

## **Thursday, June 1, 2023**

---

### **Yoga**

Date and Time: Thursday, June 1 10:00 am - 11:00 am

Address: Community Centre upstairs

### **North of 50 Meet-up**

Date and Time: Thursday, June 1 2:00 pm - 4:00 pm

Address: 110 Indiana Ave

### **Yoga**

Date and Time: Thursday, June 1 6:30 pm - 7:30 pm

Address: Community Centre upstairs

## **Tuesday, June 6, 2023**

---

### **Drive Test**

Date and Time: Tuesday, June 6 9:00 am - 5:00 pm

Address: Community Centre

### **Yoga**

Date and Time: Tuesday, June 6 5:30 pm - 7:30 pm

Address: Community Centre

## **Thursday, June 8, 2023**

---

### **Yoga**

Date and Time: Thursday, June 8 10:00 am - 11:00 am

Address: Community Centre upstairs

## **North of 50 Meet-up**

Date and Time: Thursday, June 8 2:00 pm - 4:00 pm

Address: 110 Indiana Ave

## **Yoga**

Date and Time: Thursday, June 8 6:30 pm - 7:30 pm

Address: Community Centre upstairs

## **Tuesday, June 13, 2023**

---

## **Yoga**

Date and Time: Tuesday, June 13 5:30 pm - 7:30 pm

Address: Community Centre

## **Thursday, June 15, 2023**

---

## **Yoga**

Date and Time: Thursday, June 15 10:00 am - 11:00 am

Address: Community Centre upstairs

## **North of 50 Meet-up**

Date and Time: Thursday, June 15 2:00 pm - 4:00 pm

Address: 110 Indiana Ave

## **Yoga**

Date and Time: Thursday, June 15 6:30 pm - 7:30 pm

Address: Community Centre upstairs

## **Saturday, June 17, 2023**

---

### **Blind River Rib Fest - BBQ Event**

Date and Time: Saturday, June 17 11:00 am - 10:00 pm

Address: Town Park

## **Tuesday, June 20, 2023**

---

### **Court Services**

Date and Time: Tuesday, June 20 7:00 am

Address: Community Centre upstairs

## **Thursday, June 22, 2023**

---

### **Yoga**

Date and Time: Thursday, June 22 10:00 am - 11:00 am

Address: Community Centre upstairs

### **North of 50 Meet-up**

Date and Time: Thursday, June 22 2:00 pm - 4:00 pm

Address: 110 Indiana Ave

### **Yoga**

Date and Time: Thursday, June 22 6:30 pm - 7:30 pm

Address: Community Centre upstairs

## **Saturday, June 24, 2023**

---

### **Private Meeting**

Date and Time: Saturday, June 24 9:00 am - 1:00 pm

Address: Community Centre upstairs

## **Monday, June 26, 2023**

---

### **MTO Seniors Training**

Date and Time: Monday, June 26 11:00 am - 3:00 pm

Address: Community Centre upstairs

## **Tuesday, June 27, 2023**

---

### **MTO Seniors Training**

Date and Time: Tuesday, June 27 8:30 am - 2:30 pm

Address: Community Centre upstairs

### **Yoga**

Date and Time: Tuesday, June 27 5:30 pm - 7:30 pm

Address: Community Centre

## **Thursday, June 29, 2023**

---

### **MTO Seniors Training**

Date and Time: Thursday, June 29 9:30 am - 1:00 pm

Address: Community Centre upstairs

MTO Seniors Training

### **North of 50 Meet-up**

Date and Time: Thursday, June 29 2:00 pm - 4:00 pm

Address: 110 Indiana Ave

## Yoga

Date and Time: Thursday, June 29 6:30 pm - 7:30 pm

Address: Community Centre upstairs

## Sound Bath

Date and Time: Thursday, June 29 6:30 pm - 8:00 pm

Address: 110 Indiana

A VERY EXCITING ANNOUNCEMENT!

SPECIAL GUESTS FROM ONE NATION SOUND, ALL THE WAY FROM NYC WILL BE PROVIDING A HEALING SOUND BATH! YES, RIGHT HERE IN BLIND RIVER!

This amazing duo, with an impressive musical background, have released over 10 albums of music, including 3 albums of original meditation music, with more coming in the summer of 2023. Performing all over the US, in Canada, Jamaica, Ethiopia, France and England. Their continuous experience of offering weekly Sound sessions at Yoga studios around NYC and from their home studio in Brooklyn. Recently, they participated in Spirituality Week in New York City along with 200+ other practitioners from around the globe.

This is something that everyone can benefit from, we all need to feel a full body and mind relaxation.

It is less than two weeks away, with limited spaces available. Don't hesitate to grab your ticket as soon as you can.

Open to everyone, women, men and teens (not recommended for children due to the extended time of keeping quiet and still).

No experience needed.

No flexibility required.

If you do not want to lay on a mat, on the floor, you can enjoy the experience in a chair.

A full description is on the website, and how to get your ticket.

[www.oftheoaks.ca](http://www.oftheoaks.ca)

With gratitude,

**Michelle Deschênes**

<https://calendar.blindriver.ca>