

Wednesday, January 8, 2025

Chair Yoga at The River Den, Isabel Morris Park, Lakefield

Date and Time: Wednesday, January 8 11:00 am - 11:45 am

Address: Box 885, 7 Victoria Avenue, Lakefield, ON K0L 2H0

Please join Tracey in this popular chair yoga class at The River Den, Isabel Morris Park, Lakefield. This is a "pay-what-you-can" class - suggested \$5-\$15/class. Space is limited, so please contact Tracey by phone or email to secure your spot.

In this class, Tracey prioritizes the well-being of all participants by incorporating gentle and accessible yoga poses, either while seated or with the support of a chair. Tracey will guide you through movements that promote strength and mobility and encourage mindfulness and relaxation. Each practice is thoughtfully crafted to cater to various levels, ensuring a safe and enjoyable experience. We will have fun!

In addition, the Chair Yoga series aims to provide you with short and easy-to-follow home practices, empowering you to continue your wellness journey in the comfort of your own space. Integrating 5 to 10 minutes of mindful movements into your daily routine will help you maintain and improve your strength, mobility, and overall well-being, promoting a healthier and more vibrant lifestyle.

There is no age requirement for this class. It is open to all and suitable for anyone wanting to introduce and maintain daily movement.

Wednesday, January 15, 2025

Chair Yoga at The River Den, Isabel Morris Park, Lakefield

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Wednesday, January 22, 2025

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Tuesday, January 28, 2025

CanBoat Peterborough's Basic Navigation & Boat Handling Course

Date and Time: Tuesday, January 28 7:00 pm

Address: Online

BASIC NAVIGATION AND BOAT HANDLING is being offered ONLINE this January by your local training team in Peterborough Ontario.

This course is being offered locally by our volunteers at CanBoat Peterborough (CPS-ECP). We are offering t

his by our team strictly online... no classroom to visit!

It focuses on improving your knowledge, understanding, and skills in navigation and boat safety topics.

The virtual classroom version of the course cover the fundamentals of traditional navigation – understanding global coordinates, using a magnetic compass, and planning a cruise using paper charts.

Boat handling topics include operator and crew responsibilities, managing onboard emergencies, collision avoidance rules, anchoring techniques, docking/undocking techniques, and understanding marine weather forecasts, and tide/current tables.

Also our online and virtual classroom versions of the course, cover all the topics offered in the classroom version plus navigation with electronic devices, such as phones, tablets, and chart plotters. All versions of the course include quizzes to check your understanding of the topics, navigation practice exercises, course notes, and a final exam, that if you complete with 75% or higher, may lower your boat insurance.

Discounts apply for early enrolment and also further discounts if you are a current CPS-ECP member!

Start Date: Jan 28th, 2025

Start Time: 7:01 PM. EST Weekly Tuesdays

Contact:

Leigh Mellow

leigh.mellow@gmail.com

Discounts are available for early enrollment and current members!

Go To Courses at www.cps-ecp.ca

Look for ‘Basic Navigation and Boat Handling’

Scroll down to “ONLINE”

Then look for “PETERBOROUGH”

Or

Visit our website for the link

www.peterboroughsafeboating.org

Wednesday, January 29, 2025

Chair Yoga at The River Den, Isabel Morris Park, Lakefield

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Friday, January 31, 2025

Lakefield Chocolate Creations Festival

Date and Time: Friday, January 31 9:00 am - 5:00 pm

Address: P.O. Box 1141 Lakefield, ON K0L 2H0

Feature Image:

[5th Annual Lakefield Chocolate Creations Festival \(formerly Lakefield Hot Chocolate Festival\)](#)

GET READY FOR A CHOCOLATEY CELEBRATION LIKE NO OTHER! We have expanded our categories from Hot Chocolate to everything chocolate. The concept of picking the best chocolate creation remains but now businesses can compete in one of three categories.

This year's Lakefield Chocolate Creations Festival invites you to indulge in delicious treats, support local businesses, and cast your vote for the best creations in town. Here's how it works:

Dates

Friday, January 31st to Tuesday, February 18th, 2025

Categories (Food, Drink, Creativity)

Lakefield restaurants/bakeries/cafes participate by designing their own unique chocolate creation (one) in one of two categories (FOOD or DRINK—note: hot or cold). Establishments offering a spirited chocolate-themed drink must have a family-friendly (non-alcoholic) option available

Lakefield merchants (not covered above) will be participating in the Creativity category by designing unique "think outside the box," chocolate-themed creations (food, drink or otherwise).

How to Participate as a Customer

Join the fun by visiting participating Lakefield establishments.

Purchase their specialty chocolate creations, and don't forget to cast your vote for your favourite!

Voting is easy and can be done at any participating establishment or online through our Facebook and Instagram pages.

Voting Rules

To vote, a purchase is required.

Customers can vote more than once but only once per merchant, and votes may be submitted in several ways:

- At the location of purchase.
- At any participating establishment.
- Online via our social media platforms.

Votes are not required to be deposited at the location of choice.

Full names and a contact number or email must be on each vote.

Please make sure you ask for a ballot and know where the ballot box is.

Help us crown this year's Chocolate Champions while supporting local businesses. Proceeds will be used to support local organizations and families in need. Stay tuned (on facebook) for a list of participating locations and their exciting creations. Let the chocolate festivities begin!

Click on the event link to get all the latest info. <https://www.facebook.com/share/p/18nCw13mDM/?mibextid=wwXIfr>

PolarFest

Date and Time: Friday, January 31 9:00 am

Address: Throughout Selwyn Township

Feature Image:

PolarFest is an exciting family festival, offering something for everyone to enjoy! A weekend full of laughter, friendly competition and the enjoyment of winter.

Choose from activities for the young and the young at heart, including:

- Opening Ceremony with fireworks display
- Polar Paddle
- Guns & Hoses Charity Hockey Game
- Ice Carvings
- For the very brave - the [BEL Rotary Polar Plunge!](#)

For all of the details on PolarFest events, visit the [PolarFest website!](#)

<https://events.selwyntownship.ca>