

5th Annual Farmers Fall 5K Fun Run

WALKERS WELCOME AND ENCOURAGED!!



Sunday, September 22, 2024

Sign in begins at 9am

5km run begins at 9:30am

Registration Fee is \$20

(includes a t-shirt)



REGISTRATION DEADLINE to receive a t-shirt:

THURSDAY, SEPTEMBER 12th

Kids 1KM and 2KM Run (14 and under)

Registration is required but it is free and will include a t-shirt and medal

Kids can run the 5KM with adult supervision

The 1KM and 2KM run will start once the 5KM is complete. Please be ready by 10:20am as the exact start time will depend on when the 5KM finishes.

Register at www.echobay.ca or in-person at the Municipal Office

Prizes for the Best Dressed Farmers!!

Dates to Remember

Parade of Lights -December 14th
Get your thinking caps on as this years theme is: **Christmas in Candyland**

Senior's Activities

- October 16th - Halloween Prize Bingo
- October 23rd - Games Club
- November 20th - Luncheon Social
- November 27th - Games Club
- December 11th - Games Club
- December 18th - Christmas Prize Bingo



SENIORS COFFEE CLUB IS STARTING BACK SEPTEMBER 5TH!
EVERY THURSDAY AT THE ECHO BAY HALL
DOORS OPEN AT 9AM



Seniors Lunch Social

Wednesday, September 18, 2024

Echo Bay Hall

Doors will open at 11:30am

Lunch will be served at 12pm

SPACE IS LIMITED

You MUST be on the list to attend.

Don't wait, contact Trisha today (705)248-2441 to get on the list!



Lunch Menu

- Turkey Noodle Soup
- Cabbage Roll Soup
- BBQ Turkey Slider
- Egg Salad Slider
- Apple Crisp

Echo Bay Presents the 5th Annual **Treats In Your Trunk**
Sunday, October 27th
1-2:30PM
SPORTSPLEX PARKING LOT

Friends, Family, Neighbours and Businesses please consider registering a "Trunk" to help provide a great afternoon "Trick or Treating" experience!!!

Registration for families/groups for "Treat R' Trunking" will be required to participate so that our "trunks" know how many children to expect.

Registration will open September 25th via www.echobay.ca

For more information or to register a "Trunk" please contact Trisha (tdaynard@ontera.net):

To register visit: www.echobay.ca



Dr HS Trefry Memorial Centre 55+ GOLF DAY 2024

Thurs Sept 19th @ Silver Creek



Supported by USW local 2724 donation

*10:30am Tee off

*Bus transportation provided \$40/person includes cart & BBQ lunch

*Register at www.trefrycentre.ca
Call 705-246-0036 for more info



WE ARE IN NEED OF VOLUNTEER DRIVERS!



Can you spare time to drive someone in your area to appointments or scheduled outings?

Contact Cheryl MacKay
Trefry Centre 705-246-0036
transportation@trefrycentre.ca
for more info on how to join our team of volunteers!



YOU CAN EXPECT:

- To be gone for half a day helping someone to get to appointments/activities
- To be reimbursed for mileage monthly @.70/km
- All drives to be arranged through The Dr. Trefry Memorial Centre
- To have fun, feel helpful and connected to your community
- To drive as often or as little as your schedule allows