

## **Monday, April 7, 2025**

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### **Aquafitness**

Date and Time: Monday, April 7 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Aquafitness class at the Waterfront Pool and Fitness Centre. \$7.01 for a drop-in.

### **Adult Swim**

Date and Time: Monday, April 7 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult swim at the Waterfront Pool and Fitness Centre. Must 18yrs+. \$4.50 for seniors

### **Indoor Walking**

Date and Time: Monday, April 7 1:00 pm - 3:00 pm

Address: 640 Latchford Street, Haileybury, ON P0J 1K0

Free indoor walking in the gymnasium at Northern College in Haileybury. Bring a clean pair of indoor shoes and a water bottle. Free parking.

## **Tuesday, April 8, 2025**

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### **Women's Exercise Class**

Date and Time: Tuesday, April 8 9:00 am - 10:30 am

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free women's exercise class, upstairs hall at the Haileybury Arena. Bring a clean pair of indoor shoes, a water bottle and a mat. Registration is required.

### **Age Friendly Beginner Line Dancing**

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

Address: 90 Whitewood Avenue, New Liskeard, ON

Free beginner line dancing classes. Bring a clean pair of indoor shoes and a water bottle. Registration is required.

## **From Soup To Tomatoes Senior Exercise Class**

Date and Time: Tuesday, April 8 11:15 am - 11:45 am

Address: 285 Whitewood Ave. West

Are you hoping you can keep your strength and stay independent? Do you struggle with mobility, standing, regular exercise? Would you enjoy social time with others?

From Soup to Tomatoes is a free seniors chair-based exercise class that takes place on Tuesdays and Thursdays at the Temiskaming Shores Public Library. This is a program implemented by Northeastern Public Health and led by a local volunteer. The Spring term begins on Tuesday, April 1, from 11:15 to 11:45 a.m. Classes occur each Tuesday and Thursday except on Tuesday, May 6 and Thursday, May 8, until Thursday, May 27. Free Therabands are provided, and there is no need to register for this drop in program. For more information, contact Eleanor Katona at 705-647-8002.

## **Adult Swim**

Date and Time: Tuesday, April 8 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult swim at the Waterfront Pool and Fitness Centre. Must 18yrs+. \$4.50 for seniors

## **Wednesday, April 9, 2025**

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### **Women's Mobility Class**

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

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free women's mobility class (mix of yoga and stretching). Bring a clean pair of indoor shoes, water bottle and a mat. Registration is required.

### **Aquafitness**

Date and Time: Wednesday, April 9 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Aquafitness class at the Waterfront Pool and Fitness Centre. \$7.01 for a drop-in.

## **ACFO Temiskaming - Festival Des Folies Franco-Fun**

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

Address: Temiskaming Shores

For information visit the event page at: <https://www.facebook.com/festival3f>

## **Temiskaming Shores Library Spring Preschool Storytime**

Date and Time: Wednesday, April 9 10:30 am - 11:00 am

Address: 285 Whitewood Ave. West

The Temiskaming Shores Public Library is always happy when Spring Preschool Storytime is on our calendar again. This is a true sign of spring! Every Wednesday morning in April and May from 10:30 to 11:00 preschoolers and their grown ups gather for stories, songs and so much more. This is a fun, social and interactive early literacy program and it is also a free drop-in program which means no registration required. For more information call 705-647-4215 or email [info@temisklibrary.com](mailto:info@temisklibrary.com)

## **Age Friendly Gentle Yoga**

Date and Time: Wednesday, April 9 12:00 pm - 1:00 pm

Address: 90 Whitewood Avenue, New Liskeard, ON P0J 1P0

Free gentle yoga flow for older adults, with instructor Jen Cote. Bring your own mat. Upstairs at the New Liskeard Community Hall.

## **Adult Swim**

Date and Time: Wednesday, April 9 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult swim at the Waterfront Pool and Fitness Centre. Must 18yrs+. \$4.50 for seniors

## **Age Friendly Skating**

Date and Time: Wednesday, April 9 12:30 pm - 1:30 pm

Address: 75 Wellington Street South, New Liskeard, ON P0J 1P0

Free skating for older adults at the Don Shepherdson Memorial Arena in New Liskeard. Bring your own equipment.

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## **Thursday, April 10, 2025**

## **Women's Exercise Class**

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

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free women's exercise class, upstairs hall at the Haileybury Arena. Bring a clean pair of indoor shoes, a water bottle and a mat. Registration is required.

## **Indoor Walking**

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

Address: 640 Latchford Street, Haileybury, ON P0J 1K0

Free indoor walking in the gymnasium at Northern College in Haileybury. Bring a clean pair of indoor shoes and a water bottle. Free parking.

## **Temiskaming Shores Library Digital Literacy Sessions**

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

Address: 285 Whitewood Ave. West

The library's digital literacy sessions are for patrons looking to access help to learn how to use their e-readers, tablets, laptops and how to access online resources. Anyone can make an appointment to learn more about using their smart device. Staff will provide their knowledge and expertise to assist you, and if they are unable to address the issue, will provide guidance for patrons as to where they can go for additional services. Digital literacy session appointments are free, and run at 45-minute intervals to provide specific one-on-one help addressing a patron's specific question or troubleshooting issue. Call the library to book a session!

## **Age Friendly Intermediate Line Dancing**

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

Address: 400 Ferguson Avenue, Haileybury, ON P0J 1K0

Free intermediate level line dancing classes in the upstairs hall at the Shelley Herbert-Shea Memorial Arena in Haileybury. Bring a clean pair of indoor shoes and a water bottle. Registration is required.

## **From Soup To Tomatoes Senior Exercise Class**

Date and Time: Thursday, April 10 11:15 am - 11:45 am

Address: 285 Whitewood Ave. West

Are you hoping you can keep your strength and stay independent? Do you struggle with mobility, standing, regular exercise? Would you enjoy social time with others?

From Soup to Tomatoes is a free seniors chair-based exercise class that takes place on Tuesdays and Thursdays at the Temiskaming Shores Public Library. This is a program implemented by Northeastern Public Health and led by a local volunteer. The Spring term begins on Tuesday, April 1, from 11:15 to 11:45 a.m. Classes occur each Tuesday and Thursday except on Tuesday, May 6 and Thursday, May 8, until Thursday, May 27. Free Therabands are provided, and there is no need to register for this drop in program. For more information, contact Eleanor Katona at 705-647-8002.

## Adult Swim

Date and Time: Thursday, April 10 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult swim at the Waterfront Pool and Fitness Centre. Must 18yrs+. \$4.50 for seniors

## Age Friendly Chair Yoga

Date and Time: Thursday, April 10 2:00 pm - 3:00 pm

Address: 55 Riverside Drive, New Liskeard, ON P0J 1P0

Free chair yoga class with Jen Cote at the Riverside Place in New Liskeard. Bring a clean pair of indoor shoes and a water bottle. Registration is required.

## ACFO Temiskaming - Festival Des Folies Franco-Fun

Date and Time: Thursday, April 10 2:00 pm

Address: Temiskaming Shores

For information visit the event page at: <https://www.facebook.com/festival3f>

## Friday, April 11, 2025

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### Indoor Pickleball

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

Address: 90 Whitewood Avenue, New Liskeard, ON P0J 1P0

Free indoor pickleball at the New Liskeard Community Hall. Equipment provided. Bring a clean pair of indoor shoes and a water bottle.

### Aquafitness

Date and Time: Friday, April 11 9:00 am - 9:45 am

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Aquafitness class at the Waterfront Pool and Fitness Centre. \$7.01 for a drop-in.

## **Earlton Farm Show 2025**

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

Address: Earlton Recreation Centre-Arena

For information visit the event page. <https://www.facebook.com/Earltonfarmshow>

## **ACFO Temiskaming - Festival Des Folies Franco-Fun**

Date and Time: Friday, April 11 10:30 am

Address: Temiskaming Shores

For information visit the event page at: <https://www.facebook.com/festival3f>

## **Adult Swim**

Date and Time: Friday, April 11 12:00 pm - 1:30 pm

Address: 77 Wellington Street South, New Liskeard, ON P0J 1P0

Adult swim at the Waterfront Pool and Fitness Centre. Must 18yrs+. \$4.50 for seniors

## **Age Friendly Skating**

Date and Time: Friday, April 11 12:30 pm - 1:30 pm

Address: 75 Wellington Street South, New Liskeard, ON P0J 1P0

Free skating for older adults at the Don Shepherdson Memorial Arena in New Liskeard. Bring your own equipment.

## **Age Friendly Bowling**

Date and Time: Friday, April 11 1:30 pm - 3:00 pm

Address: 331 Main Street, Haileybury, ON P0J 1K0

At the Tri-Town Bowling Lanes in Haileybury. \$3 includes your shoe rental and games.

## **Saturday, April 12, 2025**

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## **ACFO Temiskaming - Festival Des Folies Franco-Fun**

Date and Time: Saturday, April 12 9:00 am

Address: Temiskaming Shores

For information visit the event page at: <https://www.facebook.com/festival3f>

<https://calendar.temiskamingshores.ca>