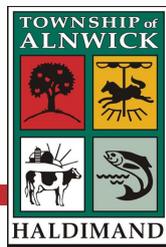


RECREATION GUIDE

NOVEMBER 2021 ISSUE 3



Celebrating Wellbeing

Somatic Yoga with Christina Rogoza

Day: Monday Nov. 8th - Dec. 13th

Location: Vernonville Community Centre

Time: 10:30-11:30am

Day: Thursday Nov. 18th - Dec. 23rd

Location: Alnwick Civic Centre Community Room

Time: 11:00am - 12:00pm

Oftentimes due to illness, injury, habits, aging, and stress, our bodies get locked into unhealthy patterns of movement as our muscles “forget” how to relax and engage to support us. Somatic yoga helps by retraining the brain and the nervous system through small and gentle movements. Somatic yoga is accessible for all ability levels. The benefits include improving posture, mobility, and reducing pain and discomfort.

6 week session

\$60+ tax

Proof of vaccination required

Limited space

Guided Meditation Workshop

Day: Saturday Nov. 20th

Time: 9:30am -11:30am

Location: Centreton Community Centre

Fill your self-care toolbox and find the relaxation technique that works best for you! We'll explore a variety of meditation styles & mindfulness habits that can keep us grounded, regardless of what is happening in our lives or the world around us. Please bring what you'll need to be comfortable a blanket or yoga mat, chairs will be provided.

\$30 +tax

COVID protocols in place

Limited space

November 11th
Lest we forget

Small ceremonies will be taking place
at the Cenotaphs in Grafton and
Roseneath

Shuffleboard

Book a timeslot and come play a game of shuffleboard at the Haldimand Memorial Arena

Cost \$2 per player

All equipment provided

Shuffleboard

Tuesdays 10am-2pm

Please register - no drop ins

Pickleball

Book a timeslot and come play a game of pickleball at the Alnwick Civic Centre

Cost \$2 per player

All equipment provided

Alnwick Civic Centre Gymnasium

Mondays 10-2 pm

Please register - no drop ins

Drop-in Skating Programs

Public Skating

Sundays 1pm-3pm & Wednesdays 11am-12pm

\$2 per person

Parent and Tot

Mondays 10:30am-12:30pm

For parents or caregivers and children.

18 and under

\$2 per person

Adult Shinny 35+ (starting Nov. 8th)

Monday, Wednesday & Fridays 9:30-10:30am

\$5 per person

Adult Shinny 18+ (starting Nov. 5th)

Fridays 7-8pm

\$5 per person

Adult Shinny 55+

Thursdays 9- 11am

\$5 per person

Family Stick and Puck

Fridays 4-6pm

A perfect opportunity for hockey players of all ages to focus on skill development. For parents or caregivers and children.

No games permitted.

\$2 per person