



# Hello Autumn



## Each and Every Day in October

### Mon

- 8AM FITT at MyGym
- 9 am Walk the Halls at Temperance Vale Hall
- 9:30 am Yin Yoga at MyGym– limited participants
- 10 am Washer Toss at Temperance Vale Hall
- 1 pm Shuffleboard at the Nackawic Lions Club

### Tue

- 8 am Yoga MyGym
- 9 am Walk the Halls at the Temperance Vale Hall
- 1:30 pm Cribbage Lions Club
- 5:00 pm TOPS weigh in at the Nackawic Baptist Church. Contact Pam Billings for info.

### Wed

- 8AM FITT MyGym
- 9 am Walk the Halls –at TVCH
- 10 am Rusted Joints senior exercise class MyGym- preregister a must
- 1:30 pm Cards at TVCH
- 1 pm Darts at the Nackawic Lions Club

### Thurs

- 8 am Yoga MyGym
- 9 am Walk the Halls –at TVCH
- 1:00 pm Washer Toss
- 7:00 pm Zumba at TVCH preregister at “Zumba fitness with Morgan Cosman”

### Fri

- 8AM FITT at MyGym
- 9:00 am Walk the Halls—Temperance Vale
- 10:00 Rusted Joints Senior Exercise—MyGym
- 11am Library Café at it’s temporary location at MyGym– BYOM and enjoy some conversation
- 1 pm Darts at the Nackawic Lions Club

These events would not be possible without the support of the **Nackawic Lions Club** and volunteers from the community .

Due to the Covid Pandemic there are certain procedures that have been put in place

- **Masks are to be worn in and out the venue. Some events will require you to wear a mask the entire time.**
- **Hands are be sanitized on entry and departure and through out the event. Equipment will be sanitized at the end.**
- **All must sign in with full name and telephone number**
- **Beverages are permitted and food under certain conditions.**

Let us all work together to ensure a safe environment for all.

## DATED EVENTS FOR OCTOBER

**Wed 7**— drop off your bulk buying orders with pick up the following Wed (14). Volunteers always needed to help with packing, 8:30 to 10 on the 14th at the Nackawic Lions Club. Pick up is between 10 and 12 on the 14th. Questions or e transfers \$16 to [nackawicareawellness@gmail.com](mailto:nackawicareawellness@gmail.com) or drop off in the white box at MyGym

Thursday meals are delivered to local seniors. This initiative is made possible through a grant from United Way. If you would like to volunteer to cook or to deliver meals contact [nackawicareawellness@gmail.com](mailto:nackawicareawellness@gmail.com)

Our Wheels to Wellness drive program is an award winning program that provides drives to those who do not have transportation. Looking for volunteers to help. Volunteers are remunerated, for information or to Volunteer contact Linda Brewer at 575-1999

Autumn On The Bend  
Vendor Craft Show  
Nackawic Shopping Centre  
Saturday 9 am to 2 pm



**Wellness Week—has been an annual happening for 7 years. Come join us as we gear up for our “masked events” all activities are free.**

Mon. Oct 5 to Fri. Oct 9. Open to everyone in Nackawic & surrounding communities.

**Monday**— *Shuffleboard* at the Lions Centre at 1:00 pm

**Tuesday**—Meeting of *Woman Alone* at 1 :30 pm at the Nackawic Town Office.

*Cribbage* at the Lions Centre at 1:30 pm— -BYOM

**Wednesday**—*Rusted Joints at MyGym* at 10:00 am preregister by calling 425-1200 or email [mygym-nackawic2012@gmail.com](mailto:mygym-nackawic2012@gmail.com). Limited enrollment.

*Hike*—meeting across from the old Home Hardware at 1:00 pm to walk the rail bed towards Temperance Vale—an easy flat surface.

*Darts*—Nackawic Lions Club at 1 pm

**Thursday**—*Washer toss* at the Lions Centre at 1:30 pm

**Friday**—*Rusted Joints* at MyGym at 10:00 am

*Library Café* at its temporary location at MyGym at 11 am. BYOM

*Darts*—Nackawic Lions Club at 1 pm

We ask that masks be worn on entering and exiting the building. Some events may require that you remain masks while others allow for physical distancing that allow you to be mask free

**BYOM is bring your own mug, beverages will be supplies.**