

## Thursday, May 1, 2025

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### First Responders Day

Date and Time: Thursday, May 1 3:00 pm - 7:00 pm

Address: Station 4, 2259 Loop Road, Wilberforce

May 1st is First Responders Day!

You are invited: Members of Haliburton County Paramedic Service, municipal fire departments and the Haliburton Highlands Ontario Provincial Police have collectively come together to invite the public to a free Haliburton County Community Open House to learn more about the critical role both professional and volunteer emergency responders have in keeping our communities safe.

Residents of all ages are invited to visit bases, halls, and stations throughout Haliburton County on May 1 from 3 – 7 p.m. for a variety of activities. Bring your kids, your grandkids, your neighbour, or stop by yourself!

Members of the public will be able to meet local and visiting emergency personnel, learn about available programs and services, hear about volunteer and career opportunities, understand how to prepare for emergencies, and get an up-close look at emergency equipment and vehicles. (Activities vary at each location).

This event happens rain or shine.

#### **Highlands East (Fire, EMS)**

Station 4, 2259 Loop Road, Wilberforce

#### **Algonquin Highlands (Fire)**

Station 60, 1060 Main Street, Dorset

Station 70, Oxtongue Lake, 3979 ON-60, Dwight

Station 80, 1123 North Shore Road, Stanhope

#### **Dysart et al (EMS, Fire, OPP)**

Dysart Fire Dept & EMS Base

South Street (behind the arena), Haliburton

#### **Minden Hills (EMS, Fire, OPP)**

EMS Base, 12410 Hwy 35 & Minden Hills Fire Dept, 12418 Hwy 35

## Friday, May 2, 2025

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### Bingo Night in Wilberforce

Date and Time: Friday, May 2 6:00 pm - 9:00 pm

Address: 2249 Loop Rd. Wilberforce

Join us for an exciting night of Bingo on Friday, May 2 at the Wilberforce Lloyd Watson Community Centre!

Treat yourself to custom-crafted beverages, sweet treats, and the irresistible aroma of freshly popped popcorn before the games begin. Then, settle in for a fun-filled evening of laughs, community spirit, and the thrill of cash prizes!

Doors open at 6 PM, Bingo starts at 7 PM.

All proceeds go to support the Youth Ambassador Program — so you're playing for a great cause!

*Important note: Bingo cards are **cash only**, so come prepared.*

## Saturday, May 3, 2025

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### CFN Charity 50/50 ~ May 3rd Draw

Date and Time: Saturday, May 3 12:00 am - 2:00 pm

Address: 2249 Loop Rd, Wilberforce, Ontario K0L 3C0

Online 50/50 draw where every ticket purchased helps us provide nutritious food, essential heat & hydro assistance, and hope to families in need in Haliburton County.

WIN BIG ~ WARM HOMES ~ FILL PLATES

Don't miss out on your chance to win half the pot while making a difference locally – buy your tickets today and join us in our mission to ensure that no one has to choose between “Heating or Eating” in the Highlands! [www.cfn5050.ca](http://www.cfn5050.ca)

Funds raised will be used to support our Heat Bank program and purchase food and supplies for our food banks in Wilberforce and Cardiff. So far, lottery proceeds have let us purchase heating fuel from MacEwen's in Minden, ground beef from Soloways in Harcourt and Good Food Boxes from Rotary Club of Haliburton - all going to local families!

Play responsibly: Set a limit and stick to it. If you are looking for help, please visit [www.connexontario.ca](http://www.connexontario.ca) or call Problem Gambling Helpline 1-866-531-2600.

Central Food Network | Licence #: RAF1417564 | Draw will be held online May 3, 2025 at 2:00 pm at the Central Food Network. | Tickets are 3 for \$10, 10 for \$20, 30 for \$50 or 100 for \$100. | Prize will be 50% of the total ticket sales. | Full set of rules, terms & conditions can be found at: <https://www.rafflebox.ca/raffle/centralfoodnetwork3>

## Sunday, May 4, 2025

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### Haliburton and Minden Tim Horton's Smile Cookies for CFN

Date and Time: Sunday, May 4 6:00 am - 8:00 pm

Address: Tim Hortons in Haliburton, 5003 Haliburton County Rd 21, Haliburton, ON K0M 1S0

Local Tim Hortons locations in Minden and Haliburton, have selected the Central Food Network as their charity of choice for the Spring 2025 Smile Cookie Campaign! 🍪🌸

From April 28th to May 4th, 100% of proceeds from Smile Cookies sold at Tim Hortons in Minden and Haliburton will go towards the Central Food Network's essential programs, including our food banks in Cardiff and Wilberforce, Community Cooks, Heat Bank Haliburton County and our free income tax clinics!

✨ The best way to support this campaign? Pre-Order a box of 12 Smile Cookies for your home, work or as a gift to someone special! <https://tally.so/r/nPrKNV>

Get ready to make our community every bite better while enjoying a sweet treat.

➡ Learn More: <https://www.centralfoodnetwork.org/smilecookie2025.html>

## Wednesday, May 7, 2025

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### Chair Yoga in Gooderham

Date and Time: Wednesday, May 7 11:00 am - 12:00 pm

Address: Robert McAusland Memorial Community Centre, Gooderham

Chair yoga is a great option for those who are beginning an exercise program or anyone with mobility limitations or aging bodies. We will use a chair and other props to help with gentle stretching and movements. Chair yoga can bring increased flexibility, improve your ability to move and balance as well as reducing stress and help manage pain and discomfort.

- Classes are held at the Robert McAusland Memorial Community Centre in Gooderham
- All equipment (mats, chair, yoga props) is provided
- \$10 per class
- Please arrive 15 minutes early to get setup and chat with your neighbours

Any cancellations due to inclement weather or instructor illness/vacation will be announced on the Gooderham Classifieds Facebook page. For more information contact [info@gooderhamyoga.ca](mailto:info@gooderhamyoga.ca)

### Evening Yoga in Gooderham

Date and Time: Wednesday, May 7 7:00 pm - 8:00 pm

Address: Robert McCausland Community Centre, Gooderham

Come join us for Yoga in Gooderham on Wednesday evenings led by Michaela Shaw. This class is suitable for both Beginners and Intermediate students. Michaela provides thoughtful instructions that allow students to go at their own pace while building on the basic yoga poses to challenge, stretch, and relax the body and the mind.

Yoga mats and props are provided, but feel free to bring your own and a light blanket or sweater for the guided relaxation part of the class.

Fee is \$10/class.

Classes are held at the Robert McCausland Community Centre EVERY Wednesday from 7pm to 8pm. Any cancellations due to inclement weather or instructor illness/vacation will be announced on the Gooderham Classifi

## Saturday, May 10, 2025

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### Emergency Preparedness Week May 4-10

Date and Time: Saturday, May 10 12:00 pm

Address: Your home.

Safety starts with being prepared and having a plan. Emergency Preparedness Week (EP Week) is a national event that educates communities across the province about actions people can take to prepare for emergency situations and takes place from May 4 through 10, 2025.

Ontario's EP Week theme for 2025 is “Plan for every season.” This theme reflects the unique challenges facing Ontario on a seasonal basis and the opportunities to practice emergency preparedness throughout the year.

The recent challenges faced by residents during April's ice storm, its aftermath and the localized flooding that followed shortly afterwards highlights the importance of being prepared for different emergencies.

By taking a few simple steps, you can become better prepared to face a range of emergencies – anytime, anywhere. It is important to:

- **Know the risks** – Although the consequences of disasters can be similar, knowing the risks specific to our community and our region can help you better prepare
- **Make a plan** – It will help you and your family know what to do
- **Get an emergency kit** – During an emergency, we will all need some basic supplies. We may need to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours in an emergency. The Canadian Red Cross sells very good [pre-made emergency kits](#).

Visit [www.getprepared.ca](http://www.getprepared.ca) for more resources to help you and your family prepare for all types of emergencies, including an excellent guide on [how to make an Emergency Kit](#).

## Wednesday, May 14, 2025

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### Chair Yoga in Gooderham

Date and Time: Wednesday, May 14 11:00 am - 12:00 pm

Address: Robert McAusland Memorial Community Centre, Gooderham

Chair yoga is a great option for those who are beginning an exercise program or anyone with mobility limitations or aging bodies. We will use a chair and other props to help with gentle stretching and movements. Chair yoga can bring increased flexibility, improve your ability to move and balance as well as reducing stress and help manage pain and discomfort.

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- \$10 per class

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## Evening Yoga in Gooderham

Date and Time: Wednesday, May 14 7:00 pm - 8:00 pm

Address: Robert McCausland Community Centre, Gooderham

Come join us for Yoga in Gooderham on Wednesday evenings led by Michaela Shaw. This class is suitable for both Beginners and Intermediate students. Michaela provides thoughtful instructions that allow students to go at their own pace while building on the basic yoga poses to challenge, stretch, and relax the body and the mind. Yoga mats and props are provided, but feel free to bring your own and a light blanket or sweater for the guided relaxation part of the class.

Fee is \$10/class.

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## Saturday, May 17, 2025

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### Jump in the Lake for a Cause! Be Cold, Be Bold!

Date and Time: Saturday, May 17 12:05 am - 2:00 pm

Address: 2249 Loop Rd, Wilberforce but event takes place at participant's dock or local beach of their choosing

The Jump in the Lake Challenge is BACK for 2025!

A peer-to-peer cold plunge fundraiser fighting hunger & poverty across Haliburton County! 🍷

🌊 How does it work? The fundraiser takes place where each plunger chooses - their dock, a local beach, an ice bath or any other cold water they can find!

➡ In the weeks leading up to their icy plunge on May 17th, each participant raises funds for their charity of choice - [Minden Community Food Centre](#) OR the [Central Food Network](#) (+ [Heat Bank](#))! Participants can plunge solo or with a team.

❄ We are challenging YOU to be COLD and be BOLD - be part of something powerful for your community.

🌸 Are you in? Pick your charity and register today! [www.centralfoodnetwork.org/jumpinthelake-pickcharity.html](http://www.centralfoodnetwork.org/jumpinthelake-pickcharity.html)

📊 Between 2019 and 2024, there has been an 86% increase in the number of people who used a food bank in Ontario. The food banks in Minden, Wilberforce and Cardiff are feeding an average of 563 individuals per month - in 2025 we are expecting this number to continue rising. Your participation will help make a wave of impact for your local heat and food banks in Haliburton County.

## Wednesday, May 21, 2025

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### Chair Yoga in Gooderham

Date and Time: Wednesday, May 21 11:00 am - 12:00 pm

Address: Robert McAusland Memorial Community Centre, Gooderham

Chair yoga is a great option for those who are beginning an exercise program or anyone with mobility limitations or aging bodies. We will use a chair and other props to help with gentle stretching and movements. Chair yoga can bring increased flexibility, improve your ability to move and balance as well as reducing stress and help manage pain and discomfort.

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- All equipment (mats, chair, yoga props) is provided
- \$10 per class
- Please arrive 15 minutes early to get setup and chat with your neighbours

Any cancellations due to inclement weather or instructor illness/vacation will be announced on the Gooderham Classifieds Facebook page. For more information contact [info@gooderhamyoga.ca](mailto:info@gooderhamyoga.ca)

### Evening Yoga in Gooderham

Date and Time: Wednesday, May 21 7:00 pm - 8:00 pm

Address: Robert McCausland Community Centre, Gooderham

Come join us for Yoga in Gooderham on Wednesday evenings led by Michaela Shaw. This class is suitable for both Beginners and Intermediate students. Michaela provides thoughtful instructions that allow students to go at their own pace while building on the basic yoga poses to challenge, stretch, and relax the body and the mind. Yoga mats and props are provided, but feel free to bring your own and a light blanket or sweater for the guided relaxation part of the class.

Fee is \$10/class.

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## Wednesday, May 28, 2025

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### Chair Yoga in Gooderham

Date and Time: Wednesday, May 28 11:00 am - 12:00 pm

Address: Robert McAusland Memorial Community Centre, Gooderham

Chair yoga is a great option for those who are beginning an exercise program or anyone with mobility limitations or aging bodies. We will use a chair and other props to help with gentle stretching and movements. Chair yoga can bring increased flexibility, improve your ability to move and balance as well as reducing stress and help manage pain and discomfort.

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## Community Outreach Services

Date and Time: Wednesday, May 28 1:00 pm - 3:00 pm

Address: Keith Tallman Memorial Arena, 2256 Loop Road, Wilberforce

Haliburton County Community Outreach Services brings together a collaboration of multi-disciplinary service providers to provide supports for those who are underserved.

Once per month, Community Mobile Outreach meets in Wilberforce to provide easily accessible, low-barrier supports including services around housing help; mental health; addiction and harm reduction; community paramedicine; food supports, and education and employment.

Everyone is welcome to join/drop-in for snacks and refreshments at no charge, and safe, non-judgmental support from multiple community agencies.

## Evening Yoga in Gooderham

Date and Time: Wednesday, May 28 7:00 pm - 8:00 pm

Address: Robert McCausland Community Centre, Gooderham

Come join us for Yoga in Gooderham on Wednesday evenings led by Michaela Shaw. This class is suitable for both Beginners and Intermediate students. Michaela provides thoughtful instructions that allow students to go at their own pace while building on the basic yoga poses to challenge, stretch, and relax the body and the mind. Yoga mats and props are provided, but feel free to bring your own and a light blanket or sweater for the guided relaxation part of the class.

Fee is \$10/class.

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<https://calendar.highlandseast.ca>