



# Echo Bay



Presents

## TREATS In Your TRUNK

Saturday **October 31<sup>st</sup>** **1-3 PM**  
will extend time if necessary  
**Echo Bay Sportsplex**

### Parking Lot



Registration for families/groups for "Treat R' Trunking" will be required to participate 15 minute groupings will be scheduled



### TRUNKS NEEDED!!

Friends, Family, Neighbours and Business's  
Bring your treats for all the Ghosts & Goblins  
Put your creative thinking caps on and  
decorate those trunks!!

For more information, to attend and/or to Register a "Trunk" please contact Trisha:  
705-248-1166 - Sportsplex  
705-297-4024 - Cell  
[tdaynard@ontera.net](mailto:tdaynard@ontera.net)

12pm -1pm  
Park & Decorate  
Scheduled times from  
1pm-3 pm for  
"Treat R' Trunking"

### Prizes for Decorated Trunks

#### IMPULSE FITNESS STATION

Three pieces of workout equipment were recently installed at the Milligan Gazebo. Exercise is a known endorphin booster that contributes to the positive mind and body benefits. Seniors are encouraged to give the equipment a try as each station provides workouts for a variety of skill levels from beginning to expert. Each station has instructions attached to help with proper usage of the equipment.

The Federal Government contributed to this project approving funding in the amount of \$5000 through the New Horizons for Seniors Program.

Please do not hesitate to contact Trisha at 705-297-4024 if you would like to see a demonstration of the equipment.



A good time was had by all who attended and participated in the Farmers Fall Fun Run. Huge shout out to all the volunteers who helped make the event run so incredibly smooth... you guys were awesome and I can't thank you enough!

Walkers and runners you all "Did Your Thing" and ROCKED it!! Thank you to Faith Baptist Church for the refreshments for our Farmers once they finished.

Pictures can be shared and viewed at #farmersfallfunrun Mark your Calendars, next year's Farmers Fall Fun Run is scheduled for Sunday, September 26, 2021

OUTDOOR



IN ECHO BAY

Wednesday's 6:30 p.m. for 4 weeks @ \$48.00. To sign up email [ana\\_vargas77@hotmail.com](mailto:ana_vargas77@hotmail.com) or call Ana at 705-257-6904.

RESTORATIVE OUTDOOR



Sunday's from 6:30-7:30 p.m. \$10.00 pass or \$12.00 walk in. To sign up email [ana\\_vargas77@hotmail.com](mailto:ana_vargas77@hotmail.com) or call Ana @ 705-257-6904.

Website < [www.echobay.ca](http://www.echobay.ca) >