# Tuesday, April 1, 2025

### Exercise Class - Matawatchan - PLEASE CONTACT Organizer prior to attending

Date and Time: Tuesday, April 1 10:00 am - 11:00 am

Address: 1677 Frontenac Road, Griffith

#### Please Contact Andrea prior to going to check on unexpected schedule changes.

Grab a pair of running shoes and join us for Aerobics, Cardio-dance, and light weights at the Matawatchan Hall on Tuesdays, Thursdays, and Sundays from 10:00 - 11:000am.

Suggested donation of \$5/class to the Hall.

We warm up with aerobics, then have some fun with Zoomba, followed by light weights and stretching.

It feels great! Options are provided by Andrea, a trained expert for every level of experience and fitness.

Provide your email address to Andrea for updates on scheduling changes.

## Adult Open Art Studio - Calabogie

Date and Time: Tuesday, April 1 10:00 am - 12:00 pm

Address: Treehouse Art Studio, 729 Mill St, Calabogie

Adult Open Art Studio Tuesdays

Tuesdays 10 a.m. to 12 p.m.

Free Open Studio unless a formal workshop is arranged.

Join others with your creative projects.

## In Stitches - Calabogie

Date and Time: Tuesday, April 1 10:00 am - 11:00 am

Address: 12629 Lanark Road

This is a drop-in group for yarn creatives hosted by the library in the youth programming area (where there is co mfortable seating, and room to spread out). Bring your crochet work or your knitting, or your hooking-- we'd l ove to see you. Beginners are welcome. Experienced knitteres or crocheters are also appreciated! If you cannot come in person, but would like to participate in a yarn project, consider donating 4" x 4" (10.16 cm x 10.16 cm) squares for a community quilt to be auctioned for charity. There are so many designs to choose from. Please s ee: Granny or crochet squares

Note: A staff member at the school (St. Joseph's) believes there would be interest in an after school knitting/ cr ochet group for students. If anyone is interested in offering up their time and expertise for this program, please l et us know: gmpllc.staff@gmail.com

#### Scrabble - Calabogie

Date and Time: Tuesday, April 1 1:30 pm - 3:00 pm

Address: 12629 Lanark Road

This is a drop-in program for Scrabble enthusiasts. Join other Scrabble players for an early afternoon at the library. All levels are welcome. The library will supply the game boards/ tiles, dictionaries, and refreshments.

#### Pickleball - Calabogie

Date and Time: Tuesday, April 1 5:30 pm - 7:30 pm

Address: 12629 Lanark Road

Come join-in on Tuesdays and Thursdays 5:30pm-7:30pm at St.Joseph's School, Calabogie.

No Fee, No Registration, Just show up and have fun!

Must be over 18 years of age.

For more information, please contact the Township Office

# Wednesday, April 2, 2025

# **Falls Prevention Exercise Program - Online**

Date and Time: Wednesday, April 2 9:00 am - 10:00 am

Address: Online - Zoom

This exercise program focuses on cardio, strength and balance exercises specific for Falls Prevention.

The instructor is a Kinesiologist and a Canadian Senior Fitness Instructor, and the program is HeartWise approved.

Registration and Zoom accessibility required.

For more information, contact Susan Veale.

## **Village Voices Choir - Griffith**

Date and Time: Wednesday, April 2 10:00 am

Address: 25197 Hwy 41, Griffith

Come Sing With Us at Hilltop Church!

Village Voices Choir

Wednesdays at 10:00am

Secular Music, under the talented direction of Debra Green.

## **Heart Wise Walking Program - Dacre**

Date and Time: Wednesday, April 2 10:00 am - 11:00 am

Address: 111 Flat Road, Dacre

The Heart Wise Walking Program at the DACA Centre, every Monday and Wednesday from 10 to 11am except

holiday Mondays.

If you have any questions please contact Betty

### Watercolour Painting and Drawing Class - Calabogie

Date and Time: Wednesday, April 2 10:00 am - 12:00 pm

Address: Treehouse Art Studio, 729 Mill St, Calabogie

Watercolour Painting and Drawing Class

Wednesday's 10 am - 12 pm

A minimum of 3 registrations to hold a class and a limit of 10 participants

\$40 per person Price includes tax and materials

25% Discount for Calabogie Lodge Resort members and staying guests (\$30 per person)

Register by email: schalym@gmail.com Pay by E-transfer or Cash to instructor Marlene Schaly

When registering please include how many adults and children and the children's ages.

Children 6 and under are to be accompanied by an adult. The Adult does not pay if they are there to support their young child and not to participate independently.

These classes are suitable for all skill levels and the materials used are of artist quality.

# Walking Club - Calabogie

Date and Time: Wednesday, April 2 3:45 pm - 4:45 pm

Address: 12629 Lanark Road

This is an informal library drop-in program for adults (18+) on-site at 12629 Lanark in the school gymnasium.

We will have a sign-in sheet at the door. Please wear comfortable shoes and clothing, and bring a bottle of wate r. All levels are welcome. Set your own pace, and count your own steps (we will have several pedometers availa ble for anyone who wishes to use this counting method). Drinking water will be available.

### **Chess - Calabogie**

Date and Time: Wednesday, April 2 3:45 pm - 4:45 pm

Address: 12629 Lanark Road

This is a drop-in program for Greater Madawaska youth ages 7 to 14. It will be hosted by a local parent at the li brary. Chess boards and pieces will be provided. It is expected that the majority of participants will be learning t he game--so beginners are welcome. :)

Note: If you are an adult chess player and would like to either support this program or participate in a program for adult players, please let us know: gmpllc.staff@gmail.com

# Thursday, April 3, 2025

#### **Exercise Class - Griffith**

Date and Time: Thursday, April 3 9:00 am - 10:00 am

Address: 25991 Hwy 41, Griffith

L.E.G. - Griffith Exercise Class at the Griffith & Matawatchan Recreation Centre (Griffith Hall)

Thursday at 9:00am

Use bands and weights and follow exercises from the Diabates Association.

Walk and wall push-ups and range of motion.

Use a ball to strengthen your fingers.

Check your Blood Pressure

All this for \$2.00 each week. With this money we donate to the Lions Car Show and Lions Christmas Food Bas kets.

We got out far an activity and lunch twice a year.

# Play & Learn at the Library - Calabogie

Date and Time: Thursday, April 3 9:30 am - 10:15 am

Address: 12629 Lanark Road, Calabogie, Located in St. Joseph School - Lower Level

Play & Learn time at the Library is held on Thursday mornings is a drop-in program for parents/guardians to att end with pre-school children (0-4 years).

Meet some parents and caregivers in our community, have a chat, read a book, and make a craft.

Thursday 9:30am - 10:15am (drop-in)

# Exercise Class - Matawatchan - PLEASE CONTACT Organizer prior to attending

Date and Time: Thursday, April 3 10:00 am - 11:00 am

Address: 1677 Frontenac Road, Griffith

#### Please Contact Andrea prior to going to check on unexpected schedule changes.

Grab a pair of running shoes and join us for Aerobics, Cardio-dance, and light weights at the Matawatchan Hall on Tuesdays, Thursdays, and Sundays from 10:00 - 11:000am.

Suggested donation of \$5/class to the Hall.

We warm up with aerobics, then have some fun with Zoomba, followed by light weights and stretching.

It feels great! Options are provided by Andrea, a trained expert for every level of experience and fitness.

Provide your email address to Andrea for updates on scheduling changes.

### Pickleball - Calabogie

Date and Time: Thursday, April 3 5:30 pm - 7:30 pm

Address: 12629 Lanark Road

Come join-in on Tuesdays and Thursdays 5:30pm-7:30pm at St.Joseph's School, Calabogie.

No Fee, No Registration, Just show up and have fun!

Must be over 18 years of age.

For more information, please contact the Township Office

# **Archery for Everyone - Calabogie**

Date and Time: Thursday, April 3 6:30 pm - 8:00 pm

Address: 1044 Madawaska Street, Calabogie

Come and Try Archery every Thursday.

In the Calabogie United Church Hall

Free instruction and equipment supplied.

Available for all ages

# Friday, April 4, 2025

#### Hall Walking and Chair Yoga - Calabogie

Date and Time: Friday, April 4 9:30 am - 11:00 am

Address: 1044 Madawaska St

We have restarted Hall Walking for the colder months.

This is a drop in, no charge weekly walking opportunity

Chair Yoga and meditation follow. Again this is drop in with no charge

## Puzzlers - Calabogie

Date and Time: Friday, April 4 10:00 am - 11:00 am

Address: 12629 Lanark Road

This is an adult drop-in for people who enjoy puzzles. Come on out for a challenge and a chat. Refreshments will be provided by the library.

# Saturday, April 5, 2025

#### **Karate Classes - Dacre**

Date and Time: Saturday, April 5 10:00 am - 11:00 am

Address: 111 Flat Road, Dacre

Karate Classes for Kids 4 & up at DACA Center

Saturdays 10 - 11am with Sensei Mauro Borghi.

For more information or for a registration form contact Mauro

## Live @ The Peaks - Calabogie

Date and Time: Saturday, April 5 3:00 pm - 7:00 pm

Address: 30 Barrett Chute Road

Join us for après ski **live music** at the Black Donald's Pub in the Calabogie Peaks Resort. Grab a glass or can of your favourite beverage and snack on our delicious menu items. Open to the public.

View the band lineup here.

Join the Facebook Event here.

# Sunday, April 6, 2025

## Exercise Class - Matawatchan - PLEASE CONTACT Organizer prior to attending

Date and Time: Sunday, April 6 10:00 am - 11:00 am

Address: 1677 Frontenac Road, Griffith

#### Please Contact Andrea prior to going to check on unexpected schedule changes.

Grab a pair of running shoes and join us for Aerobics, Cardio-dance, and light weights at the Matawatchan Hall on Tuesdays, Thursdays, and Sundays from 10:00 - 11:000am.

Suggested donation of \$5/class to the Hall.

We warm up with aerobics, then have some fun with Zoomba, followed by light weights and stretching.

It feels great! Options are provided by Andrea, a trained expert for every level of experience and fitness.

Provide your email address to Andrea for updates on scheduling changes.

### Live @ The Peaks - Calabogie

Date and Time: Sunday, April 6 3:00 pm - 7:00 pm

Address: 30 Barrett Chute Road

Join us for après ski **live music** at the Black Donald's Pub in the Calabogie Peaks Resort. Grab a glass or can of your favourite beverage and snack on our delicious menu items. Open to the public.

View the band lineup here.

Join the Facebook Event here.

# Monday, April 7, 2025

### **Falls Prevention Exercise Program - Online**

Date and Time: Monday, April 7 9:00 am - 10:00 am

Address: Online - Zoom

This exercise program focuses on cardio, strength and balance exercises specific for Falls Prevention.

The instructor is a Kinesiologist and a Canadian Senior Fitness Instructor, and the program is HeartWise approved

Registration and Zoom accessibility required.

For more information, contact Susan Veale.

## **Heart Wise Walking Program - Dacre**

Date and Time: Monday, April 7 10:00 am - 11:00 am

Address: 111 Flat Road, Dacre

The Heart Wise Walking Program at the DACA Centre, every Monday and Wednesday from 10 to 11am except holiday Mondays.

If you have any questions please contact Betty

#### Lions Euchre - Calabogie

Date and Time: Monday, April 7 7:00 pm

Address: 574 Mill Street, Calabogie

Doors open at 6:30pm. Euchre games start at 7:00 pm Monday nights.

\$5.00 entry fee for 10 games of Euchre.

There is a 50/50 draw. There is a short intermission after the fifth game.

The bar is open and light snacks available at intermission.

# Tuesday, April 8, 2025

## Exercise Class - Matawatchan - PLEASE CONTACT Organizer prior to attending

Date and Time: Tuesday, April 8 10:00 am - 11:00 am

Address: 1677 Frontenac Road, Griffith

#### Please Contact Andrea prior to going to check on unexpected schedule changes.

Grab a pair of running shoes and join us for Aerobics, Cardio-dance, and light weights at the Matawatchan Hall on Tuesdays, Thursdays, and Sundays from 10:00 - 11:000am.

Suggested donation of \$5/class to the Hall.

We warm up with aerobics, then have some fun with Zoomba, followed by light weights and stretching.

It feels great! Options are provided by Andrea, a trained expert for every level of experience and fitness.

Provide your email address to Andrea for updates on scheduling changes.

### Adult Open Art Studio - Calabogie

Date and Time: Tuesday, April 8 10:00 am - 12:00 pm

Address: Treehouse Art Studio, 729 Mill St, Calabogie

Adult Open Art Studio Tuesdays

Tuesdays 10 a.m. to 12 p.m.

Free Open Studio unless a formal workshop is arranged.

Join others with your creative projects.

### In Stitches - Calabogie

Date and Time: Tuesday, April 8 10:00 am - 11:00 am

Address: 12629 Lanark Road

This is a drop-in group for yarn creatives hosted by the library in the youth programming area (where there is co mfortable seating, and room to spread out). Bring your crochet work or your knitting, or your hooking-- we'd l ove to see you. Beginners are welcome. Experienced knitteres or crocheters are also appreciated! If you cannot come in person, but would like to participate in a yarn project, consider donating 4" x 4" (10.16 cm x 10.16 cm) squares for a community quilt to be auctioned for charity. There are so many designs to choose from. Please s ee: Granny or crochet squares

Note: A staff member at the school (St. Joseph's) believes there would be interest in an after school knitting/ cr ochet group for students. If anyone is interested in offering up their time and expertise for this program, please l et us know: gmpllc.staff@gmail.com

## Scrabble - Calabogie

Date and Time: Tuesday, April 8 1:30 pm - 3:00 pm

Address: 12629 Lanark Road

This is a drop-in program for Scrabble enthusiasts. Join other Scrabble players for an early afternoon at the library. All levels are welcome. The library will supply the game boards/ tiles, dictionaries, and refreshments.

### Pickleball - Calabogie

Date and Time: Tuesday, April 8 5:30 pm - 7:30 pm

Address: 12629 Lanark Road

Come join-in on Tuesdays and Thursdays 5:30pm-7:30pm at St.Joseph's School, Calabogie.

No Fee, No Registration, Just show up and have fun!

Must be over 18 years of age.

For more information, please contact the Township Office

#### **Gardening With Native Plants - Calabogie**

Date and Time: Tuesday, April 8 6:00 pm - 7:00 pm

Address: 12629 Lanark Road

This is a FREE workshop.

Contact the library to pre-register: <a href="mailto:gmail.com">gmail.com</a> or 613-752-2317

Be part of the growing movement to create a native plant corridor for pollinators (a pollinator pathway). In this workshop, you will learn why gardening with native plants is important to local ecology, how and where to sou ree plants, and what you need to get started. Light refreshments will be provided.

Resources (to get you thinking):

In Our Nature: <a href="https://www.inournature.ca/ontario-native-plant-resources">https://www.inournature.ca/ontario-native-plant-resources</a>

Pollinator Partnerships: <a href="https://pollinatorpartnership.ca/en/ecoregional-planting-guides">https://pollinatorpartnership.ca/en/ecoregional-planting-guides</a>

Ontario Native Scape: <a href="https://www.ontarionativescape.ca/">https://www.ontarionativescape.ca/</a>

Canadian Wildlife Federation (CWF): <a href="https://blog.cwf-fcf.org/index.php/en/what-is-a-pollinator-pathway/">https://blog.cwf-fcf.org/index.php/en/what-is-a-pollinator-pathway/</a>

# Wednesday, April 9, 2025

# **Falls Prevention Exercise Program - Online**

Date and Time: Wednesday, April 9 9:00 am - 10:00 am

Address: Online - Zoom

This exercise program focuses on cardio, strength and balance exercises specific for Falls Prevention.

The instructor is a Kinesiologist and a Canadian Senior Fitness Instructor, and the program is HeartWise approved.

Registration and Zoom accessibility required.

For more information, contact Susan Veale.

#### Library Book Pickup/Dropoff - Griffith

Date and Time: Wednesday, April 9 10:00 am

Address: 26047 Hwy 41, Griffith, ON

Library patrons in Ward 2 and Ward 3, who would like access to GMPLLC's physical library resources can call or email to order books, audio books, DVDs and activity kits for pickup/drop-off on prescribed dates througho ut the year. Our designated pickup/drop-off point is located in Griffith at Pine Valley Restaurant. Loan periods can be flexible. Patrons can also reserve and request materials using the <u>library catalogue</u>. Register <u>online</u> for th is program with a valid library card using this form link: <a href="https://bit.ly/LME-request-to-register">https://bit.ly/LME-request-to-register</a>

### Village Voices Choir - Griffith

Date and Time: Wednesday, April 9 10:00 am

Address: 25197 Hwy 41, Griffith

Come Sing With Us at Hilltop Church!

Village Voices Choir

Wednesdays at 10:00am

Secular Music, under the talented direction of Debra Green.

### **Heart Wise Walking Program - Dacre**

Date and Time: Wednesday, April 9 10:00 am - 11:00 am

Address: 111 Flat Road, Dacre

The Heart Wise Walking Program at the DACA Centre, every Monday and Wednesday from 10 to 11am except holiday Mondays.

If you have any questions please contact Betty

# Watercolour Painting and Drawing Class - Calabogie

Date and Time: Wednesday, April 9 10:00 am - 12:00 pm

Address: Treehouse Art Studio, 729 Mill St, Calabogie

Watercolour Painting and Drawing Class

Wednesday's 10 am - 12 pm

A minimum of 3 registrations to hold a class and a limit of 10 participants

\$40 per person Price includes tax and materials

25% Discount for Calabogie Lodge Resort members and staying guests (\$30 per person)

Register by email: schalym@gmail.com Pay by E-transfer or Cash to instructor Marlene Schaly

When registering please include how many adults and children and the children's ages.

Children 6 and under are to be accompanied by an adult. The Adult does not pay if they are there to support their young child and not to participate independently.

These classes are suitable for all skill levels and the materials used are of artist quality.

#### **Chess - Calabogie**

Date and Time: Wednesday, April 9 3:45 pm - 4:45 pm

Address: 12629 Lanark Road

This is a drop-in program for Greater Madawaska youth ages 7 to 14. It will be hosted by a local parent at the li brary. Chess boards and pieces will be provided. It is expected that the majority of participants will be learning t he game--so beginners are welcome. :)

Note: If you are an adult chess player and would like to either support this program or participate in a program for adult players, please let us know: gmpllc.staff@gmail.com

#### Walking Club - Calabogie

Date and Time: Wednesday, April 9 3:45 pm - 4:45 pm

Address: 12629 Lanark Road

This is an informal library drop-in program for adults (18+) on-site at 12629 Lanark in the school gymnasium. We will have a sign-in sheet at the door. Please wear comfortable shoes and clothing, and bring a bottle of wate r. All levels are welcome. Set your own pace, and count your own steps (we will have several pedometers availa ble for anyone who wishes to use this counting method). Drinking water will be available.

# Dacre and Area Community Association General Meeting - Dacre

Date and Time: Wednesday, April 9 7:00 pm

Address: 111 Flat Road, Dacre

General Meeting of the Dacre and Area Community Association.

All Are Welcome.

# Thursday, April 10, 2025

#### **Exercise Class - Griffith**

Date and Time: Thursday, April 10 9:00 am - 10:00 am

Address: 25991 Hwy 41, Griffith

L.E.G. - Griffith Exercise Class at the Griffith & Matawatchan Recreation Centre (Griffith Hall)

Thursday at 9:00am

Use bands and weights and follow exercises from the Diabates Association.

Walk and wall push-ups and range of motion.

Use a ball to strengthen your fingers.

Check your Blood Pressure

All this for \$2.00 each week. With this money we donate to the Lions Car Show and Lions Christmas Food Bas kets.

We got out far an activity and lunch twice a year.

# Play & Learn at the Library - Calabogie

Date and Time: Thursday, April 10 9:30 am - 10:15 am

Address: 12629 Lanark Road, Calabogie, Located in St. Joseph School - Lower Level

Play & Learn time at the Library is held on Thursday mornings is a drop-in program for parents/guardians to att end with pre-school children (0-4 years).

Meet some parents and caregivers in our community, have a chat, read a book, and make a craft.

Thursday 9:30am - 10:15am (drop-in)

### Exercise Class - Matawatchan - PLEASE CONTACT Organizer prior to attending

Date and Time: Thursday, April 10 10:00 am - 11:00 am

Address: 1677 Frontenac Road, Griffith

#### Please Contact Andrea prior to going to check on unexpected schedule changes.

Grab a pair of running shoes and join us for Aerobics, Cardio-dance, and light weights at the Matawatchan Hall on Tuesdays, Thursdays, and Sundays from 10:00 - 11:000am.

Suggested donation of \$5/class to the Hall.

We warm up with aerobics, then have some fun with Zoomba, followed by light weights and stretching.

It feels great! Options are provided by Andrea, a trained expert for every level of experience and fitness.

Provide your email address to Andrea for updates on scheduling changes.

## Tentative - Public Hearing and/or Committee of Adjustment

Date and Time: Thursday, April 10 3:00 pm

Address: 19 Parnell Street, Calabogie

Please see our Meetings and Information Portal for information on scheduled meetings.

## Pickleball - Calabogie

Date and Time: Thursday, April 10 5:30 pm - 7:30 pm

Address: 12629 Lanark Road

Come join-in on Tuesdays and Thursdays 5:30pm-7:30pm at St.Joseph's School, Calabogie.

No Fee, No Registration, Just show up and have fun!

Must be over 18 years of age.

For more information, please contact the Township Office

## **Archery for Everyone - Calabogie**

Date and Time: Thursday, April 10 6:30 pm - 8:00 pm

Address: 1044 Madawaska Street, Calabogie

Come and Try Archery every Thursday.

In the Calabogie United Church Hall

Free instruction and equipment supplied.

Available for all ages

# **Friday, April 11, 2025**

## Puzzlers - Calabogie

Date and Time: Friday, April 11 10:00 am - 11:00 am

Address: 12629 Lanark Road

This is an adult drop-in for people who enjoy puzzles. Come on out for a challenge and a chat. Refreshments wi lll be provided by the library.

## **Games Night - Dacre**

Date and Time: Friday, April 11 7:00 pm

Address: 111 Flat Road, Dacre

Games Night at DACA

Every 2nd and 4th Friday of the month at 7pm, unless there are other pre-planned functions, in this case particip ants can mutually agree to reschedule.

These events consist of a variety of different games such as Euchre, Trains, or other.

Participants could bring baked goods or snacks to share and hot beverages would be supplied.

For more info contact Kerry

# Saturday, April 12, 2025

#### **Karate Classes - Dacre**

Date and Time: Saturday, April 12 10:00 am - 11:00 am

Address: 111 Flat Road, Dacre

Karate Classes for Kids 4 & up at DACA Center

Saturdays 10 - 11am with Sensei Mauro Borghi.

For more information or for a registration form contact Mauro

# Lego Lounge - Calabogie

Date and Time: Saturday, April 12 11:00 am - 12:00 pm

Address: 12629 Lanark Road, Calabogie, Located in St. Joseph School - Lower Level

Come build with us!

This is a self-directed drop-in for families with young builders 5+.

We provide the Lego.

Bring your imagination and make your own fun. Name your creation and we will display it in the library!

Second Saturday of the month, 11am - 12pm (drop-in, self-directed)

# **Spring Dinner - Calabogie**

Date and Time: Saturday, April 12 4:30 pm - 6:30 pm

Address: 1044 Madawaska St, Calabogie

Come and enjoy The Calabogie United Church Spring Dinner

The menu includes Ham, Hashbrowns Casserole, Salads, Bun, Homemade Pies, Tea/Coffee and a cold drink.

Gluten free options are available

Price is \$20 adult and children under 12 \$10

# **Sunday, April 13, 2025**

#### Exercise Class - Matawatchan - PLEASE CONTACT Organizer prior to attending

Date and Time: Sunday, April 13 10:00 am - 11:00 am

Address: 1677 Frontenac Road, Griffith

#### Please Contact Andrea prior to going to check on unexpected schedule changes.

Grab a pair of running shoes and join us for Aerobics, Cardio-dance, and light weights at the Matawatchan Hall on Tuesdays, Thursdays, and Sundays from 10:00 - 11:000am.

Suggested donation of \$5/class to the Hall.

We warm up with aerobics, then have some fun with Zoomba, followed by light weights and stretching.

It feels great! Options are provided by Andrea, a trained expert for every level of experience and fitness.

Provide your email address to Andrea for updates on scheduling changes.

## **Easter Bingo - Dacre**

Date and Time: Sunday, April 13 2:00 pm

Address: 111 Flat Road, Dacre

Cost is 5 cards for \$20.00.

Regular bingos will be awarded themed and/or cash, with a Jackpot finale.

There will be door prizes and lucky draw opportunities.

Snacks available and a cash bar will be open.

# Monday, April 14, 2025

## **Falls Prevention Exercise Program - Online**

Date and Time: Monday, April 14 9:00 am - 10:00 am

Address: Online - Zoom

This exercise program focuses on cardio, strength and balance exercises specific for Falls Prevention.

The instructor is a Kinesiologist and a Canadian Senior Fitness Instructor, and the program is HeartWise approved.

Registration and Zoom accessibility required.

For more information, contact Susan Veale.

### **Heart Wise Walking Program - Dacre**

Date and Time: Monday, April 14 10:00 am - 11:00 am

Address: 111 Flat Road, Dacre

The Heart Wise Walking Program at the DACA Centre, every Monday and Wednesday from 10 to 11am except holiday Mondays.

If you have any questions please contact Betty

## **Lions Euchre - Calabogie**

Date and Time: Monday, April 14 7:00 pm

Address: 574 Mill Street, Calabogie

Doors open at 6:30pm. Euchre games start at 7:00 pm Monday nights.

\$5.00 entry fee for 10 games of Euchre.

There is a 50/50 draw. There is a short intermission after the fifth game.

The bar is open and light snacks available at intermission.

# Tuesday, April 15, 2025

## Exercise Class - Matawatchan - PLEASE CONTACT Organizer prior to attending

Date and Time: Tuesday, April 15 10:00 am - 11:00 am

Address: 1677 Frontenac Road, Griffith

Please Contact Andrea prior to going to check on unexpected schedule changes.

Grab a pair of running shoes and join us for Aerobics, Cardio-dance, and light weights at the Matawatchan Hall on Tuesdays, Thursdays, and Sundays from 10:00 - 11:000am.

Suggested donation of \$5/class to the Hall.

We warm up with aerobics, then have some fun with Zoomba, followed by light weights and stretching.

It feels great! Options are provided by Andrea, a trained expert for every level of experience and fitness.

Provide your email address to Andrea for updates on scheduling changes.

### Adult Open Art Studio - Calabogie

Date and Time: Tuesday, April 15 10:00 am - 12:00 pm

Address: Treehouse Art Studio, 729 Mill St, Calabogie

Adult Open Art Studio Tuesdays

Tuesdays 10 a.m. to 12 p.m.

Free Open Studio unless a formal workshop is arranged.

Join others with your creative projects.

### In Stitches - Calabogie

Date and Time: Tuesday, April 15 10:00 am - 11:00 am

Address: 12629 Lanark Road

This is a drop-in group for yarn creatives hosted by the library in the youth programming area (where there is co mfortable seating, and room to spread out). Bring your crochet work or your knitting, or your hooking-- we'd 1 ove to see you. Beginners are welcome. Experienced knitteres or crocheters are also appreciated! If you cannot come in person, but would like to participate in a yarn project, consider donating 4" x 4" (10.16 cm x 10.16 cm ) squares for a community quilt to be auctioned for charity. There are so many designs to choose from. Please s ee: Granny or crochet squares

Note: A staff member at the school (St. Joseph's) believes there would be interest in an after school knitting/ cr ochet group for students. If anyone is interested in offering up their time and expertise for this program, please l et us know: gmpllc.staff@gmail.com

# Scrabble - Calabogie

Date and Time: Tuesday, April 15 1:30 pm - 3:00 pm

Address: 12629 Lanark Road

This is a drop-in program for Scrabble enthusiasts. Join other Scrabble players for an early afternoon at the library. All levels are welcome. The library will supply the game boards/ tiles, dictionaries, and refreshments.

#### Pickleball - Calabogie

Date and Time: Tuesday, April 15 5:30 pm - 7:30 pm

Address: 12629 Lanark Road

Come join-in on Tuesdays and Thursdays 5:30pm-7:30pm at St.Joseph's School, Calabogie.

No Fee, No Registration, Just show up and have fun!

Must be over 18 years of age.

For more information, please contact the Township Office

# Wednesday, April 16, 2025

# **Falls Prevention Exercise Program - Online**

Date and Time: Wednesday, April 16 9:00 am - 10:00 am

Address: Online - Zoom

This exercise program focuses on cardio, strength and balance exercises specific for Falls Prevention.

The instructor is a Kinesiologist and a Canadian Senior Fitness Instructor, and the program is HeartWise approved.

Registration and Zoom accessibility required.

For more information, contact Susan Veale.

## **Village Voices Choir - Griffith**

Date and Time: Wednesday, April 16 10:00 am

Address: 25197 Hwy 41, Griffith

Come Sing With Us at Hilltop Church!

Village Voices Choir

Wednesdays at 10:00am

Secular Music, under the talented direction of Debra Green.

# **Heart Wise Walking Program - Dacre**

Date and Time: Wednesday, April 16 10:00 am - 11:00 am

Address: 111 Flat Road, Dacre

The Heart Wise Walking Program at the DACA Centre, every Monday and Wednesday from 10 to 11am except holiday Mondays.

If you have any questions please contact Betty

# **Watercolour Painting and Drawing Class - Calabogie**

Date and Time: Wednesday, April 16 10:00 am - 12:00 pm

Address: Treehouse Art Studio, 729 Mill St, Calabogie

Watercolour Painting and Drawing Class

Wednesday's 10 am - 12 pm

A minimum of 3 registrations to hold a class and a limit of 10 participants

\$40 per person Price includes tax and materials

25% Discount for Calabogie Lodge Resort members and staying guests (\$30 per person)

Register by email: schalym@gmail.com Pay by E-transfer or Cash to instructor Marlene Schaly

When registering please include how many adults and children and the children's ages.

Children 6 and under are to be accompanied by an adult. The Adult does not pay if they are there to support their young child and not to participate independently.

These classes are suitable for all skill levels and the materials used are of artist quality.

## Library Book Club - Calabogie

Date and Time: Wednesday, April 16 1:00 pm - 2:30 pm

Address: 12629 Lanark Road

The book club currently meets 1-2:30pm every third Wednesday of the month.

Book copies are purchased or acquired through interlibrary loan and are shared with group members.

The club decides together on a title to read, or a collection of work to explore.

The aim is to meet other people who love to read, to grow as a reader, and to have fun talking about books.

If you want to expand your reading list, and gain fresh perspective on new and sometimes familiar stories, this might be a great program for you.

If interested in joining the book club, please contact the library.

# Walking Club - Calabogie

Date and Time: Wednesday, April 16 3:45 pm - 4:45 pm

Address: 12629 Lanark Road

This is an informal library drop-in program for adults (18+) on-site at 12629 Lanark in the school gymnasium. We will have a sign-in sheet at the door. Please wear comfortable shoes and clothing, and bring a bottle of wate r. All levels are welcome. Set your own pace, and count your own steps (we will have several pedometers availa ble for anyone who wishes to use this counting method). Drinking water will be available.

#### **Chess - Calabogie**

Date and Time: Wednesday, April 16 3:45 pm - 4:45 pm

Address: 12629 Lanark Road

This is a drop-in program for Greater Madawaska youth ages 7 to 14. It will be hosted by a local parent at the li brary. Chess boards and pieces will be provided. It is expected that the majority of participants will be learning t he game--so beginners are welcome. :)

Note: If you are an adult chess player and would like to either support this program or participate in a program for adult players, please let us know: gmpllc.staff@gmail.com

## Lions Bingo - Calabogie

Date and Time: Wednesday, April 16 7:00 pm

Address: 574 Mill Street, Calabogie

Calabogie Lions Club Monthly Bingo Night

7:00pm Start

Snacks available for purchase

Lions Bar Open

# Thursday, April 17, 2025

#### **Exercise Class - Griffith**

Date and Time: Thursday, April 17 9:00 am - 10:00 am

Address: 25991 Hwy 41, Griffith

L.E.G. - Griffith Exercise Class at the Griffith & Matawatchan Recreation Centre (Griffith Hall)

Thursday at 9:00am

Use bands and weights and follow exercises from the Diabates Association.

Walk and wall push-ups and range of motion.

Use a ball to strengthen your fingers.

Check your Blood Pressure

All this for \$2.00 each week. With this money we donate to the Lions Car Show and Lions Christmas Food Bas

kets.

We got out far an activity and lunch twice a year.

## Play & Learn at the Library - Calabogie

Date and Time: Thursday, April 17 9:30 am - 10:15 am

Address: 12629 Lanark Road, Calabogie, Located in St. Joseph School - Lower Level

Play & Learn time at the Library is held on Thursday mornings is a drop-in program for parents/guardians to att

end with pre-school children (0-4 years).

Meet some parents and caregivers in our community, have a chat, read a book, and make a craft.

Thursday 9:30am - 10:15am (drop-in)

### Exercise Class - Matawatchan - PLEASE CONTACT Organizer prior to attending

Date and Time: Thursday, April 17 10:00 am - 11:00 am

Address: 1677 Frontenac Road, Griffith

#### Please Contact Andrea prior to going to check on unexpected schedule changes.

Grab a pair of running shoes and join us for Aerobics, Cardio-dance, and light weights at the Matawatchan Hall on Tuesdays, Thursdays, and Sundays from 10:00 - 11:000am.

Suggested donation of \$5/class to the Hall.

We warm up with aerobics, then have some fun with Zoomba, followed by light weights and stretching.

It feels great! Options are provided by Andrea, a trained expert for every level of experience and fitness.

Provide your email address to Andrea for updates on scheduling changes.

### **Regular Council Meeting**

Date and Time: Thursday, April 17 3:00 pm

Address: 19 Parnell Street, Calabogie

Please see our Meetings and Information Portal for information on scheduled meetings.

## Pickleball - Calabogie

Date and Time: Thursday, April 17 5:30 pm - 7:30 pm

Address: 12629 Lanark Road

Come join-in on Tuesdays and Thursdays 5:30pm-7:30pm at St.Joseph's School, Calabogie.

No Fee, No Registration, Just show up and have fun!

Must be over 18 years of age.

For more information, please contact the Township Office

#### **Archery for Everyone - Calabogie**

Date and Time: Thursday, April 17 6:30 pm - 8:00 pm

Address: 1044 Madawaska Street, Calabogie

Come and Try Archery every Thursday.

In the Calabogie United Church Hall

Free instruction and equipment supplied.

Available for all ages

# **Friday, April 18, 2025**

## Puzzlers - Calabogie

Date and Time: Friday, April 18 10:00 am - 11:00 am

Address: 12629 Lanark Road

This is an adult drop-in for people who enjoy puzzles. Come on out for a challenge and a chat. Refreshments wi lll be provided by the library.

# Saturday, April 19, 2025

#### **Karate Classes - Dacre**

Date and Time: Saturday, April 19 10:00 am - 11:00 am

Address: 111 Flat Road, Dacre

Karate Classes for Kids 4 & up at DACA Center

Saturdays 10 - 11am with Sensei Mauro Borghi.

For more information or for a registration form contact Mauro

# Sunday, April 20, 2025

#### Exercise Class - Matawatchan - PLEASE CONTACT Organizer prior to attending

Date and Time: Sunday, April 20 10:00 am - 11:00 am

Address: 1677 Frontenac Road, Griffith

#### Please Contact Andrea prior to going to check on unexpected schedule changes.

Grab a pair of running shoes and join us for Aerobics, Cardio-dance, and light weights at the Matawatchan Hall on Tuesdays, Thursdays, and Sundays from 10:00 - 11:000am.

Suggested donation of \$5/class to the Hall.

We warm up with aerobics, then have some fun with Zoomba, followed by light weights and stretching.

It feels great! Options are provided by Andrea, a trained expert for every level of experience and fitness.

Provide your email address to Andrea for updates on scheduling changes.

# Monday, April 21, 2025

# **Lions Euchre - Calabogie**

Date and Time: Monday, April 21 7:00 pm

Address: 574 Mill Street, Calabogie

Doors open at 6:30pm. Euchre games start at 7:00 pm Monday nights.

\$5.00 entry fee for 10 games of Euchre.

There is a 50/50 draw. There is a short intermission after the fifth game.

The bar is open and light snacks available at intermission.

# Tuesday, April 22, 2025

# Exercise Class - Matawatchan - PLEASE CONTACT Organizer prior to attending

Date and Time: Tuesday, April 22 10:00 am - 11:00 am

Address: 1677 Frontenac Road, Griffith

#### Please Contact Andrea prior to going to check on unexpected schedule changes.

Grab a pair of running shoes and join us for Aerobics, Cardio-dance, and light weights at the Matawatchan Hall on Tuesdays, Thursdays, and Sundays from 10:00 - 11:000am.

Suggested donation of \$5/class to the Hall.

We warm up with aerobics, then have some fun with Zoomba, followed by light weights and stretching.

It feels great! Options are provided by Andrea, a trained expert for every level of experience and fitness.

Provide your email address to Andrea for updates on scheduling changes.

#### Adult Open Art Studio - Calabogie

Date and Time: Tuesday, April 22 10:00 am - 12:00 pm

Address: Treehouse Art Studio, 729 Mill St, Calabogie

Adult Open Art Studio Tuesdays

Tuesdays 10 a.m. to 12 p.m.

Free Open Studio unless a formal workshop is arranged.

Join others with your creative projects.

# In Stitches - Calabogie

Date and Time: Tuesday, April 22 10:00 am - 11:00 am

Address: 12629 Lanark Road

This is a drop-in group for yarn creatives hosted by the library in the youth programming area (where there is co mfortable seating, and room to spread out). Bring your crochet work or your knitting, or your hooking-- we'd l ove to see you. Beginners are welcome. Experienced knitteres or crocheters are also appreciated! If you cannot come in person, but would like to participate in a yarn project, consider donating 4" x 4" (10.16 cm x 10.16 cm) squares for a community quilt to be auctioned for charity. There are so many designs to choose from. Please s ee: Granny or crochet squares

Note: A staff member at the school (St. Joseph's) believes there would be interest in an after school knitting/ cr ochet group for students. If anyone is interested in offering up their time and expertise for this program, please l et us know: gmpllc.staff@gmail.com

## Scrabble - Calabogie

Date and Time: Tuesday, April 22 1:30 pm - 3:00 pm

Address: 12629 Lanark Road

This is a drop-in program for Scrabble enthusiasts. Join other Scrabble players for an early afternoon at the library. All levels are welcome. The library will supply the game boards/ tiles, dictionaries, and refreshments.

#### Pickleball - Calabogie

Date and Time: Tuesday, April 22 5:30 pm - 7:30 pm

Address: 12629 Lanark Road

Come join-in on Tuesdays and Thursdays 5:30pm-7:30pm at St.Joseph's School, Calabogie.

No Fee, No Registration, Just show up and have fun!

Must be over 18 years of age.

For more information, please contact the Township Office

# Wednesday, April 23, 2025

### **Falls Prevention Exercise Program - Online**

Date and Time: Wednesday, April 23 9:00 am - 10:00 am

Address: Online - Zoom

This exercise program focuses on cardio, strength and balance exercises specific for Falls Prevention.

The instructor is a Kinesiologist and a Canadian Senior Fitness Instructor, and the program is HeartWise approved.

Registration and Zoom accessibility required.

For more information, contact Susan Veale.

## **Library Book Pickup/Dropoff - Griffith**

Date and Time: Wednesday, April 23 10:00 am

Address: 26047 Hwy 41, Griffith, ON

Library patrons in Ward 2 and Ward 3, who would like access to GMPLLC's physical library resources can call or email to order books, audio books, DVDs and activity kits for pickup/drop-off on prescribed dates througho ut the year. Our designated pickup/drop-off point is located in Griffith at Pine Valley Restaurant. Loan periods can be flexible. Patrons can also reserve and request materials using the <u>library catalogue</u>. Register <u>online</u> for th is program with a valid library card using this form link: <a href="https://bit.ly/LME-request-to-register">https://bit.ly/LME-request-to-register</a>

## **Village Voices Choir - Griffith**

Date and Time: Wednesday, April 23 10:00 am

Address: 25197 Hwy 41, Griffith

Come Sing With Us at Hilltop Church!

Village Voices Choir

Wednesdays at 10:00am

Secular Music, under the talented direction of Debra Green.

## **Watercolour Painting and Drawing Class - Calabogie**

Date and Time: Wednesday, April 23 10:00 am - 12:00 pm

Address: Treehouse Art Studio, 729 Mill St, Calabogie

Watercolour Painting and Drawing Class

Wednesday's 10 am - 12 pm

A minimum of 3 registrations to hold a class and a limit of 10 participants

\$40 per person Price includes tax and materials

25% Discount for Calabogie Lodge Resort members and staying guests (\$30 per person)

Register by email: schalym@gmail.com Pay by E-transfer or Cash to instructor Marlene Schaly

When registering please include how many adults and children and the children's ages.

Children 6 and under are to be accompanied by an adult. The Adult does not pay if they are there to support their young child and not to participate independently.

These classes are suitable for all skill levels and the materials used are of artist quality.

## **Heart Wise Walking Program - Dacre**

Date and Time: Wednesday, April 23 10:00 am - 11:00 am

Address: 111 Flat Road, Dacre

The Heart Wise Walking Program at the DACA Centre, every Monday and Wednesday from 10 to 11am except holiday Mondays.

If you have any questions please contact Betty

## **Chess - Calabogie**

Date and Time: Wednesday, April 23 3:45 pm - 4:45 pm

Address: 12629 Lanark Road

This is a drop-in program for Greater Madawaska youth ages 7 to 14. It will be hosted by a local parent at the li brary. Chess boards and pieces will be provided. It is expected that the majority of participants will be learning t he game--so beginners are welcome. :)

Note: If you are an adult chess player and would like to either support this program or participate in a program for adult players, please let us know: gmpllc.staff@gmail.com

# Walking Club - Calabogie

Date and Time: Wednesday, April 23 3:45 pm - 4:45 pm

Address: 12629 Lanark Road

This is an informal library drop-in program for adults (18+) on-site at 12629 Lanark in the school gymnasium. We will have a sign-in sheet at the door. Please wear comfortable shoes and clothing, and bring a bottle of wate r. All levels are welcome. Set your own pace, and count your own steps (we will have several pedometers availa ble for anyone who wishes to use this counting method). Drinking water will be available.

# 10 Healthy Habits of Financial Management - Calabogie

Date and Time: Wednesday, April 23 6:00 pm - 7:30 pm

Address: 12629 Lanark Road

This is a FREE workshop with Laura White, CPA. Please contact the library to pre-register: 613-752-2317 | g mpllc.staff@gmail.com

Laura has 35+ years of experience across a wide variety of business and accounting roles in public accounting, insurance, consulting, government, high tech and real estate. She is retired from her long-term role as a Chief Fi nancial Officer and leverages her wealth of experience and CPA expertise to provide consulting to a variety of b usinesses.

Chartered Professional Accountants of Canada (CPA Canada) is one of the largest national accounting organiza tions in the world, representing the Canadian accounting profession at the national and international levels. Lea rn more: <a href="https://www.cpacanada.ca">www.cpacanada.ca</a>

#### Learn to:

- Set goals
- Assess your financial fitness
- Practice good financial habits for improved financial security

Learning resources and light refreshments will be provided.

## **DACA Annual Meeting - Dacre**

Date and Time: Wednesday, April 23 7:00 pm

Address: 111 Flat Road, Dacre

Dacre and Area Community Association

Annual Meeting with Elections

All Are Welcome

# Thursday, April 24, 2025

#### **Exercise Class - Griffith**

Date and Time: Thursday, April 24 9:00 am - 10:00 am

Address: 25991 Hwy 41, Griffith

L.E.G. - Griffith Exercise Class at the Griffith & Matawatchan Recreation Centre (Griffith Hall)

Thursday at 9:00am

Use bands and weights and follow exercises from the Diabates Association.

Walk and wall push-ups and range of motion.

Use a ball to strengthen your fingers.

Check your Blood Pressure

All this for \$2.00 each week. With this money we donate to the Lions Car Show and Lions Christmas Food Bas kets.

We got out far an activity and lunch twice a year.

## Play & Learn at the Library - Calabogie

Date and Time: Thursday, April 24 9:30 am - 10:15 am

Address: 12629 Lanark Road, Calabogie, Located in St. Joseph School - Lower Level

Play & Learn time at the Library is held on Thursday mornings is a drop-in program for parents/guardians to att end with pre-school children (0-4 years).

Meet some parents and caregivers in our community, have a chat, read a book, and make a craft.

Thursday 9:30am - 10:15am (drop-in)

### Exercise Class - Matawatchan - PLEASE CONTACT Organizer prior to attending

Date and Time: Thursday, April 24 10:00 am - 11:00 am

Address: 1677 Frontenac Road, Griffith

#### Please Contact Andrea prior to going to check on unexpected schedule changes.

Grab a pair of running shoes and join us for Aerobics, Cardio-dance, and light weights at the Matawatchan Hall on Tuesdays, Thursdays, and Sundays from 10:00 - 11:000am.

Suggested donation of \$5/class to the Hall.

We warm up with aerobics, then have some fun with Zoomba, followed by light weights and stretching.

It feels great! Options are provided by Andrea, a trained expert for every level of experience and fitness.

Provide your email address to Andrea for updates on scheduling changes.

#### Pickleball - Calabogie

Date and Time: Thursday, April 24 5:30 pm - 7:30 pm

Address: 12629 Lanark Road

Come join-in on Tuesdays and Thursdays 5:30pm-7:30pm at St.Joseph's School, Calabogie.

No Fee, No Registration, Just show up and have fun!

Must be over 18 years of age.

For more information, please contact the Township Office

### **Archery for Everyone - Calabogie**

Date and Time: Thursday, April 24 6:30 pm - 8:00 pm

Address: 1044 Madawaska Street, Calabogie

Come and Try Archery every Thursday.

In the Calabogie United Church Hall

Free instruction and equipment supplied.

Available for all ages

# Friday, April 25, 2025

# Puzzlers - Calabogie

Date and Time: Friday, April 25 10:00 am - 11:00 am

Address: 12629 Lanark Road

This is an adult drop-in for people who enjoy puzzles. Come on out for a challenge and a chat. Refreshments wi

Ill be provided by the library.

#### **Games Night - Dacre**

Date and Time: Friday, April 25 7:00 pm

Address: 111 Flat Road, Dacre

Games Night at DACA

Every 2nd and 4th Friday of the month at 7pm, unless there are other pre-planned functions, in this case particip ants can mutually agree to reschedule.

These events consist of a variety of different games such as Euchre, Trains, or other.

Participants could bring baked goods or snacks to share and hot beverages would be supplied.

For more info contact Kerry

# Saturday, April 26, 2025

#### **Karate Classes - Dacre**

Date and Time: Saturday, April 26 10:00 am - 11:00 am

Address: 111 Flat Road, Dacre

Karate Classes for Kids 4 & up at DACA Center

Saturdays 10 - 11am with Sensei Mauro Borghi.

For more information or for a registration form contact Mauro

# **Sunday, April 27, 2025**

### Exercise Class - Matawatchan - PLEASE CONTACT Organizer prior to attending

Date and Time: Sunday, April 27 10:00 am - 11:00 am

Address: 1677 Frontenac Road, Griffith

#### Please Contact Andrea prior to going to check on unexpected schedule changes.

Grab a pair of running shoes and join us for Aerobics, Cardio-dance, and light weights at the Matawatchan Hall on Tuesdays, Thursdays, and Sundays from 10:00 - 11:000am.

Suggested donation of \$5/class to the Hall.

We warm up with aerobics, then have some fun with Zoomba, followed by light weights and stretching.

It feels great! Options are provided by Andrea, a trained expert for every level of experience and fitness.

Provide your email address to Andrea for updates on scheduling changes.

# **Monday, April 28, 2025**

# **Falls Prevention Exercise Program - Online**

Date and Time: Monday, April 28 9:00 am - 10:00 am

Address: Online - Zoom

This exercise program focuses on cardio, strength and balance exercises specific for Falls Prevention.

The instructor is a Kinesiologist and a Canadian Senior Fitness Instructor, and the program is HeartWise approv

Registration and Zoom accessibility required.

For more information, contact Susan Veale.

#### **Heart Wise Walking Program - Dacre**

Date and Time: Monday, April 28 10:00 am - 11:00 am

Address: 111 Flat Road, Dacre

The Heart Wise Walking Program at the DACA Centre, every Monday and Wednesday from 10 to 11am except holiday Mondays.

If you have any questions please contact Betty

# **Lions Euchre - Calabogie**

Date and Time: Monday, April 28 7:00 pm

Address: 574 Mill Street, Calabogie

Doors open at 6:30pm. Euchre games start at 7:00 pm Monday nights.

\$5.00 entry fee for 10 games of Euchre.

There is a 50/50 draw. There is a short intermission after the fifth game.

The bar is open and light snacks available at intermission.

#### Exercise Class - Matawatchan - PLEASE CONTACT Organizer prior to attending

Date and Time: Tuesday, April 29 10:00 am - 11:00 am

Address: 1677 Frontenac Road, Griffith

#### Please Contact Andrea prior to going to check on unexpected schedule changes.

Grab a pair of running shoes and join us for Aerobics, Cardio-dance, and light weights at the Matawatchan Hall on Tuesdays, Thursdays, and Sundays from 10:00 - 11:000am.

Suggested donation of \$5/class to the Hall.

We warm up with aerobics, then have some fun with Zoomba, followed by light weights and stretching.

It feels great! Options are provided by Andrea, a trained expert for every level of experience and fitness.

Provide your email address to Andrea for updates on scheduling changes.

## Adult Open Art Studio - Calabogie

Date and Time: Tuesday, April 29 10:00 am - 12:00 pm

Address: Treehouse Art Studio, 729 Mill St, Calabogie

Adult Open Art Studio Tuesdays

Tuesdays 10 a.m. to 12 p.m.

Free Open Studio unless a formal workshop is arranged.

Join others with your creative projects.

### In Stitches - Calabogie

Date and Time: Tuesday, April 29 10:00 am - 11:00 am

Address: 12629 Lanark Road

This is a drop-in group for yarn creatives hosted by the library in the youth programming area (where there is co mfortable seating, and room to spread out). Bring your crochet work or your knitting, or your hooking-- we'd 1 ove to see you. Beginners are welcome. Experienced knitteres or crocheters are also appreciated! If you cannot come in person, but would like to participate in a yarn project, consider donating 4" x 4" (10.16 cm x 10.16 cm) squares for a community quilt to be auctioned for charity. There are so many designs to choose from. Please s ee: Granny or crochet squares

Note: A staff member at the school (St. Joseph's) believes there would be interest in an after school knitting/ cr ochet group for students. If anyone is interested in offering up their time and expertise for this program, please l et us know: gmpllc.staff@gmail.com

#### Scrabble - Calabogie

Date and Time: Tuesday, April 29 1:30 pm - 3:00 pm

Address: 12629 Lanark Road

This is a drop-in program for Scrabble enthusiasts. Join other Scrabble players for an early afternoon at the library. All levels are welcome. The library will supply the game boards/ tiles, dictionaries, and refreshments.

#### Pickleball - Calabogie

Date and Time: Tuesday, April 29 5:30 pm - 7:30 pm

Address: 12629 Lanark Road

Come join-in on Tuesdays and Thursdays 5:30pm-7:30pm at St.Joseph's School, Calabogie.

No Fee, No Registration, Just show up and have fun!

Must be over 18 years of age.

For more information, please contact the Township Office

# Wednesday, April 30, 2025

## **Falls Prevention Exercise Program - Online**

Date and Time: Wednesday, April 30 9:00 am - 10:00 am

Address: Online - Zoom

This exercise program focuses on cardio, strength and balance exercises specific for Falls Prevention.

The instructor is a Kinesiologist and a Canadian Senior Fitness Instructor, and the program is HeartWise approved.

Registration and Zoom accessibility required.

For more information, contact Susan Veale.

## Village Voices Choir - Griffith

Date and Time: Wednesday, April 30 10:00 am

Address: 25197 Hwy 41, Griffith

Come Sing With Us at Hilltop Church!

Village Voices Choir

Wednesdays at 10:00am

Secular Music, under the talented direction of Debra Green.

## **Heart Wise Walking Program - Dacre**

Date and Time: Wednesday, April 30 10:00 am - 11:00 am

Address: 111 Flat Road, Dacre

The Heart Wise Walking Program at the DACA Centre, every Monday and Wednesday from 10 to 11am except holiday Mondays.

If you have any questions please contact Betty

### Watercolour Painting and Drawing Class - Calabogie

Date and Time: Wednesday, April 30 10:00 am - 12:00 pm

Address: Treehouse Art Studio, 729 Mill St, Calabogie

Watercolour Painting and Drawing Class

Wednesday's 10 am - 12 pm

A minimum of 3 registrations to hold a class and a limit of 10 participants

\$40 per person Price includes tax and materials

25% Discount for Calabogie Lodge Resort members and staying guests (\$30 per person)

Register by email: schalym@gmail.com Pay by E-transfer or Cash to instructor Marlene Schaly

When registering please include how many adults and children and the children's ages.

Children 6 and under are to be accompanied by an adult. The Adult does not pay if they are there to support their young child and not to participate independently.

These classes are suitable for all skill levels and the materials used are of artist quality.

# Walking Club - Calabogie

Date and Time: Wednesday, April 30 3:45 pm - 4:45 pm

Address: 12629 Lanark Road

This is an informal library drop-in program for adults (18+) on-site at 12629 Lanark in the school gymnasium. We will have a sign-in sheet at the door. Please wear comfortable shoes and clothing, and bring a bottle of wate r. All levels are welcome. Set your own pace, and count your own steps (we will have several pedometers availa ble for anyone who wishes to use this counting method). Drinking water will be available.

# **Chess - Calabogie**

Date and Time: Wednesday, April 30 3:45 pm - 4:45 pm

Address: 12629 Lanark Road

This is a drop-in program for Greater Madawaska youth ages 7 to 14. It will be hosted by a local parent at the li brary. Chess boards and pieces will be provided. It is expected that the majority of participants will be learning t he game--so beginners are welcome. :)

Note: If you are an adult chess player and would like to either support this program or participate in a program for adult players, please let us know: gmpllc.staff@gmail.com

https://calendar.greatermadawaska.com