

## Wednesday, April 2, 2025

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

Date and Time: Wednesday, April 2 11:15 am - 12:00 pm

Address: Box 885, 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.**

## Thursday, April 3, 2025

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### Seedling Fundraiser

Date and Time: Thursday, April 3 8:30 am

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

Feature Image:

Time to start thinking about planting  needs for the spring. Our annual SEEDLING fundraiser has begun . An assortment of fruit, shrub and tree seedlings are available for purchase at \$15 each (NEW PRICE) and are a minimum of 2 years old.

Check out the poster for seedling choices  and contact information .

We have brought back some old favourites, including our popular fruit bushes. We also have 5 NEW options and yes, more deciduous trees and shrubs!!! Visit our Facebook page for more details on each seedling.

Order by May 12, pick up and pay on May 17<sup>th</sup>  from 9 to 11 am at Kingdon U-Stor It in Lakefield (beside U1 tramar).

Proceeds will be used to support local organizations and families in need.

## Monday, April 7, 2025

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### Seedling Fundraiser

Date and Time: Monday, April 7 8:30 am

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

Feature Image:

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## Wednesday, April 9, 2025

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

Date and Time: Wednesday, April 9 11:15 am - 12:00 pm

Address: Box 885, 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.

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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.**

## **Friday, April 11, 2025**

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### **Seedling Fundraiser**

Date and Time: Friday, April 11 8:30 am

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

Feature Image:

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Order by May 12, pick up and pay on May 17<sup>th</sup>  from 9 to 11 am at Kingdon U-Stor It in Lakefield (beside U1 tramar).

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## **Monday, April 14, 2025**

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### **Lakefield Community Easter Blessing**

Date and Time: Monday, April 14 5:00 pm

Address: 25 Bridge St. Lakefield

Feature Image:

Donate \$25 grocery gift cards (or cash/cheque) to help provide an Easter meal for a youth and/or family in the Lakefield community. Lakefield Youth Unlimited will distribute 100% of your donation to local schools, and outreach workers to provide needed food for Easter meals.

Donation due date is Monday, April 14, 2025

In Person: LYU Barn, 25 Bridge Street, Tuesdays and Thursdays, 8:30 a.m. - 4:30 p.m.

Online: [lakefieldyouthunlimited.com](http://lakefieldyouthunlimited.com) Note: Easter Blessing in the comment box.

By Mail: PO Box 1178, Lakefield, ON K0L 2H0. Cheques payable to Youth Unlimited (Memo: LYU Easter Blessing)

E-Transfer: [donate@youthunlimitedkaw.com](mailto:donate@youthunlimitedkaw.com) (designate to LYU Easter Blessing; provide contact details if wanting tax receipt)

Thank you!

For more info: 705.651.0156 / [lakefield@youthunlimitedkaw.com](mailto:lakefield@youthunlimitedkaw.com)

## Tuesday, April 15, 2025

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### Seedling Fundraiser

Date and Time: Tuesday, April 15 8:30 am

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

Feature Image:

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Order by May 12, pick up and pay on May 17<sup>th</sup>  from 9 to 11 am at Kingdon U-Stor It in Lakefield (beside Ultramart).

Proceeds will be used to support local organizations and families in need.

## Wednesday, April 16, 2025

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

Date and Time: Wednesday, April 16 11:15 am - 12:00 pm

Address: Box 885, 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.

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

## Saturday, April 19, 2025

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### Seedling Fundraiser

Date and Time: Saturday, April 19 8:30 am

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

Feature Image:

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Proceeds will be used to support local organizations and families in need.

## Wednesday, April 23, 2025

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### Seedling Fundraiser

Date and Time: Wednesday, April 23 8:30 am

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

Feature Image:

Time to start thinking about planting  needs for the spring. Our annual SEEDLING fundraiser has begun .

An assortment of fruit, shrub and tree seedlings are available for purchase at \$15 each (NEW PRICE) and are a minimum of 2 years old.

Check out the poster for seedling choices [□□□](#) and contact information [□](#).

We have brought back some old favourites, including our popular fruit bushes. We also have 5 NEW options and yes, more deciduous trees and shrubs!!! Visit our Facebook page for more details on each seedling. [□](#)

Order by May 12, pick up and pay on May 17<sup>th</sup> [□](#) from 9 to 11 am at Kingdon U-Stor It in Lakefield (beside Ultramara).

Proceeds will be used to support local organizations and families in need.

## Sunday, April 27, 2025

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### Seedling Fundraiser

Date and Time: Sunday, April 27 8:30 am

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

Feature Image:

Time to start thinking about planting [□](#) needs for the spring. Our annual SEEDLING fundraiser has begun [□](#). An assortment of fruit, shrub and tree seedlings are available for purchase at \$15 each (NEW PRICE) and are a minimum of 2 years old.

Check out the poster for seedling choices [□□□](#) and contact information [□](#).

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Order by May 12, pick up and pay on May 17<sup>th</sup> [□](#) from 9 to 11 am at Kingdon U-Stor It in Lakefield (beside Ultramara).

Proceeds will be used to support local organizations and families in need.

<https://events.selwyntownship.ca>