

Passport Event

The Distress Centre of LLG is putting on a Passport Event from November 15-24, 2024, with a focus on community involvement, connection, and family. There are multiple locations participating throughout Gananoque, Brockville, Prescott, and Kemptville. Visit a location and either participate in an activity or purchase a product and you will receive a signed ballot. One ballot equals one entry. The more locations you visit the better chance you will have to win a 9th gen iPad. Please see the list below to see all participating locations.

Brockville

- Brockville Museum – Open Mon-Fri from 12pm-4pm
 - Admission is by donation (cash, credit or debit)
 - Currently offering Discovery Kits included with admission
 - Play & Explore Suitcase (ages 6-10): Suitcase promotes play-based exploration of the museum exhibits, with support of the adult visiting with them.
 - Sensational Science Backpack (ages 7-12): The backpack focuses on science, technology, engineering, the arts, and math through hands-on activities in the museum exhibit spaces, with support of the adult visiting with them.
 - Mindful Museum Train Messenger Bag (ages 12-17+): The messenger bag invites older youth visitors to relax and unwind by exploring new ideas in the museum's exhibits. Create a soundscape, observe and draw museum artifacts, and more, all while taking a relaxed wander through the galleries.
- Engine House Yoga – offers classes during the week and weekend, drop-in classes are \$20 and are subject to availability - <https://www.enginehouseyoga.com/>.
 - Monday:
 - Gentle Yoga - Brooke (9:30-10:45 am)
 - Rhythm and Slow Flow (5:00-6:00 pm)
 - Yin and Unwind - Brooke (6:30-7:30 pm)
 - Tuesday:
 - Stretch and De-stress - Lesley (8:00-9:00 am)
 - Total Body Conditioning - Lesley (4:45-5:30 pm)
 - Restore and Recharge - Brooke (6:00-7:00 pm)
 - Wednesday:
 - Gentle Yoga - Kat (9:30-10:45 am)

- Stretch and De-Stress - Lesley (1:30-2:30)
 - Slow to Flow - Melissa (5:30-6:45 pm)
 - Thursday:
 - Stretch and De-stress - Lesley (8:00-9:00 am)
 - Chair Yoga - Natasha (9:30-10:30 am)
 - Traditional Mat Pilates - Katie (4:30-5:15 pm)
 - Vinyasa Flow (unheated) - Katie (5:30-6:30 pm)
 - Friday:
 - Lunchtime Flow - Kim (12:15-12:45 pm)
 - Yin Yoga - Melissa D. (5:30-6:30) - check booking system for start date
 - Saturday:
 - Saturday Slow Flow - Kim (9:00-10:00 am)
 - Sunday:
 - Therapeutic Yoga for Hips and Back - Kat (11:30 am-12:45 pm)
- Brockville Public Library – Open Tues-Thurs from 9am-8pm, Fri-Sat from 9am-5pm, Sunday from 12pm-4pm, visit their website <https://brockvillelibrary.libcal.com/calendar/events?cid=8250&t=d&d=0000-00-00&cal=8250&inc=0> to see their events calendar.
 - Stingers – Open Tues-Fri from 2pm-10pm, Saturday from 9am-10pm, and Sunday from 9am-8pm, visit their website <https://www.stingersindoorpaintball.com/services-prices> to see their services and prices.
 - Sweet Ofelia Café – open Mon-Fri from 9am-6pm, Saturday from 10am-4pm.
 - Public Skating – open Mon, Wed, and Thurs from 1pm-2:20pm, at \$2.50 per person
 - YMCA – visit their website <https://eo.ymca.ca/what-we-offer#schedules-guides> to see their schedule and classes

Gananoque

- 1000 Islands History Museum – Open Tues-Sat from 10am-4pm.
 - Tuesdays with George – 10am-1pm
 - Craft Saturdays – 11am-2pm
- Gananoque Public Library – Open Tues, Thurs, and Fri from 10am-4pm, Wednesday from 10am-7pm, Sat from 10am-2pm, visit their website <https://www.gananoquelibrary.ca/programs/> to see their current programs.
- Beggars Banquet Books – Open Mon from 11am-4pm, Tues-Sat from 10am-5pm, Sun from 11am-3pm
- The Painted Turtle Café – open Wed-Fri from 8:30am-4pm, Sat-Sun from 9am-4pm.

Prescott

- Katarina's Café – Open Tues-Sat from 9am-5pm, Sun from 9am-2pm.

- Prescott Public Library – Open Mon-Thurs from 10am-7pm, Fri from 10am-5pm, Sun from 10am-2pm, visit <https://www.prescott.ca/our-websites/library/#Programs> to see their programs.
- Bobby’s Restaurant – Open Mon-Sat from 7:30am-3:30pm, Sun from 7:30am-7pm.
- Public Skating – visit <https://townofprescott.perfectmind.com/31331/Clients/BookMe4BookingPages/Classes?calendarId=daa4bfdd-3f8f-4c37-b592-d94ed1ce986f&widgetId=15f6af07-39c5-473e-b053-96653f77a406&embed=False> to see the public skating schedule.

Kemptville

- Brewed Awakenings – Open Mon-Fri from 6am-6pm, Sat-Sun from 8am-4pm.
- North Grenville Public Library – Open Mon, Tues, and Thurs from 10am-7pm, Fri from 10am-5pm, Sat from 10am-2pm, and Sun from 12pm-4pm, visit <https://ngpl.ca/programs/> to see their programs.
- Kemptville Family Restaurant – Open Sun-Thurs from 7:30am-8pm, and Fri-Sat from 7:30am-9pm