

Wednesday, June 11, 2025

Chair Yoga in Gooderham

Date and Time: Wednesday, June 11 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

Evening Yoga in Gooderham

Date and Time: Wednesday, June 11 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 Classifieds Facebook page. For more information contact info@gooderhamyoga.ca

Saturday, June 14, 2025

Pirate Booty Event Cache

Date and Time: Saturday, June 14 1:00 pm - 4:00 pm

Address: 2249 Loop Rd Wilberforce

Back in 1825 legend has it that the Pusey Lake Pirates pillaged and plundered from one end to the other of Pusey Lake (renamed Dark Lake) amassing gold and riches from the local inhabitants.

Forward to 2025; documents, in a recently discovered, leather bound pirate's chest refer to multiple locations of hidden booty.

The dilemma; DNA testing reveals that, while 85% of the town residents have pirate blood coursing through their veins, none of the cut-throat mentality and very few navigational skills were passed down through the generations. In other words, they couldn't find a pickle in a pickle jar.

You, on the other hand, a well honed geocacher could easily find the Pusey Lake pirate's hidden booty.

So, if you can trace your genealogy to the Pusey Lake Pirates... simply suspect you may be a descendant... or just wanna' be related, sign up for the search.

Aye, it be a **treasure hunt**, and what Geocacher can resist hunting for treasure. Get ye to the Lloyd Watson Community Centre by 1:00 Saturday June 14th **and bring a carrot or a potato**. \$5.00 per team. Show your pirate spirit and come in full pirate attire.

Event Cache GCB4T8C

Wednesday, June 25, 2025

Chair Yoga in Gooderham

Date and Time: Wednesday, June 25 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

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Evening Yoga in Gooderham

Date and Time: Wednesday, June 25 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 Classifieds Facebook page. For more information contact info@gooderhamyoga.ca

<https://calendar.highlandseast.ca>