

Tuesday, June 3, 2025

Summer Raffle

Date and Time: Tuesday, June 3 10:00 am

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

Feature Image:

Lakefield & District Lions and Lakefield Village Lions are partnering up for a Summer Raffle offering \$20,000 in cash prizes, with proceeds benefiting the PRHC Foundation - Pediatric Cancer Care and other registered charities.

The raffle features three major cash prizes:

Grand Prize: \$15,000

2nd Prize: \$3,000

3rd Prize: \$2,000

Tickets are \$10 each and will be available starting mid-May. Draw will be October 1st at 8 pm at the Marshland Centre.

Tickets will be sold by members of each club within Lakefield and the surrounding community.

Tickets will also be available for purchase at select local businesses, including:

- ✓ Scott Concrete
- ✓ Shakers Diner
- ✓ Lakefield Rental
- ✓ NAPA Lakefield
- ✓ Selwyn Restaurant
- ✓ I.D.A. Pharmacy

A more detailed list of businesses will be shared in the upcoming weeks.

We are proud to join forces to support causes that matter to our community. Funds raised will help improve local healthcare and support a range of charitable efforts.

This raffle is a great way for people to support local needs while having a chance to win significant prizes. Two Lions clubs working together ☐☐☐☐♥ to help our local community, what could be better!

For more information, follow the clubs on Facebook or Instagram or contact Bill at 705-652-3588 or Marilyn at 289-928-6795.

#summerraffle #prhcfoundation #lakefieldanddistrictlions #lakefieldvillagelions

Community Care: Bodies in Balance

Date and Time: Tuesday, June 3 10:15 am - 10:45 am

Address: 549 Ennis Road, Ennismore

Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.

Community Care: Chair Yoga

Date and Time: Tuesday, June 3 11:00 am - 12:00 pm

Address: 549 Ennis Road, Ennismore

Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.

Community Care: Euchre Club - Progressive Drop in

Date and Time: Tuesday, June 3 1:00 pm - 3:00 pm

Address: 549 Ennis Road, Ennismore

Come Down from Up River

Date and Time: Tuesday, June 3 8:00 pm

Address: 2300 Pigeon Lake Road

Feature Image:

***Come Down from Up River* by Norm Foster**

Shaver Bennett has spent most of his life in solitude, working as a logger in the forests of New Brunswick. After two decades apart, he unexpectedly shows up at the city home of his estranged sister's daughter. His niece, Bonnie, having no fond memories of her uncle, worries about introducing him back into her life...and to her wife, Liv.

What follows is a hilarious and tender story of reconnection.

Wednesday, June 4, 2025

Chair (and Brain) Yoga at The River Den, Isabel Morris Park, Lakefieldddd

Date and Time: Wednesday, June 4 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. In addition, as a certified Brain Longevity™ Specialist, Tracey will introduce you to "Brain Yoga" and meditation. We will have fun!

This 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.

This four-week series will end June 11, 2025. However, classes will resume on September 24, 2025!

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, June 5, 2025

Community Care: Zumba Gold

Date and Time: Thursday, June 5 9:00 am - 10:00 am

Address: 507 Ennis Road, Ennismore: Ennismore Heritage Art Space Centre

Fun low-impact cardio dance moves designed for older adults

Community Care: Chair Yoga Dance

Date and Time: Thursday, June 5 10:15 am - 11:15 am

Address: 549 Ennis Road, Ennismore

Uplifting dance inspired yoga class to improve memory, increase flexibility and improve overall balance and coordination. A fun way to tone your muscles and challenge your endurance

Community Care: Chair Yoga

Date and Time: Thursday, June 5 11:30 am - 12:30 pm

Address: 549 Ennis Road, Ennismore

Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability

Desperate to be Doris

Date and Time: Thursday, June 5 8:00 pm

Address: 2300 Pigeon Lake Road

Feature Image:

Depserate to be Doris by Sue Ryding & Maggie Fox - Canadian Premiere

Dean spends his days working at a mail-order pajama company, but at night he's a legend in his living room, singing like the great Doris Day. When his operatic society decides to stage *Calamity Jane*, Dean wonders if this could be his moment to truly shine. With the backdrop of some of Doris Day's greatest hits, this comedy is a humorous tale of self-discovery, courage, and the power of following your dreams.

Friday, June 6, 2025

Community Care: Zumba Toning

Date and Time: Friday, June 6 9:00 am - 10:00 am

Address: 507 Ennis Road, Ennismore: Ennismore Heritage Art Space Centre

- Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes, and core. Bring light hand weights

Desperate to be Doris

Date and Time: Friday, June 6 8:00 pm

Address: 2300 Pigeon Lake Road

Feature Image:

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Saturday, June 7, 2025

Desperate to be Doris

Date and Time: Saturday, June 7 8:00 am

Address: 2300 Pigeon Lake Road

Feature Image:

Depserate to be Doris by Sue Ryding & Maggie Fox - Canadian Premiere

Dean spends his days working at a mail-order pajama company, but at night he's a legend in his living room, singing like the great Doris Day. When his operatic society decides to stage *Calamity Jane*, Dean wonders if this could be his moment to truly shine. With the backdrop of some of Doris Day's greatest hits, this comedy is a humorous tale of self-discovery, courage, and the power of following your dreams.

LAWS Doggie Dash 2025: Raising funds for Lakefield Animal Welfare Society

Date and Time: Saturday, June 7 12:00 pm

Address: Isabel Morris Park: 20 Concession Street, Lakefield

You and your pup can make a difference.

As the number of animals needing help in our community continues to rise, you can be their hero – and all you have to do is walk! Join us for the **2025 LAWS Doggie Dash**, a fun-filled dog walk to fundraise for the Lakefield Animal Welfare Society! On June 7, 2025 we will gather in the park and kick off the walk together. By joining us, you and your dog will help rescue, rehabilitate and find forever homes for more dogs and cats in the community.

Event Details:

- **Date:** June 7, 2025
- **Location:** Isabel Morris Park, Selwyn
- **Start Time:** Registration will open at 12:00 pm with the walk kicking off at 1:00 pm!
- **Distance:** Participants can choose from two walking distances: 1.5km or 2.5km. To join the walk, each participant must raise a minimum of \$100.

Enjoy a post-walk social with music, shopping (for yourself and your pet!), and refuel with delicious food from our vendors.

See you there!

Doggie Dash 2025

Date and Time: Saturday, June 7 1:00 pm - 4:00 pm

Address: Isabel Morris Park, Selwyn

Feature Image:

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As the number of animals needing help in our community continues to rise, you can be their hero – and all you have to do is walk! Join us for the **2025 LAWS Doggie Dash**, a fun-filled dog walk to fundraise for the Lakefield Animal Welfare Society! On June 7, 2025 we will gather in the park and kick off the walk together. By joining us, you and your dog will help rescue, rehabilitate and find forever homes for more dogs and cats in the community.

Event Details:

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- **Location:** Isabel Morris Park, Selwyn
- **Start Time:** Registration will open at 12:00 pm with the walk kicking off at 1:00 pm!
- **Distance:** Participants can choose from two walking distances: 1.5km or 2.5km. To join the walk, each participant must raise a minimum of \$100. Register as an individual or as a team
<https://www.lakefieldanimalwelfare.org/doggiedash/>

Enjoy a post-walk social with music, shopping (for yourself and your pet!), and refuel with delicious food from our vendors.

See you there!

Sunday, June 8, 2025

Summer Raffle

Date and Time: Sunday, June 8 10:00 am

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

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#summerraffle #prhcfoundation #lakefieldanddistrictlions #lakefieldvillagelions

Tuesday, June 10, 2025

Community Care: Bodies in Balance

Date and Time: Tuesday, June 10 10:15 am - 10:45 am

Address: 549 Ennis Road, Ennismore

Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.

Community Care: Chair Yoga

Date and Time: Tuesday, June 10 11:00 am - 12:00 pm

Address: 549 Ennis Road, Ennismore

Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.

Community Care: Euchre Club - Progressive Drop in

Date and Time: Tuesday, June 10 1:00 pm - 3:00 pm

Address: 549 Ennis Road, Ennismore

Wednesday, June 11, 2025

Community Care: Wellness Café – Understanding Blood Pressure with Melissa McNamara from Ontario Health at Home

Date and Time: Wednesday, June 11 10:30 am - 12:00 pm

Address: 549 Ennis Road, Ennismore

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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.

Thursday, June 12, 2025

Community Care: Zumba Gold

Date and Time: Thursday, June 12 9:00 am - 10:00 am

Address: 507 Ennis Road, Ennismore: Ennismore Heritage Art Space Centre

Fun low-impact cardio dance moves designed for older adults

Community Care: Chair Yoga Dance

Date and Time: Thursday, June 12 10:15 am - 11:15 am

Address: 549 Ennis Road, Ennismore

Uplifting dance inspired yoga class to improve memory, increase flexibility and improve overall balance and coordination. A fun way to tone your muscles and challenge your endurance

Community Care: Chair Yoga

Date and Time: Thursday, June 12 11:30 am - 12:30 pm

Address: 549 Ennis Road, Ennismore

Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability

Friday, June 13, 2025

Community Care: Zumba Toning

Date and Time: Friday, June 13 9:00 am - 10:00 am

Address: 507 Ennis Road, Ennismore: Ennismore Heritage Art Space Centre

- Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes, and core. Bring light hand weights

Summer Raffle

Date and Time: Friday, June 13 10:00 am

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

Feature Image:

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#summerraffle #prhcfoundation #lakefieldanddistrictlions #lakefieldvillagelions

Girls Nite Out

Date and Time: Friday, June 13 8:00 pm

Address: 2300 Pigeon Lake Road

Feature Image:

Girls Nite Out is an all female, all funny stand-up and improv comedy ensemble featuring CBC darlings and Canadian Comedy Award Winners. The Girls Nite Out show originated *here* 17 years ago and has since toured across Canada to great acclaim.

Kicking off 2025 with a bang, these fabulous ladies took Ontario by storm with a nine-show tour, delivering unstopable laughter to packed audiences! This one night only event will be sure to sell out, so don't miss this opportunity to grab the girlfriends and come for a giggle!

Tuesday, June 17, 2025

Community Care: Bodies in Balance

Date and Time: Tuesday, June 17 10:15 am - 10:45 am

Address: 549 Ennis Road, Ennismore

Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.

Community Care: Chair Yoga

Date and Time: Tuesday, June 17 11:00 am - 12:00 pm

Address: 549 Ennis Road, Ennismore

Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.

Community Care: Euchre Club - Progressive Drop in

Date and Time: Tuesday, June 17 1:00 pm - 3:00 pm

Address: 549 Ennis Road, Ennismore

Wednesday, June 18, 2025

Summer Raffle

Date and Time: Wednesday, June 18 10:00 am

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

Feature Image:

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Thursday, June 19, 2025

Community Care: Zumba Gold

Date and Time: Thursday, June 19 9:00 am - 10:00 am

Address: 507 Ennis Road, Ennismore: Ennismore Heritage Art Space Centre

Fun low-impact cardio dance moves designed for older adults

Community Care: Chair Yoga Dance

Date and Time: Thursday, June 19 10:15 am - 11:15 am

Address: 549 Ennis Road, Ennismore

Uplifting dance inspired yoga class to improve memory, increase flexibility and improve overall balance and coordination. A fun way to tone your muscles and challenge your endurance

Community Care: Chair Yoga

Date and Time: Thursday, June 19 11:30 am - 12:30 pm

Address: 549 Ennis Road, Ennismore

Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability

Friday, June 20, 2025

Community Care: Zumba Toning

Date and Time: Friday, June 20 9:00 am - 10:00 am

Address: 507 Ennis Road, Ennismore: Ennismore Heritage Art Space Centre

- Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes, and core. Bring light hand weights

Summer Solstice ~ Sound & Sensory Journey (Bridgenorth, Selwyn Township)

Date and Time: Friday, June 20 7:00 pm - 8:30 pm

Address: Bridgenorth - contact for details

Join our circle and enjoy a peaceful evening of meditation, sound bathing, gentle interaction and connection with like-hearted people.

Email sarah@sorchacircle.com for details, location, and to reserve your seat. Tickets are limited, \$22 by e-transfer.

Facilitated by Sorcha Circle ~ Nature-Inspired Wellness & Healing Arts

Summer Solstice

Sound & Sensory Journey



Friday, June 20, 2025 ~ 7:00 - 8:30 p.m.
Village of Bridgenorth, Selwyn Township



Join our circle and enjoy a peaceful evening of meditation, sound bathing, gentle interaction and connection with like-hearted people

Email sarah@sorchacircle.com for details, location, and to reserve your seat. Tickets are limited, \$22 by e-transfer



SORCHA CIRCLE
NATURE-INSPIRED WELLNESS AND HEALING ARTS



SORCHACIRCLE.COM

Saturday, June 21, 2025

Jude's Joy: Pasta for the Playground

Date and Time: Saturday, June 21 5:00 pm - 8:00 pm

Address: Optimist Hall (lower level of Ennismore Library) - 551 Ennis Rd

Feature Image:

Join us for a spaghetti dinner supporting the Jude's Joy Playground Project by hosted by: 1st Selwyn Girl Guides!

Saturday June 21st, 2025

Optimist Hall (lower level of Ennismore Library) - 551 Ennis Rd

Seating: 5-6 PM (50 seats)

Seating: 7-8 PM (50 seats)

Monday, June 23, 2025

Summer Raffle

Date and Time: Monday, June 23 10:00 am

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

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Tuesday, June 24, 2025

Community Care: Bodies in Balance

Date and Time: Tuesday, June 24 10:15 am - 10:45 am

Address: 549 Ennis Road, Ennismore

Strength, conditioning, balance, and gait training exercises that will lead to improved overall balance and stability, reducing the risk of future falling.

Community Care: Chair Yoga

Date and Time: Tuesday, June 24 11:00 am - 12:00 pm

Address: 549 Ennis Road, Ennismore

Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability.

Community Care: Euchre Club - Progressive Drop in

Date and Time: Tuesday, June 24 1:00 pm - 3:00 pm

Address: 549 Ennis Road, Ennismore

Wednesday, June 25, 2025

Come Down from Up River

Date and Time: Wednesday, June 25 8:00 pm

Address: 2300 Pigeon Lake Road

Feature Image:

***Come Down from Up River* by Norm Foster**

Shaver Bennett has spent most of his life in solitude, working as a logger in the forests of New Brunswick. After two decades apart, he unexpectedly shows up at the city home of his estranged sister's daughter. His niece, Bonnie, having no fond memories of her uncle, worries about introducing him back into her life...and to her wife, Liv.

What follows is a hilarious and tender story of reconnection.

Thursday, June 26, 2025

Community Care: Zumba Gold

Date and Time: Thursday, June 26 9:00 am - 10:00 am

Address: 507 Ennis Road, Ennismore: Ennismore Heritage Art Space Centre

Fun low-impact cardio dance moves designed for older adults

Community Care: Chair Yoga Dance

Date and Time: Thursday, June 26 10:15 am - 11:15 am

Address: 549 Ennis Road, Ennismore

Uplifting dance inspired yoga class to improve memory, increase flexibility and improve overall balance and coordination. A fun way to tone your muscles and challenge your endurance

Community Care: Chair Yoga

Date and Time: Thursday, June 26 11:30 am - 12:30 pm

Address: 549 Ennis Road, Ennismore

Gentle stretch, strengthen and balance poses to improve strength, range of motion and overall balance & stability

Come Down from Up River

Date and Time: Thursday, June 26 8:00 pm

Address: 2300 Pigeon Lake Road

Feature Image:

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Friday, June 27, 2025

Community Care: Zumba Toning

Date and Time: Friday, June 27 9:00 am - 10:00 am

Address: 507 Ennis Road, Ennismore: Ennismore Heritage Art Space Centre

- Enjoy all the fun of Zumba while strengthen and toning arms, legs, glutes, and core. Bring light hand weights

Come Down from Up River

Date and Time: Friday, June 27 8:00 pm

Address: 2300 Pigeon Lake Road

Feature Image:

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Saturday, June 28, 2025

Summer Raffle

Date and Time: Saturday, June 28 10:00 am

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

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Come Down from Up River

Date and Time: Saturday, June 28 2:00 pm

Address: 2300 Pigeon Lake Road

Feature Image:

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Date and Time: Saturday, June 28 8:00 pm

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<https://events.selwyntownship.ca>