

Saturday, July 1, 2023

RiverWalk Promenade

Date and Time: Saturday, July 1 9:00 am - 9:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

Located on Edward Street between King Street and Water Street, the RiverWalk Promenade is a unique public space event that is open every weekend in spring and summer 2023.

Prescott Farmers' and Crafters' Market

Date and Time: Saturday, July 1 9:00 am - 2:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

#ShopLocal at Prescott's Farmers' and Crafters' Market, every Saturday from Victoria Day weekend to Thanksgiving!

Prescott Pop-Ups

Date and Time: Saturday, July 1 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

Canada Day - Family Fun Zone

Date and Time: Saturday, July 1 12:00 pm - 4:00 pm

Address: 444 Prince Street, Prescott, ON K0E 1T0 - Leo Boivin Community Centre

Free community hot dog bbq, Special Guests, community groups, live entertainment, games, crafts & activities from 12-4PM

Join in the Canada Day Family Fun Festivities at the Leo Boivin Community Centre on Canada Day!

We will be accepting non-perishable food item donations to support the SG Food Bank at this event

Sunday, July 2, 2023

RiverWalk Promenade

Date and Time: Sunday, July 2 9:00 am - 9:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

Located on Edward Street between King Street and Water Street, the RiverWalk Promenade is a unique public space event that is open every weekend in spring and summer 2023.

Prescott Pop-Ups

Date and Time: Sunday, July 2 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

Monday, July 3, 2023

RiverWalk Promenade

Date and Time: Monday, July 3 9:00 am - 9:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

Located on Edward Street between King Street and Water Street, the RiverWalk Promenade is a unique public space event that is open every weekend in spring and summer 2023.

Tuesday, July 4, 2023

Pickleball

Date and Time: Tuesday, July 4 6:00 pm - 8:00 pm

Address: 444 Prince Street, Prescott, ON K0E 1T0 - Leo Boivin Community Centre

Summer Recreation Pickleball Schedule:

Tuesdays/Thursdays: 6-8PM

\$5 drop-in or \$15/monthly

Adult Yin Yoga with River Glass Yoga

Date and Time: Tuesday, July 4 6:30 pm - 7:30 pm

Address: 360 Dibble St W – 2nd Floor (elevators onsite)

Adult Yin Yoga: Summer Series - Prescott

Yin Yoga Summer Series 2023 – free by donation to our local food bank

Suitable for all levels of ability. Space is limited, please RSVP through the Eventbrite link.

Every Tuesday and Wednesday Evening: 6:30 to 7:30pm – starting June 6th to August 23

Location: Prescott Town Hall - 360 Dibble St W – 2nd Floor (elevators onsite)

During this Yin Yoga Summer Series, we will use floor-based Yin poses to restore, heal, stretch, and destress the body while relaxing the mind and soul. Yin is beneficial for all body types and all levels – from beginners to people with existing joint issues and injuries. Holding these healing and prop-supported poses will open the thicker layers of connective tissues around the joints, unravelling areas of tension that a dynamic yoga practice cannot always access.

This evening class is to help slow down the nervous system to be with your mind, body, and soul. Each week will focus on a different theme both physically and mentally. Yin yoga targets your deep connective fascia tissues and ligaments. It is a slower and more meditative practice, giving you space to turn inward and tune into your mental and the physical sensations of your body. In yin yoga, you will hold poses for a longer period of time, sometimes up to 3 or 5 minutes, this helps to stretch and lengthen tissues while also teaching you how to breathe through discomfort and sit with your thoughts.

Blocks and straps will be provided. Please bring your pillow, yoga mat and/or blanket(s) for your comfort. Attendees are welcome to bring additional props if required. Comfy clothes essential.

Please contact tracy@riverglass.ca with any questions, health concerns or special needs.

Wednesday, July 5, 2023

Play in the Park

Date and Time: Wednesday, July 5 1:00 pm - 4:00 pm

Address: Centennial Park, 190 St. Lawrence St, Prescott, ON K0E1T0

Play in the Park with the ToP Rec Team every Wednesday from 1-4PM (weather permitting) at Centennial Park!

Adult Yin Yoga with River Glass Yoga

Date and Time: Wednesday, July 5 6:30 pm - 7:30 pm

Address: 360 Dibble St W – 2nd Floor (elevators onsite)

Adult Yin Yoga: Summer Series - Prescott

Yin Yoga Summer Series 2023 – free by donation to our local food bank

Suitable for all levels of ability. Space is limited, please RSVP through the Eventbrite link.

Every Tuesday and Wednesday Evening: 6:30 to 7:30pm – starting June 6th to August 23

Location: Prescott Town Hall - 360 Dibble St W – 2nd Floor (elevators onsite)

During this Yin Yoga Summer Series, we will use floor-based Yin poses to restore, heal, stretch, and destress the body while relaxing the mind and soul. Yin is beneficial for all body types and all levels – from beginners to people with existing joint issues and injuries. Holding these healing and prop-supported poses will open the thicker layers of connective tissues around the joints, unravelling areas of tension that a dynamic yoga practice cannot always access.

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Blocks and straps will be provided. Please bring your pillow, yoga mat and/or blanket(s) for your comfort. Attendees are welcome to bring additional props if required. Comfy clothes essential.

Please contact tracy@riverglass.ca with any questions, health concerns or special needs.

Thursday, July 6, 2023

Prescott Pop-Ups

Date and Time: Thursday, July 6 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

RiverWalk Thursdays

Date and Time: Thursday, July 6 5:00 pm - 8:00 pm

Address: 201 King Street West, Prescott

Come to Downtown Prescott for shopping, dining, and so much more on RiverWalk Thursdays!

Shop retailers staying open late, enjoy dinner at one of our many restaurants, and enjoy events and entertainment throughout the RiverWalk District.

This week, Studio Marnie will be hosting a free drop-in water colour class at the Clock Tower Stage from 5 pm to 8 pm.

Olde Magick Shoppe will be hosting Astral Light Paranormal to talk about their favourite paranormal investigations at 7 pm.

Oomen's Fishing Tackle will be holding free all-ages fishing lessons from their expert anglers with a 10% discount on items to help you up your fishing game.

Pickleball

Date and Time: Thursday, July 6 6:00 pm - 8:00 pm

Address: 444 Prince Street, Prescott, ON K0E 1T0 - Leo Boivin Community Centre

Summer Recreation Pickleball Schedule:

Tuesdays/Thursdays: 6-8PM

\$5 drop-in or \$15/monthly

Friday, July 7, 2023

Prescott Pop-Ups

Date and Time: Friday, July 7 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

RiverWalk Promenade

Date and Time: Friday, July 7 4:00 pm - 9:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

Located on Edward Street between King Street and Water Street, the RiverWalk Promenade is a unique public space event that is open every weekend in spring and summer 2023.

Saturday, July 8, 2023

RiverWalk Promenade

Date and Time: Saturday, July 8 9:00 am - 9:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

Located on Edward Street between King Street and Water Street, the RiverWalk Promenade is a unique public space event that is open every weekend in spring and summer 2023.

Prescott Farmers' and Crafters' Market

Date and Time: Saturday, July 8 9:00 am - 2:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

#ShopLocal at Prescott's Farmers' and Crafters' Market, every Saturday from Victoria Day weekend to Thanksgiving!

Prescott Pop-Ups

Date and Time: Saturday, July 8 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

Sunday, July 9, 2023

RiverWalk Promenade

Date and Time: Sunday, July 9 9:00 am - 9:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

Located on Edward Street between King Street and Water Street, the RiverWalk Promenade is a unique public space event that is open every weekend in spring and summer 2023.

Prescott Pop-Ups

Date and Time: Sunday, July 9 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

Monday, July 10, 2023

Art in the Park

Date and Time: Monday, July 10 10:00 am - 12:00 pm

Address: Centennial Park, 190 St. Lawrence St, Prescott, ON K0E1T0

Take part in Art in the Park with the ToP Rec Team! Every Monday at Centennial Park from 10-12PM, supplies will be available while quantities last!

Tuesday, July 11, 2023

Pickleball

Date and Time: Tuesday, July 11 6:00 pm - 8:00 pm

Address: 444 Prince Street, Prescott, ON K0E 1T0 - Leo Boivin Community Centre

Summer Recreation Pickleball Schedule:

Tuesdays/Thursdays: 6-8PM

\$5 drop-in or \$15/monthly

Adult Yin Yoga with River Glass Yoga

Date and Time: Tuesday, July 11 6:30 pm - 7:30 pm

Address: 360 Dibble St W – 2nd Floor (elevators onsite)

Adult Yin Yoga: Summer Series - Prescott

Yin Yoga Summer Series 2023 – free by donation to our local food bank

Suitable for all levels of ability. Space is limited, please RSVP through the Eventbrite link.

Every Tuesday and Wednesday Evening: 6:30 to 7:30pm – starting June 6th to August 23

Location: Prescott Town Hall - 360 Dibble St W – 2nd Floor (elevators onsite)

During this Yin Yoga Summer Series, we will use floor-based Yin poses to restore, heal, stretch, and destress the body while relaxing the mind and soul. Yin is beneficial for all body types and all levels – from beginners to people with existing joint issues and injuries. Holding these healing and prop-supported poses will open the thicker layers of connective tissues around the joints, unravelling areas of tension that a dynamic yoga practice cannot always access.

This evening class is to help slow down the nervous system to be with your mind, body, and soul. Each week will focus on a different theme both physically and mentally. Yin yoga targets your deep connective fascia tissues and ligaments. It is a slower and more meditative practice, giving you space to turn inward and tune into your mental and the physical sensations of your body. In yin yoga, you will hold poses for a longer period of time, sometimes up to 3 or 5 minutes, this helps to stretch and lengthen tissues while also teaching you how to breathe through discomfort and sit with your thoughts.

Blocks and straps will be provided. Please bring your pillow, yoga mat and/or blanket(s) for your comfort. Attendees are welcome to bring additional props if required. Comfy clothes essential.

Please contact tracy@riverglass.ca with any questions, health concerns or special needs.

Wednesday, July 12, 2023

Play in the Park

Date and Time: Wednesday, July 12 1:00 pm - 4:00 pm

Address: Centennial Park, 190 St. Lawrence St, Prescott, ON K0E1T0

Play in the Park with the ToP Rec Team every Wednesday from 1-4PM (weather permitting) at Centennial Park!

Adult Yin Yoga with River Glass Yoga

Date and Time: Wednesday, July 12 6:30 pm - 7:30 pm

Address: 360 Dibble St W – 2nd Floor (elevators onsite)

Adult Yin Yoga: Summer Series - Prescott

Yin Yoga Summer Series 2023 – free by donation to our local food bank

Suitable for all levels of ability. Space is limited, please RSVP through the Eventbrite link.

Every Tuesday and Wednesday Evening: 6:30 to 7:30pm – starting June 6th to August 23

Location: Prescott Town Hall - 360 Dibble St W – 2nd Floor (elevators onsite)

During this Yin Yoga Summer Series, we will use floor-based Yin poses to restore, heal, stretch, and destress the body while relaxing the mind and soul. Yin is beneficial for all body types and all levels – from beginners to people with existing joint issues and injuries. Holding these healing and prop-supported poses will open the thicker layers of connective tissues around the joints, unravelling areas of tension that a dynamic yoga practice cannot always access.

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Blocks and straps will be provided. Please bring your pillow, yoga mat and/or blanket(s) for your comfort. Attendees are welcome to bring additional props if required. Comfy clothes essential.

Please contact tracy@riverglass.ca with any questions, health concerns or special needs.

Thursday, July 13, 2023

Prescott Pop-Ups

Date and Time: Thursday, July 13 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

RiverWalk Thursdays

Date and Time: Thursday, July 13 5:00 pm - 8:00 pm

Address: 201 King Street West, Prescott

Come to Downtown Prescott for shopping, dining, and so much more on RiverWalk Thursdays!

Shop retailers staying open late, enjoy dinner at one of our many restaurants, and enjoy events and entertainment throughout the RiverWalk District.

This week, Chantal's Custom Creations will be hosting a free drop-in stained glass mosaic workshop at the Clock Tower Stage from 5 pm to 8 pm.

Shop promotions, events, and fun throughout the RiverWalk District this Thursday night!

Pickleball

Date and Time: Thursday, July 13 6:00 pm - 8:00 pm

Address: 444 Prince Street, Prescott, ON K0E 1T0 - Leo Boivin Community Centre

Summer Recreation Pickleball Schedule:

Tuesdays/Thursdays: 6-8PM

\$5 drop-in or \$15/monthly

Friday, July 14, 2023

Prescott Pop-Ups

Date and Time: Friday, July 14 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

RiverWalk Promenade

Date and Time: Friday, July 14 4:00 pm - 9:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

Located on Edward Street between King Street and Water Street, the RiverWalk Promenade is a unique public space event that is open every weekend in spring and summer 2023.

Saturday, July 15, 2023

RiverWalk Promenade

Date and Time: Saturday, July 15 9:00 am - 9:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

Located on Edward Street between King Street and Water Street, the RiverWalk Promenade is a unique public space event that is open every weekend in spring and summer 2023.

Prescott Farmers' and Crafters' Market

Date and Time: Saturday, July 15 9:00 am - 2:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

#ShopLocal at Prescott's Farmers' and Crafters' Market, every Saturday from Victoria Day weekend to Thanksgiving!

100th (Prince Regent's County of Dublin) Regiment Drum Corps

Date and Time: Saturday, July 15 10:00 am - 3:00 pm

Address: Fort Wellington

The 100th (Prince Regent's County of Dublin) Regiment Drum Corps will be at Fort Wellington National Historic Site this Saturday, July 15th!

The 100th (Prince Regent's County of Dublin) Regiment is a small drum corps mostly comprised of high school students, and will be performing periodically around the Fort site from 10 am to 3 pm.

Prescott Pop-Ups

Date and Time: Saturday, July 15 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

Sunday, July 16, 2023

RiverWalk Promenade

Date and Time: Sunday, July 16 9:00 am - 9:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

Located on Edward Street between King Street and Water Street, the RiverWalk Promenade is a unique public space event that is open every weekend in spring and summer 2023.

Prescott Pop-Ups

Date and Time: Sunday, July 16 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

Monday, July 17, 2023

Art in the Park

Date and Time: Monday, July 17 10:00 am - 12:00 pm

Address: Centennial Park, 190 St. Lawrence St, Prescott, ON K0E1T0

Take part in Art in the Park with the ToP Rec Team! Every Monday at Centennial Park from 10-12PM, supplies will be available while quantities last!

Open Gym at the Leo

Date and Time: Monday, July 17 2:00 pm - 4:00 pm

Address: 444 Prince Street, Prescott, ON K0E 1T0 - Leo Boivin Community Centre

Join the ToP Rec Squad from 2-4PM for Open Gym at the Leo! This is a free, drop-in program.

Children under 12 must be accompanied by a parent/guardian.

[Click here to complete the online waiver form.](#)

SCHEDULE:

- July 17
- July 18
- July 20
- August 1
- August 3
- August 8
- August 10
- August 15
- August 17

Tuesday, July 18, 2023

Pickleball

Date and Time: Tuesday, July 18 6:00 pm - 8:00 pm

Address: 444 Prince Street, Prescott, ON K0E 1T0 - Leo Boivin Community Centre

Summer Recreation Pickleball Schedule:

Tuesdays/Thursdays: 6-8PM

\$5 drop-in or \$15/monthly

Adult Yin Yoga with River Glass Yoga

Date and Time: Tuesday, July 18 6:30 pm - 7:30 pm

Address: 360 Dibble St W – 2nd Floor (elevators onsite)

Adult Yin Yoga: Summer Series - Prescott

Yin Yoga Summer Series 2023 – free by donation to our local food bank

Suitable for all levels of ability. Space is limited, please RSVP through the Eventbrite link.

Every Tuesday and Wednesday Evening: 6:30 to 7:30pm – starting June 6th to August 23

Location: Prescott Town Hall - 360 Dibble St W – 2nd Floor (elevators onsite)

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This evening class is to help slow down the nervous system to be with your mind, body, and soul. Each week will focus on a different theme both physically and mentally. Yin yoga targets your deep connective fascia tissues and ligaments. It is a slower and more meditative practice, giving you space to turn inward and tune into your mental and the physical sensations of your body. In yin yoga, you will hold poses for a longer period of time, sometimes up to 3 or 5 minutes, this helps to stretch and lengthen tissues while also teaching you how to breathe through discomfort and sit with your thoughts.

Blocks and straps will be provided. Please bring your pillow, yoga mat and/or blanket(s) for your comfort. Attendees are welcome to bring additional props if required. Comfy clothes essential.

Please contact tracy@riverglass.ca with any questions, health concerns or special needs.

Wednesday, July 19, 2023

Play in the Park

Date and Time: Wednesday, July 19 1:00 pm - 4:00 pm

Address: Centennial Park, 190 St. Lawrence St, Prescott, ON K0E1T0

Play in the Park with the ToP Rec Team every Wednesday from 1-4PM (weather permitting) at Centennial Park!

Adult Yin Yoga with River Glass Yoga

Date and Time: Wednesday, July 19 6:30 pm - 7:30 pm

Address: 360 Dibble St W – 2nd Floor (elevators onsite)

Adult Yin Yoga: Summer Series - Prescott

Yin Yoga Summer Series 2023 – free by donation to our local food bank

Suitable for all levels of ability. Space is limited, please RSVP through the Eventbrite link.

Every Tuesday and Wednesday Evening: 6:30 to 7:30pm – starting June 6th to August 23

Location: Prescott Town Hall - 360 Dibble St W – 2nd Floor (elevators onsite)

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Please contact tracy@riverglass.ca with any questions, health concerns or special needs.

Thursday, July 20, 2023

Prescott Pop-Ups

Date and Time: Thursday, July 20 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

Open Gym at the Leo

Date and Time: Thursday, July 20 2:00 pm - 4:00 pm

Address: 444 Prince Street, Prescott, ON K0E 1T0 - Leo Boivin Community Centre

Join the ToP Rec Squad from 2-4PM for Open Gym at the Leo! This is a free, drop-in program.

Children under 12 must be accompanied by a parent/guardian.

[Click here to complete the online waiver form.](#)

SCHEDULE:

- July 17
- July 18
- July 20
- August 1
- August 3
- August 8
- August 10
- August 15
- August 17

Pickleball

Date and Time: Thursday, July 20 6:00 pm - 8:00 pm

Address: 444 Prince Street, Prescott, ON K0E 1T0 - Leo Boivin Community Centre

Summer Recreation Pickleball Schedule:

Tuesdays/Thursdays: 6-8PM

\$5 drop-in or \$15/monthly

Friday, July 21, 2023

Prescott Pop-Ups

Date and Time: Friday, July 21 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

RiverWalk Promenade

Date and Time: Friday, July 21 4:00 pm - 9:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

Located on Edward Street between King Street and Water Street, the RiverWalk Promenade is a unique public space event that is open every weekend in spring and summer 2023.

Saturday, July 22, 2023

RiverWalk Promenade

Date and Time: Saturday, July 22 9:00 am - 9:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

Located on Edward Street between King Street and Water Street, the RiverWalk Promenade is a unique public space event that is open every weekend in spring and summer 2023.

Prescott Farmers' and Crafters' Market

Date and Time: Saturday, July 22 9:00 am - 2:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

#ShopLocal at Prescott's Farmers' and Crafters' Market, every Saturday from Victoria Day weekend to Thanksgiving!

Prescott Pop-Ups

Date and Time: Saturday, July 22 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

Sunday, July 23, 2023

RiverWalk Promenade

Date and Time: Sunday, July 23 9:00 am - 9:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

Located on Edward Street between King Street and Water Street, the RiverWalk Promenade is a unique public space event that is open every weekend in spring and summer 2023.

Prescott Pop-Ups

Date and Time: Sunday, July 23 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

Monday, July 24, 2023

Art in the Park

Date and Time: Monday, July 24 10:00 am - 12:00 pm

Address: Centennial Park, 190 St. Lawrence St, Prescott, ON K0E1T0

Take part in Art in the Park with the ToP Rec Team! Every Monday at Centennial Park from 10-12PM, supplies will be available while quantities last!

Tuesday, July 25, 2023

Pickleball

Date and Time: Tuesday, July 25 6:00 pm - 8:00 pm

Address: 444 Prince Street, Prescott, ON K0E 1T0 - Leo Boivin Community Centre

Summer Recreation Pickleball Schedule:

Tuesdays/Thursdays: 6-8PM

\$5 drop-in or \$15/monthly

Adult Yin Yoga with River Glass Yoga

Date and Time: Tuesday, July 25 6:30 pm - 7:30 pm

Address: 360 Dibble St W – 2nd Floor (elevators onsite)

Adult Yin Yoga:

Summer Series - Prescott

Yin Yoga Summer Series 2023 – free by donation to our local food bank

Suitable for all levels of ability. Space is limited, please RSVP through the Eventbrite link.

Every Tuesday and Wednesday Evening: 6:30 to 7:30pm – starting June 6th to August 23

Location: Prescott Town Hall - 360 Dibble St W – 2nd Floor (elevators onsite)

During this Yin Yoga Summer Series, we will use floor-based Yin poses to restore, heal, stretch, and destress the body while relaxing the mind and soul. Yin is beneficial for all body types and all levels – from beginners to people with existing joint issues and injuries. Holding these healing and prop-supported poses will open the thicker layers of connective tissues around the joints, unravelling areas of tension that a dynamic yoga practice cannot always access.

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Blocks and straps will be provided. Please bring your pillow, yoga mat and/or blanket(s) for your comfort. Attendees are welcome to bring additional props if required. Comfy clothes essential.

Please contact tracy@riverglass.ca with any questions, health concerns or special needs.

Wednesday, July 26, 2023

Play in the Park

Date and Time: Wednesday, July 26 1:00 pm - 4:00 pm

Address: Centennial Park, 190 St. Lawrence St, Prescott, ON K0E1T0

Play in the Park with the ToP Rec Team every Wednesday from 1-4PM (weather permitting) at Centennial Park!

Adult Yin Yoga with River Glass Yoga

Date and Time: Wednesday, July 26 6:30 pm - 7:30 pm

Address: 360 Dibble St W – 2nd Floor (elevators onsite)

Adult Yin Yoga: Summer Series - Prescott

Yin Yoga Summer Series 2023 – free by donation to our local food bank

Suitable for all levels of ability. Space is limited, please RSVP through the Eventbrite link.

Every Tuesday and Wednesday Evening: 6:30 to 7:30pm – starting June 6th to August 23

Location: Prescott Town Hall - 360 Dibble St W – 2nd Floor (elevators onsite)

During this Yin Yoga Summer Series, we will use floor-based Yin poses to restore, heal, stretch, and destress the body while relaxing the mind and soul. Yin is beneficial for all body types and all levels – from beginners to people with existing joint issues and injuries. Holding these healing and prop-supported poses will open the thicker layers of connective tissues around the joints, unravelling areas of tension that a dynamic yoga practice cannot always access.

This evening class is to help slow down the nervous system to be with your mind, body, and soul. Each week will focus on a different theme both physically and mentally. Yin yoga targets your deep connective fascia tissues and ligaments. It is a slower and more meditative practice, giving you space to turn inward and tune into your mental and the physical sensations of your body. In yin yoga, you will hold poses for a longer period of time, sometimes up to 3 or 5 minutes, this helps to stretch and lengthen tissues while also teaching you how to breathe through discomfort and sit with your thoughts.

Blocks and straps will be provided. Please bring your pillow, yoga mat and/or blanket(s) for your comfort. Attendees are welcome to bring additional props if required. Comfy clothes essential.

Please contact tracy@riverglass.ca with any questions, health concerns or special needs.

Thursday, July 27, 2023

Prescott Pop-Ups

Date and Time: Thursday, July 27 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

Pickleball

Date and Time: Thursday, July 27 6:00 pm - 8:00 pm

Address: 444 Prince Street, Prescott, ON K0E 1T0 - Leo Boivin Community Centre

Summer Recreation Pickleball Schedule:

Tuesdays/Thursdays: 6-8PM

\$5 drop-in or \$15/monthly

Friday, July 28, 2023

Prescott Pop-Ups

Date and Time: Friday, July 28 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

RiverWalk Promenade

Date and Time: Friday, July 28 4:00 pm - 9:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

Located on Edward Street between King Street and Water Street, the RiverWalk Promenade is a unique public space event that is open every weekend in spring and summer 2023.

Saturday, July 29, 2023

RiverWalk Promenade

Date and Time: Saturday, July 29 9:00 am - 9:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

Located on Edward Street between King Street and Water Street, the RiverWalk Promenade is a unique public space event that is open every weekend in spring and summer 2023.

Prescott Farmers' and Crafters' Market

Date and Time: Saturday, July 29 9:00 am - 2:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

#ShopLocal at Prescott's Farmers' and Crafters' Market, every Saturday from Victoria Day weekend to Thanksgiving!

Prescott Pop-Ups

Date and Time: Saturday, July 29 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

PADI Dive Against Debris Event

Date and Time: Saturday, July 29 1:00 pm - 4:00 pm

Address: RiverWalk Park

Kanata Diving Supply, with support from the Town of Prescott, will be holding a PADI Aware Dive Against Debris event to clean up the local dive park that has been modernized by the town in the past few years.

Divers and non-divers will work together to remove debris from both above and below water. Any certified diver can participate in the two dives. Prizes will be provided and those interested in the PADI Dive-Against-Debris specialty can also be certified for their participation.

Join us to keep the mighty St. Lawrence beautiful!

Sunday, July 30, 2023

RiverWalk Promenade

Date and Time: Sunday, July 30 9:00 am - 9:00 pm

Address: RiverWalk Promenade, Edward Street at King Street

Located on Edward Street between King Street and Water Street, the RiverWalk Promenade is a unique public space event that is open every weekend in spring and summer 2023.

Prescott Pop-Ups

Date and Time: Sunday, July 30 11:00 am - 8:00 pm

Address: Prescott Pop-Ups, 100 Water Street East

Visit the Prescott Pop-Ups!

Located just northeast of the Sandra S. Lawn Harbour, the Prescott Pop-Ups offer diverse and unique retail and food opportunities throughout the spring and summer seasons.

Monday, July 31, 2023

Art in the Park

Date and Time: Monday, July 31 10:00 am - 12:00 pm

Address: Centennial Park, 190 St. Lawrence St, Prescott, ON K0E1T0

Take part in Art in the Park with the ToP Rec Team! Every Monday at Centennial Park from 10-12PM, supplies will be available while quantities last!

2023 Community Awards

Date and Time: Monday, July 31 6:00 pm - 7:00 pm

Address: 360 Dibble Street West

2023 Community Awards

Special Council Meeting ceremony on Monday, July 31, 2023 at 6 p.m.

Council Chambers & Ruth Evanson Room, Town Hall

Live stream and light refreshments available.

Celebrate out 2023 Business, Citizen, and Volunteer of the Year!

<https://calendar.prescott.ca>