

## Monday, May 12, 2025

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### Aquafit

Date and Time: Monday, May 12 9:00 am - 9:45 am

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

Aquafit class at the Waterfront Pool and Fitness Centre. \$7.01 drop-in fee.

### Adult Swim

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

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

Adult/Lane swim at the Waterfront Pool and Fitness Centre. \$4.50 drop-in fee for older adults.

## Tuesday, May 13, 2025

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### Aquafit

Date and Time: Tuesday, May 13 8:15 am - 9:00 am

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

Aquafit classes at the Waterfront Pool and Fitness Centre. \$7.01 drop-in fee.

### Age Friendly Women's Exercise Class

Date and Time: Tuesday, May 13 9:00 am - 10:30 am

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

Free women's exercise class, upstairs hall at the Shelley Herbert-Shea Memorial Arena in Haileybury. Bring your own mat, free weights, water bottle and a clean pair of indoor shoes. Registration is required.

### Age Friendly Beginner Line Dancing

Date and Time: Tuesday, May 13 10:00 am - 11:00 am

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

Free beginner line dancing at the New Liskeard Community Hall. 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, May 13 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, May 13 12:00 pm - 1:30 pm

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

Adult/Lane swim at the Waterfront Pool and Fitness Centre. \$4.50 drop-in free for older adults 55+.

## **Wednesday, May 14, 2025**

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### **All Age Friendly Outdoor Pickleball**

Date and Time: Wednesday, May 14 8:30 am - 11:00 am

Address: 78 Wellington Street South, New Liskeard, ON P0J 1P0

Free outdoor pickleball at the New Liskeard Tennis Courts. Equipment available, free of charge.

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

Date and Time: Wednesday, May 14 9:00 am - 10:30 am

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

Free mobility class for women. Bring your exercise mat, clean pair of indoor shoes and a water bottle. Registration is required.

## **Aquafit**

Date and Time: Wednesday, May 14 9:00 am - 9:45 am

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

Aquafit class at the Waterfront Pool and Fitness Centre. \$7.01 drop-in fee.

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

Date and Time: Wednesday, May 14 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 Flow Yoga**

Date and Time: Wednesday, May 14 12:00 pm - 1:00 pm

Address: 181 Drive In Theatre Road, New Liskeard, ON P0J 1P0

Free gentle flow yoga class with instructor Jen Cote, for older adults 55+. Bring your own mat.

## **Adult Swim**

Date and Time: Wednesday, May 14 12:00 pm - 1:30 pm

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

Adult/Lane swim at the Waterfront Pool and Fitness Centre. \$4.50 drop-in fee for older adults.

## **Thursday, May 15, 2025**

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### **Aquafit**

Date and Time: Thursday, May 15 8:15 am - 9:00 am

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

Aquafit classes at the Waterfront Pool and Fitness Centre. \$7.01 drop-in fee.

### **Age Friendly Women's Exercise Class**

Date and Time: Thursday, May 15 9:00 am - 10:30 am

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

Free women's exercise class, upstairs hall at the Shelley Herbert-Shea Memorial Arena in Haileybury. Bring your own mat, free weights, water bottle and a clean pair of indoor shoes. Registration is required.

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

Date and Time: Thursday, May 15 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-minutes intervals to provide specific one-on-one help addressing a patrons' specific question or troubleshooting issue. Call the library to book a session!

## **Age Friendly Intermediate Line Dancing**

Date and Time: Thursday, May 15 11:00 am - 12:00 pm

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

Free intermediate 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, May 15 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?

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## **Adult Swim**

Date and Time: Thursday, May 15 12:00 pm - 1:30 pm

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

Adult/Lane swim at the Waterfront Pool and Fitness Centre. \$4.50 drop-in free for older adults 55+.

## **Age Friendly Chair Yoga**

Date and Time: Thursday, May 15 2:00 pm - 3:00 pm

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

Free chair yoga for older adults. Registration required

## **Friday, May 16, 2025**

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### **All Age Friendly Outdoor Pickleball**

Date and Time: Friday, May 16 8:30 am - 11:00 am

Address: 78 Wellington Street South, New Liskeard, ON P0J 1P0

Free outdoor pickleball at the New Liskeard Tennis Courts. Equipment available, free of charge.

### **Aquafit**

Date and Time: Friday, May 16 9:00 am - 9:45 am

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

Aquafit class at the Waterfront Pool and Fitness Centre. \$7.01 drop-in fee.

### **Adult Swim**

Date and Time: Friday, May 16 12:00 pm - 1:30 pm

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

Adult/Lane swim at the Waterfront Pool and Fitness Centre. \$4.50 drop-in fee for older adults.

## **Saturday, May 17, 2025**

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### **Temiskaming Shores Library Family Storytime**

Date and Time: Saturday, May 17 10:30 am - 11:15 am

Address: 285 Whitewood Ave. West

The Temiskaming Shores Public Library is pleased to present our Family Storytime for 2025. We'll be meeting in the library

's Programming Room on Saturdays from 10:30 to 11:15. Gather your family, from grandparents to grandchildren and come on in, get comfy and listen to a handful of picture books being read aloud. You can then spend a while choosing books to borrow on your library card from our extensive collection. Books for the whole family! We also have boardgames, puzzles, movies and more. Come and see for yourself all the wonderful things that tiny little library card has access to. No need to register for this free drop in program!

## **Temiskaming Shores Public Library Junior Reading Club**

Date and Time: Saturday, May 17 1:00 pm - 2:00 pm

Address: 285 Whitewood Ave. West

The Temiskaming Shores Public Library has a Junior Reading Club. This is a group of young people between the ages of 8 and 12 who enjoy reading and like to book-talk about what they're reading without giving away any spoilers. This is a great way to enjoy spending time with like-minded peers and perhaps find some great new authors/stories to dive into. If you're interested in joining the group give the library a call at 705-647-4215 for more information.

<https://calendar.temiskamingshores.ca>