

SENIOR'S PROGRAM

IN HEAD, CLARA AND MARIA

Head Clara and Maria's Senior and Intergenerational Programming will continue to feature **free** activities throughout the winter months including:

Genealogy Workshop— January 28th at 10 am

This workshop will provide guidance for those who would be interested in Genealogy but aren't quite sure how to get started, as well as those who have already been introduced and would like more support.

Erica Van Drunen, Registered Dietician DRDH—February 4th at 10:30 am

Erica will offer advice and tips on health and nutrition and will be able to address any questions or concerns.

Snowshoeing— February 14th at 1:00 pm

Lets get out and see what our area has to offer! This will be an introduction to snowshoeing and will give those who have not been out a chance to try it. With a good demand, we will repeat this event in the future. If you have your own snowshoes that you are comfortable with, great! If you do not have a pair, there will be a variety available for public use, purchased through this program.

Technology Workshop—February 21st at 1:00 pm

Michael Mykolyszyn from Valley Computer Repair will be assisting with this workshop and offering live troubleshooting and a Q & A session. Graduating from Computer Systems Technician from Algonquin College in Pembroke, Michael has a lot of valuable knowledge to pass on. If anyone is interested in bringing in their personal gadgets, please do so! Some of our local youth will be joining us as well to help us out! If you are interested in something particular, please the Township office and we will try to accommodate.

Pickle ball—February 25th at 1:00 pm

Come join us for a game! For anyone who missed the demonstration last time, here is another chance for you to come out and learn.

Light refreshments will be served at our events.



There will be more events and information to come! Follow us on Facebook (Head, Clara & Maria Municipality) and check out our website at <http://www.townshipsofheadclaramaria.ca/>

Please contact the Township office if you have any questions or concerns at 613-586-2526 or hcminfofischer@gmail.com



Ministry of Citizenship and Immigration
Ministère Des Affaires Civiques Et De L'Immigration