

Parry Sound Girlfriends' Weekend

WORKSHOPS, FITNESS CLASSES & MORE



8AM – 9:30 AM BREAKFAST & YOGA

Start your morning with some gentle moderate yoga with instructor Ellen Koennecke. After a one hour class you will enjoy a healthy Mason jar breakfast of yogurt, granola and fruit.

Wear comfortable loose-fitting clothes. Bring your own yoga mat or use one provided.

Cost: \$20

Location: Mary Street Centre (24 Mary Street)

[Register Here](#)



9AM BOOT CAMP

Join Jacklyn Frias for a circuit style, one hour full body work out, touching on all the main muscle groups. There will be cardio, strength and mobility exercises. All are welcome! Boot Camp has something for everyone. All equipment provided. (Ages 16+)

Wear workout clothing and bring your own water bottle to stay hydrated

Cost: \$15

Location: JF Fitness and Therapy (92 James St, back door)

[Register Here](#)



9:30AM EXPOY FILLED CHARCUTERIE BOARD/TRAY*

Part 1 (2 hours) involves choosing your one of a kind piece of wood and your colour of epoxy, pouring into the mold to create your own masterpiece. If you wish, bring your own pebbles, leaves, pine cones, shells, etc. to add to the epoxy. You will tend to the pour using torches to remove any bubbles that form.

Part 2 (1 hour) begins with sanding the board into the finished product and then coating it with a coat of food grade oil. Handles can be purchased if you wish to make a tray.

Workshops can be messy so please dress accordingly. (Ages 16+)

*This is a 2 part workshop. The second session is approximately 1 hour long and will be completed one evening the following week (Nov 25-28)

Cost: \$199 plus GST

Location: I Branched Out (44 James Street)

[Register Here](#)

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9:30AM MEDICINE BAG WORKSHOP

You will be working with deer hide to make a medicine pouch. Tracy Pawis from the G'zaagin Art Gallery will teach you how to cut the leather, sew with a needle and thread, punch holes with a hole puncher and decorate the pouch with coloured beads. She will also explain about the tools and materials and the use of a medicine pouch. (Ages 12+)

Cost: \$30 (2 1/2 hour workshop)

Location: Mary Street Centre (24 Mary Street)

[Register Here](#)



10AM YOGA, FLOW & STRETCH

Join Patricia Fell for a half hour of warming, Vinyasa style flow to fire up and energize your body, followed by a half hour of slower deeper stretches to leave you feeling loose, stretched and happy. (Ages 16+)

Bring your own yoga mat or use one provided

Cost: \$15 (1 hour class)

Location: JF Fitness (92 James Street back door)

[Register Here](#)



10AM SATURDAY & SUNDAY SOAP MAKING WORKSHOP

At this fun workshop, Katy Ward from Middle River Farms, will be teaching you how to make an old-fashioned sustainable soap using lard, essential oils, and natural plant colourants. You will receive recipes and take home four bars of soap in two delightful fragrances.

Cost: \$55 (2 1/2 hour workshop)

Location: Mary Street Centre

[Register here for Saturday's Class](#)

[Register here for Sunday's Class](#)



10AM & 1PM TEA & TAROT CARDS

Come and relax with a cup of tea and enjoy discovering a piece of yourself. While you are enjoying a cup of tea and some treats with your friends, Amy Marcon will give each person a private 10 minute tarot card reading.

Cost: \$20 (1 1/2 hours)

Location: Mary Street Centre (24 Mary Street)

[Register Here](#)

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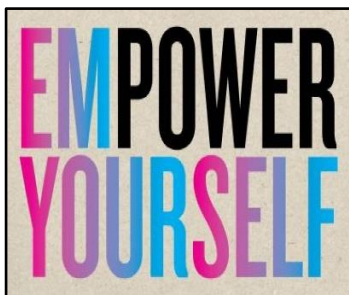
10:30AM, 11:30AM, 12:30AM, 1:30PM HOLIDAY PLANTER WORKSHOP

A mix of fresh winter greens, berries and your favourite ribbon will compliment your home's décor perfectly. Created in a reusable container that fits outdoor planters or looks great on its own. This is a great way to welcome guests to your home this holiday season. Bring your own gloves as the sap can be quite sticky. Upgraded ribbon selections, berries, pinecones, ornaments, etc. are available in store for an additional cost. (Children must be accompanied by an adult)

Cost: \$56.50 (1/2 hour workshop)

Location: Pardon My Garden (35 Seguin Street)

[Register Here](#)



11AM LIVE YOUR IDEAL LIFE, EMPOWER YOURSELF

Explore with Jacklyn Frias what you deem to be your ideal life. How to recognize and deal with the issues preventing you from reaching your goals. Strive for the best version of yourself because you can! (Ages 16+)

Cost: \$15 (1 hour class)

Location: JF Fitness and Therapy (92 James Street)

[Register Here](#)



1PM SELF-CARE, TIPS, TRICKS & CREATIVE STRATEGIES

Break down the components of your self-care with Nicole Young. Create your own self-care routine and learn how to practice your daily self-care. (Ages 16+)

Cost: \$25 (1 hour class)

Location: JF Fitness and Therapy (92 James Street)

[Register Here](#)



1PM PAINTED TREE/LEAF ORNAMENTS OR COASTERS

Learn how to paint Myrhanda McKay's signature maples leaves or birch trees onto two Birch/Maple ornaments (or you can turn them into coasters). Take them home and give them as a gift or keep them for yourself. (Ages 13+)

Bring an old shirt or apron as you will be working with oil paints.

Cost: \$40 (3 hour class)

Location: I Branched Out (44 James Street)

[Register Here](#)

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1PM QUILLED EARRINGS WORKSHOP

Tracy Pawis from the G'zaagin Art Gallery will walk you through the steps to make a pair of quilted earrings. During this workshop you will be using materials that include birch bark, porcupine quills, sinew, and jewelry accessories you will learn how all materials are picked, cleaned, dried and stored. (Ages 12+)

Cost: \$35 (3 hour workshop)

Location: Mary Street Centre (24 Mary Street)

[Register Here](#)



1PM DEHYDRATING MEALS FOR BACK-COUNTRY CAMPING

Participants will learn about basic food dehydrating techniques, seeing at least four kinds of dehydrators in action. This workshop will focus on upping the ante as far as back-country meals go. There are so many nutritious and delicious gourmet meals that can be created and they will be light-weight, compact, and easily reheated, saving on fuel. We will sample some favourites such as pulled pork burritos, candied bacon, and quinoa salad. We will cover breakfasts, lunches, dinners and snacks.

Cost: \$25 (2 hour workshop)

Location: Mary Street Centre (24 Mary Street)

[Register Here](#)



2PM CROSS COUNTRY SKI EQUIPMENT & WAXING 101

Join Aleesha Clark for an overview of cross-country ski equipment options and styles and learn how to fit and size cross country skis. Learn how to wax cross-country skis with a hands-on chance to practice and wax your own skis for the upcoming season.

You are welcome to bring your own skis

Cost: \$79.99 (2 hour workshop)

Location: Parry Sound Bikes (25 Mary Street)

[Register Here](#)

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4PM – 6PM PAINTING CLASS WITH LADY BABS

Many, many years ago, Lady Babs had an affair with Pablo Picasso. Picasso wanted to paint her in the nude, but she said NO, so he painted her dress that is now said to be worth an estimated \$7 million. Join Lady Babs for a painting class. She will walk you through the steps to paint a vase full of beautiful flowers. Leave with a beautiful 8" x 10" painting. Libations may be served to those who behave. (Ages 19+)

Bring an old shirt or apron to protect your clothes from paint.

Cost: \$30 (2 hour workshop)

Location: Gibson Street Art Gallery (47 Gibson Street)

[Register Here](#)



6PM – 10PM BUFFET DINNER AND MUSIC WITH JEFF YOUNG

End your day at [Boston Pizza](#) (10 Bay Street) for a delicious all you can eat buffet dinner. While you are enjoying your meal a local musician, [Jeff Young](#) will entertain you.

Cost: \$30/adult (ticket price does not include gratuity)

Location: Boston Pizza (10 Bay Street)

[Buy Tickets Here](#)
