

Upcoming Programs, Workshops and Events

Fitness Walk with Heather

Join Heather for a Fitness Walk including intervals, core work and strength training. We will maximize the impact of the walk to help improve cardiovascular endurance and to burn more calories, while making walking fun and interesting.

Date:	Time	Location	Fee	Activity #
Monday, July 06	9:00 am to 10:00 am	Dawdy Park, Paris	\$6.50	8443

Zumba Gold Outdoors

Zumba Gold offers an enjoyable way to exercise for everyone! Tailored choreography with emphasis on balance, flexibility, and coordination. Experience cardiovascular benefits, muscle conditioning, and improved balance. Get ready to sweat and leave feeling empowered and energized! Instructor: Heather. Star Rating: 3 - Moderate Intensity

Date:	Time	Location	Fee	Activity #
Thursday's July 9 to August 27	8:30 am to 9:30 am	Paris Lions Park, Walter Williams Ampitheatre.	\$66.00	8524

Chair Yoga-Paris

Accessible, gentle and great for everybody. Relax, reduce stress, and improve your flexibility and strength. Enjoy the benefits of yoga while having a chair for support. No experience required. Wear comfortable clothes and bring water. Instructor: Elisabeth. Star Rating: 1 - Low Intensity

Date:	Time	Location	Fee	Activity #
Monday's July 6- August 24 (no program Aug 03)	10:00-11:00am	Wilkin Family Community Centre, Paris	\$55.75	8514

Intro to Disc Golf

Participants will learn the basics of the game, including simple throwing techniques, rules, scoring, and course etiquette. The program focuses on gentle movement, coordination, balance, and enjoyment outdoors. No prior experience required. Discs will be provided. Just wear comfortable clothing, supportive footwear, water bottle and come

Date:	Time	Location	Fee	Activity #
Tuesday July 14	10:00- 12:00pm	Green Lane Sports Complex, Paris	\$6.50	8456

Seniors 3-Pitch Baseball

Join us for our Senior's Co-ed 3-Pitch Baseball Game. Whether you're a seasoned slugger or just in it for fun, this is your chance to enjoy a great game, some laughs and friendly competition.

How it works:

- Sign up as an individual and staff will form teams before the game. Don't miss out - it's all about fun, fitness, and making memories on the field!

Date:	Time	Location	Fee	Activity #
Thursday, July 16	10:00 pm to 12:00 pm	Green Lane Sports Complex, Paris	\$6.50	8454

Corn Hole in the Park

A fun-filled and engaging event designed especially for our senior participants! Cornhole is a classic game that combines friendly competition with a relaxed, enjoyable atmosphere. Whether you're an experienced player or new to the game, this event is all about coming together for a good time.

Date:	Time	Location	Fee	Activity #
Thursday, July 23	1:00 pm to 3:00 pm	Paris Firefighters Pavilion at Paris Lions Park	\$6.50	8451

How do I Register for the above programs?

Online: Register online today by visiting www.brant.ca/COBConnect

In-person: Register in-person at the Brant Sports Complex (944 Powerline Road, Paris)
Monday - Friday from 8:30 am - 8:00 pm

Need assistance with registering? Call **519.442.1944**.

Customer service hours are Monday to Friday from 8:30 am - 4:30 pm

What else is happening in Brant?

Downtown Paris Promenade

This summer, watch as Grand River Street North transforms into your new favourite outdoor space!



Introducing the Downtown Paris Promenade — a vibrant, pedestrian space designed for gathering, relaxing, and experiencing the heart of downtown in a whole new way. Beginning in June, the promenade will come alive with games, entertainment, comfortable seating, and interactive programming for all ages.

Whether you're meeting friends, taking a break during your day, or exploring downtown, the Downtown Paris Promenade offers a welcoming place to pause, connect, and enjoy the energy of the community.

Come discover a refreshed downtown experience — right in the heart of Paris.

Music in the Park

Come celebrate culture, connection, and the incredible range of musical talent our local scene has to offer! Music in the Park is a free elevated outdoor concert series held at Paris Lions Park (60 Laurel Street in Paris) - an accessible, relaxed, outdoor park setting.

- **Thursday, July 16 starting at 6:00 pm - Avery Raquel**
- **Thursday, July 30 starting at 6:00 pm - Eunice Keitan**

County of Brant Library Programs and Events

Check out the great things happening with the County of Brant Public Library! To view the full calendar of events and to register for events, visit www.brantlibrary.ca or contact the library directly at 519.442.2433.

Barnyard to Backyard: The Lavender Farm

- **Wednesday, July 15 at the Paris Branch, from 6:30 pm to 8:00 pm**

Learn the history and process of this beautiful farm and its lavender plants. Discover the stories, skills, and knowledge behind local farming and growing lavender with Barnyard to Backyard, a summer series that brings the farm to the library. Throughout the season, we'll welcome a variety of local farmers to share what they do, how they do it, and how their work connects to our everyday lives.

Registration Required. Check out our other Barnyard to Backyard programs all summer long!

Intro to Digital Embroidery

- **Tuesday, July 28 at the Burford Branch, from 6:30 pm to 8:00 pm**

Create your own monogrammed fabric piece while learning the full embroidery process. Participants will rotate through each step, including stabilizing, hooping, threading and more. Fully hands on, come learn about our Digital Embroidery machine and how it can work for you! Registration required - spaces limited.

Sunset Scribbles

- **Wednesday, July 29 at the Sunny Hill Park in St. George from 6:30 pm to 8:00 pm**

Join us for Sunset Scribbles, a summer take on our Brant Writes group - an inspiring evening writing program designed for writers of all levels.

Set against the backdrop of two beautiful outdoor locations, this event invites you to bring your notebook, soak in the sights and sounds of our community, and let nature spark your creativity. Whether you're looking to write, share your work, or simply enjoy the company of like-minded individuals, Sunset Scribbles offers a welcoming space for connection, fresh air, and creative exploration. Registration is encouraged, but drop-ins are welcome—come as you are and let the evening inspire your next story.

Art in the Park

- **Every Thursday Morning, from 10:00 am to 11:30 am, parks around the County**

Spend your summer mornings getting creative in the fresh air with our Art in the Park adult art series. Each Thursday, we'll gather in a different scenic park across Brant County to explore a new acrylic painting technique in a relaxed, welcoming setting. Inspired by the fun, step-by-step style of a paint night, each session is guided by instruction while still leaving plenty of room for personal expression and creativity.

Whether you've never picked up a paintbrush or you're looking to try something new, this series is designed for all skill levels—no experience needed. Enjoy a fun, interactive atmosphere where you can connect with others, learn new techniques, and make something uniquely your own. All supplies are provided—just bring yourself, your curiosity, and a willingness to get a little artsy outdoors. Registration Required, check website for park locations

Grand River Council on Aging

The Grand River Council on Aging is a registered charitable nonprofit organization and is a backbone organization dedicated to encouraging the development of an "age-friendly City of Brantford, County of Brant, Six Nations of the Grand River and Mississaugas of the Credit First Nation.

Learn About the Elder Law Project

The Grand River Council on Aging invites you to join Carrie Sinkowski from the Community Legal Clinic for an informative session about the Clinic's services and its exciting new Elder Law Project. Learn how the Community Legal Clinic can help address your legal questions and support your legal needs.

- **Wednesday, July 8, 10:00 am to 11:00 am**
- To register for this virtual workshop, please email admin@grcoa.ca or call 519.754.0777 ext. 439

Retirement Living Simplified

The Grand River Council on Aging invites you to join Ruby Toor, Healthcare Professional from Amber Lea Place Retirement Home, for an informative workshop exploring retirement living options and planning for the future. Learn about different retirement lifestyles, levels of care, housing choices, and how to make confident decisions for the next stage of life.

- **Wednesday, July 22, 10:00 am to 11:00 am**
- To register for this virtual workshop, please email admin@grcoa.ca or call 519.754.0777 ext. 439

PARIS LIONS CLUB

PARIS LIONS CLUB
95TH ANNIVERSARY CELEBRATION

📍 **Lions Park, Paris • July 1st**
🕒 **10:00 AM – 5:00 PM**

FREE HOTDOGS 🎨 **FACE PAINTING**
🎈 **BALLOON TWISTERS** 👑 **PRINCESSES**

Fun for the whole family!

Serving the Community Since 1931

County of Brant OPP

Stay Safe While Staying Active

Summer is a great time to enjoy parks, trails, and community events, but it's important to stay alert while you're out and about. Whenever possible, go out with a friend or in a group and let someone know where you're going and when you plan to return. Carry a charged cell phone and keep it easily accessible in case you need assistance.

Be aware of your surroundings—avoid distractions like looking down at your phone for long periods and trust your instincts if something doesn't feel right. Stick to well-lit, populated areas and avoid isolated pathways, especially early in the morning or later in the evening.

Consider your personal belongings as well. Keep valuables out of sight, use bags that can be securely closed, and avoid carrying large amounts of cash. When driving or parking, lock your doors and be mindful of your surroundings when entering or exiting your vehicle.

Taking these simple precautions can help you stay safe, confident, and active in your community all summer long.

County of Brant Fire

Campfires & Open-Air Burning Safety Tips

- Keep fires well clear of vegetation, tents, and structures.
- Never use gasoline or accelerants to start a fire.
- Constant supervision required—no unattended fires.
- Fully extinguish with water before going to sleep.
- Review the open-air burning by-law [Open Air Burning Bylaw 55-24 \(PDF\)](#).

Fireworks safety Tips:

- The fallout or debris from the fireworks lands your own property and if you are not the owner, you must have written permission from the property owner to do so
- The weather is appropriate before discharging fireworks and do not use in windy conditions
- You understand the manufacturer's safety instructions for each individual firework before discharging
- You choose a wide, clear site away from all obstacles and combustibles
- You are ready to extinguish a fire quickly. Have a bucket of water and/or fire extinguisher ready
- After discharge, ensure the fireworks, casings, or other debris, are completely extinguished so not to create a fire hazard
- Wait at least 30 minutes before approaching a firework that did not go off
- Never try to relight a firework that did not go off and never try to fix a firework that is defective

View the full [Fireworks Bylaw \(PDF\)](#)

Family fireworks can only be discharged on the following holidays:

- Victoria Day - three (3) days before and three (3) days after
- Canada Day - three (3) days before and three (3) days after
- Diwali on the day of only - **Monday, October 20, 2025**
- Lunar New Year - on the day of only

Looking to have something featured in this publication?

Do you have a group or upcoming event, and you would like to be featured in this publication? Please email heather.slot@brant.ca, and feel free to pass this information along to anyone who may be interested.

If you do not want to receive this monthly newsletter, please respond with UNSUBSCRIBE and your name will be removed from the mailing list.

County of Brant Recreation Services

- Visit www.brant.ca/Recreation
- Call 519.44BRANT (**519.442.7268**) or toll free 1.855.44BRANT (**1.855.442.7268**)
- Email us at parksandrec@brant.ca
- We're Social! [Follow us](#) on Facebook and Instagram @**BrantCommunity**

We want to hear from YOU! Reach out to our County of Brant Senior Services Program team with any questions, comments or ideas at seniors@brant.ca