Thursday, May 1, 2025

Senior Wellness Program (Townhall)

Date and Time: Thursday, May 1 9:30 am - 11:00 am

Address: 18 Centre Street

Boost Your Mind, Body & Spirit! Discover a program crafted to uplift and inspire seniors in our community! J oin us for **free**, engaging sessions filled with creativity, fun, and wellness tailored just for you.

What's Included:

- Art Therapy: Unwind and express yourself through the joys of art.
- Music Therapy: Experience the happiness and connection music brings.
- Fun & Games: Stay sharp, socialize, and have fun with friends.
- Physical Wellness: Gentle exercises, nutrition advice, and a healthy snack to fuel your day!
- Health & Wellness Support: Connect with a registered nurse for valuable tips, health checks, and guidance on staying well.

Locations and Dates:

Spencerville Town Hall

Thursdays, 9:30 a.m. to 11 a.m.

- Session 1: February 6 to March 13
- Session 2: April 3 to May 8

South Edwardsburgh Community Centre

Mondays, 9:30 a.m. to 11 a.m.

• Session 1: February 3 to March 31

(Excluding February 17)

• Session 2: April 7 to May 19

(Excluding April 21)

Cost: Free | Who: All seniors welcome!

<u>Register now online</u> or contact: Rachel Tremblay <u>rtremblay@twpec.ca</u> | 613-802-6774 Take charge of your wellness with the support of your community!

Open House for Battery Energy Storage Project

Date and Time: Thursday, May 1 4:00 pm - 9:00 pm

Address: 22 Ryan Street, Spencerville ON K0E 1X0

You're Invited To Our Open House!

Skyview BESS Inc. is hosting another open house for the Skyview 2 Battery Energy Storage Project ("Skyview BESS" or the "Project"), located in the Township of Edwardsburgh Cardinal. Join us to learn about the latest P roject updates, meet the Project team, ask questions, and share your feedback!

To allow people to get information when it is convenient for them, poster boards containing updated project inf ormation and maps will be displayed around the hall. Members of the Skyview BESS team, including subject m atter experts and consultants, will be available throughout the open house to answer your questions and discuss topics related to the Project that are important to you. Following the open house, meeting materials will be ma de available on the <u>Project website</u>. We look forward to meeting with you!

If you have any questions, comments, or would like to be added to our mailing list, please contact:

Keaton Lever Senior Project Manager, Development & Origination (647) 248-7946 info@skyview2bess.ca

Indoor Pickleball

Date and Time: Thursday, May 1 6:00 pm - 8:00 pm

Address: 22 Sloan St. Spencerville

Pickleball will be available in the Spencerville Arena on Tuesday and Thursday evenings from 6 pm to 8 pm sta rting Tuesday, April 15, 2025. We ask all participants to bring appropriate indoor running shoes.

Saturday, May 3, 2025

Standard First Aid Course

Date and Time: Saturday, May 3 9:00 am - 5:00 pm

Address: 24 Sutton Dr Johnstown

This course provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incor porates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid, including legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injur ies, chest injuries, and medical emergencies. Includes CPR-C certification. The first aid program is not restricte d to aquatic candidates; it will also benefit non-aquatic staff (camp, playground, maintenance, etc.) and the gene ral public.

No prerequisites (recommend 12 years of age)

Course dates:

• May 3 and 4, 2025 from 9 a.m. to 5 p.m. at the <u>South Edwardsburgh Community</u> Centre (24 Sutton Dr, Johnstown).

Total course fee is \$140

Sunday, May 4, 2025

Standard First Aid Course

Date and Time: Sunday, May 4 9:00 am - 5:00 pm

Address: 24 Sutton Dr Johnstown

This course provides comprehensive training covering all aspects of first aid and CPR. Standard First Aid incor porates all of Emergency First Aid and is designed for those who require a more in-depth understanding of first aid, including legal implications of first aid treatment, spinal injuries, heat or cold injuries, bone and joint injur ies, chest injuries, and medical emergencies. Includes CPR-C certification. The first aid program is not restricte d to aquatic candidates; it will also benefit non-aquatic staff (camp, playground, maintenance, etc.) and the gene ral public.

No prerequisites (recommend 12 years of age)

Course dates:

• May 3 and 4, 2025 from 9 a.m. to 5 p.m. at the <u>South Edwardsburgh Community</u> Centre (24 Sutton Dr, Johnstown).

Total course fee is \$140

Monday, May 5, 2025

EarlyON Play and Learn

Date and Time: Monday, May 5 9:30 am - 11:30 am

Address: 4050 Dishaw St, Cardinal

A free drop-in program for families and their children from birth to six years. Children have the opportunity to l earn in a play-based environment. Community guests visit the program and community information is available . For more information, contact the EarlyON Child and Family Centre at 1-866-433-8933 ext.2374.

Please Note: Early ON does not run on snowdays.

Tuesday, May 6, 2025

Adult Fitness Class

Date and Time: Tuesday, May 6 6:00 pm - 7:00 pm

Address: 24 Sutton Dr Johnstown

This winter we will be offering a boot camp style fitness class for adults, this program will run at the **South Ed wardsburgh Community Centre**. All fitness classes are taught by our energetic instructor. Adult Fitness Class will begin March. Payment is due with <u>registration</u> and refunds will not be issued.

Dates: March 4, 18, April 1, 8, 15, 22, May 6 and 13.

Time: 6 p.m. to 7 p.m. Cost: Eight classes for \$50.00

Participants are asked to bring indoor shoes, water and a yoga mat or towel. Participants are also asked to fill o ut a <u>Par Q Plus</u> form and bring it to the first class.

Indoor Pickleball

Date and Time: Tuesday, May 6 6:00 pm - 8:00 pm

Address: 22 Sloan St. Spencerville

Pickleball will be available in the Spencerville Arena on Tuesday and Thursday evenings from 6 pm to 8 pm sta rting Tuesday, April 15, 2025. We ask all participants to bring appropriate indoor running shoes.

Thursday, May 8, 2025

Senior Wellness Program (Townhall)

Date and Time: Thursday, May 8 9:30 am - 11:00 am

Address: 18 Centre Street

Boost Your Mind, Body & Spirit! Discover a program crafted to uplift and inspire seniors in our community! J oin us for **free**, engaging sessions filled with creativity, fun, and wellness tailored just for you.

What's Included:

- Art Therapy: Unwind and express yourself through the joys of art.
- Music Therapy: Experience the happiness and connection music brings.
- Fun & Games: Stay sharp, socialize, and have fun with friends.
- Physical Wellness: Gentle exercises, nutrition advice, and a healthy snack to fuel your day!
- Health & Wellness Support: Connect with a registered nurse for valuable tips, health checks, and guidance on staying well.

Locations and Dates:

Spencerville Town Hall

Thursdays, 9:30 a.m. to 11 a.m.

- Session 1: February 6 to March 13
- Session 2: April 3 to May 8

South Edwardsburgh Community Centre

Mondays, 9:30 a.m. to 11 a.m.

• Session 1: February 3 to March 31

(Excluding February 17)

• Session 2: April 7 to May 19

(Excluding April 21)

Cost: Free | Who: All seniors welcome!

<u>Register now online</u> or contact: Rachel Tremblay <u>rtremblay@twpec.ca</u> | 613-802-6774 Take charge of your wellness with the support of your community!

Indoor Pickleball

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

Address: 22 Sloan St. Spencerville

Pickleball will be available in the Spencerville Arena on Tuesday and Thursday evenings from 6 pm to 8 pm sta rting Tuesday, April 15, 2025. We ask all participants to bring appropriate indoor running shoes.

Monday, May 12, 2025

EarlyON Play and Learn

Date and Time: Monday, May 12 9:30 am - 11:30 am

Address: 4050 Dishaw St, Cardinal

A free drop-in program for families and their children from birth to six years. Children have the opportunity to l earn in a play-based environment. Community guests visit the program and community information is available . For more information, contact the EarlyON Child and Family Centre at 1-866-433-8933 ext.2374.

Please Note: Early ON does not run on snowdays.

Spencerville Agricultural Society, May Meeting

Date and Time: Monday, May 12 7:00 pm - 9:00 pm

Address: 22 Ryan Street

Spencerville Agricultural Society, May Meeting

Next Meeting: Monday, May 12, 2025

Meeting: 7:00 pm

Address: 22 Ryan Street, Spencerville Ontario

If you are interested in joining our committee, please email <u>info@spencervillefair.ca</u> to receive all of the meetin g details.

Tuesday, May 13, 2025

Adult Fitness Class

Date and Time: Tuesday, May 13 6:00 pm - 7:00 pm

Address: 24 Sutton Dr Johnstown

This winter we will be offering a boot camp style fitness class for adults, this program will run at the **South Ed wardsburgh Community Centre**. All fitness classes are taught by our energetic instructor. Adult Fitness Class will begin March. Payment is due with <u>registration</u> and refunds will not be issued.

Dates: March 4, 18, April 1, 8, 15, 22, May 6 and 13.

Time: 6 p.m. to 7 p.m. Cost: Eight classes for \$50.00

Participants are asked to bring indoor shoes, water and a yoga mat or towel. Participants are also asked to fill o ut a <u>Par Q Plus</u> form and bring it to the first class.

Indoor Pickleball

Date and Time: Tuesday, May 13 6:00 pm - 8:00 pm

Address: 22 Sloan St. Spencerville

Pickleball will be available in the Spencerville Arena on Tuesday and Thursday evenings from 6 pm to 8 pm sta rting Tuesday, April 15, 2025. We ask all participants to bring appropriate indoor running shoes.

Thursday, May 15, 2025

Safeguard Course

Date and Time: Thursday, May 15 5:00 pm - 9:00 pm

Address: 24 Sutton Dr. Johnstown

The Safeguard course provides safety supervision training for guardians (e.g., day camp counsellors, leaders-intraining and others) who accompany groups of young people to pools or waterfronts. The course stresses the re sponsibility undertaken by these group leaders for safeguarding the young people in their care, even when under lifeguard supervision.

Safeguard focuses on water safety awareness, accident prevention and the principles of aquatic safety supervisi on. Participants will learn how to identify hazards and at-risk behaviours, recognize potential victims, and respo nd safely in an aquatic emergency.

Participants must be 13 years of age. Total course fee is \$45 per person.

Course training date options:

• Thursday, May 15, 2025 from 5 p.m. to 9 p.m. (In-Person) <u>South Edwardsburgh Community Centre</u> (24 Sutton Dr, Johnstown)

Indoor Pickleball

Date and Time: Thursday, May 15 6:00 pm - 8:00 pm

Address: 22 Sloan St. Spencerville

Pickleball will be available in the Spencerville Arena on Tuesday and Thursday evenings from 6 pm to 8 pm sta rting Tuesday, April 15, 2025. We ask all participants to bring appropriate indoor running shoes.

Saturday, May 17, 2025

Kemptville Buskerfest

Date and Time: Saturday, May 17 10:00 am - 5:00 pm

Address: Kemptville

Live Action & Fun Galore

Kemptville Buskerfest *presented by Urbandale Construction* is a free one day event celebrating unique street t alent, immersing you in the sublime. Featuring street performers, musicians, comedy, and fun for the entire fam ily. Audience members will be taken on a journey of awe, shock and amazement through the historic storytellin g and fun that can be found in our downtown core. You won't want to miss out on the activities planned includ ing breathtaking acts, unique vendors and interactive entertainment. Kemptville Buskerfest has just begun to m

ake its mark in our historic downtown and excited to bring more action, excitement, and wonder to our local co mmunity each year.

Free parking at the North Grenville Municipal Centre and free parking shuttle service to and from the e vent are available!

Monday, May 19, 2025

EarlyON Play and Learn

Date and Time: Monday, May 19 9:30 am - 11:30 am

Address: 4050 Dishaw St, Cardinal

A free drop-in program for families and their children from birth to six years. Children have the opportunity to l earn in a play-based environment. Community guests visit the program and community information is available . For more information, contact the EarlyON Child and Family Centre at 1-866-433-8933 ext.2374.

Please Note: Early ON does not run on snowdays.

Tuesday, May 20, 2025

Indoor Pickleball

Date and Time: Tuesday, May 20 6:00 pm - 8:00 pm

Address: 22 Sloan St. Spencerville

Pickleball will be available in the Spencerville Arena on Tuesday and Thursday evenings from 6 pm to 8 pm sta rting Tuesday, April 15, 2025. We ask all participants to bring appropriate indoor running shoes.

Wednesday, May 21, 2025

Mother's Day Brunch

Date and Time: Wednesday, May 21 8:00 am

Address: Roebuck Community Centre

Join us for a delicious, homemade brunch on Sunday, May 11, between 8:00 a.m. 1:00 p.m. at the Roebuck Co mmunity Hall to celebrate all the wonderful mothers out there and to support Sherwood Park Manor's resident spa.

Tickets are \$20 pp and free for children under 6, payable at the door.

Menu:

Scrambled egg, sausages, ham, homemade baked beans, home fries, pancakes, desserts, coffee, tea and juice

Thursday, May 22, 2025

Swimming Lesson Registration

Date and Time: Thursday, May 22 4:00 pm - 7:00 pm

Address: 24 Sutton Dr. Johnstown

Swim program registration

Both Johnstown and Cardinal community pools will offer swimming lessons through the Lifesaving Society's Swim for Life and Lifesaving Instructional Program. Lessons emphasize in-water practice to develop strong sw imming strokes and skills, along with Water Smart education that lasts a lifetime.

Please note registration will be based on a first come, first served basis. Below are three in-person registration dates:

- Thursday, May 22, 2025, from 4 p.m. to 7 p.m. at the South Edwardsburgh Community Centre
- Saturday, May 24, 2025, from 9 a.m. to 12 p.m. at the South Edwardsburgh Community Centre
- Thursday, May 29, 2025, from 4 p.m. to 7 p.m. at the Ingredion Centre

Indoor Pickleball

Date and Time: Thursday, May 22 6:00 pm - 8:00 pm

Address: 22 Sloan St. Spencerville

Pickleball will be available in the Spencerville Arena on Tuesday and Thursday evenings from 6 pm to 8 pm sta rting Tuesday, April 15, 2025. We ask all participants to bring appropriate indoor running shoes.

Saturday, May 24, 2025

Swimming Lesson Registration

Date and Time: Saturday, May 24 9:00 am - 12:00 pm

Address: 24 Sutton Dr. Johnstown

Swim program registration

Both Johnstown and Cardinal community pools will offer swimming lessons through the Lifesaving Society's

Swim for Life and Lifesaving Instructional Program. Lessons emphasize in-water practice to develop strong sw imming strokes and skills, along with Water Smart education that lasts a lifetime.

Please note registration will be based on a first come, first served basis. Below are three in-person registration dates:

- Thursday, May 22, 2025, from 4 p.m. to 7 p.m. at the South Edwardsburgh Community Centre
- Saturday, May 24, 2025, from 9 a.m. to 12 p.m. at the South Edwardsburgh Community Centre
- Thursday, May 29, 2025, from 4 p.m. to 7 p.m. at the Ingredion Centre

2025 Canoe Poker Run

Date and Time: Saturday, May 24 9:00 am - 1:00 pm

Address: Spencerville

Join us for a delightful spring morning paddle on the scenic South Nation River and support a great cause, the S pencerville Mill & Museum! Bring your kayaks, canoes, or preferred paddling vessels and get ready for an adve nture.

For those needing to borrow a vessel, contact Brian at 613-340-2552 to reserve one as soon as possible, as ava ilability is limited. This opportunity is made possible through our partnership with the Grenville Fish and Game Club. On the morning of the event, head to the club trailer to pick up your reserved vessel.

Don't forget to pack bug spray, sunscreen, a sun hat, and a water bottle for a comfortable journey. Safety is para mount, so please ensure you have all required safety equipment in your vessel.

We'll be launching from O'Hagan's Bridge (near 5825 County Road 18, a private residence), just 8 km north of Prescott. Registration opens at 8:30 a.m., and we kindly ask that you arrive no earlier. To ensure smooth traffic flow and minimal disruption to local residents, please park your vehicles safely along McCrea Road. There will be a designated area near registration for unloading vessels. However, vehicles must be moved to McCrea Road immediately after unloading.

Upon arrival, stop by registration to collect your first poker card and say hello! We can't wait to welcome you a nd kick off this exciting day!

During the paddle, volunteers will be stationed at each bridge to give you a playing card as part of your poker h and. Shout out the number on the back of your first card, and they'll mark it and pass it to you. Good luck!

After your paddle adventure, volunteers will assist you in getting your vessel out of the water. Please ensure to move your canoe or kayak away from the dock and gravel area promptly to make room for other paddlers.

Take advantage of the public washrooms inside the mill and explore our exhibits depicting a 1930's Grist Mill. Lunch will be provided to registered participants in the Spencerville Mill Park, courtesy of the Spencerville & District Optimist Club. CHOOSE LUNCH OPTIONS WHEN BUYING TICKETS!

A shuttle service will be available to take participants back to the start to retrieve their vehicles. Please obey par king signs and keep the gravel area in front of the Mill clear for loading and unloading.

Prizes totaling \$500 in cash will be awarded to participants with the best poker hands. To be eligible, complete the paddle route and be in the park by 12:30 p.m. for the prize ceremony.

Above all, remember to enjoy and have fun! We're thrilled to host you, your family and friends! In 2023, we wel comed over 250 paddlers, our biggest Canoe Poker Run ever!

Thank you for supporting the Spencerville Mill Foundation and the Spencerville Mill & Museum

Monday, May 26, 2025

EarlyON Play and Learn

Date and Time: Monday, May 26 9:30 am - 11:30 am

Address: 4050 Dishaw St, Cardinal

A free drop-in program for families and their children from birth to six years. Children have the opportunity to l earn in a play-based environment. Community guests visit the program and community information is available . For more information, contact the EarlyON Child and Family Centre at 1-866-433-8933 ext.2374.

Please Note: Early ON does not run on snowdays.

Tuesday, May 27, 2025

Indoor Pickleball

Date and Time: Tuesday, May 27 6:00 pm - 8:00 pm

Address: 22 Sloan St. Spencerville

Pickleball will be available in the Spencerville Arena on Tuesday and Thursday evenings from 6 pm to 8 pm sta rting Tuesday, April 15, 2025. We ask all participants to bring appropriate indoor running shoes.

Thursday, May 29, 2025

Swimming Lesson Registration

Date and Time: Thursday, May 29 4:00 pm - 7:00 pm

Address: 4050 Dishaw St. Cardinal

Swim program registration

Both Johnstown and Cardinal community pools will offer swimming lessons through the Lifesaving Society's Swim for Life and Lifesaving Instructional Program. Lessons emphasize in-water practice to develop strong sw imming strokes and skills, along with Water Smart education that lasts a lifetime.

Please note registration will be based on a first come, first served basis. Below are three in-person registration dates:

- Thursday, May 22, 2025, from 4 p.m. to 7 p.m. at the South Edwardsburgh Community Centre
- Saturday, May 24, 2025, from 9 a.m. to 12 p.m. at the South Edwardsburgh Community Centre
- Thursday, May 29, 2025, from 4 p.m. to 7 p.m. at the Ingredion Centre

Indoor Pickleball

Date and Time: Thursday, May 29 6:00 pm - 8:00 pm

Address: 22 Sloan St. Spencerville

Pickleball will be available in the Spencerville Arena on Tuesday and Thursday evenings from 6 pm to 8 pm sta rting Tuesday, April 15, 2025. We ask all participants to bring appropriate indoor running shoes.

Saturday, May 31, 2025

Johnstown Dog Park Social

Date and Time: Saturday, May 31 1:00 pm - 3:00 pm

Address: 24 Sutton Dr. Johnstown

Join Us for the Johnstown Park Social!

Bring your furry friends and join us at Johnstown Park on May 31st from 1 P.M. to 3 P.M. for a tail-wagging go od time! Hosted by the South Edwardsburgh Recreation Association, this event welcomes all dogs to enjoy a fu n-filled afternoon with door prizes and special goody bags for the pups to take home. Don't miss out on this pa wsome community event!

https://calendar.twpec.ca