

Town of Cobourg Digital Leisure Guide Fall & Winter 2023/2024

Welcome to the Fall and Winter Town of Cobourg Digital Leisure Guide. We hope that this guide will be a helpful resource for information on arts, culture, and recreational programming available in the Town of Cobourg. We have added a valuable Town Guide at the back to address common resident questions and provide guidance to residents when searching for information.

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Published by: The Town of Cobourg Creative by: Kelly Baldini The Town of Cobourg has made every effort to apply accurate and current information. Any discrepancies that may occur are purely unintended. Information was current at time of print.





TOWN OF COBOURG ACCESSIBILITY

The Town of Cobourg is dedicated to establishing an inclusive and accessible environment for residents and visitors alike. Our 2020-2024 Multi-Year Accessibility Plan concentrates on enhancing customer service, the built environment, and eliminating systemic barriers. If you have questions regarding accessibility or wish to provide feedback on our services, please don't hesitate to reach out to us at accessibility@cobourg.ca or visit www.cobourg.ca/accessibility for more information.

EQUITY, DIVERSITY & INCLUSION:

The Town of Cobourg recognizes the vast representation of identities and diversity in our community. Our programs, services, hiring practices and policies are consistently being updated to include current best practices when it comes to Equity, Diversity and Inclusion. We aim to create and offer a wide variety of programs and services that serve the needs of aging, youth, LGBTQ2S+, BIPOC and newcomer communities. If you ever have a comment, suggestion, or concern about inclusive programming, please reach out to diversity@cobourg.ca to get in touch.

RECREATION ACCESSIBILITY

Inclusion Support: The Community Services Division strives for accessible inclusion through our programs, camps, and our recreation facility.

Medical Needs/Medications: Town of Cobourg staff do not provide any ongoing medical interventions or support therapies (ie. injections, g-tube feeding, administering medication, etc.).

Support Person Pass: Individuals in need of support to participate in any of our registered programs, may attend with a support person to assist them. If the support person's sole purpose for attending is to support and integrate an individual with special needs, access for the support person is free. The support person is required to be providing direct supervision. A Support Person Pass can be obtained free of charge for customers attending with a support person.

Program Registration with Inclusion support: Contact is required with the specific Recreation Programmer for day camps/recreational programming in order to coordinate registration and specific need requirements. A participant profile form will need to be completed for all clients accessing this service (this information will be shared with instructional staff only). The Town of Cobourg will work with families and individuals to assist in accessing recreation support. Families who require support but do not disclose the needs of a participant prior to registration may be required to withdraw from the program if support can not be secured. Town of Cobourg refund policy will apply.

Fee Assistance Programs: Town of Cobourg residents experiencing financial difficulty due to low income may request fee assistance for membership to the Cobourg Community Centre. An application for assistance must be submitted. Criteria for eligibility are determined by annual income based upon the Statistics Canada Low Income Cut Off (LICO) table. Households that meet the criteria would be eligible for a reduction of the program fee at the Cobourg Community Centre.

Report a Barrier to Accessibility

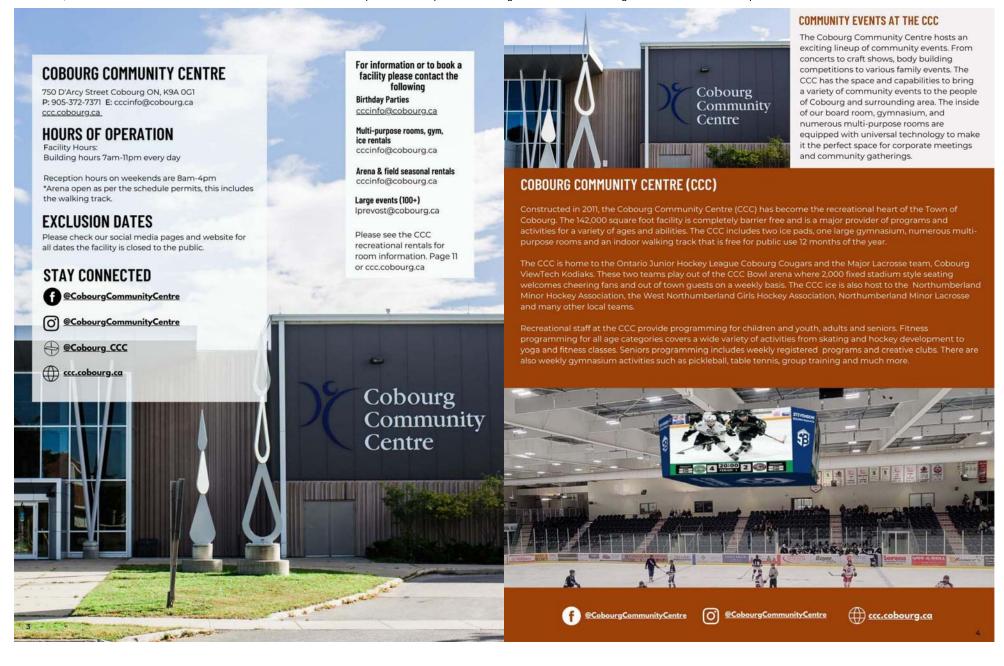
If you have experienced a Barrier to Accessibility, please contact us by:

- Reporting it on the website, <u>cobourg.ca</u>
- Sending us an email, accessibility@cobourg.ca
- Giving us a call at 905-372-4301, or
- Visiting us in person



Visit the Town of Cobourg's Accessibility Website at cobourg.ca/accessibility

-



Child & Youth: Ice Programs

For an updated list of current offered programs please visit our website: ccc.cobourg.ca or call reception at 905-372-7371

Adult Fitness Programs (Registration Required)

For an updated list of current programs please visit our website, ccc.cobourg.ca or call reception at 905-372-7371. The required age is 18+ however youth 14+ can participate with an adult.

Learn to Skate

Skills and Drills

Learn to Skate in small classes with additional CCC Instructors and volunteers, which encourages children to try skating and learn the basics, at their own pace. Children are put into groups based on skill levels and ages

***All participants MUST wear skates and CSA approved hockey helmets during the program.

Total Body Circuit

This program will teach you new skills and have the opportunity to get feedback on your performance to help take your game to the next level. Participants will learn the third shot drop, punch volley, and how to control hard hitters and smashers, as well as have the opportunity to ask the instructor tailor the sessions to work on specific skills you are looking to improve on. Offered in beginner and intermediate groups.

This 45 minute class primarily involves moving from one station to another in 45 second intervals.

Each interval varies alternates between strength, core and conditioning. Strength work can

designed for all fitness levels. Come ready to sweat, work hard, and have fun!

include bands, mat exercises, body weight exercise, kettlebell exercises and more. Cardio work

can include elements of endurance training, steps, body weight exercise, and more. This class is

A program based ENTIRELY on skating skills. Pucks are used minimally, as we focus on pure skating technique and improving speed. Great for kids who are currently playing organized hockey, as it is a very fast paced

" FULL EQUIPMENT REQUIRED



Designed to enhance vitality and a sense of well-being, this yoga workout will help participants

Yoga

Pickleball Clinics

gain improved flexibility, balance, strength and posture. Students will coordinate movement with breath to flow from one pose to the next. Suitable for all levels.

Learn to Skate (Parent/Child)

The Parent & Child Learn to Skate program, encourages parent participation in their child's skating education! Skill stations are set up on the ice and CCC Instructors are available to assist parent/guardian, with beginner skills to help their child learn the basics of skating. The program is focused on building confidence in the child and improving their balance and comfort on the

***All participants (parents/quardians included) MUST wear skates and CSAapproved hockey helmets during the program. Parents/Guardians should be comfortable on the ice with their child, to participate







ADULT, YOUTH, & SENIOR ICE AND GYMNASIUM PROGRAMS

For a detailed list of each program schedule please visit ccc.cobourg.ca or call the front reception

- o 60+ Shinny: \$8
- · Adult Shinny: \$8
- Ladies Shinny \$8
- Adult Skate: \$2
- o Stick & Puck (12 & under): \$5 + \$2 for each additional child
- Public Skate: \$2 child, \$5 Adult, \$12 Family
- o Open Gym: \$2
- Youth Basketball: \$2







Downtown Cobourg

A great program that introduces kids to the world of hockey! Each session will include opportunities for children to improve their skating, passing, shooting and scoring skills! ***FULL HOCKEY EQUIPMENT IS REQUIRED FOR THIS PROGRAM, including CSA approved helmets with face mask/shield. Mouth guards are optional, however, encouraged.

@CobourgCommunityCentre



@CobourgCommunityCentre







@CobourgCommunityCentre



Seniors 55+ Activity Centre

The Cobourg Seniors Activity Centre is a wonderful way to stay active in your community while meeting new friends and spending time with old ones.

With over 1000 active members, the Cobourg Seniors Activity Centre is a vibrant community of friends who enjoy daily fitness classes, a diversity of registered arts programs as well as free access to existing events and cultural opportunities throughout the year.

An annual membership with the Cobourg Seniors Activity Centre provides you with access to over 30 registered fitness programs as well as a variety of registered fitness classes taught by certified instructors. Programs range from Pickleball, Cardio Fit, Weight Training, Woodcarving, Partner Bridge, Euchre and Table Tennis... just to name a few!

MEMBERSHIP INFORMATION

Annual membership: \$30.00 + HST/Year

Registered program fee for members \$1+HST/Class (Applies to all drop-in seniors programs)

Visitor drop-in fee for non-members: \$5.00/class, HST included. (Applies to all

Additional fees apply for specialty programs.



SPECIALITY PROGRAMS

For the current specialty programs being offered at the Cobourg Seniors Activity Centre please visit our website at ccc.cobourg.ca or call 905-372-7371 or visit the Cobourg Community Centre located at 750 D/Arcy Street.

Group Training	Small groups with specific personal training programs. Offered in 6 week sessions. Please contact the CCC for availability.
Yoga 55+	One of our most popular programs, this gentle yoga class incorporates stretching, balancing and muscle strengthening postures. A variety of breathing techniques and guided meditation are introduced.
Chair Yoga	A functional yoga class that is practiced sitting on a chair, or standing using a chair for support. Balance, flexibility and deep breathing are the focus of this class that will leave you feeling refreshed.
Yogalates	Combines Pilates exercises with the postures and breathing techniques of Yoga. Experience gentle stretching along with corebuilding strength & postural awareness.
Pickleball Clinics	This program will teach you new skills and provide guidance to help you take your game to the next level. Participants will learn the third shot drop, punch volley, and how to control hard hitters and smashers, as well as have the opportunity to ask the instructor tailor the sessions to work on specific skills you are looking to improve on. Offered in beginner and intermediate groups.









Seniors 55+ Activity Centre

OUR PROGRAMS

The Seniors 55+ Centre a the CCC offers a wde range of registered and drop-in programs for all its members. For the most updated list of current programs please visit our website, ccc.cobourg.ca or call reception at 905-372-7371.

FITNESS PROGRAMS

Active Fit

The focus of this class is resistance training, along with some balance training. The goal is proper technique and increased body awareness, so your activities of daily living are more enjoyable. Mats and weights help achieve this goal.

Cardio Circuit

Take your workout to the next level with this fun and energizing cardio training class! Stations will be set up with a variety of moves that are sure to get your heart pumping and muscles moving. You won't get bored with this class, stations are quick, effective and all allow for modifications, if you need them!

Cardio Fit

Take your workout to the next level with this fun and energizing cardio training class! Stations will be set up with a variety of moves that are sure to get your heart pumping and muscles moving. You won't get bored with this class, stations are quick, effective and all allow for modifications, if you need them!

Core and Stretch

Take your workout to the next level with this fun and energizing cardio training class! Stations will be set up with a variety of movements. Stations are quick, effective and all allow for modifications.

Fitness Fridays

A cardio based program that will get you moving and is a great way to finish off the week! This a cardio-based that includes some light weight training and stretching. A great beginner program that allows for simple changes to modify the intensity of the exercises based on your skill levels.

Move It Mondays

A cardio-based program that will get you moving and start your week off right! This class includes some lightweight training and stretching. A great beginner program that allows for simple changes to modify the intensity of the exercises.

Muscle Monday

Low impact, high intensity! Weight class will work your body, with weight training that is adjustable based on your personal levels. Focusing on different muscle groups each class, this program will have you working muscles you didn't know you had and making you stronger as you go!

Line Dancing

Enjoy music and movement with this line dancing class. Using a variety of music styles that will form a line dance. Stay after for more social time and enjoy a coffee.

Sweat, Step, Stretch

You're sure to be working hard the whole class, working different muscle groups, keeping that heart rate up and then cooling down with a great stretch and core workout at the end

Walking Intervals

This class includes intervals of cardiovascular activity using the walking track and pairs it with strength training! This class is suitable for all fitness levels.

Weight Wednesdays

Low impact, high intensity! This class will work your body, with weight training that is adjustable. Focusing on different muscle groups each



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Seniors 55+ Activity Centre

Registered



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CREATIVE/RECREATIONAL

Book Club



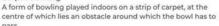
A social group that meets once a month to discuss their current group book over some coffee, tea and treats. Meets the first Wednesday of every month.



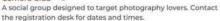
Each of the card game times are uninstructed.

- Bridge
- Partner Bridge
- · Euchre
- · Bid Euchre

Carpet Bowling







Coffee & Tea Time O



Come chat and get to know the other members and new members of the 55+ Seniors Centre! No pre-registration required.

Creative Threads O



A program designed for those who enjoy working with various types of threads! If you are a knitter, crocheter, rug hooker or other, this program is for you!

Drawing 101 (R)



This course will cover all the foundations of drawing and will take off where the Absolute Beginners course ended. We will explore shape, shading, line weight and value. This is a course for anyone with basic knowledge of drawing or who wish to expand their skill base. You will be encouraged to take risks and make marks in new and exciting ways. You will be required to have basic materials; sketch pad and drawing instruments of your choice.

Drawing For Absolute Beginners (R)



We will cover all the basics, from how to draw lines to shading and everything in between. This course is designed to get the beginner started, or as a refresher course for those who have previously drawn and want to get back into it. All materials will be supplied for this course.



An uninstructed social group that meets weekly for social interaction.



Intuitive art is about self expression in a non-judgmental way. The goal is to create without overthinking the process. Intuitive artwork allows the artist to create and not worry about the outcome. Sometimes just having fun making marks on a page is the best part of art making. Anyone, at any level can create inuitively. You do not need to have any artistic skill to do this. You will be required to have the basic materials: water colour and/or acrylic paints, paper, brushes, pens and pencils.

Intermediate Drawing & Painting



An intermediate level artist is someone with between two and 20 years of experience creating works of art. This artist will have developed many different artist talents. This program will expose participants to new and cross discipline medium. We will experiment with different artistic approaches, combine materials in diverse ways and look at many different styles. This course is for those artists that want to adventure outside of their comfort zones, push their limits and search for their own unique style. If you are an artist that works outside of drawing and painting you are most welcome to join this program.

Mixed Media Art R



This course will have you pushing your creative limits. We will experiment with many different mediums and explore innovative ways to create. We will combine drawing and painting with collage and everything else to push our limits. You will be required to have the basic materials; water colour and/or acrylic paints, paper, brushes, pens and pencils.

Painting For Absolute Beginners (R)



From colour mixing to which brush is for what, we will show you how to get paint on the page. We will explore watercolours and acrylic paints as well as different types of tools and processes. All materials are supplied for this course.

Pickleball is a paddleball sport. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, over a net. Please bring your own

Quilting

An uninstructed social group that meets weekly for quilting.



Table tennis is a sport in which two or four players hit a lightweight ball back and forth across a table using small

Wood Carving



An uninstructed social group that meets weekly for wood

COBOURG LEGION

Located at 135 Orr Street Cobourg, ON, the Cobourg Legion Branch 133 offers a wide variety of activities, events, and socials for their members and seniors of the community. For more information on their offerings please visit their website.

www.cobourglegion.ca

Recreation Rentals: Cobourg Community Centre

Looking for somewhere to host your next meeting, or event? Are you part of a local sport club that is looking for help to host a championship locally? Are you looking for a new venue to put on your next arts production? The Cobourg Community Centre has event spaces available to fit a wide range of audience sizes.

Facility Type	Capacity Max	Sink	Wheelchair accessible	Wifi	Rental Type
Pond Arena	400	×	×	×	Ice Rental
Bowl Arena	2,000	×	×	×	Ice Rental
Grand Hall	100		×	×	Events
Cym (half)	350		×	×	Events/tournaments
Gym (full)	700		×	×	Events/tournaments
Multi -purpose room 1 Spoolon	50		×	x	Meetings/events
Multi-purpose room 2: Cameco A	50	×	×	x	Meetings/events
Multi -purpose room 3: Cameco B	50		×	×	Meetings/events
Multi-purpose room 4: Cameco C	50	×	×	×	Meetings/events
Multi-purpose room 5: HTM	50	×	x	x	Meetings/events
Meeting room 1: Tourament	20		×	×	Meetings/tournaments
Board Meeting Room: Whitelaw	14	×	×	×	Meetings

All Cobourg Community Centre facility rentals are subject to availability. When inquiring about a rental please indicate any special requirements that may be needed. Each facility type has an hourly and day rate cost (6+hrs). Ice rentals have prime time and non-prime time hours, plus an additional \$4.00 per booking insurance fee unless proof of insurance is provided at the time of booking. For bookings, please contact the Cobourg Community Centre reception desk. All large events exceeding 100 people and alcohol licensed functions must adhere to the Town of Cobourg's Municipal Alcohol Policy and go through the Cobourg Community Centre's Recreation Coordinator. *Cameco multi-purpose rooms can be combined into one large room to fit a larger capacity (100 people).











ADVERTISE WITH THE TOWN OF COBOURG

Let's Work Together!

SPONSORSHIP & ADVERTISING OPPORTUNITES

SPONOSORSHIP OPPORTUNITES

Facility Advertising

- Digital/Video Displays
- Event Sponsorships
- Ice logos
- · Public Restroom Advertising
- Rink Boards (8ft, 12ft, 16 ft)
- · Social Media Advertising
- Town Publication Advertising (Leisure Guide, Tourism Guide, etc.)
- Window wraps
- Zamboni

Advertising/sponsorship levels, fees and benefits vary. Please contact us for more information



STEVENSON BUILDING PRODUCTS SCORE CLOCK!



GENERAL LOCATIONS

- Cobourg Community Centre
 - Victoria Hall
- Cobourg Marina & Campground O
- Cobourg Beach
 Average 750,000 annual visitors

ADVERTISE TODAY!

ARTS & CULTURE

Concerts & Performances



The Concert Hall at Victoria Hall is the cultural centre of the Town of Cobourg. Located on the second floor of historical Victoria Hall, the Concert Hall was once the site of a grand ball for HRH Edward, Prince of Wales at the building's official opening. Today, history and heritage are beautifully married with modern art and performances as the Concert Hall plays host to local production companies and world-renowned artists and performers.

Host a Wedding or Event at the Concert Hall

The Concert Hall is a stunning grand ballroom setting for any weddings and events. Amateur and professionals have performed here since the 1860s. It is equipped with a portable stage and seating units, lighting, sound equipment, and dressing rooms. A C.Bechstein Grand Piano is also available for rent. 2024 wedding dates are still available! For more information on booking the Concert Hall, call 905-372-2210.



The Concert Hall is always looking for volunteer ushers for concerts, events, and performances.

If you are interested in being added to the list of volunteer ushers email concerthall@cobourg.ca



Concert Hall Partners

Northumberland Orchestra and Choir

The Northumberland Orchestra and Choir (NOC) is a not-forprofit organization and Northumberland County's first and foremost pureyor of beautiful orchestral and choral music. The Northumberland Orchestra was founded under the guiding vision of Dr. Phillip Schaus in 1978 when enthusiastic local musicians united to form a symphony orchestra. A year later the local choral society joined with the orchestra as the newly constituted Northumberland Philharmonic Choir. Throughout its history, the Northumberland Orchestra and choir has included and encouraged young local musicians, many of whom are now pursuing professional musical

With over 100 performing members in both the orchestra and choir, the NOC performs 6-8 concerts per year including performances in collaboration with SONG (Sounds of the Next Generation), Kawartha Lakes Singers, La Jeunesse Choir, La Jeunesse Vouth Orchestra, Quinte Symphony and many talented and internationally renowned guests. The NOC performs all genres of music including classical, folk, jazz and contemporary.

Contact Information

T: 289-251-1191 E: info@northumberlandmusic.ca

www.northumberlandmusic.c



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MULTIPLE ADVERTISING OPPORTUNITES



INCREASED CHANCE AT REACHING YOUR DEMOGRPAHIC



Email kbaldini@cobourg.co



Call Us 905-372-9971 x 4372



Visit Our Website experiencecobourg.co

Concert Hall Partners

Concert Hall at Victoria Hall Box Office

Northumberland Players

The Northumberland Players prides itself as Northumberland County's premiere community theatre company, operating for the past forty-three years from the vibrant arts community of Cobourg! The Players perform in multiple venues in the area, offering dinner theatre at the Best Western Plus Cobourg Inn & Convention Centre, a musical every winter at The Cameco Capitol Arts Centre in Port Hope, a yearly youth theatre production in historic Victoria Hall, and several intimate productions at their headquarters in the Firehall Theatre.

The company also operates the largest costume house in the region with rentals available from their diverse stock of items collected over hundreds of productions. With over 400 active volunteers, a busy ten-production season schedule, a vibrant Youth Theatre/Summer Camp offering, and many free or low-cost workshops, the Players have something for everyone! Comedy, drama, classics and seasonal selections make our theatre an enticing outing for locals and visitors alike. For high quality, affordable productions within a short drive from anywhere in the county, please come check

Sign up for our email newsletter at nplay.ca/join and follow @NorthumberlandPlayers on social media

Contact Information

Firehall Theatre, 213 Second Street, Cobourg T: 905-372-0577 or 1-888-881-0003 E: info@northumberlandplayers.ca

northumberlandplayers.ca

A Loft Production

A Loft Production evolved from a downtown boutique theatre that focused on live music and arthouse film. After the cinema closed in August 2022 to make room for residential apartments. Live Concert productions continue to present exceptional professional musicians in exceptional settings - The Concert Hall at Victoria Hall and Trinity United Church.

Contact Information E: kenprue@gmail.com cobourgloft.ca



VOS Theatre

Drawing on a highly talented membership of actors, musicians, dancers, and singers from across Northumberland County, the VOS is a vibrant not-for-profit theatre group which has been presenting professional quality entertainment to the stage at Victoria Hall in Cobourg since 1990.

Their live theatre productions are a delight to the senses. Beautiful music performed by a live orchestra, delightful sets, elegant costuming and attention to detail usually found only in high-cost professional theatre.

The VOS has a long-standing and strong tradition of providing talented local youth with ample opportunity to learn all facets of stagecraft from an established core of knowledgeable and nurturing older members

Contact Information T: 905-372-2210 E: theatre@vostheatre.com vostheatre.com





October 1, 2023 - The Rolling Stones & U.K. Invasion Tributes - 7:30pm 🏦 The Rolling Stones Tribute Band is the epitome of excellence, boasting a collective experience of over a century. From the charismatic lead vocalist to the impeccably choreographed horn section, every member of this captivating band brings their A-game to deliver a show that will leave you craving



October 13, 2023 - Ukrainian Refugee Benefit Concert Series - 7:00pm A Since March 2022 Ukrainian organist Dariia has been organising and performing the organ series "LET THERE BE PEACE". All proceeds to fund the humanitarian efforts in Ukraine.

September 23, 2023 - The Shuffle Demons - 7:00pm 🏛

The Shuffle Demons are coming to Cobourg with an all new 10th album, "All In." The album is the first full album with new and virtuosic Shuffle Demons Matt Lagan on tenor sax and Mike Downes on bass as well as demons regulars Kelly Jefferson on sax, Stich Wynston on drums and Richard Underhill on sax.



September 24, 2023 - Sweet Water Country music Show - 2:00pm 🏠

The Sweet Water Country Music Show is returning to The Concert Hall at Victoria Hall Sunday September 24 at 2:00 pm. The Sweet Water series, which enjoyed 15 sold out seasons, couldn't ignore the many requests for its return. Come join Steve Piticco, Dusty King Jr., Steve O'Connor, Tom Hall and all the gang for the best in classic country music.



September 30, 2023 - Tom Thomson's Wake -7:30pm 🏠

Featuring spectacular high-definition imagery of Tom Thomson and Group of unforgettable characters and a rousing folk music score by the Shipyard Kitchen Party band, this original Canadian musical will entertain audiences of all ages.



Where Are The Shows!

Show Legend:

Concert Hall -----Trinity United Church -----

Cobourg Community Centre---



October 15, 2023 - Dave Young Trio Celebrates Oscar Peterson -



3:00pm 🏦

Originally from Winnipeg, Dave has made his name known on Canadian and international stages in both jazz and classical music for the last 5 decades. Along the way Dave has worked with some of the world's top artists in various fields. Known for his elegant tone, impeccable time, and immense knowledge of musical history, Dave has been a first-call bassist for the likes of Oscar Peterson, Lenny Breau, Oliver Jones, Cedar Walton, and countless others.



October 19, 2023 - Newfoundland's

Ennis Sisters in Concert - 7:30pm ft The Ennis Sisters have been wowing audiences around the world for over 25 vears. With a Juno award, a Socan award and multiple ECMAs to their name, the sibling trio is still going strong. Perfectly blended harmonies, humorous storytelling and undeniable musical talent; it's a recipe for an incredible evening of world class entertainment!



October 22, 2023 - Canadian Folk Icon, Valdy - 8:00pm 🏛

Valdy, born Valdemar Horsdal in Ottawa, Canada has been part of the fabric of Canadian pop and folk music for almost 40 years. A man with a thousand friends from Newfoundland to Vancouver Island to Texas to New Zealand, he's a singer, guitarist and songwriter who catches the small but telling moments that make up life.

Concert Hall at Victoria Hall Box Office



October 23, 2023 - Pat Labarbera and Kirk MacDonald Celebrate John Coltrane - 7:00pm ft

This heartfelt tribute puts the pedal to the metal from the downbeat and never once lets up., La Barbera and MacDonald have immersed themselves in the music of Coltrane, an love that is perceptible in every note they play. They and their teammates have put it all together on Trane of Thought, one of the

more impressive Coltrane tribute



October 28, 2023 - World's Greatest Tribute To The Traveling Wilburys! - 8:00pm ft Don't miss this spectacular salute to the supergroup of all supergroups; The Traveling Wilburys: George Harrison, Tom Petty, Roy Orbison, Jeff Lynne and Bob Dylan. The Traveling Wilburys deliver the goods in an evening filled with thrilling lights, sound, video and audience participation. An authentic recreation of The Traveling Wilburys right down to the outfits and instruments.



October 29, 2023 - SÉAN MCCANN Sings the Great Big Song Book - A 7:00pm

The year 2023 marks the 30th anniversary of one of Canada's favourite bands and founding member Séan Mccann will be celebrating the legend & the legacy right across the country. Singalong with "the shantyman" as he sails us back in time through hilarious stories and foot stomping traditional favourites to the brighter bays of his native Newfoundland.





To purchase tickets visit our Box Office at experiencecobourg.ca

Cobourg Wedding Show and Open House

At the Concert Hall at Victoria Hall

Are you newly engaged looking for that perfect wedding venue, vendors, caterers, and more? Join us at the concert Hall at Victoria Hall for our first ever Cobourg Wedding Show and Open House!

FEBUARY 24, 2024 Victoria Hall - 55 King St. West Cobourg

Follow Experience Cobourg on Social Media For The Most Recent Details!

Vendors Wanted!

If your business operates in the wedding space we want you there! Interested vendors are encouraged to

Get Married at the Concert Hall at Victoria Hall!

concerts ever.

Celebrate your special day in the beautiful magical day feel even more like a fairy tale.

large gathering, we can fulfill your requirements. The Concert Hall & Citizens' air conditioned and wheelchair accessible

T: 905-372-2210 or Toll-free 1-855-372-2210







ARTS & CULTURE

Museums & Galleries

Art Gallery of Northumberland

The Art Gallery of Northumberland (AGN) presents intellectually stimulating exhibitions that spark conversations, inspire creativity, and enlighten the minds of all-ages. Featuring a year-round program of exhibitions, the AGN is committed to nurturing and promoting Canadian artists, and strive to exhibit works that advance critical enquiry and community connection to contemporary visual arts. The AGN's Permanent Collection at present consists of over 1,500 works of local, regional, national and international significance, predominantly by Canadian artists. One of the main functions of the AGN, and one to which they are deeply committed, is to be available and accessible as an education resource for the public.

Hours of Operation

Tuesday: 10:00 am - 4:00 pm Wednesday: 10:00 am - 4:00 pm Thursday: 10:00 am - 4:00 pm Friday: 10:00 am - 4:00 pm Saturday: 12:00 pm- 4:00 pm Sunday: Closed Monday: Closed



Contact Information

Victoria Hall, West Wing, Third Floor 55 King Street West | Cobourg, ON K9A 2M2 P: 905-372-0333

www.artgalleryofnorthumberland.ca



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Facebook @ArtGalleryOfNorthumberland Instagram @ artgalleryofnorthumberland Twitter @ AGN_Cobourg YouTube @ Art Gallery of Northumberland











AGN Education - Learn About Art

The AGN encourages learning through art, with a highly engaging program, supporting cognitive, fine motor and emotional/affective development in children while encouraging joyful intergenerational engagement with art. Located at the Cobourg Community Centre.

Saturday Studio

Each Saturday is filled with art making in a fun and supportive environment encouraging young artists (ages 7-13) the freedom to explore their potential, build confidence and develop artmaking and critical thinking skills. This class inspires creativity and imagination while exploring new material and techniques. Located at the Cobourg Community

School Programs

AGN school programs bring students into the gallery for an hour of inspiration, conversation, and critical analysis. Students will have the opportunity to view current exhibitions at the Art Gallery of Northumberland and produce an artwork inspired by what they see.

Youth Council

The program focuses on community building through volunteerism. The Youth Council works to initiate programming by youth for youth, including exhibitions, public art projects, events, and more. Youth Council members meet once a week from September 2023 to June 2024 with additional time spent on special projects.

Art at Home

For at home art inspiration please subscribe to the AGN's YouTube Channel and check out our creative video projects that offer ideas and inspiration for making art.

Mini Art Gallery

In partnership with community leaders, the AGN presents the newest creative addition to Northumberland County, the Mini Art Gallery. The Mini Art Gallery project encourages the creation and delivery of art throughout our community, making art accessible to all while encouraging community engagement!

Museums & Galleries

Cobourg Museum Foundation -Sifton-Cook Heritage Centre

Located in the Town's oldest stone building, the Cobourg Museum Foundation story panels, videos and artifacts to recall our storied past. This year you'll meet "The Heinous, The Heroic & The High Flyers". Admission: no charge, donation appreciated.

(Open Victoria Day Weekend to Thanksgiving) Hours of Operation September & October Saturdays - 1:00pm- 5:00pm

Sundays 1:00-5:00pm Final day of operation is October 9, 2023.

141 Orr Street Cobourg, ON

Contact Information T: 905-373-7222 E: info@cobourgmuseum.ca www.cobourgmuseum.ca

COBOURG MUSEUM FOUNDATION

> "bringing our story back to life ... '

Canadian Women in Film Museum

Located in Marie Dressler's birthplace heritage home, the Canadian Women in Film Museum celebrates, through interactive displays, the only three Canadians who have won Best Actress Oscars, namely Marie Dressler, Mary Pickford, and Norma Shearer. These three trailblazers leveraged and subverted the gendered expectations of their era to make advancements in the 20th-century film industry that continue to inspire contemporary efforts to achieve gender equality. The museum also celebrates other remarkable women in front of, and behind the camera. The museum is open year round. Book your visit by contacting director@cdnwomeninfilm.ca.

Contact Information

www.cdnwomeninfilm.ca or Marie Dressler Foundation website at www.mariedressler.ca

Cobourg and District Sports Hall of Fame

Thanks to a group of dedicated volunteers who have collected and catalogued hundreds of sports memorabilia and historical information, the Cobourg and District Sports Hall of Fame opened in February of 2019.

Located in the Grand Hall at the Cobourg Community Centre, the goal of the Sports Hall of Fame is to preserve the rich legacy of sport found within the Town of Cobourg, Alderville First Nation, and the Townships of Alnwick-Haldimand, Cramahe and Hamilton.

Contact Information www.cdshf.ca







ARTS & CULTURE

Arts, Crafts & Creativity

Cobourg Art Club

If you enjoy viewing art, creating art, visiting art shows, and collecting art, the Cobourg Art Club will be of interest to you.

Contact Information: www.cobourgartclub.ca

Cobourg Poetry Workshop This group creates and shares poetry in Cobourg.

Contact Information: www.facebook.com/CobourgPoetry

Crock A Doodle

Enjoy the fun of pottery painting in this bright and cheerful studio. Their drop-in format welcomes people of every age and ability, all day long. Just walk in, choose a piece of pottery off the shelf, plan your pottery design, or follow one of theirs and doodle away. Also offered to take-home kits, project kits, virtual project classes, fundraising options, kid's birthday parties, ladies' nights, teambuilding, and corporate events. No reservations are required! Order online to paint offsite or visit to paint in the studio!

Contact Information: www.crockadoodle.com/cobourg

Northumberland Creates

Northumberland Creates is an artist database that exists to promote local artists of all disciplines in Northumberland County. Artists can sign up for free, and anyone can find the database on our social media.

Contact Information: Socials: @northumberlandcreates

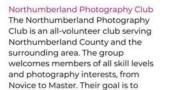
Northumberland Hills Stitchery Guild The aim of the NHSG is to encourage and promote a sincere interest in embroidery, needlework and creative stitchery arts. Meetings are the 2nd and 4th Tuesdays monthly at 9:15am to 12pm, at the Cobourg Lions Community Centre 157 Elgin St.E., Cobourg. All levels of experience welcome.

Contact Information: www.nhsq.ca

Northumberland Rug Hookers

Membership is open to anyone interested in rug hooking. Meetings give members a chance to enjoy fellowship and fun, the freedom to create anything they wish and the opportunity to share tips and techniques. If you are new to rug hooking, we can get you started with information about traditional rug hooking as well as supplies. Please contact us for meeting

Contact Information: www.northumberlandrughookers.com



share, learn, and grow their member's

photographic skills in an inclusive

Contact Information: www.northumberlandphoto.ca/

The Painted Tree

environment.

Offering Professional Custom Framing, Art Supplies, Plaguing, Canvas Stretching and Custom Canvas Printing.

Contact Information: www.thepaintedtree.ca

Arts, Crafts & Creativity

Pine Ridge Art Association (PRAA)

Based in Cobourg PRAA is a collective of Northumberland artists. The group hosts weekly open painting sessions, art exhibitions and a variety of creative art workshops. Membership is open to anyone interested in exploring their artist ability.

Contact Information:

E: pineridgeartassociation@gmail.com

Cobourg's local yarn store offers in-store and online knitting and crocheting workshops (schedule and offerings change monthly, so sign up for their enewsletter for updates!) and also invites customers to sit and knit among friends. Not yet a knitter? That's okay! They offer a free learn to knit class--you just need to buy the yarn and needles. If you're still not sure, just visit, delight in the colours and beautiful fibres, and you'll find yourself inspired.

Contact Information:

www.yarnitcobourg.ca

Movies & Film

Rainbow Cinema Cobourg

Enjoy a fun evening with family and friends at the Rainbow Cinema Cobourg, Grab some popcorn and a drink while you take in the latest box office hit on the big

Contact Information:

www.rainbowcinemas.ca

Embellish is Cobourg's local retail boutique for the fabric, notions, tools, thread, and supplies you need for all your quilting, fashion, or home décor sewing projects. We're also excited to offer a range of classes to build a strong and creative sewing community. With classes for all levels, join us to learn quilting and sewing techniques, make fun projects, and more!

Contact Information:

www.embellish.ca

SELF-GUIDED WALKING TOUR

COBOURG FILMING LOCATIONS COBOURG

our very own Town of

Ginny & Georgia

Self-Guided

Walking Tour

ease! Our Virtual Self-

Take the Tour

Singing Groups & Bands

AbZolutely Choir

AbZolutely Choir explores contemporary music parts-singing - everything from folk to pop to jazz and swing, every decade from well before we were born to the very recent past. Our weekly practices put the fun in ensemble singing fundamentals like harmony, rhythm, dynamics, vocal technique and performance preparation. No need to audition or read music. We learn via tracks, with lyric and chord sheets provided (some sheet music is available as an adjunct to our process), all downloadable from our central web site.

Contact Information:

www.abzolutelychoir.ca/choir/



Singing Groups & Bands

Choral Legacy

Choral Legacy is a local women's choir who sing three part harmony in a wide variety of musical styles – from classical to jazz to show tunes. Although a working knowledge of music is helpful, the group rehearse note by note so that all musical skill levels are welcome.

Contact Information: www.chorallegacy.com

Cobourg Legion Pipes and Drums

For over 50 years the Cobourg Legion Pipes and Drums have contributed to Cobourg and area, bringing Celtic consciousness and a supportive commitment to many local causes. From the Cobourg Highland Games to numerous parade appearances, Remembrance Day recognitions to summertime sunset piping, band members are proud and active participants in the multicultural fabric of our community and our country. Drop by the Cobourg Legion any Tuesday evening and enquire about free pipe or drum lessons and an opportunity to join this dedicated band of musicians.

Contact Information:

FB: @Cobourglegionpipebandeventpage

The Concert Band of Cobourg

Founded in 1842, the band is celebrating over 180 years as the official band of the Town of Cobourg as well as over 50 years representing the Royal Marines Association – Ontario. The band motto, "Pride of Performance", has gained a fine reputation especially in the formal concert setting of the band's own Summer Concert Series every Tuesday evening in the months of July and August at the Victoria Park Bandshell. The band always welcomes new members to the organization when positions are open.

Contact Information:

www.theconcertbandofcobourg.com

Chancel Choir

Our SATB adult choir leads worship each Sunday from September - May. The choir sings anthem in a variety of musical styles, from classical to gospel to world music. Rehearsals focus on vocal technique, repertoire, and occasional special projects. New members of all voice types are welcome! Rehearsals: Thursdays from 7:30-9:00pm. There is no cost to join the choir!

Contact Information:

21 E: dfingas@trinitycobourg.ca

La Jeunesse Choirs

La Jeunesse Choirs is a dedicated and respected charitable organization whose mission is to support, share and celebrate the diverse musical talents of Northumberland Ontario's youth. There are three groups: Les Petits, aged 4-6 to play, learn, and explore music, Les Choristes, our main choir for choristers aged 7-19, and Les Dramatiques, a Musical Theatre intensive program. For the 2023-2024 season, under the leadership of new Artistic Director Christine Rabey, they are planning three exciting concerts. If you are interested in registering, helping out, or attending any of our concerts, reach out any time!

Contact Information:

www.lajeunessechoirs.com

Oriana Singers

The Oriana Singers present inspiring music across a variety of genres to audiences in Northumberland County and beyond. This vibrant community chorus demonstrates its enthusiasm for new learning experiences and stays challenged and thriving through presentations, vocal and diction coaching and collaboration with local musicians. From Handel's Messiah to local composers to Broadway show tunes. Our repertoire is varied and challenging,

Contact Information:

www.orianasingers.com

Shout Sister Choir

Shout Sister! takes an unorthodox approach to choral singing. The group sings a fun variety of music from Pop and Motown to Folk, to a touch of Country and Blues. The choir learns from recorded tracks so there is no requirement to read music. No auditions necessary!

Contact Information: www.shoutsisterchoir.ca



Singing Groups & Bands

Northumberland Chorus

Northumberland Chorus is an amazing group of women, singing harmony and having fun! The group sings and performs a-cappella, four-part harmony music, barbershop style. Northumberland Chorus is looking for enthusiastic women who love to sing and perform. No need to read music, members are supplied with learning tracks for the entire repertoire so that you can learn and practice your music just about anywhere.

Contact Information:

www.northumberland-chorus.com

Happy Harmony Choir

Happy Harmony is a recreational women's singing group, and we always welcome new members. You do not need choral singing experience, you do not need to read music, and there is no audition required. Our only requirement is that you love to sing. Come out and give it a try! We meet on Wednesday evenings from 7-9 pm at the Grace Christian Reformed Church.

Contact Information:

Email: info@happyharmonychoir.com

Jubilate Handbell Choir

Our handbell choir is open to anyone Grade 7 to adults. Bell ringers will learn the basics of handbell ringing and music reading, preparing music for church services and community concert events both as a stand-alone group and with the vocal choirs. New members welcome – no experience necessary, but basic music reading skills helpful. Rehearsals: Tuesdays from 7:30-8:30pm beginning Sept 12, 2022. There is no cost to join!

Contact Information:



SONG (Sounds of the Next Generation)

SONG (Sounds of the Next Generation) is a free, socially inclusive choral and orchestral after-school music program for children and youth in Northumberland County. Inspired by El Sistema, SONG promotes social development through the pursuit of musical excellence. For our program schedule please view our website.

Contact Information:

www.songprogram.org

Joyful Noise Choir

The Joyful Noise choir is the children's choir of Trinity United Church, Cobourg led by Dr. Debbie Fingas. The Young musicians, ages JK-Grade 6 meet once a week on Thursdays, September until Mother's Day, 4:30-5:15 to learn about music, sing, play instruments and participate in our annual Mother's Day musical. The choir sings during church services approximately once a month.

Contact Information: www.trinitycobourg.ca

Northumberland New Ventures Band

The Northumberland New Ventures Band program consists of community bands composed of adults learning to play a musical instrument in a band setting. It consists of beginners to those who wish to re-kindle or further develop their musical expertise. Rehearsal sessions are a fun, no pressure environment for learning how to play any of the following instruments included in the bands: Flute, Oboe, Clarinet, Saxophone, Trumpet, French Horn, Trombone, Euphonium, Tuba, Electric Bass or Percussion. The New Ventures Band music season runs from September through June with weekly Wednesday, Thursday or Friday rehearsals. The bands play a wide variety of music styles. One of the goals of NNVB is to provide affordable music to the community. We look forward to performing at our annual Christmas and year end June concerts, and various special events in and around Northumberland. New members are welcome!

Contact Information:

www.newventuresband.com

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ARTS & CULTURE

Dance Academies & Clubs

Cobourg Dance Club

Cobourg Dance Club promotes social friendship in Cobourg and surrounding areas. Its mission is to create a safe and happy atmosphere for everyone to come Dance Theatre, National Ballet, out make friends, meet other people, and dance. Talented Disc Jockeys provide dancers with great music geared to age 45 plus, including line dancing, Latin, Jazz & Tap, HipHop and Musical ballroom, western and rock'n'roll.

Contact Information: cobourgdanceclub.com

High Pointes Dance Academy High Pointes Dance Academy has been offering Cobourg the highest quality of training for recreational and competitive dancers in Cobourg for 19 years. Their outstanding programs and award winning choreography is what inspires, motivates and gives dancers the passion to excel and love the art of dance. Whether you are training for a professional career or dancing just for fun, the instructors at High Pointes guide all of their dancers in a positive and rewarding manner.

Contact Information:



Premiere Dance Cobourg Dynamic and modern dance studio, locally owned and operated by dance professionals from Cirque du Soleil. Toronto and more. The talented teachers are passionate about dance, specializing in RAD Ballet, Acro, Aerial Silks, Contemporary, ADAPT Theatre combining experience and artistry to create a rewarding experience for their dancers.

- · PreSchool, Children, Youth, Teens Adults
- · Examinations RAD Ballet and ADAPT Jazz & Tap
- · Competitive and Performance
- · Teacher Training program

Contact Information: www.premieredancetheatre.ca

Scottish Country Dancing

No kilt, no experience, no special shoes, no partner needed; the only requirement is the ability to move! Scottish Country Dancing is fun and sociable, and excellent exercise for the body and the mind. Classes resume on Wed. October 11, 2023 at C.R. Gummow School (311 Cottesmore Ave., Cobourg), from 7 sharp until 9 pm;

E: cobourgscd@gmail.com

Just Dance Northumberland Our mission is to Establish a substantial foundation of dance, while developing critical life skills, enhancing general physical fitness, all with a strong emphasis on community. We pride ourselves on creating an environment where every student who enters our studios is given the opportunity to be the best dancer they can be. We accomplish this through our professional and well-educated dance educators, intimate class sizes, multiple

· Pre-Dance: Ages 2 - 4 years

performance opportunities, and

creating a safe environment.

- · Acro: Ages 4+
- · Ballet: Ages 5+
- · Contemporary: Ages 12+
- Jazz: Ages 4+
- Lyrical: Ages 9+
- · Tap: Ages 4+
- · Hip Hop 7+
- Adult Classes
- · Competitive Team

Contact Information: www.justdancenorthumberland.com



The Squishy Goose



Welcome to your home away from home! The Squishy Goose Indoor Playground is the space for Northumberland families to gather, relax, and celebrate together. We are locally owned and operated by families, for families. A place to play and party, we are your one stop shop for family fun. Whether you're dropping in to burn off some energy, meeting up with friends (and making new ones!), or gathering with family for a birthday bash...we've got you covered. Come out and see our custom designed, Canadian made 3-story high play structure for yourself, and let loose at The Goose!

Contact Information:

Facebook, Instagram & TikTok @squishygoosecobourg www.squishygoose.com

RECREATION & PROGRAMMING

Child & Youth Program & Facilities

YMCA Northumberland

Aguatics & Swim Lessons

Everyone benefits from being active in the water. Through swim lessons, aquatic fitness classes, and other programs, YMCA Aquatics offers you and your family many ways to make a

PRIVATE SWIM LESSONS Private lessons are offered as one-onone and are a great way to complement a weekly swim lesson or provide the extra attention needed to achieve swimming goals. All classes are 30 minutes long.

PRESCHOOL SWIM LESSONS Levels include Splasher/Bubbler (6mo-3yrs), Bobber (3-5yrs) Floater (3-5yrs), Glider (3-5yrs), Diver (3-5yrs) Surfer/Jumper (3-5yrs)

LEARN TO SWIM PROGRAMS Levels include Otter, Seal, Dolphin, Swimmer and Star 1 to 7 Levels

Y WAVES SWIM TEAM Are you looking to add in a competitive edge to your swimming? Look no further! With the Y Waves Swim Team, you will build your endurance, timing and skill.

YMCA

JUNIOR LIFEGUARD CLUB Junior Lifequard Club offers serious fun for kids 8 years and up who can swim for at least 25m and tread waterf or 2 minutes. Learn about what Lifeguards do, how they do it, and what it took for them to achieve their qualifications.



ADULT SWIM LESSONS

It's never too late to learn to swim or improve your stroke technique. The YMCA can help you achieve your swimming goals and feel confident in the water. Our Adult Swim lessons are taught in a group environment where certified YMCA Swim instructors work with individuals on a specific plan based on their swim level.

AOUAFIT

An excellent low impact, calorie burning, full body workout that is gentle on the joints and great for participants recovering from injuries.

WATER POWER FITNESS

This class welcomes all fitness levels and is designed to improve your cardio, strength, and range of motion in the comfort of water.

First Aid & Lifeguard Training

Bronze Medallion/Standard First Aid -Ages 13+ Pre-Requisite: Min. 13 years of age OR Bronze Star Certification\$200+HST (Members) OR \$225+HST (Non-Members)

Bronze Cross - Ages 13+ - Pre-Requisite: Minimum 13 years of age OR Bronze Medallion and Emergency First Aid, Stand First Aid ,EFA or SFA. \$175+HST (Members) OR \$200+HST

National Lifeguard Course -Ages 15+ - Pre-requisite: Bronze Cross, Standard First Aid or SFA \$310+HST (Members) OR\$360+HST (Non-Members)

RECREATION & PROGRAMMING Child & Youth Program & Facilities



PA Day and Holiday Camps

PA Day Camps for Those 6-12 Years Old

Our PA Day Camps are run by trained Y Staff who strive to make camp days fun and memorable for participants. Our multi-day camps have Theme Days to keep your children engaged. Children learn, play and have the opportunity to make new friends!

Holiday Camps

December 27 – 29, 2023 January 2 – 5, 2024 March 11 – 15, 2024

PA Day Camp Dates Fall 2023

Friday, Sept. 29, 2023 - All Things Fall Friday, Nov. 3, 2023 - Take Flight

PA Day Camp Dates Winter 2024

Friday, Feb. 2, 2024: Yventure Friday, Mar. 8, 2024: Camp Mystery Friday, Apr. 26, 2024: Watch Me Grow Friday, Jun. 7, 2024: Wild Discoveries

Please visit the YMCA Northumberland's website for pricing, registration, and full schedule lists www.ymcanrt.org





Child & Youth Drop-in / Registered Programs

YMCA Northumberland Cobourg offers a variety of programs that engage children and youth of all ages. Some programs are drop-in and some programs require registration.

Our current drop in options include:

Arriba AGES 10+

A non-registered high energy dance-based fitness party that focuses on the basic Latin rhythms with a splash of Bollywood, Belly Dance and Hip Hop. If you can move your feet and hips then you'll be sure to enjoy this class!!!

Imagination Station AGES 3-10 years

Bring your children to this drop in program to participate in a variety of stations to keep entertained.

Fun Zone AGES 3-10 years

Non-registered program where parents/guardians can bring their children while they access the facility.

Youth Drop In AGES 10-13 years

A safe space for youth to engage in activities and socialize with peers. Program leads will be available to facilitate.

You can also take advantage of our kid-friendly open times within our Indoor Pentel Playground, Pool and Gym. Plus we offer several registered programs each session.

What's more, we have a variety of activities on the go for Families! Some past programs included My Time with Dad, Gym Dandy and Parent & Tot Swim.

Check out our online schedules and register for programs that offer learning, play, physical activity, and social interaction for caregivers, children and youth alike.



Let's Make A Memorable March Break Together



ccc.cobourg.ca for more information





RECREATION & PROGRAMMING **Community Adult Programming**





Anytime Fitness

Friendly, professional staff are trained to help you along your fitness journey, no matter how much support you need. Membership includes a free, no-pressure fitness consultation, global access to more than 4,000 gyms, and always open 24/7 convenience.

Contact Information: www.anytimefitness.com

Bodilogix Fitness

The staff at Bodilogix believe you should be experiencing the quality of life you deserve. It's about optimal living and the vitality to take on everything you want in live, with energy to spare. It is their mission to help you embrace a healthier lifestyle and live happily ever active.

Contact Information: www.bodilogix.com

CrossFit Cobourg

CrossFit is a program developed to offer a full-body workout that combines elements of cardio, weight lifting, gymnastics, core training and more to prepare the body for the unexpected. This high-intensity workout is extremely varied and all about getting the most bang for your workout buck.

Contact Information: www.crossfitcobourg.com

Over 25 years ago, Curves changed women's fitness by delivering studio fitness without the premium price. While the workouts are only 30 minutes, you feel the benefits long after. A Curves membership gives you the tools and support you need to reach your goals and set the stage for a healthier, more active future.

Contact Information: www.curves.com

Francesca Bonta

Offering a variety of Holistic Health services such as virtual yoga, in person and virtual private healing sessions, training, courses, retreats and a boutique with products to support your overall health & wellbeing.

Contact Information: vw.francescabonta.com

Fitness Frenzy

Fitness Frenzy will help you achieve your fitness and health goals, quickly and safely. Improve your mood, energy and de-stress. As well as in person training, we offer online training and coaching, both synchronized and a-synchronized.

Contact Information: www.fitnessfrenzy.ca

The Ignite Company

IGNITE training combines strength, core, balance, flexibility, and cardio. Boot camps, yoga, youth performance, team training, small group training, and private sessions are available. When you show up to our classes, you aren't just walking into a gym - you are becoming part of our community. Visit our website to view membership options & drop-in rates.

Contact information Social media: @ignitecobourg www.theignitecompany.ca

Oxygen Yoga and Fitness

We hit you up with a unique variety of 45 & 60 minute group yoga and fitness fusion classes all done in a state of the art FAR Infrared heated studio. Step outside of your daily chaos and instead, embrace the FIRE WITHIN YOU!

Contact Information www.oxygenyogaandfitness.com Instagram: oyfcobourg_porthope





Community Adult Programming

Living Well Movement Centre

Northumberland's only fully equipped Pilates studio and Yoga Centre. Progressive and safe group classes: Pilates, Reformer, Mindful Strength, Yoga, Somatic Movement, Curated Specialty Series, Workshops and Courses. Private Therapeutic Pilates and Yoga specializing in Post-rehabilitation, Trauma Responsive Care for stress, anxiety and PTSD, Non-Pharmaceutical pain relief.

Contact Information: www.livingwellmovement.ca

Your Yoga Practice

Whether you are starting to explore yoga to help you move more freely, building your abilities for your own health benefits, or expanding your practice to find the deeper edges of your posture. the team at Your Yoga Practice can assist you. Yoga is most beneficial when it is tailored to your abilities and goals. This is Your Yoga Practice: your success is their primary focus.

Contact Information: youryogapractice.ca

Northumberland Roller Skating Collective (NoCo RoCo)

NoCo RoCo brings the community together through a shared-love of roller skating. Whether you are experienced, just starting out, or are simply curious about roller skating, we invite you to join us! We organize seasonal indoor and outdoor meet-ups, learn to skate workshops and so much more.

Contact Information: Facebook: Northumberland Rollerskating Collective



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www.viznyakdentistry.ca 26

RECREATION & PROGRAMMING **Community Adult Programming**

YMCA Schedule

Monday - Friday - 5:00am - 9:00pm Saturday - 6:30am -7:00pm Sunday -7:00am - 5:00pm

Group Fitness - YMCA Northumberland

We offer a variety of group fitness classes that cater to different fitness levels and interests. These classes provide a great opportunity to socialize and meet new people while working out. Most classes are drop-in, allowing for flexibility in scheduling, while a few require registration. Whether you're looking to improve your strength, flexibility, or endurance, or simply have fun while exercising, the group fitness classes at YMCA Cobourg have something to offer for everyone. Become a member to enjoy our full range of offerings or purchase a Day Pass should you want to join in on a few of our specific activities.

For mental health and centering, we offer four types of yoga. For strength-training, endurance and cardio, choose from classes such as TRX, Musclefit, Cyclefit and P45. Plus find fun, feel-good stress reliever activities like Arriba, Aquafit and Pickleball. There is something for everyone at the Y!

Personal Training - YMCA Northumberland

Looking for more guidance with your workouts? YMCA Personal Trainers are highly qualified, and certified through an accredited organization or have earned physical education degrees from an accredited institution. They'll work with you to help you achieve your fitness goals in a safe and healthy

Our team of trainers strive to design plans that are supportive, cutting-edge, and customized to your specific needs.

Mothers of Newborns Program **YMCA Northumberland**

The Mothers of Newborns Program at the YMCA is designed to provide mothers with an easy and safe path towards health and wellness while creating a network of support and belonging during their babies first year. Program pass includes access to the Cobourg and Brighton YMCA facilities, specialty programming, social networking opportunities and much more.

Some of our activities include:

- · Baby and Mom
- Baby Water Bootcamp
- Stroller Strong

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For more information on all of the YMCA Northumberland programming, please contact them, stop into the Cobourg facility, or visit their website at vmcanrt.org

10 THINGS TO DO THIS FALL & WINTER IN COBOURG!

VISIT A LOCAL CAFÉ

Craving a cozy escape? Look no further than your local cafe! Whether you're seeking a caffeine fix, a sweet indulgence, or simply a quiet moment, Cobourg Cafes are your go-to oasis. Support your community, savor the flavors, and make memories over shared conversations.



VISIT THE COBOURG **PUBLIC** LIBRARY

Stop by the Cobourg Public Library and grab a good book to read or join one of their learning. programs. There is so much to do at your local library during the fall and



COUGAR GAME AT THE CCC

die-hard fan or a first timer, the energy of the



HISTORIC WALKING **TOURS**

Step into the past and walk through history's footsteps! Embark on a journey that unveils the secrets of our heritage. one cobblestone at a time. Join us on a historic walking tour to relive the past, learn untold stories. and connect with the rich tapestry of our culture. Let's walk together through time!



EXPLORE ONE OF THE LOCAL MUSEUM'S

Embark on a journey through time and creativity at the Sifton Cook Heritage Centre and Marie Dressler House! Immerse yourself in captivating stories. remarkable artifacts, and the wonders of human history. Bring your curiosity, bring your friends, and unlock the beauty of art, culture, and innovation.



SEE A COBOURG

Drop in and see a Cobourg Cougars game at crowd and the speed of the players will leave you jerseys, rally your friends. and let's pack the stands



FALL IN LOVE WITH ART AT THE AGN

Step into a world of creativity and imagination at the AGN! Let the colours, shapes, and stories of each masterpiece take you on a visual journey like no other. Whether you're an art aficionado or just curious, the gallery offers a space to reflect, inspire, and connect with the power of artistic vision.



INDULGE IN FALL FRESHNESS AT THE FARMERS MARKET

Dive into a world of fresh, locally grown goodness that's as vibrant as it is delicious. From farm-fresh produce to handcrafted treats, every visit is a celebration of community and sustainability. Taste the difference, support local farmers, and fill your basket with nature's bounty until December. See you at the market!



TAKE THE COBOURG MURAL WALK

Cobourg is filled with history, heritage, and beauty. By embarking on the self-guided Cobourg Mural Walk you will explore various local murals painted by astonishing artists and view our local statues to learn about important Cobourg figures.



SEE A SHOW AT THE CONCERT HALL

Get ready to be swept away
by the magic of music at
the Concert Hall!
Experience the thrill of live
melodies, the power of
harmonies, and the energy
of the stage. From heartpounding rock to soulsoothing symphonies, every
note resonates with
emotion. Join us as we
gather to celebrate the
universal language that
unites us all.



ATTEND THE TOWN OF COBOURG'S HARVEST FEST

Embrace the fall season at Harvest Fest! Join us in celebrating the bountiful joys of autumn with a tapestry of colours, flavors, and traditions. Indulge in delicious treats, street music, and create unforgettable memories with friends and family. Let's gather 'round, give thanks, and relish in the magic of the harvest. See you at the festival!

CLICK THE ICONS IN EACH BOX FOR MORE INFORMATION!

SCAN THE QR CODE FOR FESTIVALS & EVENTS THIS FALL & WINTER



RECREATION & PROGRAMMING

Teams, Clubs & Associations

Badminton:

Cobourg Badminton Club

The Cobourg Badminton Club plays Mondays and Wednesdays from 7:00 - 10:00 p.m. at the Cobourg Collegiate Institute. New players, competitive and recreational players over the age of eight are always welcome. Please visit our website for the current season dates.

Contact Information: www.cobourgbadmintonclub.com

Baseball & Softball

Cobourg Jr. Angels Softball Association

The Cobourg Jr. Angels recognizes young athletes by providing opportunities to play and seek personal excellence. The association strives to elevate the profile of our organization throughout the community and province.

Contact Information:

www.cobourgangels.ca

Cobourg Legion Minor Softball

The Cobourg Legion Minor Softball Organization house league program encourages players of all ages and skill levels to participate in softball. We foster a safe environment of fun, physical exercise and fair play! Please check the website for registration information. Age Divisions: U5, U7, U10, U12, U14/U17

Contact Information www.playfastball.ca

Northumberland Baseball Association

Northumberland Baseball is a combined effort of Cobourg and Port Hope competing in both an association House League system and the Eastern Ontario Baseball Association. Rep Teams 9U – 14U and House League.

Contact Information: www.northumberlandbaseball.ca

Basketball

Lakeshore Minor Basketball Association

The Lakeshore Minor Basketball Association offers both House League and U14 Major Bantam basketball. Programs start up in the fall of each year. All of their competitive teams play in the OBL (Ontario Basketball League) and typically train from October to May when Provincials occur. During the summer months the Association hosts two Basketball Development Camps for kids.

Contact Information: www.lakeshorebasketball.ca

Curling

West Northumberland Curling Club Offering Beginner, Novice, Women's, Men's, Mixed, Open and Junior Leagues as well as a Learn to Curl program for those new to the sport.

Contact Information: www.wncc.ca

Cycling

Cobourg Cycling Club

Competitive and recreational cycling. Cyclocross/Gravel Road, Mountain Bike Group Rides, Tempo rides and Time Trial Race Series. Please visit their website for more information.

Contact Information: www.cobourgcyclingclub.com

Cycle Transitions

Cycle Transitions' mission is to make cycling the most accessible form of transportation in Cobourg, breaking down economic barriers while reducing smog and congestion. You can repair your bicycle under the guidance of skilled technicians, take a workshop to learn new skills, purchase an affordably priced refurbished bicycle, or access Can-Bike cycling courses.

Contact Information: www.cycletransitions.org

Northumberland Hills Cycling Club

The Northumberland Hills Cycling Club was founded in the spring of 2010. The inaugural ride was a phenomenal success and since then the group has grown to over 150 members. The NHCC strives to optimize flexibility & diversity while maintaining inclusiveness that's always been important to the Clubs culture.

Contact Information: www.northumberlandhillscy clingclub.com



RECREATION & PROGRAMMING Teams, Clubs & Associations

Ganaraska Freewheelers Cycling Club

The Ganaraska Freewheelers is an organization that promotes recreational cycling in Northumberland affected by breast cancer and to County, Ganaraska Freewheelers enjoy the social aspects of cycling in a noncompetitive environment. The group rides Tuesday mornings, Friday evenings or mornings, with occasional weekend outings. There are also annual weekend trips to other scenic and cycling friendly areas. Members take turns hosting rides starting anywhere in the Brighton to Courtice, Port Hope to Millbrook locales. Rides are generally from 50 to 60 kilometres, with shorter options provided, at a moderate pace.

Contact Information:

www.ganaraskafreewheelers.com

Canoe, Kayak, Dragon Boat

Cobourg Dragon Boat and Canoe

Canoe, Kayak and Stand-Up Paddleboard programs, Dragon Boat programs, Competitive racing and summer camps.

Contact Information:

www.cobourgdbcc.ca

Cobourg Yacht Club

The Cobourg Yacht Club clubhouse sports a dining room with a mouthwatering menu and an exquisite view of Lake Ontario. The club provides programs such as summer camp, Learn-to-Sail, sailing instructions and hosts regular racing nights.

Contact Information: www.Cobourgyachtclub.ca

Survivor Thrivers Dragon Boat

The Survivor Thrivers work together to inspire hope, to strengthen those support breast cancer research. In the off-season, we keep fit with dry-land, weight and aerobic training. In addition to dragon boating, the team facilitates The Northumberland Breast Cancer Support group offering monthly support group meetings which occur the second Wednesday of each month at Port Hope Knights of Columbus Hall.

Contact Information www.survivorthrivers.com

The Mill Golf Course

The Mill Golf Course is a public course offering golfers a picturesque 9 hole experience, located in the heart of Cobourg. The walkable course seamlessly blends into the natural surroundings. Experienced golfers will enjoy the extra challenge of the river bisecting the course.

Contact Information www.themillincobourg.com

Gymnastics

Northumberland Gymnastics Centre

Gymnastics builds strength, endurance, flexibility, co-ordination and body awareness. NGC is the largest gymnastics facility in Northumberland County and is fully equipped for both men's and women's gymnastics and offer programs to suit all ages and abilities. The club offers Trampoline programs, Seasonal Camps, Sensory Programs, and more!

Contact Information: www.northumberlandgymnastics.uplif terinc.com

Hiking

Pine Ridge Hiking Club

The Pine Ridge Hiking Club is

one of nine member clubs that make up the Ganaraska Hiking Trail Association who maintain the trail from Port Hope to the Bruce Trail and to Georgian Bay. Members hike in the beautiful rolling hills of Northumberland - a good way to get to know the out of the way villages and hamlets of the County - and also enjoy the challenge of completing the Ganaraska Trail end-toend.

Contact Information: www.pineridgehikingclub.ca

Hockey

Cobourg Cougars

The Cobourg Cougars are a member of the Ontario Junior Hockey League in the East Division. In addition to being the winners of the 2017 RBC Cup, there have been many members of the Cobourg Cougars who have moved on to Division 1. Division 3. USport. OHL, OMJHL and NHL rosters. Additional information, including game schedules, can be found online at: www.cobourgcougars.com

RECREATION & PROGRAMMING Teams, Clubs & Associations

Northumberland Minor Hockey Association

The Northumberland Nighthawks offer house league, select and rep hockey in Cobourg and Northumberland County.

Contact Information:

www.northumberlandminorhockey.com

West Northumberland Girls Hockey Association The West Northumberland Girls Hockey

Association (WNGHA) is committed to supporting the growth of girls' hockey and is proud to develop and promote girls' hockey within Northumberland County and the surrounding area. As part of the Ontario Women's Hockey Association (OWHA), the West Northumberland Wild has teams playing at both recreational and competitive levels.

Contact Information: www.wngha.ca

Northumberland Bulldogs - Special Needs Hockey

The Northumberland Bulldogs are an organization for individuals of all ages who are developmentally and intellectually challenged. Their focus is to develop their athlete's skills and abilities so they are able to play and enjoy Canada's favourite sport! If an individual can move on skates, coaching staff will develop the rest of the skills required. Coaches and volunteers are trained to work with intellectually/developmentally challenged individuals for skills development. Contact us to

Contact Information: FB: @northumberlandbulldogshockey



Jiu-Jitsu

United Brazilian Jiu-Jitsu

United BJJ is committed to providing a friendly, family oriented environment for residents to learn effective Martial Arts. Their incredible staff, student base and instructors are excited to welcome you to their academy and support you and your family in achieving your goals.

Contact Information:

www.unitedbij.ca

Lacrosse

Cobourg ViewTech Kodiaks

The ViewTech Cobourg Kodiaks are a Major Series Lacrosse team playing out of the Cobourg Community Centre. Regular season is from May to August. Please check website for information on the next season.

Contact Information:

www.cobourgkodiaks.ca/HOME.html

Northumberland Lacrosse

Northumberland Minor Lacrosse offers House League for everyone age 3 & up and Rep programs for everyone age 5 and up!

Contact Information:

www.northumberlandlacrosse.com

Lawn Bowling

Cobourg Lawn Bowling Club

The Cobourg Lawn Bowling Club welcomes new and experienced members. For those who have never played before, the club offers free lessons for beginners without any membership obligation.

Contact Information:

www.cobourglawnbowlingclub.weebly.com/

Indoor Short Mat (Lawn Bowling)

The Short Mat Bowling Club is an affiliate of the Cobourg Lawn Bowling Club and new members are welcome. The club meets at the Cobourg Community Centre from October to April. The game is played on a mat 45 feet long by 6 feet wide using standard lawn bowls.

Contact Information:

www.cobourglawnbowlingclub.ca

RECREATION & PROGRAMMING Teams, Clubs & Associations

Pickleball

Outdoor Pickleball

The Town of Cobourg has two outdoor Pickleball Courts located at Peter Delanty Park and Sinclair Park. Courts are free to use, however the courts can be booked for games, tournaments, or other recreational activities.

Indoor Pickleball

Through the Cobourg Seniors Activity Centre programming, the Cobourg Community Centre offers weekly open court times. The CCC has an active membership base who are always looking for new players.

Cobourg Pickleball Club

The Cobourg Pickleball club welcomes all those interested in the game of pickleball to join us. Pickleball is the fastest growing sport in North America with courts popping up around the world. We have beginner, intermediate and advanced playing options. We play outdoors from the middle of May until Thanksgiving weekend at Sinclair park. We have tournaments and social events. If you are interested in learning about us, or the game of pickleball check out our website.

Contact Information: www.cobourgpickleballclub.ca



Rugby

Cobourg Saxons Rugby

The Cobourg Saxons Rugby Club offers a wide variety of rugby programs from Co-Ed Minor Flag Rugby through to Women's Touch Rugby. Flag rugby, an introduction to the sport of rugby, is offered for Under 8 and Under 10 age groups. Introduction to Contact, a modified form of contact rugby, starts at Under 12. Junior rugby is offered to boys and girls in Under 14, Under 16, Under 18 categories. Senior Rugby is for men and women 18 years and older. The Saxons also have both an Over 35 Men's Team and Women's Touch Rugby Team. The Saxons home pitch is at

Westwood Park. Practice times vary for each team, please see their website for more information.

Contact Information: www.cobourgrugby.com

Soccer

Northumberland Soccer Club

The Northumberland Soccer Club offers both indoor and outdoor soccer for youth ages 4 – 18 and adults ages 19 and up.

Contact Information: www.northumberlandsoccer.com

Tae Kwon Do

Cobourg Tae Kwon Do

Cobourg Tae Kwon Do's dynamic Martial Arts Program has something for everyone. Children gain rock solid self-confidence, build unshakable selfesteem, and hone razor sharp focus, while adults get fit, improve flexibility and quickly eliminate stress!

Contact Information: www.cobourgtaekwondo.ca

Tennis

The Town of Cobourg has two multicourt Tennis Courts located at Peter Delanty Park and Sinclair Park. Tennis courts are free to use however, you are also able to book them for tournaments or other

Peter Delanty Park (Coverdale Tennis Club)

The Coverdale Tennis Club operates from May to October at Peter Delanty Park.

Contact Information: T: 289-252-0615

Sinclair Tennis Group

The Sinclair Tennis Group operates from April to November (weather permitting) at Sinclair Park. Monday, Wednesday and Friday club members play from 8:00am to 12:00pm.

Court Location: 540 Sinclair Street

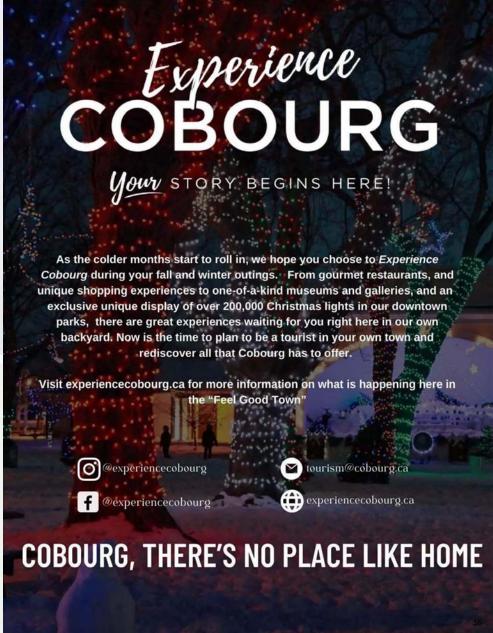
Volleyball

Northumberland Breakers Volleyball

Northumberland Breakers Volleyball Club offers teams to compete in the OVA Indoor volleyball season.

Contact Information: www.breakersvolleyball.com





HISTORIC COBOURG

LIFE IN THE PAST LANE...

Settlers started arriving in Cobourg in the 1790s which, at the time, was known for its 40 houses, 2 inns, 4 stores, several distilleries, a grist mill and a whopping population of 350! From the Sifton-Cook Heritage Centre to the historic and iconic Victoria Hall (circa 1850), Cobourg has seen quite a few changes. It was once known as a "turn of the century" American summer resort which brought Cobourg a certain social cachet and style. When visiting, or exploring your own Town, you'll also want to stop in to see the Victoria Hall Courtroom which was the location for the sensational trial that has been called "The Last Battle of the Great War."

There is plenty of history right here in the beautiful Town of Cobourg! We encourage you to explore all there is to learn.

HISTORIC WALKING TOURS!

Did you know that we have unique and interesting heritage walking tours throughout our Heritage Conservation Districts?

The Poppy Trail

With this virtual tour and booklet, we invite you to come and explore Cobourg's history. Using the booklet as your guide, you may walk the tour on your own, or watch the video and enjoy learning about Cobourg's wartime past from the comfort of your own home. This tour of Cobourg's historic downtown will allow you to savour charming period architecture and streetscapes while learning about Cobourg's significant war time contributions.

⋘ Commercial Core Heritage Conservation District

The Commercial Core District is defined by mid-to-late 19th century commercial development. Settlement began to occur more rapidly following the war of 1812. In the 19th Century the Commercial Core was much more residential in nature, as many shop owners lived above their businesses. Please remember the homes you view are private property and should be viewed from the street. Enjoy your tour through a sampling of Cobourg's heritage.



East Heritage Conservation District

The East Heritage Conservation District is one of the oldest residential neighbourhoods in the Town of Cobourg. The East District is an example of incremental residential growth in Cobourg, as with the other residential districts. The construction of Cobourg's first Anglican church (St. Peter's) in 1818 attracted wealthy settlers who wanted to live closer to their place of worship. Please remember the homes you view are private property and should be viewed from the street. Enjoy your tour through a sampling of Cobourg's heritage.

George Street Heritage Conservation District

The George Street Heritage Conservation District was originally settled by Nathaniel Herriman in 1799. The differing architectural styles is due to the incremental growth of the district. Some of the styles include Classical Revival, Gothic Revival and Ontario Cottage Vernacular. In the 1850s George Street was meant to be the main thoroughfare to and from the railway station, but with competing interests the location of the station changed and Division Street became the main thoroughfare. Please remember the homes you view are private property and should be viewed from the street. Enjoy your tour through a sampling of Cobourg's heritage.

West Heritage Conservation District

Land in the West District were subdivided by 1850s, but most construction did not take place until the 1870s with the uptick in the Town's economic activity with new industry locating within the Town. The dominant form of the West District is vernacular design, which were constructed for workers. This tour includes stops outside of the West District. Please remember the homes you view are private property and should be viewed from the street. Enjoy your tour through a sampling of Cobourd's heritage.

FOR THE TOURS CLICK HERE

GROUPS, CLUBS & ASSOCIATIONS History & Heritage

Cobourg and District Historical Society
The Cobourg and District Historical Society
promotes interest in the history of Cobourg and
district and beyond, encourages the preservation
of historical, archaeological and architectural
heritage through monthly meetings featuring
speakers, the publication of presentations and
organizing and participating in special events. Our
meetings are fun and lively, perfect for citizens
who want to learn more about the Town we live
in. Monthly in-person meetings at Victoria Hall
take place in the Concert Hall.

Contact Information:

www.cdhs.ca

Architectural Conservancy Ontario

The local branch, ACO Cobourg & East Northumberland, focusses on community issues and programming opportunities. Typical branch activities include advocating for threatened heritage properties, providing conservation advice, publishing a newsletter, managing revolving funds for heritage restoration projects, creating fundraising events, leading tours, and providing social events for its membership.

Contact Information: www.ACOntario.ca

New Canadians Centre Northumberland
The New Canadians Centre offers support to
immigrants, refugees and other newcomers
through immigration and settlement services and
community connections. Programs include
orientation to life in Canada, support with
elementary and secondary school registration and
orientation, free certified language assessment
and referrals to language programs, social events
for newcomers and social groups for women and
youth. Please contact us to book an appointment
to meet in person or online.

Contact Information: www.nccpeterborough.ca



Muslim Community of Northumberland

The Muslim Community of Northumberland (MCN) is an open group for all Muslim families and their friends in Northumberland County. The MCN group participate in many social activities in the county.

Contact Information E: mcn7654@gmail.com

Northumberland Hispanic Cultural Club

The Northumberland Hispanic Cultural Club Inc (NHCC) was established by the Hispanic-American community in the County to provide a venue for its community members to come together to enjoy and participate in Hispanic American culture. The club aims to promote Hispanic American culture by holding events and, performances that showcase Latin American art, music, food and literature. The club also aims to help and support new Canadians of Hispanic origin to adapt to their new home.

Contact Information:

www.northumberlandhispanic.ca

Lakeshore Genealogical Society

The Lakeshore Genealogical Society is a group of family tree growers, historians and researchers mainly from Cobourg, Port Hope and surrounding areas of Northumberland County. The group meets regularly at Cobourg Library and/or via Zoom to exchange ideas, share discoveries and learn from visiting guest speakers. New members & visitors are welcome. Pre-registration is required.

To view our program, please visit our website.

Contact Information:

www.lakeshoregenealogicalsociety.ca

Victoria Hall Volunteers

The Victoria Hall Volunteers are a group of women dedicated to the preservation and enhancement of the heritage and historic aspects of Cobourg's Victoria Hall. The group achieve their mandate through advocacy, activities, tours, education and fundraising events. They host tours, wine tastings, shows, speakers, dinners and other activities which are fun for participants and form the basis of their fundraising. The Victoria Hall Volunteers usually meet in the Citizens' Forum, Victoria Hall, Cobourg, on the fourth Monday of the month from January to May, and September to November. New members are always welcome.

Contact Information: www.victoriahallvolunteers.ca

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GROUPS, CLUBS & ASSOCIATIONS Agriculture & Horticulture & Environment

Cobourg Horticultural Society

The Cobourg Horticultural Society (CHS) is a communitybased group of members devoted to sharing their love of gardening and all other aspects of horticulture. The Society advocates sound environmental practices and provide educational opportunities for its members through a variety of horticultural activities and projects. Please contact walks and activities each year. You can also make a for meeting dates and times.

Contact Information:

www.cobourggardenclub.ca

Cobourg Ecology Garden

The Cobourg Ecology Garden celebrates its 27th anniversary this year. Founded in 1996 by Minnie Pennell and run by volunteers, the garden demonstrates chemicalfree, organic methods for growing a broad range of plants from vegetables, to Prairie grasses, to hardy native species. It's a place to learn, share ideas and rekindle a sense of wonder at nature's complexity and beauty. The garden is located at the south end of Hibernia Street between Legion Village and the waterfront.

Contact Information:

www.cobourgecologygarden.ca

Northumberland Land Trust

The Northumberland Land Trust welcomes supporters of outdoor activities who are concerned about the environment and climate change. The NLT is an allvolunteer, non-governmental charity committed to preserving the natural, historical and cultural heritage of Northumberland County. As a charity, the Land Trust accepts donations of land, fundraises to secure and manage selected nature reserves, enters into conservation agreements for the permanent protection of natural landscapes, forests, farms and waterways and provides public education and information on land conservation.

Contact Information: www.nltrust.ca



Willow Beach Field Naturalists

Willow Beach Field Naturalists (WBFN) is a local charitable organization that brings nature lovers together to explore, enjoy, and protect Northumberland County's diverse natural environment. We offer a variety of guided nature meaningful contribution to nature by participating in our stewardship of Peter's Woods Provincial Nature Reserve or joining one of our seasonal bird surveys. We hold free monthly meetings featuring guest speakers who focus on a variety of fascinating nature topics. WBFN is your passport to nature in Northumberland - become a member today!

Contact Information:

www.willowbeachfieldnaturalists.org

Sustainable Cobourg

Sustainable Cobourg is a volunteer, not for profit, NGO, that advocates for creating a Culture of Sustainability through its Advisory Groups. We create a Culture of Sustainability by seeing the impact of all decisions and actions after assessing, not a single, but a triple bottom-line: planet, people, and profit, to paraphrase John Elkington. We must consider environmental stewardship, social responsibility and economic resilience. This perspective is what allows us to see with a lens of sustainability. Finding the right balance protects the future. Our 6 Advisory groups were created to focus on various areas of concern. They research and develop policy, organize activities, advocate around issues, and co-ordinate public events.

Contact Information:

www.sustainablecobourg.ca

Coboura **Farmers** Market



meet your neighbours and friends, purchase wonderful baked goods and take home some local crafts and ready-to-eat specialties. Visit www.cobourgfarmersmarket.org for more!



GROUPS, CLUBS & ASSOCIATIONS Advocacy & Activism



Cobourg Toastmasters Club

The Cobourg Toastmasters Club has been helping people in Cobourg and the surrounding region for 18 years. Through the Toastmasters educational program, their aim is to provide practical communication and leadership skills to help members become confident speakers, presenters and leaders. Meetings are currently being held virtually.

Contact Information:

www.368.toastmastersclubs.org

Canadian Federation of University Women Northumberland

CFUW Northumberland was founded in 1991 and is one of over 100 Clubs existing across Canada. The group has over 100 members drawn from Cobourg, Port Hope and the surrounding townships. They seek to promote lifelong learning and promote education and advocacy for gender equality and the rights of women and girls. CFUW-N raises funds annually for bursaries and scholarships for women across Northumberland County in a range of programs for further education including apprenticeships. Through regular meetings and interest groups, CFUW-N members have the opportunity to make friends and enjoy the benefits of learning, socializing, supporting one another and working together for positive change in our communities. All women who support lifelong learning are welcome.

Contact Information:

www.cfuw-northumberland.org

A STEP CLOSER TO YOUR CAREER.

Get career ready with our industry-aligned curriculum.





GROUPS, CLUBS & ASSOCIATIONS Advocay & Activism

Cobourg Queer Collective

The Cobourg Queer Collective, provides information for and about the LGBTQQIAP2S+ community in Cobourg, Ontario and the surrounding area. For more information and resources please visit their website.

Contact Information: FB: @cobourgqueercollective



PFLAG Canada - COBOURG & PORT HOPE PFLAG Canada is a national voice that speaks for a more accepting Canadian Society by providing support, education and resources on issues of sexual orientation and gender identity.

Through our PFLAG chapter and contact network, we actively assist in the recognition and growth of gay, lesbian, bisexual, transgender, transsexual, two-spirit, intersex, queer and questioning persons and their families and friends, within their diverse cultures and societies

Join our local PFLAG meeting! Meetings are held at the Trinity United Church, located at 284 Division St in Cobourg, on the first Thursday of each month. Meetings begin promptly at 7pm. All members of Northumberland and the surrounding communities are welcome. Come for support and socializing while we discuss local LGBTQIA2S+ issues.

Contact Information:

FB: PLAGCabada-Cobourg, Ontario Chapter



Northumberland Advisory Group (NAG)

The Northumberland Advisory Group (NAG) formed in

programs to support people during lockdown as many

services that became virtual only. The Northumberland

Advisory Group is currently working on issues such as

the spring of 2020 as a response to the COVID-19

services were reduced. People experiencing

sustainability, new funding opportunities and

pandemic. The group designed and delivered new

homelessness faced many barriers accessing many

GROUPS, CLUBS & ASSOCIATIONS Community Resource & Assistant Organizations

The Children's Foundation

The Children's Foundation strives to improve the quality of life for children and youth in need by providing educational opportunities, inspiring activities, engaging experiences, and resources, that empower children and youth for future success, in the communities of Hastings, Northumberland and Prince Edward Counties.

Contact Information:

www.thechildrensfoundation.com

Habitat for Humanity Home Repairs Did you know that on top of building houses and operating our ReStore, Habitat for Humanity Northumberland also has home renovation and repairs programs for low-moderate income folks? Habitat for Humanity Northumberland has supported over 150+ households through the Home Repairs Suite. There is access to interest free loans, forgivable loans and grants. Funding is available for low-moderate income households to make urgent or necessary repairs to increase safety, accessibility, and efficiency of their homes.

Contact Information:

www.habitatnorthumberland.ca/home-repairs

Northumberland Humane Society: Pet Food Bank

The NHS Pet Aid Program offers financial assistance to low income pet owners in Northumberland County to assist with the cost of spay and neuter surgeries. As part of our ongoing commitment to local communities, our Pet Food Bank will provide a two-week supply of pet food to help Northumberland County residents through difficult times. Please call NHS in advance and we will have your pet food supply ready for you to pick up at the shelter during our regular business hours.

Contact Information:

www.northumberlandhs.com/services/#petfood

provides training and development through specialized programs and services, which positively

The Community Training and Development Centre

The Community Training and Development Centre

influence individual and community growth. Our purpose is to operate with integrity, to provide innovative, creative, effective, and sustainable solutions for both community and individual improvement. For more information on our offered programs and services, please visit our website.

Contact Information:

www.ctdclearningplace.com

The Help and Legal Centre of Northumberland The Help Centre provides programs in Income

Security and Housing Security. The Northumberland Community Legal Centre provides clients with legal advice and representation in common areas of the law related to income, employment and housing. The services offered by both agencies are available over the phone or in person at our main office, in a satellite office and if necessary, in the client's home. Services are free and confidential. Walk-ins are welcome. Toll-free calling is available, and collect calls are accepted by either agency.

Contact information:

www.thehelpandlegalcentre.ca/about/

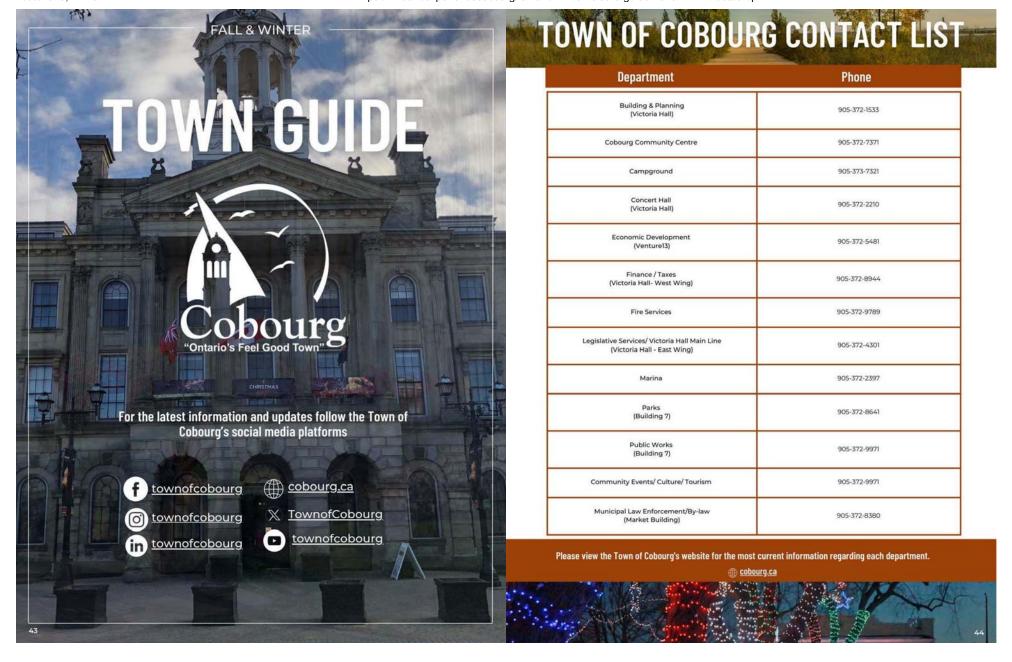
Salvation Army-Cobourg/Port Hope

The Salvation Army provides community programs ranging from their food cupboards initiative, to back packs for kids, baby formula, recovery programming, emergency assistance and other supports during the holiday season. For more information and a detailed list of their offerings please visit their website.

Contact Information: www.tsacobourg.com/

For more community resources, please visit experiencecobourg.ca

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WHO DO I CALL?

I want to know about... Town Contact

tive Services g / Planning mic Development / Culture/ Tourism rg Community Cent rg Community Cent /Culture/ Tourism Works
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Emergency Services, Government & Community Contacts

Fire Department	905-372-9789
Northumberland Hills Hospital (NHH)	
Police Department	905-372-6821
Community Contacts:	
Business Advisory Office	905-372-9279
Chamber of Commerce	905-372-5831
Cobourg Library	905-372-9271
Downtown Business Improvement Area (DBIA)905-377-8024
Farmers Market	
Food Bank	
Help Centre	905-372-2646
Info Northumberland	
Legal Aid	905-377-0627
Humane Society	905-885-7808
Northumberland Community Legal Services	905-373-4464
Northumberland County Garbage & Recycling	
Ontario Provincial Police Cobourg	
Lakefront Utilities	905-372-2193
Government:	
Court Office	905-372-3751
Health Unit	
Landlord/Tenant Board	
Member of Parliament (MP)	
Member of Provincial Parliament (MPP)	905-372-4000
	866-296-6722

Bylaw Enforcement & Licensing

What We Do For Residents

Contact

Municipal Law Enforcement and Licensing Services provides a variety of regulatory services intended to improve public health and safety, increase consumer protection, promote standards of maintenance and livability, enhance the quality of life for residents and increase the vibrancy of the Town. Officers are available 24 hrs. 7 days a week to assist the community.

Animal Related Enforcemnet Activites	Services include enforcement of pet licensing and animal care and control standards as established in the Town's Animal Control By-law.	bylawenforcement@cobourg.ca
Licensing Related Enforcement Activities	Services include administration and issuance of various business, property, pool enclosure, pet, taxi, and lottery license's, and permits.	bylawenforcement@cobourg.ca
Property Related Enforcement Activities	Services are directed at ensuring that properties meet minimum standards as they relate to health, safety, property maintenance and appropriate land use.	bylawenforcement@cobourg.ca

Parking Related Enforcement Activities

Service include administration and enforcement of parking standards established in the Town's Parking By-law. bylawenforcement@cobourg.ca

PLANNING AND DEVELOPMENT SERVICES

What We Do For Residents

Contact

Administer Building Permits & Inspections The Building Department's intention is to administer permit applications and issuance, conduct inspections in accordance with the Ontario Building Code and the Town of Cobourg's Zoning By-law, as well as other applicable laws and regulations to ensure the standards for construction and plumbing are consistent throughout the Province. Building Services also oversees property standards compliance.

planninginfo@cobourg.ca

Economic Development

What We Do For Residents

Economic Development Department provides support to existing, new, and expanding businesses. Their offices are located at Venture13 Innovation and Entrepreneurship Centre

Finance / Taxes

econdev@cobourg.ca.

LEGISLATIVE SERVICES

What We Do For Residents Contact

Civil Marriage Ceremonies: The Town of Cobourg conducts civil wedding ceremonies every Friday afternoon. You can book a civil marriage ceremony with the Town if you're looking for a simple, non-religious ceremony. Ceremonies are conducted at Victoria Hall in the historic court room.

weddings@cobourg.ca

Marriage Licenses

Cobourg Municipal

If you're looking to apply for a marriage licence visit Cobourg.ca/weddings for step-by-step instructions. All marriage licence applications must be completed online.

comprised of a Mayor, Deputy Mayor and five (5) Councilors who serve for a four-year term.

weddings@cobourg.ca

Mayors Office

The Mayor's Office is located at Victoria Hall 55 King St. W. mayor@cobourg.ca

Cobourg's Town Council is the legislative body that represents the citizens of Cobourg and is

clerk@cobourg.ca

Contact

At the Finance Counter the following in-person services are available.

• Tax payments/inquiries

- Accounts receivable payments/inquiries taxes@cobourg.ca
- Accounts Payable accounts payable@cobourg.ca

xes taxes@cobourg.ca

The Finance Department can be reached by telephone at 905-372-8944

Accounts receivable payments/inquiries

- Parking Passes
- Parking Fines payment Only
- Transit Passes / Tickets

In - Person Services

 Garbage Tags – on behalf of the County of Northumberland

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About Cobourg Municipal Council



Council conducts its business through Committee of the Whole and Regular Council meetings which are comprised of all members of Council. Unless otherwise noted, meetings are open to the general public held in the Victoria Hall, Council Chambers. The Town of Cobourg is currently conducting a review of its governance bylaws and policies to ensure the systems that are in place support the best interests of our community and the Town of Cobourg as a whole.

https://publizr.com/experiencecobourg/fall-and-winter-leisure-guide-2023?html=true#/52/print

TOWN OF COBOURG PA

The Town of Cobourg has over 53 beautiful parks and green spaces. Many of the Town parks include features such as accessible picnic tables. playground equipment, wider pathways and curb cuts for ease of access for wheelchairs and strollers. Your efforts to help keep the parks clean will motivate others to do the same for all to enjoy!

Adult **Fitness Park**

Centre, 750 D'Arcy Street Cobourg, fitness equipment for all residents of



We have a (9.24 ac) off-leash dog park located at 777 Ontario Street for all dog owners to enjoy. It is a large area with plenty of room for running, fetch and other pet friendly activities.



Cobourd The Skate Park at Donegan Park is open Skatepark from 7 a.m. to 11 p.m. daily.





Parks With Playgrounds

Parks that include playgrounds:

- · Donegan Park One playground with swings Fitzhugh Park - One playground with swings
- · Ivy Park One playground
- James J Tracey Park One playground
- Lionel Tut Gutteridge Park One playground with swings
- · Morley Cane Park One playground with swings
- · Milestone Park One playground
- Optimist Park One playground with swings
- Peter Delanty Park One playground with swings
- Peace Park One playground
- Sinclair Park One playground with swings
- Victoria Park Two playgrounds •
- Westwood Park One playground with swings

What We Do For Residents

The Cobourg Fire Department is pleased to support our community, and can provide the following services:

- · Non-emergency assistance with smoke and carbon monoxide alarms for homeowners
- · Public education and school fire safety awareness programs
- · Home and business inspections to promote fire prevention
- · Compliance support regarding adherence to fire regulations
- · Hazardous material mitigation
- · Firefighting and other emergency response



FIRE SERVICES

Did you know that the Town of Cobourg Fire Department has been proudly serving the citizens of

Cobourg since 1832!



(905) 372-9789

In the event of an emergency please call 911.

Contact



111 Elgin St E, Cobourg ON K9A1A1



Coboura Greenhouse

Located on Thompson St., the Greenhouse Complex is approx. 7500 square feet. Approximately 80,000 plants are grown in the greenhouses. Plants are grown for municipal gardens located in parks and municipal properties and downtown décor. The Rotary Flora Clock located in Victoria Park is filled with thousands of plants planted in a unique design. The 2022 floral clock was dedicated to the Queen's Platinum Jubilee. Poinsettias are also produced in the holiday season to decorate inside town buildings and facilities in

Outdoor **Skating Rink**

During the winter months, the fountain in Rotary Waterfront Park is transformed into a large skating rink for all ages to enjoy. The ice surface is flooded twice daily (weather dependent) and is open at all hours. The bus shelter doubles as a warm area for putting



The Cobourg Police Service is a trusted community partner committed to quality policing that protects safety and security, enhancing the quality of life in the Town of Cobourg. Through emergency response, crime prevention initiatives and public safety engagement opportunities, Cobourg Police works with community partners to address safety and wellness challenges.

What We Do For Residents

The Cobourg Police Services is pleased to support our community, and can provide the following services:

- · Emergency response
- · Online reporting and bicycle registry
- Crime prevention initiatives and engagement opportunities, including Crime Prevention Through Environmental Design audits, Car Seat Clinics, Lock it or Lose it, and safety presentations
- · Road Safety initiatives and enforcement
- Major event support











Contact

Non-Emergency 905-372-6821 Emergency Call 9-1-1

info@cobourgpolice.com

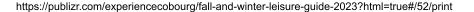
107 King Street West Cobourg, ON K9A2M4

G Coburg Police Service

Report non-emergency crime online cobourgpoliceservice.com/online-

reporting/





VENTURE 13 DTURE

Venture 13 brings together early-stage entrepreneurs with our innovation partners to connect, empower and accelerate new ventures. It is a place and a pathway for business growth synchronized with economic development and diversification. Our goal is to partner with many to help build the industries of the future. Our facilities include: The Venture Zone, MakerLab and Innovation Commons. We have now fully reopened to the public and welcome any entrepreneur, business, or community group to contact us to book an event space or inquire about access to our co-working space, the VentureZone.

Innovation Commons: Meeting & Event Space

Innovation Commons Lecture Hall

- 80 Seats With Writing Tablets
- · Easy-to-use Presentation Tech
- Fibre WiFi
- HGMI Projector Screen

\$325/Whole Day \$175/Half Day Capacity: 80

· Wireless Microphones

· On-site Kitchen Access

· Whole/Half Day Options

· Dry Erase White Board

On-site Kitchen Access

Free Parking

· Soft Seating for

Speakers

Free Parking

Seminar Rooms

- Configurable Setup Styles · Easy-to-use Presentation Tech
- · Fibre WiFi
- HGMI Projector Screen Whole Room: 32

8hrs - \$200

Half Room: 16 8hrs - \$100 4hrs - \$60

- Dedicated Desks
- Lecture Hall
- Seminar Room Private Offices



We are here to help entrepreneurs and companies connect, launch and grow their businesses with professionals that can offer mentorship, guidance, and one-on-one support. Our 15,000 square foot building is a state-of-the-art technology centre converted into a thriving centre of opportunity. We have designed the space to connect and empower industry, investors, makers, the research community and other key partners locally and across the regional ecosystem. We provide a pathway for the commercialization of innovation, for economic development and diversification. We are ready for the challenges and opportunities of the technological age.

T: 289-677-5490 E: info@venture13.ca 739 D'Arcy St, Cobourg, ON K9A 0H6 www.cobourg.ca/en/venture-13



Economic Development and Venture 13 Upcoming Events



Cybersecurity & Anti Fraud Series - Where your Cybersecurity Vulnerabilities Lie

October 16th, 2023.

12-1:30pm | Michael Bakaic will discuss the motives of cyber attacks Service wants to help you be to further your knowledge of current threats to businesses.

Michael will also explore where your company's vulnerabilities lie and preventive measures that you can do to stop these threats.

Succession Planning for Entrepreneurs | November 23rd,

2023.

8:30 - 10:30am| Collaborating with the Business and Entrepreneurship Centre of Northumberland and the Business Development Bank of Canada, this event will gather experts, practitioners and businesses that have gone through the succession progress to share insights, strategies, and best practices.

Cybersecurity & Anti Fraud Series - Where your Cybersecurity Vulnerabilities Lie

October 30th, 2023. 12-1:30pm | Cobourg Police cyber smart because life happens online. With an increasing desire for the convenience of doing everything online comes the increasing ability for illegal activity such as Internet or Bitcoin fraud.

Business Spotlight: Part Time CFO Services | December 11th, 2023,

12 - 1:30pm | Part-Time CFO Services provides all levels of accounting function to mediumsized private businesses and notfor-profit organizations.

Revenue Growth Series with Carol

Jiang November 8th, 2023 8:00 - 9:30am | This partnered event will highlight Carol Yajun Jiang, President and CEO of Beneco Packaging. Ms. Jiang is an accomplished entrepreneur, recognized as one of Canada's Top Female Entrepreneurs in Chatelaine Profit W100 for 2014 and 2015. Under Ms. Jiang's leadership, Beneco has become one of Canada's fastestgrowing companies, appearing on the Profit 500 list from 2013 to 2021.

For more information on VI3 events, please visit www.cobourg.ca/en/venture-13/

Economic Development and Venture 13 Upcoming Events

All events are located at Venture13 - 739 D'Arcy Street Cobourg, For more information please contact Venture13.

Cybersecurity & Anti Fraud Series - Leading Cybersecurity Research Practices | Date:

October 2nd, 2023

12-1:30pm | Our panelist, Dr. Khalil El-Khatib, Professor, Ontario Tech University and Director of the Institute of Cyber Security & Resilient Systems and Dave Millier, Quick Intelligence / Serial Entrepreneur will explore cybersecurity and resiliency research, including authentication, software security, and risk management.

Real Estate and Development

Industry Event | October 5th, 2023

Sponsored by Tribute Communities join the Town of Cobourg Planning and Development Division at this networking and information event where they will be sharing the pipeline projects that are happening currently in Cobourg and other Community Projects that will shape Cobourg over the coming years.

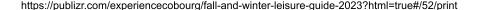
Revenue Growth Series with Drew Cameron I

Date: October 11th, 2023,

Time: 8:00 - 9:30am | Drew cofounded Solvest after having had two other prior businesses. These experiences allowed him to draw on previous learnings when developing Solvest. He joined Venture13 in June 2019 and has since expanded his green energy business to include an executive and projects team.



The Town of Cobourg's Public Engagement Platform Make sure your voice is heard as we plan for Cobourg's future!





Cobourg Transit is a fully accessible service that has three (3) buses running On Demand services. Cobourg Transit also offers an origin to destination service called WHEELS for eligible riders who cannot use conventional transit.

Cobourg Rides On-Demand Service How Does it Work? For more information on Town of Cobourg's Public Transportation please contact 905-372-4555 or transit@cobourg.ca. www.cobourg.ca/tranist

To book a ride by telephone, please call 905-373-0582

Discover a world of free fun for everyone, at your Cobourg Public Library!



Contact Us!





Cobourg Public Library 200 Ontario Street Cobourg, ON K9A 5P4 T: 905-372-9271 E: info@cobourg.library.on.ca all statutory holidays. www.cobourg.ca/en/Library

Hours of Operation

Monday to Wednesday: 10:00 a.m. to 8:00 p.m. Thursday to Saturday: 10:00 a.m.to 5:00 p.m. Sunday: 1:00 p.m. to 5:00 p.m. Closed on Sundays in July and August and on

CHECK OUT OUR PROGRAMS & EVENTS!

email.



FESTIVALS & EVENTS









For all Town of Cobourg events please visit experiencecobourg.ca

Looking to host a festival or community event in the Town of Cobourg? Applications are available at experiencecobourg.ca