

Aprilspring into action

Nackawic Area Rec & Wellness

Each and every day.

Mon

8AM Fit at MyGym
9 Hall walking at Temperance Vale Hall
10 Wash Toss in the Vale
10 am Yin Yoga at MyGym
1 pm Shuffleboard Lions Club -
1 pm Bowling at Lions Club –last bowling April 15
1 pm Darts at Waterfront Pub
4:30 –8:30pm Walk the Halls at NHS
6:30 -6:30 Taekwondo at NES-Steven Kerr

Tue

8 am Yoga MyGym
9 am Hall walking at Temperance Vale Hall
9 am Ladies Morning Out Kirk Church
10 am Mom & Tots Morning Out Baptist Church
10:30 55 plus Exercise Lions Club– last class April 16
1:30 pm Cribbage Lions Club
1:30 pm Pool at Waterfront Pub
4:30 –8:30pm Walk the Halls at NHS
6:30 TOPS at the Baptist Church

River Valley Recreation Show & Sale

Nackawic Arena April 11th to 14th

Doors open at 10.

Wed

8AM Fit MyGym
9 am Hall walking at Temperance Vale
10:30 am Washer Toss MyGym
1 Cards at Temperance Vale Hall
4:30 –8:30 pm Walk the Halls at NHS
7:30 pm Crib at the Southampton Hall

Thurs

8 am Yoga MyGym
9 Comfort Quilters at the Wesleyan Church
9 am Hall walking at Temperance Vale
10:30 am 55 plus Exercise Lions Club
2:30 pm Knitter at NP&S Library

Fri

8AM Fit at MyGym
9 am Hall walking at Temperance Vale
11:00 am Café at NP&S Library

Sun

2 pm Crib at Waterfront Pub

Friday, April 5 at noon at the Kirk United Church for Lunch and Learn with Councillor Bob Simpson. Plans for the Nackawic waterfront will be discussed. Come hear the facts and have an opportunity to ask questions. Lunch is by donation and this month will be quiche and salad with dessert. If you have any dietary restrictions please connect with Dilys Toole at 575-2885

DATED EVENTS FOR APRIL

-MARK YOUR CALENDAR

Wed 3 – drop off your **bulk buying** orders pick up the following Wed. Volunteers welcomed to help with packing, 8:30 to 10 on the 10th. More information available at MyGym or the Town Hall . Cost is \$16per bag and can be dropped off at MyGym or e transferred to nackawicareawellness@gmail.com

Sat 6—Strike Out Hunger. At the Nackawic Bowling Lanes from 1 to 3. Put in a team, come cheers us on make a donation. Funds go to support the Feed the Hawks lunch program.

Fri 12—delivery day for the **Valley Food Bank**. Call the food bank at 328-4417 to arrange for your Nackawic Delivery

Sat 13 Community Breakfast at the Nackawic Lions Club. And hosted by area Pathfinders and Rangers. A full breakfast by donation is served from 8 to 10. Come out and support your community,



Wed 16—Community Garden meeting at 6:30 at the Town Office. This is an important meeting as all previous plot holders need to reserve and pay their \$10 so we know many boxes are available for others.

Wed 17 Wellness Meeting open to all. Always looking for new ideas. Meeting at 2:15 at MyGym.

Wed 23 Thurs 24 Sleep Therapeutic Clinic at the Health Centre. Call 457-9605 for an appointment

Thurs 25 Senior Lunch at the Kirk Church. Cost is \$7 and take outs are available. Meal starts at 12 and take outs are available.

Sat 27 Lions Country Jamboree from 7:00 to 9:30 with a snack at 8:00. Cost is by donation and a 50/50 draw will be held.

Sun 28 Italian Dinner hosted by Sts Simon and Jude at the Nackawic Lions Club. 4 to 6 with takes out and deliveries available. Gluten free is available on request.

At the Library—Painting with Nicole Manuel April 18th at 6:30 and Book Club April 17 at 2:30

Casino Nackawic

Saturday, April 20, 2019 7 pm to 9 pm Nackawic Curling Club

Play a few games, listen to some music from Cathy Hutch, & enjoy some eats!

All in support of local community projects.

Nackawic Wellness Committee, Mactaquac Country Chamber of Commerce & the Nackawic Curling Club are working together to bring to you an evening of fun, excitement

AND the chance to walk home with some nice prizes.

Tickets are \$25 per person and can be picked up from local Wellness members or at the door.