTER KENNEDY CENTRE UNLESS OTHERWISE NOTED AND ARE FOR SENIORS AGE 55+ TO REGISTER CONTACT THE CENTRE AT 807 274 7656



320 Portage Avenue Fort Frances, Ontario P9A 3P9 807-274-5323 www.fortfrances.ca