

Tuesday, October 1, 2024

Lane & Leisure

Date and Time: Tuesday, October 1 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

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6 Lane Swim

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Aquatic Fitness

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Preschool

Date and Time: Tuesday, October 1 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

[To register click here](#)

Drop In Play

Date and Time: Tuesday, October 1 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

Bridge Level 1

Date and Time: Tuesday, October 1 10:00 am - 12:30 pm

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

You will be introduced to the game of contract bridge, a trick taking card game using a standard deck of cards played by four players in two competing partnerships. Learn how to count points, bid, and score the game. This course is for beginners.

Ages: 18+

Cost: \$165

[Click here to Register](#) - space is limited

Core Balance

Date and Time: Tuesday, October 1 10:00 am - 10:50 am

Address: 35 Carrick Drive

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

Playgroup (Drop In)

Date and Time: Tuesday, October 1 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

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Body Conditioning - Fitness

Date and Time: Tuesday, October 1 11:00 am - 11:50 am

Address: 40 Teakood Drive

A total conditioning class designed to challenge each participant's major muscles groups using effective body weight exercises. Participants at all fitness levels are welcome.

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

CURRENTLY FULL

Food on the Move

Date and Time: Tuesday, October 1 11:00 am - 1:00 pm

Address: 140 Linegear Ave

Market to buy fresh food in the neighbourhood at an affordable price.

NL Health Services and the Library mobile van also in attendance.

\$2.00 each or 3 for \$5.00

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Adults in Motion

Date and Time: Wednesday, October 2 10:00 am - 10:50 am

Address: 35 Carrick Drive

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

Playgroup (Drop In)

Date and Time: Wednesday, October 2 10:00 am - 11:30 am

Address: 40 Teakwood Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in - Southlands](#)

Eastern Health - Breastfeeding Support

Date and Time: Wednesday, October 2 10:30 am - 12:00 pm

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

[Click here to get more information on the Website.](#)

Breastfeeding Support

Breastfeeding mothers who feel supported often choose to breastfeed their baby for longer. Support can come from a variety of sources including [partners](#), [grandparents](#), family members, peers, social media, and health care professionals.

Core Balance

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Walk & Wheel - Drop In

Date and Time: Wednesday, October 2 11:45 am - 12:45 pm

Address: 85 Messenger Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Ages: 18+

Cost : Free

No registration needed

[Walk & Wheel - Drop in](#)

Walk & Wheel - Drop In

Date and Time: Wednesday, October 2 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Ages: 18+

Cost : Free

No registration needed

Thursday, October 3, 2024

Leisure Swim

Date and Time: Thursday, October 3 7:00 am - 8:50 am

Address: 35 Carrick Drive

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Date and Time: Thursday, October 3 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

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Drop In Play

Date and Time: Thursday, October 3 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

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Playgroup (Drop In)

Date and Time: Thursday, October 3 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

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Connecting Communities

Date and Time: Thursday, October 3 11:00 am - 12:00 pm

Address: 130 Linegar Ave

A time for adults in our community to come together to chat, socialize, play cards/board games or another activity of your choice.

Tea and coffee will be provided.

Cost: Free

Body Conditioning - Fitness

Date and Time: Thursday, October 3 11:00 am - 11:50 am

Address: 40 Teakood Drive

A total conditioning class designed to challenge each participant's major muscles groups using effective body weight exercises. Participants at all fitness levels are welcome.

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

CURRENTLY FULL

Seniors Day 2024

Date and Time: Thursday, October 3 12:00 pm - 3:30 pm

Address: 36 Carrick Drive

Seniors and Older Adults are invited to Seniors Day on October 3rd, 2024

Join the celebration at this free event with information booths, light refreshments, prize draws and entertainment by the Salt Beef Junkies. The event will take place at Paul Reynold's Community Centre from noon to 3:30pm. No registration is required and the event is first come, first served. Parking is limited.

Metrobus is offering Seniors Ride Free Day on Oct 3rd for anyone over the age of 65 including GoBus and Community Bus.

The City strives to offer accessible and inclusive programs and services. If you require accommodations to participate or have dietary restrictions we should be aware of, please contact Robyn Dobbin at rdobbin@stjohns.ca or 709-576-8411.

On October 1st there will be a flag raising at 10:30am at City Hall to recognize National Seniors Day and United Nations International Day of the Older Persons and there will also be a proclamation during the City Council meeting at 3pm.

The City of St. John's values the contributions of seniors and older adults in the community.

Mother Goose - KFFRC

Date and Time: Thursday, October 3 1:00 pm - 2:00 pm

Address: Kilbride Community Centre - 34 Fahey Street

The Parent-Child Mother Goose Program is a national program that offers group experience for parents and their babies

and young children. The program introduces adults and children to the pleasure and power of language, using rhymes, songs, fingerplays and stories together. Parents gain skills and confidence which can enable them to create positive family patterns during their children's crucial early years. Children benefit from enjoyable, healthy early experiences with language and communication.

Cost: Free

This program is offered by Kilbride Ferryland Resource Centre

[Click here for the website - Home | KFFRC](#)

Friday, October 4, 2024

Leisure Swim

Date and Time: Friday, October 4 7:00 am - 8:50 am

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Pop in Tot

Date and Time: Friday, October 4 2:00 pm - 2:50 pm

Address: 35 Carrick Drive

Pop in Tot

This is a fun and exciting drop-in swim and play program for parents/caregivers and young children ages 3 months to 3 years. The class takes place in the leisure pool and an instructor is available to provide water safety tips, techniques and lead some fun games for the first 20 minutes and then you have time to practice new skills and tips. Come enjoy the water in our safe and friendly environment.

SJFM Queer Market & Quartz Pop-Up Art Exhibit

Date and Time: Friday, October 4 5:00 pm - 9:00 pm

Address: 245 Freshwater Rd

Quartz Fest has partnered with the St. John's Farmers Market to bring you a Quartzified version of the SJFM Queer Market. Join us on Friday, October 4 from 5PM to 9PM at the St. John's Farmer's Market.

VENDORS (5PM-9PM)

The Queer Market will feature a wide variety of 2SLGBTQIA+ vendors and artists.

POP-UP ART EXHIBIT (5PM-9PM)

In addition, attendees should come to checkout the Quartz Fest art exhibit showcasing the artwork of local visual and digital artists.

QUEER MARKET OPEN STAGE (6PM-9PM)

Beginning at 6PM, you can find @barbrabardot at the Queer Market open stage to welcome new, amateur, and emerging artists. We welcome artists at any stage of their career to showcase their skills on stage. All acts welcome including singing, acoustic music, standup comedy, dance, spoken word, written word, and more. Please note: acts must be suitable for an all ages audience.

WORKSHOPS (5PM-8PM)

The SJFM Queer Market will also be hosting several workshops (topics to be announced very soon). Local 2SLGBTQIA+ educators and artists will be running arts-related and 2SLGBTQIA+-related workshops in the community room.

QUARTZ FEST

This event is part of Quartz Fest, Newfoundland and Labrador's newest festival celebrating the work of 2SLGBTQIA+ artists in Newfoundland and Labrador. The festival will take place across the island during the first three weeks of October. It will celebrate several artistic disciplines including spoken word, written word, drag, music, visual art, digital art, and more. The festival will showcase artists at varying stages of their careers including new, amateur, emerging, and established artists.

Visit <https://dreamhausnl.ca/quartz> for the schedule. The full schedule will be released over the next few weeks.

After school program

Date and Time: Friday, October 4 5:00 pm - 6:00 pm

Address: 140 Linegar

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five phil

osophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNDamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

Public Talk: Robert Hengeveld

Date and Time: Friday, October 4 7:00 pm - 8:30 pm

Address: Johnson Geo Centre, 175 Signal Hill Rd

Science of the Arts: Advanced Robotics and the Redefining of Relationships

This presentation involves twenty-five self-aware animatronic rabbits. It is the result of a multi-year collaboration between artist Robert Hengeveld and engineers Dr. Oscar DeSilva and Nushen Senevirathna. The conversation speaks to emerging developments in advanced robotics, evolving creative practice, and the redefining of traditional relationships within an evolving natural world.

Admission by donation.

<https://roberthengeveld.com/>

This event is part of our series The Science of the Arts. 2024 was named the year of the Arts in NL and to celebrate, the Johnson Geo Centre has put together an exciting event series, The Science of the Arts, that will explore the relationship between Arts and Sciences. Are these two worlds as different as they appear? Join us to form your own opinions on this interesting intersection!

Saturday, October 5, 2024

Leisure Swim

Date and Time: Saturday, October 5 7:00 am - 8:50 am

Address: 35 Carrick Drive

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Compost Giveaway

Date and Time: Saturday, October 5 8:00 am - 4:00 pm

Address: Robin Hood Bay Waste Management Facility, 340 East White Hills Road

To celebrate Circular Economy Month, the City of St. John's is giving away free compost at the Robin Hood Bay Waste Management Facility, 340 East White Hills Road, every Saturday in October from 8 a.m. to 4 p.m.:

- For compost pickup only, follow the 'compost' signs on-site.
- For waste disposal and compost pickup, first go to the Residential Drop Off to offload the waste and then proceed to the compost area.

City of St. John's compost is made from yard waste collected from residents at the curb in St. John's or dropped off at the Residential Drop Off; pumpkins from the City's annual Pumpkin Walk are also added. The compost is made at the Robin Hood Bay Waste Management Facility using an open (aerobic) composting method.

The compost giveaway is self-serve and mechanical equipment is not permitted. Bring your own tools and supplies to collect a maximum of 250 litres, or approximately 12 five-gallon buckets, per visit.

Bring:

- Shovel
- Gloves
- Buckets/pails/containers
- For open trucks or trailers, you will be required to cover and secure your load before leaving the site.

On windy days consider wearing a dust mask and protective eyewear.

For more details visit CurbitStJohns.ca



Compost Giveaway

Saturdays in October



St. John's Farmers' Market

Date and Time: Saturday, October 5 9:00 am - 4:00 pm

Address: 245 Freshwater Road, St. John's, NL, A1B1B3

Support local producers this Saturday at the St. John's Farmers' Market!

The vendor list, community table, and entertainment/activities are updated regularly on the interactive vendor map on our website: <https://sjfm.ca/market-map>

Find vendor availability, product offerings, and contact information, on the searchable vendor directory on our website: <https://sjfm.ca/vendor-directory/>

The St. John's Farmers' Market Co-operative operates the St. John's Farmers' Market from the St. John's Community Market Building at 245 Freshwater Road.

The St. John's Community Market building is a fully accessible space centrally located, on bus routes, with gender-neutral washrooms, water refill stations, and ATMs. Find more information about the facility and parking on our website: <https://sjfm.ca/visit/>

The St. John's Farmers' Market takes place on Saturdays every week year round, with a few multi-day Farmers' Market events during the year, like Birthday Weekend and Festive Market.

In addition to the Saturday Farmers' Market, the SJFM Co-operative hosts specialty markets a few times per month, and also rents the venue for community events the rest of the week.

Follow us on social media for regular updates: [Facebook](#) | [Instagram](#)

Whale of a Day

Date and Time: Saturday, October 5 9:30 am - 5:00 pm

Address: 45 Arctic Avenue - Core Science Facility, St. John's MUN Campus

Whale of a Day

Friends and family of all ages are invited for a day of ocean exploration under Memorial University's famous blue whale skeleton on Saturday, Oct. 5, on the St. John's campus.

Over the past two years, Memorial has welcomed thousands of friends through the facility's doors to absorb insight and knowledge about the ocean — a vital part of Newfoundland and Labrador's history, ecology and economy.

Come join us and unlock the treasures of the deep at an open house taking place under and around Altum, the blue whale whose skeleton hangs in Memorial University's Core Science Facility (CSF). Altum (pronounced al-tum) is Latin for "deep," and comes from Memorial's motto: provehito in altum, which means "launch forth into the deep." The whale represents the diverse ocean-related expertise that swims across our campuses.

On Saturday, Oct. 5 from 9:30 am - 4 pm, visitors are invited to drop by to enjoy a series of interactive learning exhibitions and displays from Memorial University's campuses.

Date: Saturday, October 5, 2024

Location: Core Science Facility, St. John's Campus

45 Arctic Ave, St. John's, NL A1C 5S7

Time: 9:30 am - 4:00 pm

To ensure participants' comfort, entrance to the event will be offered in staggered blocks.

Registrants have the option to select from one of the entrance times below.

9:30–10:30 a.m. (enhanced access hour)

10:30 a.m.–12:15 p.m.

12:15–2 p.m.

2–4 p.m.

There is no charge to attend. However, registration is required.

Register [here](#) or paste the following address into your browser: <https://mun.jotform.com/232574146739868>

Guests are encouraged to bring a non-perishable food item for the Campus Food Bank.

Playgroup (Drop In)

Date and Time: Saturday, October 5 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

Cowan Heights United Church Fall Fair, 141 Frecker Drive.

Date and Time: Saturday, October 5 10:00 am - 4:00 pm

Address: 141 Frecker Drive

Variety of vendors. Meggs, Cakes, Woodwork, Jewelry, Cupcakes/Cake Pops, Knitted goods, fall decor, Art Work and photographs, crochet, blankets etc.

Delicious homemade soup and roll at 11:30.

Door prize

Admission \$2.00, children under 12 free.


Tournois de Pétanque - Ligue de Pétanque St-Jean

Date and Time: Saturday, October 5 1:00 pm

Address: CSC des Grands Vents, 65 Ridge Road, St. Jean (NL) A1B 4P5, terrains près du YMCA

🎉 Tournoi de Pétanque - Ligue de Pétanque St-Jean 🎉

 Date : Samedi 5 octobre

 Heure : 13 h

 Lieu : Centre des Grands Vents, terrains près du YMCA

Rejoignez-nous pour un après-midi de compétition amicale et de convivialité! 🥰

Inscrivez-vous dès maintenant sur notre groupe WhatsApp : Ligue de pétanque St-Jean

Venez nombreux pour partager un bon moment et montrer vos talents de pétanqueur! 📖🏆

🎉 Petanque Tournament - St-Jean Petanque League 🎉

 Date: Saturday, October 5

 Time: 1 PM

 Location: Centre des Grands Vents, fields near the YMCA

Join us for an afternoon of friendly competition and camaraderie! 🥰

Sign up now on our WhatsApp group: St-Jean Petanque League

Bring your friends and come show off your petanque skills! 📖🏆

Backyard Composting Talk

Date and Time: Saturday, October 5 1:00 pm - 2:00 pm

Address: St. John's Farmers' Market

The City of St. John's, in partnership with Memorial University Botanical Garden, are offering free backyard composting information sessions to residents of St. John's. Upon completion of the training, City of St. John's residents can request to purchase a composting bin at a reduced cost.

Pre-registration is not required. Staff will collect your information when you arrive - just drop in!

Everyone Welcome Swim

Date and Time: Saturday, October 5 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Saturday, October 5 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Saturday, October 5 5:30 pm - 6:20 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Saturday, October 5 5:30 pm - 6:45 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Family Open Gym Drop-in.

Date and Time: Saturday, October 5 6:30 pm - 9:00 pm

Address: 85 Messenger Drive

The Kenmount Terrace Gymnasium is opened for individuals of all ages. Children under the age of 12 must be accompanied by an adult at all times.

Gym will be open for court sports, where you are able to come with family or friends.

Cost \$2 per person, drop in, no registration necessary

[Family Open Gym Drop-in](#)

Everyone Welcome Swim

Date and Time: Saturday, October 5 6:30 pm - 7:20 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Sunday, October 6, 2024

6 Lane & Leisure

Date and Time: Sunday, October 6 7:00 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old

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Lane & Leisure

Date and Time: Sunday, October 6 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Sunday Morning Bird Walks

Date and Time: Sunday, October 6 9:00 am - 11:00 am

Address: Memorial University Botanical Garden, 306 Mount Scio Rd

Take a guided walk on the Botanical Garden's nature trails with a Friend of the Garden volunteer and learn about Newfoundland birds. Binoculars are recommended, appropriate footwear is essential. No pre-registration necessary. This is a free event.

Bird watching sessions start at 8:00am sharp, 9:00am in October. Please meet in the parking lot across from the main entrance.

These walks are intended for individuals and small family groups. Larger groups should contact the Garden to make special arrangements.

SJFM Women-Owned Business Market

Date and Time: Sunday, October 6 10:00 am - 3:00 pm

Address: 245 Freshwater Road

The SJFM proudly announces return of the Women-Owned Business Market

Sunday, March 10th, 2024 from 10am - 3pm

Sunday, October 6th, 2024 from 10am - 3pm

Featuring crafts, art, food and awesomeness by vendors who identify as women, gender diverse, and gender non-conforming folks.

Free admission, all-ages, accessible, gender inclusive washrooms. Everyone welcome!

International Women's Day on March 8th is a global day celebrating the social, economic, cultural, and political achievements of women. The March Market corresponds with this special date.

The market in October recognizes:

- Women's History Month, Community Inclusion Month, LGBT History Month,
- October 11th is International Day of the Girl, and
- October 18th as National Persons Day – the day in 1929 when the historic decision to include women in the legal definition of “persons” was handed down by Canada's highest court of appeal.

We celebrate all women, femmes, trans-, non-binary, genderqueer, genderfluid, or otherwise gender diverse or gender non-conforming identifying persons of Newfoundland and Labrador and want to acknowledge and feature all the awesome things they do in our communities!

Find out more details on our [website here](#), or social media on [Facebook](#) or [Instagram](#).

Lane & Leisure

Date and Time: Sunday, October 6 11:00 am - 12:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, October 6 1:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Bowring Park Foundation Annual General Meeting

Date and Time: Sunday, October 6 2:00 pm

Address: Bowring Park Lodge

The Bowring Park Foundation will be holding its AGM on Sunday, October 6th at 2:00 p.m.

Everyone Welcome Swim

Date and Time: Sunday, October 6 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, October 6 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Sunday, October 6 4:00 pm - 4:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, October 6 5:30 pm - 6:20 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old

d who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Sunday, October 6 6:00 pm - 7:20 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

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6 Lane & Leisure

Date and Time: Sunday, October 6 7:30 pm - 8:20 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

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Monday, October 7, 2024

Lane & Leisure

Date and Time: Monday, October 7 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

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Leisure Swim

Date and Time: Monday, October 7 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Monday, October 7 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Date and Time: Monday, October 7 9:00 am - 9:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Aquatic Fitness

Date and Time: Monday, October 7 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Monday, October 7 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Drop In Play

Date and Time: Monday, October 7 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located upstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

Adults in Motion

Date and Time: Monday, October 7 10:00 am - 10:50 am

Address: 35 Carrick Drive

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

Aquatic Fitness

Date and Time: Monday, October 7 10:00 am - 10:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Lane & Leisure

Date and Time: Monday, October 7 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

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Playgroup (Drop In)

Date and Time: Monday, October 7 10:00 am - 11:30 am

Address: 40 Teakwood Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in - Southlands](#)

Adults in Motion

Date and Time: Monday, October 7 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

3 Lane & Leisure

Date and Time: Monday, October 7 11:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Walk & Wheel - Drop In

Date and Time: Monday, October 7 11:45 am - 12:45 pm

Address: 85 Messenger Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Ages: 18+

Cost : Free

No registration needed

[Walk & Wheel - Drop in](#)

Walk & Wheel - Drop In

Date and Time: Monday, October 7 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Ages: 18+

Cost : Free

No registration needed

Tuesday, October 8, 2024

Leisure Swim

Date and Time: Tuesday, October 8 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchair and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Tuesday, October 8 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

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6 Lane Swim

Date and Time: Tuesday, October 8 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Date and Time: Tuesday, October 8 9:00 am - 9:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Aquatic Fitness

Date and Time: Tuesday, October 8 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Tuesday, October 8 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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Preschool

Date and Time: Tuesday, October 8 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

[To register click here](#)

Drop In Play

Date and Time: Tuesday, October 8 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

Bridge Level 1

Date and Time: Tuesday, October 8 10:00 am - 12:30 pm

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

You will be introduced to the game of contract bridge, a trick taking card game using a standard deck of cards played by four players in two competing partnerships. Learn how to count points, bid, and score the game. This course is for beginners.

Ages: 18+

Cost: \$165

[Click here to Register](#) - space is limited

Playgroup (Drop In)

Date and Time: Tuesday, October 8 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

Core Balance

Date and Time: Tuesday, October 8 10:00 am - 10:50 am

Address: 35 Carrick Drive

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

Lane & Leisure

Date and Time: Tuesday, October 8 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane & Leisure

Date and Time: Tuesday, October 8 10:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

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heelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Body Conditioning - Fitness

Date and Time: Tuesday, October 8 11:00 am - 11:50 am

Address: 40 Teakood Drive

A total conditioning class designed to challenge each participant's major muscles groups using effective body weight exercises. Participants at all fitness levels are welcome.

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

CURRENTLY FULL

Connecting Communities

Date and Time: Tuesday, October 8 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

A time for adults in our community to come together to chat, socialize, play cards/board games or another activity of your choice.

Tea and coffee will be provided.

Cost: Free

Wednesday, October 9, 2024

Leisure Swim

Date and Time: Wednesday, October 9 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchair and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Wednesday, October 9 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Wednesday, October 9 7:30 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Aquatic Fitness

Date and Time: Wednesday, October 9 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Wednesday, October 9 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Leisure Swim

Date and Time: Wednesday, October 9 9:00 am - 9:50 am

Address: 35 Carrick Drive

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Lane & Leisure

Date and Time: Wednesday, October 9 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

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Adults in Motion

Date and Time: Wednesday, October 9 10:00 am - 10:50 am

Address: 35 Carrick Drive

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

Playgroup (Drop In)

Date and Time: Wednesday, October 9 10:00 am - 11:30 am

Address: 40 Teakwood Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in - Southlands](#)

Eastern Health - Breastfeeding Support

Date and Time: Wednesday, October 9 10:30 am - 12:00 pm

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

[Click here to get more information on the Website](#)

Breastfeeding Support

Breastfeeding mothers who feel supported often choose to breastfeed their baby for longer. Support can come from a variety of sources including [partners](#), [grandparents](#), family members, peers, social media, and health care professionals.

Core Balance

Date and Time: Wednesday, October 9 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

3 Lane & Leisure

Date and Time: Wednesday, October 9 11:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

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Walk & Wheel - Drop In

Date and Time: Wednesday, October 9 11:45 am - 12:45 pm

Address: 85 Messenger Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Ages: 18+

Cost : Free

No registration needed

Walk & Wheel - Drop in

Walk & Wheel - Drop In

Date and Time: Wednesday, October 9 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Ages: 18+

Cost : Free

No registration needed

Thursday, October 10, 2024

Leisure Swim

Date and Time: Thursday, October 10 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchair and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Thursday, October 10 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

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Preschool

Date and Time: Thursday, October 10 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

[To register click here](#)

Drop In Play

Date and Time: Thursday, October 10 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

Playgroup (Drop In)

Date and Time: Thursday, October 10 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

Core Balance

Date and Time: Thursday, October 10 10:00 am - 10:50 am

Address: 35 Carrick Drive

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

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Connecting Communities

Date and Time: Thursday, October 10 11:00 am - 12:00 pm

Address: 130 Linegar Ave

A time for adults in our community to come together to chat, socialize, play cards/board games or another activity of your choice.

Tea and coffee will be provided.

Cost: Free

Body Conditioning - Fitness

Date and Time: Thursday, October 10 11:00 am - 11:50 am

Address: 40 Teakood Drive

A total conditioning class designed to challenge each participant's major muscles groups using effective body weight exercises. Participants at all fitness levels are welcome.

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

CURRENTLY FULL

Mother Goose - KFFRC

Date and Time: Thursday, October 10 1:00 pm - 2:00 pm

Address: Kilbride Community Centre - 34 Fahey Street

The Parent-Child Mother Goose Program is a national program that offers group experience for parents and their babies and young children. The program introduces adults and children to the pleasure and power of language, using rhymes, songs, fingerplays and stories together. Parents gain skills and confidence which can enable them to create positive family patterns during their children's crucial early years. Children benefit from enjoyable, healthy early experiences with language and communication.

Cost: Free

This program is offered by Kilbride Ferryland Resource Centre

[Click here for the website - Home | KFFRC](#)

Friday, October 11, 2024

Leisure Swim

Date and Time: Friday, October 11 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

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Pop in Tot

Date and Time: Friday, October 11 2:00 pm - 2:50 pm

Address: 35 Carrick Drive

Pop in Tot

This is a fun and exciting drop-in swim and play program for parents/caregivers and young children ages 3 months to 3 years. The class takes place in the leisure pool and an instructor is available to provide water safety tips, techniques and lead some fun games for the first 20 minutes and then you have time to practice new skills and tips. Come enjoy the water in our safe and friendly environment.

After school program

Date and Time: Friday, October 11 5:00 pm - 6:00 pm

Address: 140 Linegar

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

Activité Familiale : Sculpture de Citrouille & Atelier de Cuisine

Date and Time: Friday, October 11 5:00 pm - 7:00 pm

Address: CSC des Grands Vents, 65 Ridge Road, St. Jean (NL) A1B 4P5

Français :

🍂 Atelier de Cuisine Halloween 🍂

En partenariat avec FFTNL Immigration

📅 Date : Vendredi 11 octobre 2024

🕒 Heure : 17H – 19H

📍 Lieu : CSC des Grands Vents, 65 Ridge Road, St. Jean (NL) A1B 4P5

Au programme :

- 17h00 – Sculpture de citrouilles 🍂
- 17h30 – Atelier de cuisine 🍳
- 18h15 – Projection d'un court-métrage 🎬
- 18h45 – Partage du repas et collations 🍽️

Recettes :

- Soupe de potiron « Horreur »
- Biscuits « Monstres » à décorer

Inscription :

Inscrivez-vous sur notre site internet ou par courriel à jeunesse@acfsj.ca

Tout le monde est le bienvenu !

Pour plus d'infos, contactez-nous au 709-726-4900.

English:

🍂 Halloween Cooking Workshop 🍂

In partnership with FFTNL Immigration

📅 Date: Friday, October 11, 2024

🕒 Time: 5 PM – 7 PM

📍 Location: CSC des Grands Vents, 65 Ridge Road, St. John's (NL) A1B 4P5

Program:

- 5:00 PM – Pumpkin Carving 🍂
- 5:30 PM – Cooking Workshop 🍳
- 6:15 PM – Short Film Screening 🎬
- 6:45 PM – Meal and Snack Sharing 🍽️

Recipes:

- "Horror" Pumpkin Soup
- "Monster" Cookies to Decorate

Registration:

Sign up now at website or email us at jeunesse@acfsj.ca

Everyone is welcome!

For more information, contact us at 709-726-4900.

Let Praises Rise 2024: Shekinah Glory

Date and Time: Friday, October 11 6:00 pm - 11:00 pm

Address: 109 Blackmarsh Road, St. John's, Newfoundland and Labrador.

Let Praises Rise - A Community Gospel Concert

Join the Movement!

Let Praises Rise is an unforgettable community gathering that unites people of all backgrounds in praise and worship. Th

is high-energy event features powerful performances by:

- Minister Tomi Favored (USA)
- Minister Tosin Bee (Nigeria)
- Black Heritage Gospel Choir NL
- The Tribe of Levi Choir
- Special guest choirs from various denominations across St. John's

Experience the joy of worship through music and dance. Come expecting an unforgettable encounter with God's presence!

Best Part: It is free! Free! free!

Saturday, October 12, 2024

Leisure Swim

Date and Time: Saturday, October 12 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Saturday, October 12 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Compost Giveaway

Date and Time: Saturday, October 12 8:00 am - 4:00 pm

Address: Robin Hood Bay Waste Management Facility, 340 East White Hills Road

To celebrate Circular Economy Month, the City of St. John's is giving away free compost at the Robin Hood Bay Waste Management Facility, 340 East White Hills Road, every Saturday in October from 8 a.m. to 4 p.m.:

- For compost pickup only, follow the 'compost' signs on-site.
- For waste disposal and compost pickup, first go to the Residential Drop Off to offload the waste and then proceed to the compost area.

City of St. John's compost is made from yard waste collected from residents at the curb in St. John's or dropped off at the Residential Drop Off; pumpkins from the City's annual Pumpkin Walk are also added. The compost is made at the Robi n Hood Bay Waste Management Facility using an open (aerobic) composting method.

The compost giveaway is self-serve and mechanical equipment is not permitted. Bring your own tools and supplies to collect a maximum of 250 litres, or approximately 12 five-gallon buckets, per visit.

Bring:

- Shovel
- Gloves
- Buckets/pails/containers
- For open trucks or trailers, you will be required to cover and secure your load before leaving the site.

On windy days consider wearing a dust mask and protective eyewear.

For more details visit CurbitStJohns.ca



Compost Giveaway

Saturdays in October



St. John's Farmers' Market

Date and Time: Saturday, October 12 9:00 am - 4:00 pm

Address: 245 Freshwater Road, St. John's, NL, A1B1B3

Support local producers this Saturday at the St. John's Farmers' Market!

The vendor list, community table, and entertainment/activities are updated regularly on the interactive vendor map on our website: <https://sjfm.ca/market-map>

Find vendor availability, product offerings, and contact information, on the searchable vendor directory on our website: <https://sjfm.ca/vendor-directory/>

The St. John's Farmers' Market Co-operative operates the St. John's Farmers' Market from the St. John's Community Market Building at 245 Freshwater Road.

The St. John's Community Market building is a fully accessible space centrally located, on bus routes, with gender-neutral washrooms, water refill stations, and ATMs. Find more information about the facility and parking on our website: <https://sjfm.ca/visit/>

The St. John's Farmers' Market takes place on Saturdays every week year round, with a few multi-day Farmers' Market events during the year, like Birthday Weekend and Festive Market.

In addition to the Saturday Farmers' Market, the SJFM Co-operative hosts specialty markets a few times per month, and also rents the venue for community events the rest of the week.

Follow us on social media for regular updates: [Facebook](#) | [Instagram](#)

Playgroup (Drop In)

Date and Time: Saturday, October 12 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

Everyone Welcome Swim

Date and Time: Saturday, October 12 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchair and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Saturday, October 12 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Saturday, October 12 5:30 pm - 6:20 pm

Address: 40 Mundy Pond Road

Lane Swim

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- Minister Tomi Favored (USA)
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- The Tribe of Levi Choir
- Special guest choirs from various denominations across St. John's

Experience the joy of worship through music and dance. Come expecting an unforgettable encounter with God's presence!

Best Part: It is free! Free! free!

Intermediate 1 French Course - Fall 2024 (Online)

Date and Time: Saturday, October 12 6:00 pm - 7:30 pm

Address: 65 Ridge Rd, St. John's NL A1B 4P

These courses are designed for those with a basic knowledge of French who want to build on their previous learning experiences to enhance their skills. The four competencies—listening, speaking, reading, and writing—are developed in a relaxed, friendly, and non-threatening environment. With small class sizes, students have plenty of opportunities and are encouraged to participate actively to their fullest potential.

Course Details:

Instructor: Terry Capandéguy

Location: Online

Day: Thursday evenings

Time: 6:00 PM – 7:30 PM

Dates: September 26 – December 12 (13 weeks)

Duration: 1.5 hours per week

Note: Registration for Fall 2024 is now closed, but don't worry! Registration for Winter 2025 will open soon. Stay tuned!

For more information, feel free to reach out to us.

Come discover the beauty of the French language with us!

Family Open Gym Drop-in.

Date and Time: Saturday, October 12 6:30 pm - 9:00 pm

Address: 85 Messenger Drive

The Kenmount Terrace Gymnasium is opened for individuals of all ages. Children under the age of 12 must be accompanied by an adult at all times.

Gym will be open for court sports, where you are able to come with family or friends.

Cost \$2 per person, drop in, no registration necessary

[Family Open Gym Drop-in](#)

Everyone Welcome Swim

Date and Time: Saturday, October 12 6:30 pm - 7:20 pm

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Renovations for Six

Date and Time: Saturday, October 12 8:00 pm - 10:00 pm

Address: 95 Allandale Road, St. John's

St. John's Players proudly present their hilarious new play, Renovations for Six by Norm Foster

Directed by Jenelle Welshman

Performing with and all-star cast October 9-12

Arts & Culture Centre, Barbara Barrett Basement Theatre 8 pm

Tickets on sale now at (709) 729-3900 or online artsandculturecentre.com

* Recommended audience age 18 +

Details: Shayna and Grant Perkins, a young couple new in town, decide to host a dinner party so they can make friends and promote their business. The guest list includes Billie and Wing Falterman who abandoned their show biz careers to raise their daughter as well as haughty psychiatrist Veronica Dunn-Dudet and her husband Maurice Dudet, an engineer who has left his high-paying job to write a novel.

All three couples are undergoing house renovations and could use a little fix-up in their relationships too! All hell breaks loose at the dinner party in this fast-paced comedy as secrets are revealed and cultures clash. The party will have a surpris

ing effect on all six lives.

“The whole play is so inventive in conception and dialogue that many will find that one viewing is not enough to pick up all its nuances. !” — stage-door.com.

“A funny, smart play about relationships and how they are tested during renovations.” — slotkinletter.com.

“...Norm Foster's Renovations For Six ends up among the Canadian comedy master's most rewarding creations...” — stagescenela.com.

-

Sunday, October 13, 2024

6 Lane & Leisure

Date and Time: Sunday, October 13 7:00 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Sunday, October 13 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

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St. John's Shrine Club Fall Fair

Date and Time: Sunday, October 13 10:00 am - 4:00 pm

Address: 530 Topsail Road

The St. John's Shrine Club are having their Fall Craft fair at the Mazol Shine Center 530 Topsail Rd on Sunday Oct 13 from 10am to 4pm.

Admission \$2.00 children under 12 free. 40 Vendors, canteen, door prize, 50/50 draw and more.. come out and support this worthwhile cause and help the Shriners.

Lane & Leisure

Date and Time: Sunday, October 13 11:00 am - 12:50 pm

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Lane Swim

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Everyone Welcome Swim

Date and Time: Sunday, October 13 1:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, October 13 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, October 13 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Sunday, October 13 4:00 pm - 4:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, October 13 5:30 pm - 6:20 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Sunday, October 13 6:00 pm - 7:20 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

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6 Lane & Leisure

Date and Time: Sunday, October 13 7:30 pm - 8:20 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

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Monday, October 14, 2024

Harm Reduction Van

Date and Time: Monday, October 14 1:30 pm - 3:00 pm

Address: 140 Lingear Ave - Parking Lot

A mobile van that can reach clients outside of a clinic." A team of Nurse Practitioners, Psychiatric Registered Nurses, Peer Support, Pharmacist, Occupational Therapist and Addictions Counsellor. We also work alongside End Homelessness NL.

We work as a multidisciplinary team who attempt to help those who are most vulnerable in our communities."While parked in the community, our mobile clinic can provide numerous services. While on the van we can provide:

- personal care items
- provide information for community supports
- provide SWAP supplies (Safe Works Access Program which provide safe drug use supplies and condoms)
- complete bloodwork for anyone who has a requisition (with exceptions)
- STBBI testing (sexually transmitted blood borne infections including HIV, Hepatitis C, Syphilis, Gonorrhea, Chlamydia)
- addictions support
- vital sign assessment
- naloxone handout/teaching
- Basic Wound Care

Tuesday, October 15, 2024

Lane & Leisure

Date and Time: Tuesday, October 15 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

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Leisure Swim

Date and Time: Tuesday, October 15 7:00 am - 8:50 am

Address: 35 Carrick Drive

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6 Lane Swim

Date and Time: Tuesday, October 15 7:30 am - 8:50 am

Address: 35 Carrick Drive

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Leisure Swim

Date and Time: Tuesday, October 15 9:00 am - 9:50 am

Address: 35 Carrick Drive

Leisure Swim

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Aquatic Fitness

Date and Time: Tuesday, October 15 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Tuesday, October 15 9:00 am - 9:50 am

Address: 35 Carrick Drive

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Preschool

Date and Time: Tuesday, October 15 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

[To register click here](#)

Drop In Play

Date and Time: Tuesday, October 15 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

Bridge Level 1

Date and Time: Tuesday, October 15 10:00 am - 12:30 pm

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

You will be introduced to the game of contract bridge, a trick taking card game using a standard deck of cards played by four players in two competing partnerships. Learn how to count points, bid, and score the game. This course is for beginners.

Ages: 18+

Cost: \$165

[Click here to Register](#) - space is limited

Core Balance

Date and Time: Tuesday, October 15 10:00 am - 10:50 am

Address: 35 Carrick Drive

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

Playgroup (Drop In)

Date and Time: Tuesday, October 15 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

Lane & Leisure

Date and Time: Tuesday, October 15 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

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Body Conditioning - Fitness

Date and Time: Tuesday, October 15 11:00 am - 11:50 am

Address: 40 Teakood Drive

A total conditioning class designed to challenge each participant's major muscles groups using effective body weight exercises. Participants at all fitness levels are welcome.

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

CURRENTLY FULL

Connecting Communities

Date and Time: Tuesday, October 15 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

A time for adults in our community to come together to chat, socialize, play cards/board games or another activity of your choice.

Tea and coffee will be provided.

Cost: Free

Wednesday, October 16, 2024

Leisure Swim

Date and Time: Wednesday, October 16 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Wednesday, October 16 7:30 am - 8:50 am

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Aquatic Fitness

Date and Time: Wednesday, October 16 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

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Adults in Motion

Date and Time: Wednesday, October 16 10:00 am - 10:50 am

Address: 35 Carrick Drive

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

Playgroup (Drop In)

Date and Time: Wednesday, October 16 10:00 am - 11:30 am

Address: 40 Teakwood Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in - Southlands](#)

Eastern Health - Breastfeeding Support

Date and Time: Wednesday, October 16 10:30 am - 12:00 pm

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

[Click here to get more information on the Website](#)

Breastfeeding Support

Breastfeeding mothers who feel supported often choose to breastfeed their baby for longer. Support can come from a variety of sources including [partners](#), [grandparents](#), family members, peers, social media, and health care professionals.

Core Balance

Date and Time: Wednesday, October 16 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

3 Lane & Leisure

Date and Time: Wednesday, October 16 11:00 am - 1:50 pm

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Leisure Swim

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Walk & Wheel - Drop In

Date and Time: Wednesday, October 16 11:45 am - 12:45 pm

Address: 85 Messenger Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Ages: 18+

Cost : Free

No registration needed

[Walk & Wheel - Drop in](#)

Walk & Wheel - Drop In

Date and Time: Wednesday, October 16 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Ages: 18+

Cost : Free

No registration needed

Thursday, October 17, 2024

Leisure Swim

Date and Time: Thursday, October 17 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Thursday, October 17 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

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Aquatic Fitness

Date and Time: Thursday, October 17 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

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Preschool

Date and Time: Thursday, October 17 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

[To register click here](#)

Drop In Play

Date and Time: Thursday, October 17 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

Playgroup (Drop In)

Date and Time: Thursday, October 17 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

Playgroup Drop in

Core Balance

Date and Time: Thursday, October 17 10:00 am - 10:50 am

Address: 35 Carrick Drive

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

6 Lane & Leisure

Date and Time: Thursday, October 17 10:00 am - 1:50 pm

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Lane Swim

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Connecting Communities

Date and Time: Thursday, October 17 11:00 am - 12:00 pm

Address: 130 Linegar Ave

A time for adults in our community to come together to chat, socialize, play cards/board games or another activity of your choice.

Tea and coffee will be provided.

Cost: Free

Body Conditioning - Fitness

Date and Time: Thursday, October 17 11:00 am - 11:50 am

Address: 40 Teakood Drive

A total conditioning class designed to challenge each participant's major muscles groups using effective body weight exercises. Participants at all fitness levels are welcome.

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

CURRENTLY FULL

Mother Goose - KFFRC

Date and Time: Thursday, October 17 1:00 pm - 2:00 pm

Address: Kilbride Community Centre - 34 Fahey Street

The Parent-Child Mother Goose Program is a national program that offers group experience for parents and their babies and young children. The program introduces adults and children to the pleasure and power of language, using rhymes, songs, fingerplays and stories together. Parents gain skills and confidence which can enable them to create positive family patterns during their children's crucial early years. Children benefit from enjoyable, healthy early experiences with language and communication.

Cost: Free

This program is offered by Kilbride Ferryland Resource Centre

[Click here for the website - Home | KFFRC](#)

Friday, October 18, 2024

Leisure Swim

Date and Time: Friday, October 18 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Friday, October 18 7:30 am - 8:50 am

Address: 35 Carrick Drive

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Aquatic Fitness

Date and Time: Friday, October 18 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

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Lane & Leisure

Date and Time: Friday, October 18 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Adults in Motion

Date and Time: Friday, October 18 10:00 am - 10:50 am

Address: 35 Carrick Drive

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

Adults in Motion

Date and Time: Friday, October 18 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

3 Lane & Leisure

Date and Time: Friday, October 18 11:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Pop in Tot

Date and Time: Friday, October 18 2:00 pm - 2:50 pm

Address: 35 Carrick Drive

Pop in Tot

This is a fun and exciting drop-in swim and play program for parents/caregivers and young children ages 3 months to 3 years. The class takes place in the leisure pool and an instructor is available to provide water safety tips, techniques and lead some fun games for the first 20 minutes and then you have time to practice new skills and tips. Come enjoy the water in our safe and friendly environment.

After school program

Date and Time: Friday, October 18 5:00 pm - 6:00 pm

Address: 140 Linegar

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

Creatures of the Night - Family Night

Date and Time: Friday, October 18 6:30 pm - 8:30 pm

Address: Memorial University Botanical Garden, 306 Mount Scio Rd

Join us for an after-hours guided forest walk and learn about what goes bump in the night! We will demystify the scary sounds you hear in nature when it is dreadfully dark outside. Learn about the history of Hallowe'en and some local folklore.

This is a 1-hour educational walk, and there are NO jump scares. We recommend this program for ages 9 and up as the walk is dark and spooky in nature. Parental discretion is advised. Children under 16 must be accompanied by an adult.

There are two time slots available each evening - 6:30-7:30pm and 7:30-8:30pm.

Tickets:

General Admission \$18

Youth (9-18) \$12

+HST

Everyone Welcome Swim

Date and Time: Friday, October 18 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchair and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Saturday, October 19, 2024

Leisure Swim

Date and Time: Saturday, October 19 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Saturday, October 19 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Compost Giveaway

Date and Time: Saturday, October 19 8:00 am - 4:00 pm

Address: Robin Hood Bay Waste Management Facility, 340 East White Hills Road

To celebrate Circular Economy Month, the City of St. John's is giving away free compost at the Robin Hood Bay Waste Management Facility, 340 East White Hills Road, every Saturday in October from 8 a.m. to 4 p.m.:

- For compost pickup only, follow the 'compost' signs on-site.
- For waste disposal and compost pickup, first go to the Residential Drop Off to offload the waste and then proceed to the compost area.

City of St. John's compost is made from yard waste collected from residents at the curb in St. John's or dropped off at the Residential Drop Off; pumpkins from the City's annual Pumpkin Walk are also added. The compost is made at the Robin Hood Bay Waste Management Facility using an open (aerobic) composting method.

The compost giveaway is self-serve and mechanical equipment is not permitted. Bring your own tools and supplies to collect a maximum of 250 litres, or approximately 12 five-gallon buckets, per visit.

Bring:

- Shovel
- Gloves
- Buckets/pails/containers
- For open trucks or trailers, you will be required to cover and secure your load before leaving the site.

On windy days consider wearing a dust mask and protective eyewear.

For more details visit CurbitStJohns.ca



Home Alone

Date and Time: Saturday, October 19 9:00 am - 4:00 pm

Address: 85 Messenger Drive

A safety and life skills program for children (Grade 4 to 6) to develop independence to be un-supervised for short periods of time. Topics include: online safety, fire safety, street smarts, emergency response, healthy eating and a home readiness plan.

Bring a lunch.

The City of St. John's cannot guarantee that children taking this course will be adequately prepared or responsible to remain at home without adult supervision

Ages 10-12

Cost: \$55

[Register here](#) - spaces are limited, if full please add yourself to the waiting list.

St. John's Farmers' Market

Date and Time: Saturday, October 19 9:00 am - 4:00 pm

Address: 245 Freshwater Road, St. John's, NL, A1B1B3

Support local producers this Saturday at the St. John's Farmers' Market!

The vendor list, community table, and entertainment/activities are updated regularly on the interactive vendor map on our website: <https://sjfm.ca/market-map>

Find vendor availability, product offerings, and contact information, on the searchable vendor directory on our website: <https://sjfm.ca/vendor-directory/>

The St. John's Farmers' Market Co-operative operates the St. John's Farmers' Market from the St. John's Community Market Building at 245 Freshwater Road.

The St. John's Community Market building is a fully accessible space centrally located, on bus routes, with gender-neutral washrooms, water refill stations, and ATMs. Find more information about the facility and parking on our website: <https://sjfm.ca/visit/>

The St. John's Farmers' Market takes place on Saturdays every week year round, with a few multi-day Farmers' Market events during the year, like Birthday Weekend and Festive Market.

In addition to the Saturday Farmers' Market, the SJFM Co-operative hosts specialty markets a few times per month, and also rents the venue for community events the rest of the week.

Follow us on social media for regular updates: [Facebook](#) | [Instagram](#)

Playgroup (Drop In)

Date and Time: Saturday, October 19 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

Everyone Welcome Swim

Date and Time: Saturday, October 19 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchair and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Saturday, October 19 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Saturday, October 19 5:30 pm - 6:20 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Saturday, October 19 5:30 pm - 6:45 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Family Open Gym Drop-in.

Date and Time: Saturday, October 19 6:30 pm - 9:00 pm

Address: 85 Messenger Drive

The Kenmount Terrace Gymnasium is opened for individuals of all ages. Children under the age of 12 must be accompanied by an adult at all times.

Gym will be open for court sports, where you are able to come with family or friends.

Cost \$2 per person, drop in, no registration necessary

[Family Open Gym Drop-in](#)

Creatures of the Night - Family Night

Date and Time: Saturday, October 19 6:30 pm - 8:30 pm

Address: Memorial University Botanical Garden, 306 Mount Scio Rd

Join us for an after-hours guided forest walk and learn about what goes bump in the night! We will demystify the scary sounds you hear in nature when it is dreadfully dark outside. Learn about the history of Hallowe'en and some local folklore.

This is a 1-hour educational walk, and there are NO jump scares. We recommend this program for ages 9 and up as the walk is dark and spooky in nature. Parental discretion is advised. Children under 16 must be accompanied by an adult.

There are two time slots available each evening - 6:30-7:30pm and 7:30-8:30pm.

Tickets:

General Admission \$18

Youth (9-18) \$12

+HST

Everyone Welcome Swim

Date and Time: Saturday, October 19 6:30 pm - 7:20 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

3 Lane & Leisure

Date and Time: Saturday, October 19 7:00 pm - 7:50 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Sunday, October 20, 2024

6 Lane & Leisure

Date and Time: Sunday, October 20 7:00 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Sunday, October 20 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Sunday Morning Bird Walks

Date and Time: Sunday, October 20 9:00 am - 11:00 am

Address: Memorial University Botanical Garden, 306 Mount Scio Rd

Take a guided walk on the Botanical Garden's nature trails with a Friend of the Garden volunteer and learn about Newfoundland birds. Binoculars are recommended, appropriate footwear is essential. No pre-registration necessary. This is a free event.

Bird watching sessions start at 8:00am sharp, 9:00am in October. Please meet in the parking lot across from the main entrance.

These walks are intended for individuals and small family groups. Larger groups should contact the Garden to make special arrangements.

SJFM Sugar Rush Market

Date and Time: Sunday, October 20 10:00 am - 3:00 pm

Address: 245 Freshwater Road

The St. John's Farmers' Market presents the
SJFM Sugar Rush Market
Sunday from 10am – 3pm

- **April 21st, 2024**

- **October 20th, 2024**

Indulge your sweet tooth at the most delectable affair in town – the SJFM Sugar Rush Market will be the icing on the cake of your weekend! Get ready to embark on a sugar-coated adventure that will have you on cotton candy cloud nine and floating on a sea of sweetness.

Savor the moment as you stroll through lollipop lanes, where every vendor is a maestro creating a sweet sonata of tastes. From cupcakes that are the talk of the town to cookies that crumble in all the right ways, this market is the pot of gold at the end of the dessert rainbow. Plus a sprinkle of hot food and craft vendors to balance the palate.

So mark your calendar, set your taste buds to adventure mode, and join us at the SJFM Sugar Rush Market. It's time to treat yourself to the sweetest event!

Free admission, all-ages, everyone welcome!

The St. John's Community Market is a fully accessible, gender-inclusive facility.

Find more information on our [website](#), and social media: [Facebook](#), [Instagram](#).

Lane & Leisure

Date and Time: Sunday, October 20 11:00 am - 12:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, October 20 1:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, October 20 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, October 20 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Sunday, October 20 4:00 pm - 4:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, October 20 5:30 pm - 6:20 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Sunday, October 20 6:00 pm - 7:20 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane & Leisure

Date and Time: Sunday, October 20 7:30 pm - 8:20 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

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NSO Recital 1

Date and Time: Sunday, October 20 8:00 pm - 9:30 pm

Address: D.F. Cook Recital Hall, Burton's Pond Road, St. John's

Join the Newfoundland Symphony Orchestra's [Atlantic String Quartet](#) for an intimate evening of extraordinary chamber music at Recital 1. On October 20, 2024, at the [D.F. Cook Recital Hall, MUN School of Music](#), immerse yourself in a program that spans the intriguing textures and emotional depths of string quartet repertoire.

The evening begins with Michael Ippolito's *Smoke Rings*, a contemporary piece that weaves intricate patterns and evocative melodies, creating an atmospheric and reflective soundscape.

Next, experience the dramatic and expressive power of Kurt Weill's *String Quartet in B minor*. Known for his work in theater and cabaret, Weill brings a unique voice to the string quartet, blending classical forms with his distinctive, modern style.

The concert concludes with Alexander Borodin's *String Quartet No. 2 in D major*, a masterpiece of lyrical beauty and romantic charm. This beloved work, with its famous "Nocturne" movement, will captivate you with its lush harmonies and heartfelt melodies.

Don't miss this chance to hear the [Atlantic String Quartet](#) in a performance that promises to be both captivating and enlightening. Secure your tickets now for Recital 1, and join us for a night of unforgettable music at the [D.F. Cook Recital Hall](#). Tickets are available at the ACC Box Office (729-3900), online at www.artsandculturecentre.com and at the door.

Monday, October 21, 2024

Leisure Swim

Date and Time: Monday, October 21 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Monday, October 21 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

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6 Lane Swim

Date and Time: Monday, October 21 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Date and Time: Monday, October 21 9:00 am - 9:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Aquatic Fitness

Date and Time: Monday, October 21 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Monday, October 21 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Drop In Play

Date and Time: Monday, October 21 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located upstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

Adults in Motion

Date and Time: Monday, October 21 10:00 am - 10:50 am

Address: 35 Carrick Drive

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

Aquatic Fitness

Date and Time: Monday, October 21 10:00 am - 10:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Lane & Leisure

Date and Time: Monday, October 21 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Playgroup (Drop In)

Date and Time: Monday, October 21 10:00 am - 11:30 am

Address: 40 Teakwood Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in - Southlands](#)

Community Webinar: Regulated Family Child Care - how to start your entrepreneurial journey!

Date and Time: Monday, October 21 11:00 am - 12:00 pm

Address: Virtual! Join from your device.

Curious about starting a home-based child care business? Deer Lake invites you to an interesting webinar to learn all about it.

This fun and informative webinar will feature expert advice from:

- FCCC Recruiter, Olga Sullivan will share valuable insights on funding and support programs that help aspiring entrepreneurs begin their journey in the child care industry.
- Lisa Vercillo, CIP, CRM, Child Care Insurance Expert will discuss the challenges of obtaining insurance for your child care business and how to effectively communicate with your provider to ensure the right coverage.
- NLOWE Start-Up Advisor, Roshayne Mendis will introduce the resources and community support available to entrepreneurs through NLOWE, helping you build connections and grow your business.

There will be time for Q&A following the session and of course, some fun giveaways throughout the event!

Date: Mon Oct 21st, 2024

Time: 11am - Location: Join from your device – register now to secure your spot!

This session is perfect for anyone looking to start a child care business.

Learn, ask questions, and connect with experts who can help you succeed!

Register Today: https://us06web.zoom.us/meeting/register/tZYtfuuvpzsjGNM178BCwYYsx15BwJQ_xRRv

Adults in Motion

Date and Time: Monday, October 21 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

3 Lane & Leisure

Date and Time: Monday, October 21 11:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water w

heelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Walk & Wheel - Drop In

Date and Time: Monday, October 21 11:45 am - 12:45 pm

Address: 85 Messenger Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Ages: 18+

Cost : Free

No registration needed

[Walk & Wheel - Drop in](#)

Tuesday, October 22, 2024

Leisure Swim

Date and Time: Tuesday, October 22 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Tuesday, October 22 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

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6 Lane Swim

Date and Time: Tuesday, October 22 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Date and Time: Tuesday, October 22 9:00 am - 9:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Aquatic Fitness

Date and Time: Tuesday, October 22 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Tuesday, October 22 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Preschool

Date and Time: Tuesday, October 22 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

[To register click here](#)

Drop In Play

Date and Time: Tuesday, October 22 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

Bridge Level 1

Date and Time: Tuesday, October 22 10:00 am - 12:30 pm

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

You will be introduced to the game of contract bridge, a trick taking card game using a standard deck of cards played by four players in two competing partnerships. Learn how to count points, bid, and score the game. This course is for beginners.

Ages: 18+

Cost: \$165

[Click here to Register](#) - space is limited

Office hours with Metro Business Opportunities

Date and Time: Tuesday, October 22 10:00 am - 12:00 pm

Address: 348 Water Street

Are you interested in starting and financing a new business?

In support of BDC Small Business Week, the City of St. John's, in partnership with Metro Business Opportunities, is hosting "Office Hours" Tuesday October 22 at the Business Information Centre for those who are thinking about starting a business.

For this session, [Metro Business Opportunities](#) staff will be on hand (drop-in session no registration required) to provide information on their financing programs and services, including information on the [Newcomer Loan Program](#).

Metro Business Opportunities is a non-profit business development corporation that has been helping entrepreneurs succeed for more than 25 years. They offer clients real opportunities through business counselling, lending, and training offerings.

The [Business Information Centre](#) is a service offered by the City of St. John's to help entrepreneurs navigate the regulatory process, provide connections to business and financing resources, and economic and demographic data. Email: business@stjohns.ca for further information.

Playgroup (Drop In)

Date and Time: Tuesday, October 22 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

Core Balance

Date and Time: Tuesday, October 22 10:00 am - 10:50 am

Address: 35 Carrick Drive

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

Lane & Leisure

Date and Time: Tuesday, October 22 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane & Leisure

Date and Time: Tuesday, October 22 10:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

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Body Conditioning - Fitness

Date and Time: Tuesday, October 22 11:00 am - 11:50 am

Address: 40 Teakood Drive

A total conditioning class designed to challenge each participant's major muscles groups using effective body weight exercises. Participants at all fitness levels are welcome.

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

CURRENTLY FULL

Wednesday, October 23, 2024

Leisure Swim

Date and Time: Wednesday, October 23 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Wednesday, October 23 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

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Lane & Leisure

Date and Time: Wednesday, October 23 7:30 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

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Aquatic Fitness

Date and Time: Wednesday, October 23 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

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Adults in Motion

Date and Time: Wednesday, October 23 10:00 am - 10:50 am

Address: 35 Carrick Drive

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

Playgroup (Drop In)

Date and Time: Wednesday, October 23 10:00 am - 11:30 am

Address: 40 Teakwood Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in - Southlands](#)

Eastern Health - Breastfeeding Support

Date and Time: Wednesday, October 23 10:30 am - 12:00 pm

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

[Click here to get more information on the Website](#)

Breastfeeding Support

Breastfeeding mothers who feel supported often choose to breastfeed their baby for longer. Support can come from a variety of sources including [partners](#), [grandparents](#), family members, peers, social media, and health care professionals.

Core Balance

Date and Time: Wednesday, October 23 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

3 Lane & Leisure

Date and Time: Wednesday, October 23 11:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

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Leisure Swim

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Walk & Wheel - Drop In

Date and Time: Wednesday, October 23 11:45 am - 12:45 pm

Address: 85 Messenger Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Ages: 18+

Cost : Free

No registration needed

Walk & Wheel - Drop in

Walk & Wheel - Drop In

Date and Time: Wednesday, October 23 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Ages: 18+

Cost : Free

No registration needed

Thursday, October 24, 2024

Leisure Swim

Date and Time: Thursday, October 24 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchair and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Thursday, October 24 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Thursday, October 24 7:30 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

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Aquatic Fitness

Date and Time: Thursday, October 24 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Thursday, October 24 9:00 am - 9:50 am

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Preschool

Date and Time: Thursday, October 24 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

[To register click here](#)

Drop In Play

Date and Time: Thursday, October 24 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

Playgroup (Drop In)

Date and Time: Thursday, October 24 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

My New St. John's Expo

Date and Time: Thursday, October 24 10:00 am - 5:00 pm

Address: 245 Freshwater Road - St. John's Community Market

What is the My New St. John's Expo?

This event is an opportunity for newcomers to St. John's & friends to connect with their communities as organizations a

nd agencies from across the city come together to help newcomers integrate and feel welcomed. It's also an opportunity for current residents to discover opportunities and services they weren't previously aware of.

About us

The St. John's Local Immigration Partnership (LIP) is a collaborative community initiative dedicated to improving immigrant integration and retention in St. John's. Aimed at helping newcomers fully engage in all aspects of social, economic, and cultural life and building on the knowledge gained through other LIP's across the country, the role is to:

- Establish priorities and develop action plans to help address key immigrant issues
- Encourage broader stakeholder collaboration
- Help St. John's grow as a welcoming community for newcomers

Core Balance

Date and Time: Thursday, October 24 10:00 am - 10:50 am

Address: 35 Carrick Drive

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

6 Lane & Leisure

Date and Time: Thursday, October 24 10:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

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Connecting Communities

Date and Time: Thursday, October 24 11:00 am - 12:00 pm

Address: 130 Linegar Ave

A time for adults in our community to come together to chat, socialize, play cards/board games or another activity of your choice.

Tea and coffee will be provided.

Cost: Free

Body Conditioning - Fitness

Date and Time: Thursday, October 24 11:00 am - 11:50 am

Address: 40 Teakood Drive

A total conditioning class designed to challenge each participant's major muscles groups using effective body weight exercises. Participants at all fitness levels are welcome.

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

CURRENTLY FULL

Friday, October 25, 2024

6 Lane Swim

Date and Time: Friday, October 25 7:00 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

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Adults in Motion

Date and Time: Friday, October 25 10:00 am - 10:50 am

Address: 35 Carrick Drive

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

Adults in Motion

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Pop in Tot

Date and Time: Friday, October 25 2:00 pm - 2:50 pm

Address: 35 Carrick Drive

Pop in Tot

This is a fun and exciting drop-in swim and play program for parents/caregivers and young children ages 3 months to 3 years. The class takes place in the leisure pool and an instructor is available to provide water safety tips, techniques and lead some fun games for the first 20 minutes and then you have time to practice new skills and tips. Come enjoy the water in our safe and friendly environment.

35th St. John's International Women's Film Festival

Date and Time: Friday, October 25 5:00 pm

Address: 28 Cochrane Street, St. John's, NL

St. John's International Women's Film Festival (SJIWFF) has championed the creative work of women and gender-diverse artists worldwide since 1989. Driven by a bold vision, SJIWFF dares to imagine a gender-equitable, artist-centred screen industry.

SJIWFF screens films written or directed by women and gender-diverse artists year-round and hosts a signature five-day international festival and Film Industry Forum.

Join us October 22-26, 2024 in St. John's, NL to celebrate our 35th edition with five days of the best new cinema worldwide.

www.womensfilmfestival.com

[f/womensfilmfestival](#)

instagram [@sjiwff](#)

X [@sjiwff](#)

#sjiwff #sjiwff35

After school program

Date and Time: Friday, October 25 5:00 pm - 6:00 pm

Address: 140 Linegar

The After School Program offers children a fun and safe place to be active. Our programs are based on the High Five philosophy and Healthy Child Development is fostered through the following principles: Participation, Play, Mastery, Friends, A Caring Adult and FUNdamental Movements. Children experience a wide range of opportunities through: community involvement, cooperative and sport based games, creative learning activities and building and exploration.

You can register for Full time or Part time

Full time - Monday to Friday [Click here to register](#)

Part time - Monday, Wednesday & Friday [Click here to Register](#)

Part time - Tuesday & Thursdays [Click here to Register](#)

Creatures of the Night - Family Night

Date and Time: Friday, October 25 6:30 pm - 8:30 pm

Address: Memorial University Botanical Garden, 306 Mount Scio Rd

Join us for an after-hours guided forest walk and learn about what goes bump in the night! We will demystify the scary sounds you hear in nature when it is dreadfully dark outside. Learn about the history of Hallowe'en and some local folklore.

This is a 1-hour educational walk, and there are NO jump scares. We recommend this program for ages 9 and up as the walk is dark and spooky in nature. Parental discretion is advised. Children under 16 must be accompanied by an adult.

There are two time slots available each evening - 6:30-7:30pm and 7:30-8:30pm.

Tickets:

General Admission \$18

Youth (9-18) \$12

+HST

Saturday, October 26, 2024

Lane & Leisure

Date and Time: Saturday, October 26 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

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Leisure Swim

Date and Time: Saturday, October 26 7:00 am - 8:50 am

Address: 35 Carrick Drive

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6 Lane Swim

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Compost Giveaway

Date and Time: Saturday, October 26 8:00 am - 4:00 pm

Address: Robin Hood Bay Waste Management Facility, 340 East White Hills Road

To celebrate Circular Economy Month, the City of St. John's is giving away free compost at the Robin Hood Bay Waste Management Facility, 340 East White Hills Road, every Saturday in October from 8 a.m. to 4 p.m.:

- For compost pickup only, follow the 'compost' signs on-site.
- For waste disposal and compost pickup, first go to the Residential Drop Off to offload the waste and then proceed to the compost area.

City of St. John's compost is made from yard waste collected from residents at the curb in St. John's or dropped off at the Residential Drop Off; pumpkins from the City's annual Pumpkin Walk are also added. The compost is made at the Robi n Hood Bay Waste Management Facility using an open (aerobic) composting method.

The compost giveaway is self-serve and mechanical equipment is not permitted. Bring your own tools and supplies to collect a maximum of 250 litres, or approximately 12 five-gallon buckets, per visit.

Bring:

- Shovel
- Gloves
- Buckets/pails/containers
- For open trucks or trailers, you will be required to cover and secure your load before leaving the site.

On windy days consider wearing a dust mask and protective eyewear.

For more details visit CurbitStJohns.ca



Compost Giveaway
Saturdays in October



St. John's Farmers' Market

Date and Time: Saturday, October 26 9:00 am - 4:00 pm

Address: 245 Freshwater Road, St. John's, NL, A1B1B3

Support local producers this Saturday at the St. John's Farmers' Market!

The vendor list, community table, and entertainment/activities are updated regularly on the interactive vendor map on our

website: <https://sjfm.ca/market-map>

Find vendor availability, product offerings, and contact information, on the searchable vendor directory on our website: <https://sjfm.ca/vendor-directory/>

The St. John's Farmers' Market Co-operative operates the St. John's Farmers' Market from the St. John's Community Market Building at 245 Freshwater Road.

The St. John's Community Market building is a fully accessible space centrally located, on bus routes, with gender-neutral washrooms, water refill stations, and ATMs. Find more information about the facility and parking on our website: <https://sjfm.ca/visit/>

The St. John's Farmers' Market takes place on Saturdays every week year round, with a few multi-day Farmers' Market events during the year, like Birthday Weekend and Festive Market.

In addition to the Saturday Farmers' Market, the SJFM Co-operative hosts specialty markets a few times per month, and also rents the venue for community events the rest of the week.

Follow us on social media for regular updates: [Facebook](#) | [Instagram](#)

St. Thomas' Church Fall Fair

Date and Time: Saturday, October 26 9:00 am - 3:00 pm

Address: 8 Military Rd

St. Thomas' Church Fall Fair will be held on Saturday, October 26 from 9 am to 3 pm at Canon Wood Hall, 8 Military Rd.

Items include preserves, baked goods, handmade children's items and toys, quilts, novelty aprons, wool items, books, jewelry, plants and collectibles. Come and bring a friend!

Playgroup (Drop In)

Date and Time: Saturday, October 26 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

Fall Family Fun Day

Date and Time: Saturday, October 26 2:00 pm - 3:30 pm

Address: 34 Fahey Street

Free Event for All Ages!

Drop by for some Fall Family Fun! Lot's of active games and toys, a Halloween craft, light refreshments and some ghoulish fun!

No registration necessary.

Everyone Welcome Swim

Date and Time: Saturday, October 26 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchair and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Saturday, October 26 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchair and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

35th St. John's International Women's Film Festival

Date and Time: Saturday, October 26 5:00 pm

Address: 28 Cochrane Street, St. John's, NL

St. John's International Women's Film Festival (SJIWFF) has championed the creative work of women and gender-diverse artists worldwide since 1989. Driven by a bold vision, SJIWFF dares to imagine a gender-equitable, artist-centred screen industry.

SJIWFF screens films written or directed by women and gender-diverse artists year-round and hosts a signature five-day international festival and Film Industry Forum.

Join us October 22-26, 2024 in St. John's, NL to celebrate our 35th edition with five days of the best new cinema worldwide.

www.womensfilmfestival.com

[f/womensfilmfestival](https://www.facebook.com/womensfilmfestival)

instagram @sjiwff

X @sjiwff

#sjiwff #sjiwff35

World Amyloidosis Day

Date and Time: Saturday, October 26 5:00 pm - 11:00 pm

Address: 10 Davidson Blvd, Unit 18

The Cabot Tower on Signal Hill will be lit up in orange to recognize World Amyloidosis Day on October 26th. World Amyloidosis Day is held annually on October 26th to raise awareness about all the amyloidosis diseases, including hereditary and non-hereditary forms of the disease. Amyloidosis is a group of diseases caused by the buildup of abnormal proteins in organs and tissues of the body. Left untreated, the disease can result in organ failure and can be fatal. Raising awareness about the disease is critical since we know that earlier diagnoses can lead to better outcomes for both patients and their loved ones. To learn more about amyloidosis see the website for the Canadian Amyloidosis Support Network (CASN) at amyloidosiscanada.org or visit the website for the Amyloidosis Alliance at amyloidosisalliance.org.

Lane & Leisure

Date and Time: Saturday, October 26 5:30 pm - 6:20 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Saturday, October 26 5:30 pm - 6:45 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Family Open Gym Drop-in.

Date and Time: Saturday, October 26 6:30 pm - 9:00 pm

Address: 85 Messenger Drive

The Kenmount Terrace Gymnasium is opened for individuals of all ages. Children under the age of 12 must be accompanied by an adult at all times.

Gym will be open for court sports, where you are able to come with family or friends.

Cost \$2 per person, drop in, no registration necessary

[Family Open Gym Drop-in](#)

Sunday, October 27, 2024

6 Lane & Leisure

Date and Time: Sunday, October 27 7:00 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Sunday, October 27 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

NOURISH: A Day of Wellness

Date and Time: Sunday, October 27 9:00 am - 5:00 pm

Address: 35 Barnes Road, St. John's

Feeling BURNT OUT or DISCONNECTED?
Transform your life in one day! SAVE \$20 NOW!

I know that's a bold promise, but I am basing that on the feedback from last year's event.

It has been a few weeks since the retreat and I am still feeling the powerful effects of the day. Overall it was one of the most profound experiences I have ever had." Joann C

In addition, I have selected four other teachers with their own Wellness businesses to share their wisdom and guarantee the most impact on your life.

Why You Can't Afford to Miss This

- Exclusive access to expert-led sessions
- Limited spots available - act now!
- Toolkit of practical strategies to sustain your wellness journey
- Once-in-a-lifetime opportunity to reset and revitalize

What You'll Experience

1. Rejuvenating yoga practices
2. Profound meditation sessions
3. Inspiring wellness talks by industry experts
4. Stress management techniques
5. Powerful breathwork exercises
6. Joyful dance sessions

What You'll Gain

- Mindfulness techniques for daily life
- Inner resources to navigate chaos with ease
- Renewed spirit and revitalized body
- Reignited commitment to your well-being
- Lasting transformation in body, mind, and spirit

For complete event information, including teacher Bio's and in depth class descriptions, please visit:

<https://nourish2024.my.canva.site/>

BONUS: We will be giving away some fantastic door prizes!

Email Jody at jodyawilliams@hotmail.com for more information.
Time is Running Out!

Spots are filling fast. Don't let this opportunity slip away.

Reserve your spot NOW and start your transformation today!

*Remember: Your future self will thank you for this investment in your well-being.

SJFM Market From Another Dimension! (a sci-fi & fantasy market)

Date and Time: Sunday, October 27 10:00 am - 3:00 pm

Address: 245 Freshwater Road

The Market From Another Dimension (a sci-fi & fantasy market by the SJFM) returns for 2024 on Sundays from 10am-3pm

- March 17th

- June 23rd

- October 27th

Come join us as we showcase all things sci-fi, fantasy, and supernatural!

Plus hot food and treats, because it's hard to conquer the universe on an empty stomach after all!

Cosplay is encouraged so come dressed out of this world!

There will be prizes!

Free admission, all-ages, everyone welcome!

The St. John's Community Market is a fully accessible, gender-inclusive facility.

Find more information on our [website](#), and social media: [Facebook](#), [Instagram](#).

Lane & Leisure

Date and Time: Sunday, October 27 11:00 am - 12:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, October 27 1:00 pm - 1:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Dog Days at the Garden

Date and Time: Sunday, October 27 1:00 pm - 4:00 pm

Address: Memorial University Botanical Garden

It's Dog Days time! We love welcoming our canine friends to the Garden, but it only happens once a month. Come on in for an afternoon exploring our trails with your pups.

Dog Days will happen the fourth Sunday afternoon each month through October.

All dogs must remain on leash and under their owner's control at all times. Water bowls, treats, and extra waste bags will be available.

Dogs get in for free (well, our staff might very well ask for a little love from them). Their people pay regular admission.

Everyone Welcome Swim

Date and Time: Sunday, October 27 2:30 pm - 3:30 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Everyone Welcome Swim

Date and Time: Sunday, October 27 3:00 pm - 3:50 pm

Address: 40 Mundy Pond Road

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Sunday, October 27 4:00 pm - 4:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or

call ahead.

Everyone Welcome Swim

Date and Time: Sunday, October 27 5:30 pm - 6:20 pm

Address: 35 Carrick Drive

Everyone Welcome Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Sunday, October 27 6:00 pm - 7:20 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane & Leisure

Date and Time: Sunday, October 27 7:30 pm - 8:20 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Monday, October 28, 2024

Lane & Leisure

Date and Time: Monday, October 28 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Date and Time: Monday, October 28 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Monday, October 28 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Date and Time: Monday, October 28 9:00 am - 9:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water w

heelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Aquatic Fitness

Date and Time: Monday, October 28 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Monday, October 28 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Drop In Play

Date and Time: Monday, October 28 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located upstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

Adults in Motion

Date and Time: Monday, October 28 10:00 am - 10:50 am

Address: 35 Carrick Drive

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

Aquatic Fitness

Date and Time: Monday, October 28 10:00 am - 10:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Lane & Leisure

Date and Time: Monday, October 28 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Playgroup (Drop In)

Date and Time: Monday, October 28 10:00 am - 11:30 am

Address: 40 Teakwood Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in - Southlands](#)

Adults in Motion

Date and Time: Monday, October 28 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

3 Lane & Leisure

Date and Time: Monday, October 28 11:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Walk & Wheel - Drop In

Date and Time: Monday, October 28 11:45 am - 12:45 pm

Address: 85 Messenger Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Ages: 18+

Cost : Free

No registration needed

[Walk & Wheel - Drop in](#)

Walk & Wheel - Drop In

Date and Time: Monday, October 28 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Ages: 18+

Cost : Free

No registration needed

Tuesday, October 29, 2024

Leisure Swim

Date and Time: Tuesday, October 29 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Tuesday, October 29 7:00 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

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6 Lane Swim

Date and Time: Tuesday, October 29 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Date and Time: Tuesday, October 29 9:00 am - 9:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Aquatic Fitness

Date and Time: Tuesday, October 29 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Tuesday, October 29 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Preschool

Date and Time: Tuesday, October 29 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

[To register click here](#)

Drop In Play

Date and Time: Tuesday, October 29 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

Bridge Level 1

Date and Time: Tuesday, October 29 10:00 am - 12:30 pm

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

You will be introduced to the game of contract bridge, a trick taking card game using a standard deck of cards played by four players in two competing partnerships. Learn how to count points, bid, and score the game. This course is for beginners.

ers.

Ages: 18+

Cost: \$165

[Click here to Register](#) - space is limited

Playgroup (Drop In)

Date and Time: Tuesday, October 29 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

Core Balance

Date and Time: Tuesday, October 29 10:00 am - 10:50 am

Address: 35 Carrick Drive

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

Lane & Leisure

Date and Time: Tuesday, October 29 10:00 am - 1:50 pm

Address: 40 Mundy Pond Road

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane & Leisure

Date and Time: Tuesday, October 29 10:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

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Body Conditioning - Fitness

Date and Time: Tuesday, October 29 11:00 am - 11:50 am

Address: 40 Teakood Drive

A total conditioning class designed to challenge each participant's major muscles groups using effective body weight exercises. Participants at all fitness levels are welcome.

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

CURRENTLY FULL

Connecting Communities

Date and Time: Tuesday, October 29 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

A time for adults in our community to come together to chat, socialize, play cards/board games or another activity of your choice.

Tea and coffee will be provided.

Cost: Free

Wednesday, October 30, 2024

Leisure Swim

Date and Time: Wednesday, October 30 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Wednesday, October 30 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

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Lane & Leisure

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Aquatic Fitness

Date and Time: Wednesday, October 30 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

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Lane & Leisure

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Adults in Motion

Date and Time: Wednesday, October 30 10:00 am - 10:50 am

Address: 35 Carrick Drive

This low impact class combines cardio and strength training for the older adult who is looking to meet new friends and others with common wellness goals.

Playgroup (Drop In)

Date and Time: Wednesday, October 30 10:00 am - 11:30 am

Address: 40 Teakwood Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in - Southlands](#)

Eastern Health - Breastfeeding Support

Date and Time: Wednesday, October 30 10:30 am - 12:00 pm

Address: Kenmount Terrace Community Centre - 85 Messenger Drive

[Click here to get more information on the Website](#)

Breastfeeding Support

Breastfeeding mothers who feel supported often choose to breastfeed their baby for longer. Support can come from a variety of sources including [partners](#), [grandparents](#), family members, peers, social media, and health care professionals.

Core Balance

Date and Time: Wednesday, October 30 11:00 am - 11:50 am

Address: 40 Mundy Pond Road

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

3 Lane & Leisure

Date and Time: Wednesday, October 30 11:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Walk & Wheel - Drop In

Date and Time: Wednesday, October 30 11:45 am - 12:45 pm

Address: 85 Messenger Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Ages: 18+

Cost : Free

No registration needed

[Walk & Wheel - Drop in](#)

Walk & Wheel - Drop In

Date and Time: Wednesday, October 30 12:00 pm - 1:00 pm

Address: 40 Teakwood Drive

Finding it difficult to walk outside this time of year? Come and enjoy indoor walking in our facility. All you need is indoor footwear and a water bottle.

Ages: 18+

Cost : Free

No registration needed

Thursday, October 31, 2024

Leisure Swim

Date and Time: Thursday, October 31 7:00 am - 8:50 am

Address: 35 Carrick Drive

Leisure Swim

Leisure space is available for families. Children 10 and under must always be accompanied in the water by a 16+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

6 Lane Swim

Date and Time: Thursday, October 31 7:30 am - 8:50 am

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

Lane & Leisure

Date and Time: Thursday, October 31 7:30 am - 8:50 am

Address: 40 Mundy Pond Road

Lane Swim

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Aquatic Fitness

Date and Time: Thursday, October 31 9:00 am - 9:50 am

Address: 35 Carrick Drive

Aquatic fitness classes are held in the deep and shallow end simultaneously. These low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Participants in the deep-water section can use a floatation belt.

Aquatic Fitness

Date and Time: Thursday, October 31 9:00 am - 9:50 am

Address: 40 Mundy Pond Road

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Preschool

Date and Time: Thursday, October 31 9:00 am - 12:00 pm

Address: 40 Teakwood Drive

The preschool program focuses on socialization, early educational concepts, and physical literacy taught through fun activities. Staff will build on children's interests and abilities and offer age appropriate activities and learning centres.

[To register click here](#)

Drop In Play

Date and Time: Thursday, October 31 9:30 am - 11:30 am

Address: 34 Fahey Street

This free program is offered by Kilbride Ferryland Family Resource Centre located downstairs at Kilbride Community Centre

For more information reach out to them.

[Click here for their website](#)

Playgroup (Drop In)

Date and Time: Thursday, October 31 10:00 am - 11:30 am

Address: 85 Messenger Drive

Drop in to playgroup for some playtime. Children need to be accompanied by an adult.

Ages: 0-5

Cost: \$2 per child

[Playgroup Drop in](#)

Core Balance

Date and Time: Thursday, October 31 10:00 am - 10:50 am

Address: 35 Carrick Drive

Strengthen the core and lower back using a combination of equipment and body weight exercises. A well-rounded workout for all levels.

6 Lane & Leisure

Date and Time: Thursday, October 31 10:00 am - 1:50 pm

Address: 35 Carrick Drive

Lane Swim

Choose the appropriate lane - slow, medium or fast - based on ability. Suitable for swimmers 13 years of age and older. Accessible change rooms, water wheelchairs and accessible pool entry is available. Please advise if accommodations are required at the time of check in or call ahead.

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Connecting Communities

Date and Time: Thursday, October 31 11:00 am - 12:00 pm

Address: 130 Linegar Ave

A time for adults in our community to come together to chat, socialize, play cards/board games or another activity of your choice.

Tea and coffee will be provided.

Cost: Free

Body Conditioning - Fitness

Date and Time: Thursday, October 31 11:00 am - 11:50 am

Address: 40 Teakood Drive

A total conditioning class designed to challenge each participant's major muscles groups using effective body weight exercises. Participants at all fitness levels are welcome.

Ages: 16+

Cost: \$49

[Click here to Register](#) - space is limited

CURRENTLY FULL

Mother Goose - KFFRC

Date and Time: Thursday, October 31 1:00 pm - 2:00 pm

Address: Kilbride Community Centre - 34 Fahey Street

The Parent-Child Mother Goose Program is a national program that offers group experience for parents and their babies and young children. The program introduces adults and children to the pleasure and power of language, using rhymes, songs, fingerplays and stories together. Parents gain skills and confidence which can enable them to create positive family patterns during their children's crucial early years. Children benefit from enjoyable, healthy early experiences with language and communication.

Cost: Free

This program is offered by Kilbride Ferryland Resource Centre

[Click here for the website - Home | KFFRC](#)

<https://calendar.stjohns.ca>