



**March....**  
**having cabin fever?**

Each and every day.

Don't let being "too young" stop you from joining in

**Mon**

- 8AM Fit at MyGym \$
- 9 am walking at Temperance Vale Hall
- 10 am Yin Yoga at MyGym \$
- 1 pm Shuffleboard Lions Club -
- 2:30 pm Bowling at Lions Club \$
- 1 pm Darts at Waterfront Pub
- 4:30 to 8pm NHS walk the halls
- 6:30 Tae Kwan Do at NES-Steven Kerr

**Tue**

- 8 am Yoga MyGym \$
- 9 am walking at Temperance Vale Hall
- 9 am Ladies Morning Out Kirk Church
- 10 am Mom & Tots Morning Out Baptist Church  
*for info 575-8717*
- 10:30 am 55 plus Exercise Lions Club
- 1:30 pm Cribbage Lions Club
- 1:30 pm Pool at Waterfront Pub
- 4:30 to 8 pm Walk the Halls at NHS
- 6:30 TOPS at the Baptist Church
- 7 Darts at the Waterfront Pub

**Sat & Sun**—Free Skate time vary

**Sun**—Crib at the Waterfront at 2pm

**Wed**

- 8AM Fit MyGym \$
- 9 am walking at Temperance Vale
- 10:30 am Washer Toss MyGym
- 1-2 Free Skate— **last day of ice is March 24**
- 1 Crafts & Cards at Temperance Vale Hall
- 4:30 to 8 pm Walk the Halls at NHS
- 7:30 pm Crib at the Southampton Hall \$

**Thurs**

- 8 am Yoga MyGym \$
- 9 am walking at Temperance Vale Hall
- 10:30 am 55 plus Exercise Lions Club
- 1-2 Free Skate
- 2:30 pm Knitter at NP&S Library
- 4:30 to 8 pm NHS walk the halls —lower floor
- 5-7 Nackawic Fire Department—*Chase the Ace*  
at the Waterfront Pub
- 6:30 Nannie Dee Story time N P/S Library

**Fri**

- 8AM Fit at MyGym
- 9 am Hall walking at Temperance Vale
- 11:00 am Café at NP&S Library
- 1-2 Free Skate
- 7 pm Pick up Curling \$
- 8 pm Shuffle board at the Waterfront Pub

Friday, May 1 at 12 at the Kirk United Church for Munch and Crunch with Simon Mitchell of WWF  
 What can we do to be more environmentally active and aware. Lunch is by donation— Feed the Hawks

## DATED EVENTS FOR MARCH

### -MARK YOUR CALENDAR

**Fri 1,** Make an appointment to meet with Valley Food Bank to have your food hamper delivered here to Nackawic. Call the Town Office at 575-2241 for an appointment. Make your \$s go farther

**Tue 5,** -Take advantage of our free tax clinic for incomes under \$40,000. Appointments are available for Tuesdays in March. If you need transportation that can be arranged. Call the Town Office to make your appointment

**Wed 6,** - drop off your bulk buying orders at MyGym or make an e-transfer to [nackawicareawellness@gmail.com](mailto:nackawicareawellness@gmail.com). Pick up the following Wed at the Kirk . Volunteers to help with packing, 9 to 10:30 on the 13th. Pick up is from 11 to 5:30. More information available at MyGym or the Town Hall. Cost is \$16 per bag.

**Thurs 7,** Wheels to Shopping. Only happens once a month on the 1st Thursday of the Month. Connect with Linda Brewer at 575-1999 if you are interested.

**Tue 5,** Bingo at the Nackawic Lions Club at 7 pm 50/50 hosted by St Simon and St Jude . \$1 a game.

**Sat 9,** Lions Breakfast with the Nackawic High School TADD team. A full breakfast by donation. Come out and support your community.



SHROVE TUESDAY  
PANCAKE SUPPER



**Tue 12,** at St Clements' in Prince William  
3:30 to 6:30

**Sun 17,** - St Patrick's Day Brunch at St Simon and St Jude. Cost is by donation.  
12pm



**Wed 20,** Wellness Meeting. Any ideas or suggestions? 2:15 at Town Office—first day of spring.. Refresh of the Family Day Event. All are welcomed.

**Thurs 28,** Senior Lunch at 12 the Kirk Church. Cost is \$7 and take outs are available.

**Thurs 28,** Spaghetti Supper hosted by the Lions at the Nackawic Lions Club. It will run 4 to 6 and is by donations to the **Guide Dog program**.

**Sat 30,** Lions Country Jamboree from 7:00 to 9:30 with a snack at 8:00. Cost is by donation with proceeds going to **Blind Sports**. 50/50 draw

**At the Library**—Mon 11th 3-4 week course on **Web Design** from 1 to 4 pm. On Fri 15th **Mom & Babies** from 10 to 11 am

Canadian Mental Health Association will be doing a workshop entitled Changing Minds which will help participants understand more about mental health and illness. It will be held at the Nackawic Lions Club on March 28 and 29 from 8:30 to 4:30. Cost is \$34.50, pre registration at 455-5231 ext. 101

# Nackawic's Cabin Fever Games



Nackawic Lions Club, Thursday, March 14 (storm 15)  
Registration at 9, games 9:30 to 2:30 with lunch. \$7.  
Pick up your registration at MyGym, Town Hall, the Library or on line at Nackawic Area Wellness or Nackawic Parks and Recreation. Pls register by Tue 12th  
Hosted by *Nackawic Area Wellness, Nackawic Lions, Town of Nackawic and Western Valley Wellness.*