

# RenfrewCollingwood JULY 2026

COMMUNITY NEWS

RenfrewCollingwoodCommunityNews.com



## Collingwood Days is coming soon



Collingwood Days is coming soon — July 10 to 18. In 2026, the festival celebrates **Roots to Rhythm** — to highlight the people, traditions, and connections that make our neighbourhood unique.

From the roots that ground us to the rhythms that bring us together, every activity is an invitation to connect, learn, and celebrating beings and nurturing strong community bonds.

Arts & Culture Offerings at a Glance:

**Origami Circle – July 11**  
Fold, create, and connect at this special origami workshop with Collingwood Neighbourhood House Arts and PALM.

**Garden Walk & Story Time – July 12**  
Discover the Norquay Food Forest and enjoy an Indigenous story reading.

**Artist Fiesta – July 13**  
Celebrate art, music, and the finale of Francis Arevalo's artist residency.

**Festival Day – July 18**  
Experience live performances, food trucks, local artisans, and family fun!

See page 12 for full schedule

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## Welcome to the July 2026 Edition of RC Community News

Where were you when the ball went in?

Many Canadians will never forget that unforgettable 92nd-minute goal against South Africa on June 28th. Some are already calling it the day soccer changed forever in Canada. What a moment to witness.

Speaking of soccer, we've got plenty happening right here in Collingwood. *The Bruce Field Soccer Festival* takes place on Friday, July 24 at 6 p.m. Hosted by the Collingwood Recreation Society, the evening features a kids' soccer tournament followed by an outdoor screening of Superman. It promises to be a great night for the whole family—see the poster on page 3 for details.

July also brings our annual *Collingwood Days* celebration, with activities and events leading up to the big festival day at Gaston Park. You'll find more information on page 12.

We're also pleased to celebrate the 75th anniversary of the Collingwood Branch of the Vancouver Public Library. Join the celebration on July 23 from 10 a.m. to noon.

As always, there's plenty happening around the neighbourhood, and we're happy to bring it together each month in the *Renfrew Collingwood Community News*—a publication created by residents, for residents.

A heartfelt thank you to everyone who contributes articles, photos, stories and ideas. Every contribution helps tell the story of our community.

If you've ever thought about contributing, this is a great time to join in. It doesn't have to be a long article. A favourite photograph, an interesting local observation, a memory, an old picture, a poem, or a short story — all help tell the story of our neighbourhood.

Send your contributions to [editorial@rccnews.ca](mailto:editorial@rccnews.ca).

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# Let's Celebrate Canada Day Together

by Ricardo Cerna

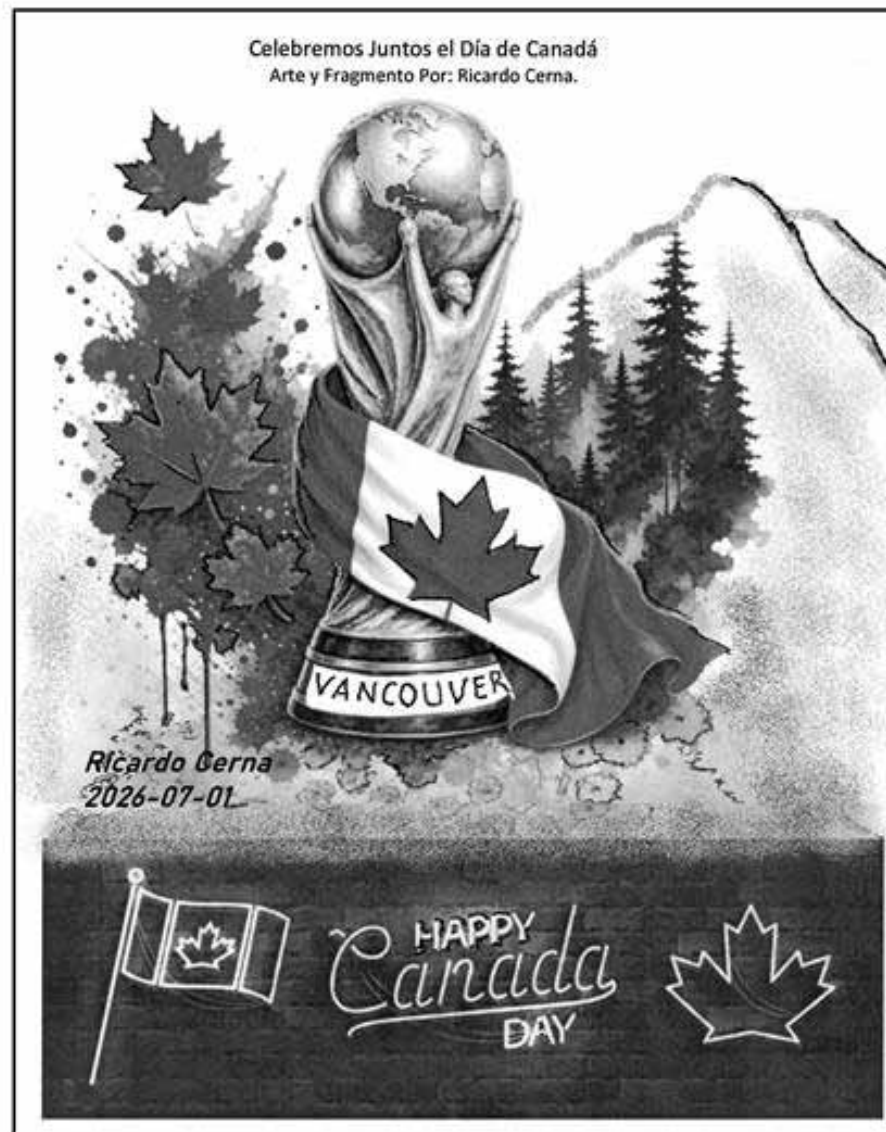
## Join us in celebrating Canada Day this July 1st in beautiful British Columbia!

Canada Day commemorates the Canadian Confederation of 1867, when the first provinces united to form the nation, we proudly call Canada today—a country recognized around the world for its diversity, inclusion, mutual respect, and vibrant multicultural heritage.

This year, the celebration is even more exciting as it coincides with the FIFA World Cup 2026, bringing people together through both national pride and the world's most beloved sport. Whether you're cheering from the stadiums, gathering around giant outdoor screens, or enjoying the matches from the comfort of your home, there's something for everyone to celebrate.

Join family and friends for a festive day featuring live music, Indigenous and multicultural performances, delicious cuisine from local food trucks, and a lively waterfront atmosphere at Canada Place and Jack Poole Plaza in Vancouver.

Experience the best of British Columbia's West Coast lifestyle with a picnic in Stanley Park, a refreshing afternoon at Kitsilano Pool, or a day trip to Victoria, where you can enjoy



live entertainment and spectacular fireworks over the Inner Harbour.

This July 1st, let us celebrate our shared history, our diverse communities, and the welcoming spirit that makes Canada a place where

people from every corner of the world can feel at home.

Happy Canada Day and enjoy the excitement of the FIFA World Cup 2026!

## VPL's Collingwood Branch Celebrates 75 Years



Thursday, July 23, 2026  
10 am - 12 pm

Join us as we celebrate the 75th anniversary of the Collingwood Branch, proudly serving the community since July 1951.

Enjoy light refreshments, family-friendly activities, and the chance to connect with neighbours as we gather to celebrate this milestone for the Collingwood Branch and those it serves. Refreshments will be served starting at 10 a.m.

2985 Kingsway | 604.665.3953

The following is a paid advertisement by Adrian Dix, MLA for Vancouver/Renfrew

Dear Neighbours,



### Preparing for the Heat

As the days continue to get hotter, especially into the evening, I encourage you to speak with your family and friends on emergency preparedness for extreme heat. It is important that we all have a plan in place to stay cool when Heat Warnings and Extreme Heat Emergencies happen.

Drop by our office to pick up the province's Extreme Heat Guide as well as guides on how to build a Home Emergency Preparedness Kit which contains valuable information on how to prepare for a power outage, earthquake, severe weather, and more. Please visit to pick up copies for yourself or someone you know who might need this information. Materials are available in Punjabi, Traditional Chinese, Simplified Chinese, and French.

Places to stay cool in Renfrew Collingwood:

- Renfrew Library
- Collingwood Library
- Renfrew Park Community Centre
- Collingwood Neighbourhood House
- Renfrew Pool

Please call 3-1-1 for location information and hours of operation.

### BC Home Energy Planner

The Home Energy Planner provides information about each home's energy use by identifying issues, such as old windows or poor insulation, that may be causing heating bills to be higher than they should be. The tool also provides retrofit recommendations and connects people with program offers and registered contractors.

The planner is available to homeowners and renters. It can be used with single-family homes, as well as most townhouses, duplexes/triplexes, rowhouses and manufactured homes. It does not support condominiums, apartments or other multi-unit residential building types.

To use the BC Home Energy Planner, visit: <https://bchomeenergyplanner.ca/>

My community office, at 5022 Joyce St. Vancouver, is open to provide services for constituents in person with appointments and via phone and email. Please give us a call at 604-660-0314 or email us at [adrian.dix.mla@leg.bc.ca](mailto:adrian.dix.mla@leg.bc.ca), and we will get in touch with you as soon as we can. 聯絡本辦事處請電郵 [adrian.dix.mla@leg.bc.ca](mailto:adrian.dix.mla@leg.bc.ca) 或致電 604-660-0314. 如欲親臨敬請預約。

Thank you very much for all that you're doing and take care.

Sincerely,

Adrian Dix  
MLA for Vancouver-Renfrew



## Collingwood Corner Flashback to 1962 Vanness Rail Overpass

COMMUNITY NEWS 社区新闻

The mission of this non-profit publication is to provide the residents, businesses and organizations of Renfrew/Collingwood with a medium for community communication.

**Paul Reid:** Editorial and Layout coordinator  
**Lisa Symons:** Sales and Distribution coordinator

### Contributors:

Loretta Houben, Penny Lim, Jenny Zhang, Hannah Babki, Ricardo Cerna, Royal Canadian Legion Branch #179, Robert F. Edwards, Dr. Angie Choi, TCM, R.Ac

### We want to hear from you!

Yes, You! Send comments, community events, press releases by regular post, fax or e-mail. Suggestions for improving the paper are welcome.

We welcome appropriate, unsolicited editorial submissions if accompanied by the author's real name, address and telephone number. The author should retain the original as we cannot return submissions without prior agreement nor does submission guarantee publication. We reserve the right to make editorial changes.

**The Renfrew/Collingwood Community News does not necessarily support the views of its contributors.**

**Next submission deadline: Jul 15**

### You Can Find the RC Community News @

Libraries, Collingwood Neighbourhood House, Renfrew Park Community Centre, The Italian Cultural Centre, Collingwood Policing Office, other organizations, religious institutions, schools, laundromats, Starbucks, Rona, Superstore, Canadian Tire, Walmart, London Drugs and Safeway coffee shops, restaurants, markets, corner stores, other businesses, and coffee tables all over Renfrew-Collingwood.

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Email: [editorial@rccnews.ca](mailto:editorial@rccnews.ca)

#### Advertising

Phone Lisa Symons at 778.838.5472

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by Loretta Houben

Do any of you remember a time before the Skytrain Expo line was built? Do you remember the old BCER (British Columbia Electric Railway) that ran along the same right of way as the Skytrain, from downtown Vancouver all the way to New Westminster? Part of the wooden track ran along Vanness avenue from Nanaimo street and crossed Rupert over a bridge.

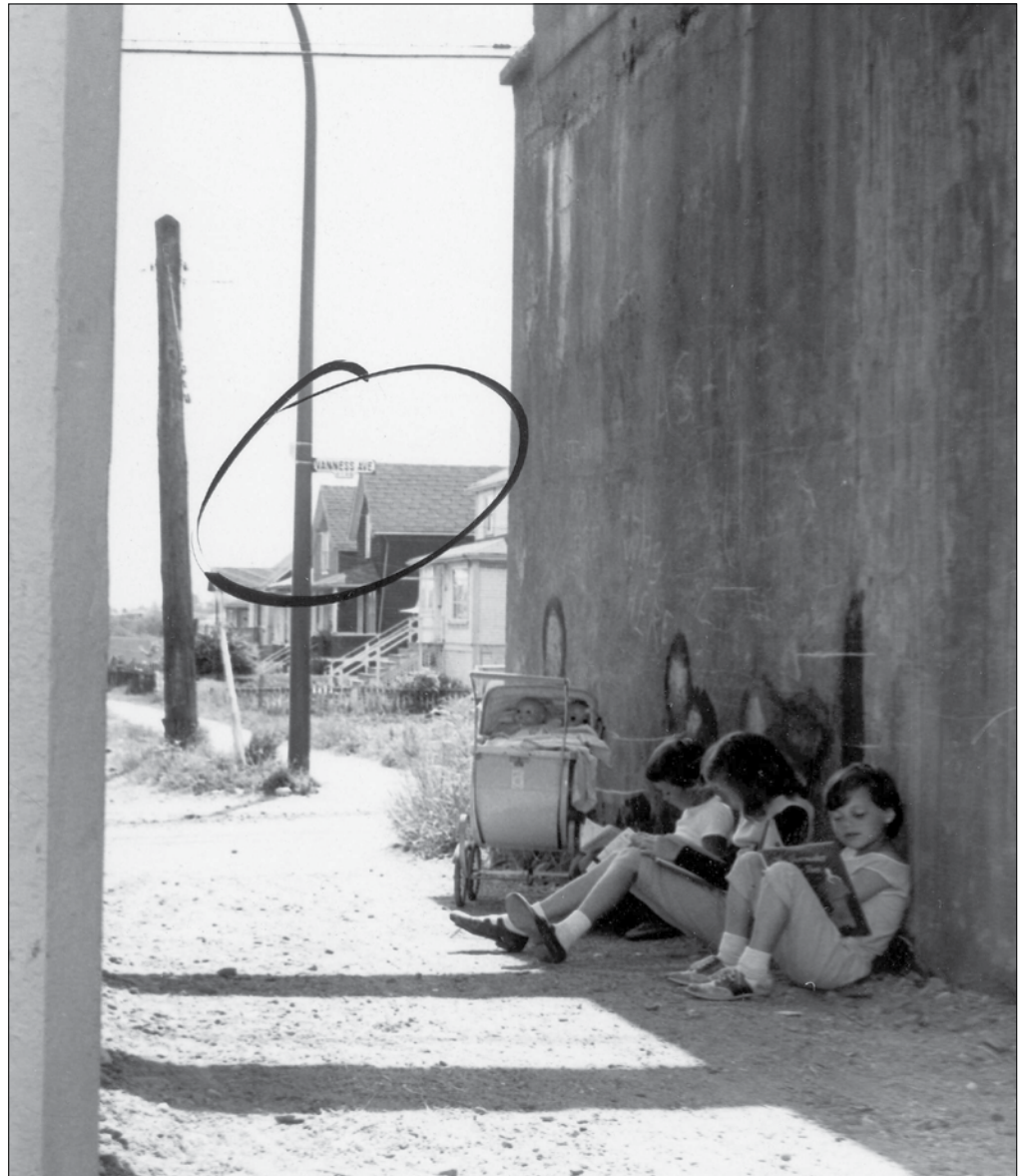
I recently discovered a photo of part of the Vanness Rail Overpass taken in 1962. Three girls are reading together by the edge of the street, with a pram filled with dolls. I didn't know which direction it was taken, until I recognized the old white house just past the cement wall of the overpass. It's on Rupert and it's still there, so the photo is looking south, with Vanness going past the overpass on the right.

I kept a diary from 1972 – 1974 and on Thursday November 15, 1973, (age 13) I wrote this; "The nice, old bridge on Rupert street fell down! A truck rammed into it around 8 am. I remember Dad took us for a walk underneath it when we were little, on a Sunday, and it was snowing."

I verified this event by researching Newspapers dot com, and I found an article about it in the Province newspaper dated November 16, 1973. I was an archivist at a very young age.

Thank you Loretta!

If you have any stories or photos of Renfrew-Collingwood that you would like to share, historical or otherwise, please send them to [editorial@rccnews.ca](mailto:editorial@rccnews.ca)



**Three young girls enjoying their library books while looking after their dolls underneath the Vanness Rail Overpass at Rupert and Vanness. Vancouver Archives.**

## Jinxed hydro overpass again struck by truck

A 14-foot high truck was damaged Thursday as it attempted to go under a 12-foot overpass hours before city workmen were to erect clearance warning signs there.

The truck, driven by Joe Fabbor, 21, was the fourth this year to hit the top of the B.C. Hydro railway overpass at Rupert and Vanness.

Fabbor was taken to Burnaby General Hospital with

minor face, neck and arm injuries after the accident tore out a steel support beam which crashed down on the truck and snapped off its front wheels.

The railway right-of-way was shifted six feet and police closed the road because of the danger of a complete collapse of the overpass. Rail service on the main line will continue, however, as the overpass is only part of a short siding.

**Article from The Province, Nov 16, 1973; Hydro Overpass Again Struck by Truck at Rupert and Vanness.**



# Royal Canadian Legion Grandview-Collingwood Branch

# UPDATE

Address: **2205 Commercial Drive**  
**Facebook:** Commercial Drive Legion  
**Instagram:** Legion179

## July Entertainment

**Catch all the FIFA World Cup 2026 action in July!**



Go Canada!

**Big Band Wednesday Sanctuary**  
 Wednesday July 8

**Karaoke with Nina Joon**  
 Wednesday July 22



## Friday Nights

July 3 – **Gen Who**  
 July 10 – **Coyote Creek**  
 July 17 – **Las Divas**  
 July 24 – **The New Marauderz**  
 July 31 – **Fairweather Blues Band**

## Saturday Nights

July 4 – **DJ Stan**  
 July 11 – **The Singles**  
 July 18 – **Las Divas**  
 July 25 – **The RetroActives**



**The Golden Archies ROCKED the branch on June 20th. One of Vancouver's favourite cover bands, The Golden Archies are: Rick Collin – Lead Vocals; Bob Smart – Guitar, Keyboards, Vocals; Rod Knowlan – Guitar, Keyboards, Vocals; Joe Alvaro – Bass, Vocals; Craig Zarazun – Drums.**

**Right: Jam Night Hosts: Kelly, Bob and Paul, aka: The Legionnaires.**



**Meat draws and 50/50**  
 Meat and 50/50 draws: Every Friday and Saturday from 5 pm to 7 pm with draws taking place every half hour. Come Join the fun!



**Sanctuary, seen here once upon a time at Trout Lake Community Centre, will be performing for members and guests at the branch on July 8**

## More Than a Meeting Place

When people think of the Royal Canadian Legion, they often think of remembrance ceremonies, veterans, or a friendly place to gather. What many people don't realize is that local Legions also play an important role in supporting the communities they call home.

From April to November 2025, Grandview-Collingwood Branch 179 donated more than \$34,500 to a wide variety of local organizations and community programs. These donations helped support youth, seniors, emergency services, community groups, health initiatives, cultural organizations, and many other worthwhile causes.

Every membership, every volunteer hour, every fundraiser, and every event helps make these contributions possible. It's one of the many ways your local Legion gives back to the neighbourhood throughout the year.

To everyone who supports Branch 179—whether as a member, volunteer, guest, or sponsor—thank you. Your support reaches far beyond our walls and helps strengthen the community we all share.

### Organizations that Branch 179 supported between April to November of 2025

- Kindred Farms
- Community Policing
- White Spot Pipe Band
- Services RFC Jr.
- Citadel Canine
- Honour House
- SPCA
- Mount Pleasant Neighbourhood House
- Food Bank
- Volunteer Cancer Driver
- White Spot Pipe Band
- Bowling Team
- Curling Team
- 411 Seniors
- Kindred Farms
- Community Policing
- Citadel
- Quilts of Valor
- SPCA
- Cancer Drivers
- Variety Club
- St. John Ambulance
- Lapu Lapu Society
- Van City Hazmat

Total Donations: \$34,547.00!





# Postcards from Penny

Hello Sammy,

My earth journey. Sharing highlights as you did on your coast-to-coast quest for a homestead.



Itinerary is Bettina Matzkuhn's wildlife map.

Day one – to Kamloops



E-bus sighting of soil spiral in field. A sign from you?



Black omen of starlings' poop and nests in campus residence exterior walls.

Day two – freedom day

Fled to Riverside Park along cool Thompson River, tree-lined paths, gardens, city landmarks, and chatty visitors.



Variegated Iris knocked my eyes out.



Also, the Roller skate Dad on duty enjoying popular Riverside Park.



Directly across the Thompson are very arid North Shore Mountains so reminiscent of the Peloponessus, Greece.

Thirsty, always felt dry and thirsty. Sammy, what changes? My letters out of Europe, jumping from topic to topic, concerned you until your buddy reassured: "just her brain waves."

Galvanized, I squeeze everything in. Two Museum snapshots:



"Kamloops Wawa" – once wide circulation in French shorthand and Chinook jargon.



Moose – largest wildlife.

Day three – my trip purpose to BC Nature AGM sponsored by Kamloops Naturalist Society.

**CANADA DAY**

Collingwood BIA's  
Cake Celebration

**July 1st**

10 am-12 pm  
Safeway parking lot  
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Field trip: Restoration and ecology of Tranquille River floodplain.

Enthusiastic Jesse, knowledgeable leader. Among successes: fighting invasive plants, eg,



Canary grass control.

We saw:



Arid plants: Yellow salsify and Gaillardix.



Yes, fascinating pack rat piles!



Cool water and sage bush.

Good tour. Free afternoon!

At Main Bus Exchange, grabbed No. 1 bus to North Shore adventures! So happy that I jumped off at North Shore block party. There, connectIng with "Kamloops Chronicle" and Kamloops Heritage Society personnel -- two of my Kamloops journey goals.



Busy bee slacks.

The Heritage Society sent me propelling downhill to the renovated Kamloops Chinese Cemetery. Its gracious design radiates peace and harmony.

Final day. Day four. Field trip of Birds and turtles of Pineview Valley Park.

Heaven on earth for birding! Sam!! Pineview ponds simply a treasury of feathered beauties. Multiple pairs of ruddy ducks, red heads, American coots, mallards, Canada geese, yellow-headed and re-winged blackbirds (serenading us); some mourning doves, house and song sparrows, swifts on fly chasing insects, and robins. Exciting! Ecstatic to see Barrow goldeneye B&W chicks for the first time!



Smaller red wild roses in arid country.



Coot on nest.



Blue bill of mating Ruddy duck.



Yellow-headed black bird on Russian olive tree.



Little mallard duckling.

Sam, any good rodents up there? No squirrels, huh?? I meditate reading your Alan Watts "Tao" book. Am I more cohesive now? Stay safe on your Pathway to a New Journey.

As always, lots of love, Penny on the ground.

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Vancouver Kingsway

**Happy Canada Day!**

Stay safe and have fun!

Community Office  
2951 Kingsway, Vancouver, BC V5R 5J4  
604-775-6263 | Don.Davies@parl.gc.ca

**NDP**  
DonDavies.ca



# FIFA Soccer Games

by Robert F. Edwards

I first would like to start with congratulating Canada on participating in the future FIFA soccer games. I'm very proud of Vancouver and Canada for putting on a spectacular preparation for a world class event.

Vancouver, BC and Canada have now reached into the Guinness Book of Records for the largest national flag in the world. You can see this marvel on Gross Mountain facing North Vancouver.

Our science world is decorated as a giant soccer ball. The events surrounding it are absolutely catered to the event that is taking place.

Thanks to our remarkable climate and the preparation that's gone into these games we are going to have the games professionals play on natural green grass in our stadium.

Last but not least there are many events taking place around the Greater Vancouver area. We have become the number one spot for taking part in this world event. Our pavilion where the events are going to take place is in the core of Vancouver. Not like other menus that are being played in great distances outside the core of the cities. Number two there is plenty of walking distance to restaurants bars and other events within distance from the stadium. Last but not least is our temperate climate which is an extra bonus for anyone visiting Vancouver and this event.

I sincerely hope the people that are visiting Vancouver for the games enjoy so much more than just being a spectator.

# Father's Day at the Italian Cultural Centre

**Classica Auto Italiana 2026 took place on June 21, 2026, at Il Centro Italian Cultural Centre in Vancouver. This free event featured a display of Italian cars and motorcycles for Father's Day**



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# Summer Heat and Digestive Disorders

by Dr. Angie Choi, TCM, R.Ac

Registered Doctor of Traditional Chinese Medicine and Acupuncturist

As temperatures rise during the summer months, many people begin to notice subtle shifts in their bodies some feel fatigued, others experience poor appetite, bloating, acid reflux, or irregular bowel movements. These are common signs of digestive disorders, and they tend to occur more frequently in summer. But why?

As a doctor of TCM and acupuncturist, I often see an increase in patients seeking relief from digestive issues during this season. Let's explore why this happens and how acupuncture and traditional Chinese medicine (TCM can offer support.

## Why Digestive Problems Are Common in Summer

In TCM, summer is associated with the Fire element, which governs the heart and small intestine. It is a time of high energy and outward activity. However, excessive heat both external (weather) and internal (lifestyle) can disrupt the delicate balance of the digestive system.

## Here are some common contributing factors

- Overconsumption of cold or raw foods: In an effort to cool down, people often turn to iced drinks, cold desserts, or salads. While refreshing, these can weaken the digestive function responsible for transforming food into energy.
- Dehydration: Heat and sweating can deplete fluids and disrupt the balance of stomach acid and digestive enzymes.
- Stress and irregular eating habits: Busy summer schedules can lead to skipped meals, overeating, or stress-related indigestion.

## Common Digestive Disorders in Summer

- Bloating and indigestion
- Acid reflux
- Loose stools or diarrhea
- Constipation
- Loss of appetite
- Nausea or stomach discomfort

## How Acupuncture Can Help

Acupuncture works by stimulating specific points on the body to regulate energy flow, reduce inflammation, and support internal organ function. For digestive health, treatments often focus on the Stomach, Spleen, and Liver meridians.

## Benefits of acupuncture for digestion

- Balances stomach acid and motility
- Improves nutrient absorption
- Reduces stress-related gut symptoms
- Enhances the body's ability to adapt to seasonal changes



In some cases, herbal medicine may also be recommended to support digestion and reduce internal heat or dampness.

## Tips for Supporting Digestion This Summer

1. Eat cooked, warm meals even in summer, avoid overloading your system with cold or raw foods.
2. Stay hydrated with room-temperature water or herbal teas like peppermint or ginger.
3. Eat regularly and mindfully, avoiding overeating or rushing meals.
4. Manage stress with breathing exercises, stretching, or gentle movement.
5. Consider seasonal acupuncture to help your body stay in balance.

Your digestive system works hard year-round, but the summer heat can challenge its efficiency.

If you're experiencing symptoms of digestive distress, acupuncture and traditional Chinese medicine offer safe, natural tools to restore balance and promote wellness. Listen to your body, stay cool but not cold and support your digestion from the inside out.

Stay healthy and stay happy!

Should you have any further questions regarding the above topic, you are welcome to write to me at: [dr.angiechoi@gmail.com](mailto:dr.angiechoi@gmail.com)

## Pedal Forward Community Bike Drive

Donate your used bike. Change a youth's life.

Do you have a bike you no longer use? We're collecting used kids bikes, and youth and adult bikes in any condition. Donated bikes will be repaired, refurbished, and provided to youth in our community who need a bike.

**BIKE DROP-OFF LOCATIONS:**

- **Collingwood Community Policing Centre**  
Drop off at 5160 Joyce Street, Vancouver (close to Joyce Station)  
**from July 4-17, 2026 Monday to Saturday, 9:00 a.m. to 5:00 p.m.**
- **Collingwood Days Community Festival**  
Drop off at Gaston Park, 3470 Crowley Drive, Vancouver  
at the Collingwood Community Policing Centre Tent  
**on Saturday, July 18, 2026 10:30 a.m. to 3:00 p.m.**

## Dr. Angie Choi TCM, R.Ac.

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Dr. Angie Choi, TCM, R.Ac.

# What's happening at Collingwood Branch in July



2985 Kingsway | 604.665.3953  
 Tuesday & Wednesday: 9.30am - 7pm  
 Thursday & Friday: 9.30am - 6pm  
 Saturday: 9.30am - 5pm  
 Sunday: 9.30am - 5pm

For complete listings visit [www.vpl.ca/events](http://www.vpl.ca/events)

## EARLY YEARS PROGRAMS

### Babytime

Thursdays, July 9 – July 30  
 10:30 am (30 min)  
 Rhymes, songs, bounces, fingerplays, and stories for babies and their caregivers.  
 For ages 0-18 months | Drop-in

### Baby Stay & Play

Thursdays, July 9 – July 30  
 11:00 am (30 min)  
 Drop in for independent playtime with your baby and connect with other families.  
 For ages 0-18 months | Drop-in

### Family Storytime

Fridays, July 10 – July 31  
 10:30 am (30 min)  
 Songs, rhymes, and stories for children of all ages and abilities with their caregivers. Special storytime Collingwood Days: Roots to Rhythm- July 17  
 For ages 0-5 | Drop-in

### Family Stay & Play

Fridays, July 10 – July 31  
 11:00 am (30 min)  
 Drop in for independent playtime with your children and connect with other families.  
 For ages 0-5 | Drop-in

## SCHOOL-AGE PROGRAMS

### SUMMER READING CLUB

Summer Reading Club is back at Vancouver Public Library! To participate, all you need to do is set a goal and try out different library challenges - like listen to a story, attend a virtual library program, or, of course... read something! Once your challenges are complete, visit your local library to pick up a medal!

### Book Maker Space

Wednesday, July 15  
 2:30pm (60 min)  
 Drop in to this & book maker space and learn how to make fun pop-up books, cool accordion books or tiny books for writing and drawing. For Grades K-7.

### Narwhal and Jelly Party

Wednesday, July 22  
 2:30pm (60 min)  
 Celebrate your favourite characters with fun crafts and games inspired by the characters from the Narwhal and Jelly series! Drop-in. For Grades K-7.

### Sphero Tiny Pride

Wednesday, July 29  
 2:30pm (60 min)  
 Build a tiny float for a robot Sphero and then use an iPad to navigate the parade route through the library. Families and children of all ages and abilities are welcome to cheer on the parade and decorate a tiny pride flag to wave on the floats. Drop-in. For Grades 2-7.

### LEGO® Block Party

Saturdays, July 4 – Aug 29  
 2:30 pm (60 min)  
 Come to the library for some LEGO® building fun at this block party! Connect with other kids and break out the bricks for a building bonanza at the library. For Grades K-7.

## ADULT PROGRAMS

### ESL Conversation Practice

Every second Tuesday  
 July 07 & 21; 5:30 (60 min)  
 Meet new friends and practice your English conversation skills with other English language learners. This is a supportive and casual meet-up.  
 For intermediate speakers.

### VPL's Collingwood Branch Celebrates 75 Years



## Renfrew Branch

2969 E 22nd Ave. Contact | 604.257.8705

All programs are FREE. For more information, visit [www.vpl.ca/events](http://www.vpl.ca/events).

\*\*Library is closed on Wednesday, July 1 st for Canada Day

## SCHOOL-AGED CHILDREN

### Summer Reading Club Launch Party

Friday, July 3, 2:00pm–3:00pm  
 Celebrate the Summer Reading Club with fun activities at the library. Grades K-7. Drop-in.

### Cartoon Drawing Workshop with Mei Yu

Tuesday, July 7, 11:00am–12:00pm  
 Join award-winning graphic novelist Mei Yu as she shows you some easy tips to drawing cartoons. You'll learn how to draw one of her popular characters and a couple of expressions. Plus, a fun drawing game and some Q&As about drawing at the end. Grades 4-7. Registration is required. Register at [www.vpl.ca/events](http://www.vpl.ca/events)

### LEGO Block Party

Wednesday, July 8 & 22, 3:30pm–4:30pm  
 Drop in for some LEGO building fun! Grades K-7.

### Sphero Robot Pirates

Thursday, July 9, 2:00pm–3:00pm  
 Create your pirate "costume" for your Sphero robot then swashbuckle your way through challenges, duels and quests. Adults accompanying children under 9 must stay in the library for the duration of the program. Grades K-7. Registration is required. Register at [www.vpl.ca/events](http://www.vpl.ca/events)

### Narwhal and Jelly Party

Wednesday, July 15, 2:00pm–3:00pm  
 Celebrate your favourite characters with fun crafts and games inspired by the characters from the Narwhal and Jelly series! Adults accompanying children under 9 must stay in the library for the duration of the program. Grades K-3. Drop-in.



### Studio Ghibli Party

Thursday, July 23, 2:00pm–3:00pm  
 Whether you're already a super-fan or curious about the hype, meet up with other kids for a special event celebrating all things Studio Ghibli! Test your knowledge in a trivia challenge and express your fandom with creative crafts inspired by animated films like My Neighbor Totoro, Kiki's Delivery Service, Howl's Moving Castle, and more! For Grades 4-7. Drop-in.

### Make It: Cardboard Photo Booth

Wednesday, July 29, 2:00pm–3:00pm  
 This time we are creating your own photo booth by reusing cardboard boxes, featuring Makedo® cardboard construction. Adults accompanying children under 9 must stay in the library for the duration of the program. Grades 3-7. Drop-in.

## CHILDREN & FAMILIES

### Babytime

Mondays, July 6, 13, 20, & 27  
 11:00-11:30am and 1:30-2:00pm. Drop-in.  
 Rhymes, songs, bounces, fingerplays and stories for parents and caregivers with their babies. Recommended for newborns to approximately 18 months.

### Family Storytime

Mondays, July 6, 13, 20, & 27  
 10:00-10:30am. Drop-in.  
 A program for parents and caregivers with young children. Songs, rhymes and stories are shared. Suitable for children of all ages and abilities to enjoy and learn together.

### Family Movies

Fridays, 3:30-5:15pm. Drop-in.  
 Visit the library and enjoy free, kid-friendly movies. For children and their accompanying caregivers. Adults accompanying children under 9 must stay in the library for the duration of the program.



July 3: *The Little Mermaid*  
 July 10: *Muppet Treasure Island*  
 July 17: *The Water Horse: Legend of the Deep*  
 July 24: *Zootopia*  
 July 31: *Zootopia 2*

## ADULTS

### ESL Conversation Club

Thursdays, 10:00-11:00am. Drop-in.  
 Meet new friends and practice your English conversation skills with other English language learners. This is a supportive and casual meet-up. For intermediate speakers.

### Adult Colouring Club

Fridays, 10:00-11:00am. Drop-in.  
 Relax and enjoy the many benefits of colouring with like-minded creatives. We'll provide the colouring pages and pencil crayons!

### Story Circle

Wednesday, July 8, 10:00-11:00am  
 This monthly program is for adults with developmental disabilities and their families, friends and caregivers. Join us in an accessible, relaxed and fun community setting for stories, music and more!  
 Registration is required. Register at [www.vpl.ca/events](http://www.vpl.ca/events)

### Social Prescribing Program Drop-in

Friday, July 17, 11:00am-12:00pm  
 Looking for support to stay connected and age well at home? Come and talk to us! Learn about local resources that support healthy aging like transportation, food security, personal care, and social connection. In partnership with Collingwood Neighbourhood House. Service in Cantonese and Mandarin available. Drop-in.



**JULY 2026**

**🍁 Canada Day Cake Celebration – July 1**

It's back! We haven't had a Canada Day Cake Celebration since 2019. Let's celebrate Canada Day together in the Safeway parking lot. From 10am– 12 pm or until the cake is all gone. Wear your red and white. There will be giveaways and singing Oh Canada at 11am. Happy Canada Day!

**Collingwood Days Festival 2026**

Next month marks the 23rd Annual Collingwood Days Festival. This year's theme is Roots & Rhythm.

Join activities, workshops, movie nights, mural talk and events happening throughout Renfrew Collingwood from July 10 – 18. Full page ad in this newspaper's issue for the full schedule or visit the website often for updates. Festival Day is on Saturday, July 18th, from 10:30 am to 3 pm, featuring Main Stage performances, a Kid Zone, Food Trucks, Marketplace, roving entertainment, and more.

To participate, visit the website or scan the QR Code. Volunteers, marketplace vendors, and sponsors are welcome.

**New Mural in Joyce Collingwood**

We are happy to announce the arrival of our newest mural in Joyce Collingwood. Muralist Anais Lera @anaislara, she lives in the neighbourhood and is interested in projects that centre around themes of nature and exploration. The new mural is located on the north wall of the Collingwood Neighbourhood House. The mural completes the courtyard's transformation. A new Welcome Pole was installed in March along with the addition of a long table and native plant garden. The mural reflects native foliage and animals you will see around the city. Join us for a **Mural Talk with the Artist on July 17<sup>th</sup> from 3-4pm** in front of the Collingwood Neighbourhood House.

**Collingwood BIA 25<sup>th</sup> Anniversary**

The CBIA has been around for an incredible 25 years. Serving the Joyce Collingwood business community which consists of mainly small or micro businesses. We are a proud member of the neighbourhood and believe when there is a health community it will support the local economy. We had the first Years' In Business event, celebrating over 60 businesses who have been in Collinwood for over 20 years. Thank you to all the amazing established businesses for paving the way for the newer businesses. Collingwood has one of the lowest vacancy rates in the City.

We will be hosting small events throughout this year to commemorate our 25<sup>th</sup> anniversary. We will be serving cake at Collingwood Days on July 18<sup>th</sup> at 12:30pm.

**How to Reach Us:**

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**CALENDAR**

**July 1**



**July 10-18**

**Collingwood Days**





## EVENTS & ACTIVITIES

- July 10** Dusk: Movie Night (Sonic the Hedgehog 3) - Collingwood Park
- July 11** 10:30am - 11:30 am: Chair Yoga for Mobility Renfrew Park  
11am - 12:30pm : Hula with Rani - CNH Annex  
1pm - 2pm: Origami Circle - CNH Annex
- July 12** 10:30am - 12:30 pm: Garden Walk & Story Time - Norquay Food Forest  
  
10 - 11am: Tai Chi for Fitness - MOSAIC
- July 13** 10 - 11 am: Neighbourhood Walk - CNH  
11 - 12 pm: Chinese Calligraphy and Painting- MOSAIC  
1 - 2 pm: Knitting with love- MOSAIC  
2 - 3 pm: Belly Dance - MOSAIC
- July 14** 5:30am - 10:30 pm: Sunrise to Sunset Sacred Fire - Burrard View Park  
12:15pm - 1pm: Community Lunch - CNH  
3pm - 9pm - Jerome Classic Track & Field - Swangard Stadium
- July 15** 5:30pm - 8:00 pm: Artist Fiesta - CNH Annex  
7pm - 8pm: Soca Xperience Workshop - CNH Annex

- July 16** 3:30pm - 5:30pm: Make Your Mark- CNH Annex  
5:30pm - 6:30pm: Zumba - CNH Annex  
6pm - 7pm: Music at the Park - Renfrew Park  
6:45 pm - 8pm: Yoga - CNH Annex
- July 17** 10:30 am - 11:30am: Family Storytime - VPL Collingwood Branch  
1pm - 3pm: Make Your Move - CNH Annex  
3pm - 4pm: Mural Talk - CNH  
Dusk: Movie Night (Rango) - Gaston Park
- July 18** **10:30 am - 3:00pm (MAIN FESTIVAL DAY)**

**Kids Zone, Artisan Village, Indigenous Blessings, Performances, Market booths, Watermelon eating contest, Food Trucks & beverages, Still Moon Arts Society's roving performance and Raffle!**

Check out our website for the full schedule of the Main Festival Day



Follow @collingwooddays for more info

### GRATEFUL FOR OUR SPONSORS & PARTNERS:

