



Puslinch Community Newsletter February 2020

Arkell United Church

AFTERNOON OUT. Wednesday, February 12 and 26 at 2pm. Arkell United Church, 600 Arkell Road, Arkell. Cards, Sweets and More. Contact Ross at 519-822-6063.

MUSICAL HOOTENANNY. Friday, February 28 at 7- 9pm. Sign up for your time in the spotlight or just sit and enjoy. Arkell United Church, 600 Arkell Road, Arkell. 519-821-7623.

SENIOR'S LUNCH. There will not be a Senior's Lunch in February. This usual monthly event will commence again at the church on Tuesday, March 17 from noon to 2:00pm.

Badenoch Community Centre

BADENOCH MUSIC NIGHTS. For information call: Flo 519-763-9782.

CORE YOGA WORKOUT. Working with stability ball and hand weights. Wednesdays at 9am.

GENTLE YOGA. Working with hand weights and a foam roller. Wednesdays at 10am.

HATHA YOGA. Wednesdays at 7:30pm. All levels welcome - contact Angie 519-994-5620.

CRAFTY AFTERNOON Wednesdays 1pm to 4pm. Call Flo at 519-763-9782 for information. Bring whatever project you are working on. Join us for an afternoon of "Crafty Chirps and Chats."

COMMUNITY QUILT set up for those who wish to quilt. This is a community winter project and will be raffled at the Annual BBQ in Aug 2020. Please contact Flo at 519-763-9782 for more information.

Duff's Parish Nurse Programs

PUSLINCH FITNESS. Every Monday at 7:30pm. Join us for an hour of fitness with a certified instructor. A variety of fitness levels and exercise, cardio, HIIT, stability ball, interval training, and cardio drumming. Bring your own equipment yoga mat and hand weights. First class is free, \$5 after initial class.

SMART. Every Tuesday and Thursday morning at 9:30-10:30. A free program to those 55+ for individuals who want to maintain health and independence. Seniors Maintaining Active Roles Together focuses on balance, strength, flexibility and cardio to prevent falls.

PUSLINCH FITNESS Mondays at 7:30pm. Join us for an hour for fun exercise with a certified instructor every Monday evening. Provided by VON. Cost \$5/class, first class is free. Bring your own mat and hand weights if you have them.

Contact Karen Harding 519-820-8114 or karenharding349@outlook.com



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Mount Carmel-Zion United Church

SENIOR'S POTLUCK LUNCH. April 1st, 2020, 11:30 am @ Sponsored by Mount Carmel-Zion United Church. Reservations appreciated. Everyone Welcome. Bring a friend. Call Mary Beth at 519-822-6211 or email Janetc@sentex.net

Optimist Recreation Centre

PICKLEBALL - Optimist Recreation Centre gymnasium, every Monday and Wednesday (except statutory holidays) 1:30 to 3:30pm. \$5.00 each session. Everyone welcome. For further information contact June 519-763-0309, Lois 519-831-4052.

Puslinch Branch Library – February Programmes. To register for programmes call 519-763-8026

ART FOR BEGINNERS (ADULTS) Experiment with simple painting techniques to create a unique piece of art! All materials supplied. No experience necessary. Please register. Tuesday, February 4, 1:30 - 3:00 pm

STORY TIME (5 YEARS AND UNDER) Our Story Times are designed to help your child get ready for reading. Share stories, songs, rhymes, and activities aimed at developing your child's early literacy skills. Parents and caregivers are encouraged to participate. Thursdays, February 6 - 27, 11:00 - 11:45 am

TECH TALK (ADULTS) Join the conversation! Bring your questions about computers, e-readers, or other mobile devices, and we will explore them together. It can be as simple as how to turn your device on or as complicated as how a specific app works. Drop in. Thursday, February 6, 3:00 - 4:00 pm

DUNGEONS AND DRAGONS (PRETEENS) Let the adventure begin! Join us at the library for a game of Dungeons and Dragons. No previous experience required. Please register. Thursday, February 6, 5:30 - 7:30 pm

FRIDAY BOOK CLUB (ADULTS) Discussing Medicine Walk by Richard Wagamese. Please register. Friday, February 7, 1:00 - 2:00 pm

UKULELE BOOT CAMP (ALL AGES) Learn the basics of playing a ukulele and a song or two. Bring your own or play one of ours- we'll learn together. Uke can do it! Please register. Saturday, February 08, 11:00 am - 12:00 pm

SCRABBLE CLUB (ADULTS) Join us for an afternoon of casual word building entertainment! No experience necessary. Please register. Wednesdays, February 12 and 26, 2:00 - 4:00 pm

TECH TALK (ADULTS) Come join the conversation about computers! Bring your questions and we will explore together to find the answers. It can be as simple as how to turn your device on, or more in depth with how a specific app works. Please register. Friday, February 14, 11:00 am - 12:00 pm



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Puslinch Branch Library – February Programmes (cont.) To register for programmes call 519-763-8026
TUESDAY BOOK CLUB (ADULTS) Discussing Unbroken by Laura Hillenbrand. Please register.
Tuesday, February 18, 1:30 - 2:30 pm

INTRODUCTION TO CREATIVEBUG: BEGINNING CALLIGRAPHY (ADULTS) Join us to explore the world of crafting with Creativebug, an online resource offering video tutorials, a pattern library, inspiration boards, and even livestreamed classes. You're more creative than you think! Please register.
Tuesday, February 25, 1:30 - 3:00 pm

THURSDAY BOOK CLUB (ADULTS) Discussing A Man Called Ove by Fredrik Backman. Please register.
Thursday, February 27, 6:30 - 7:30 pm

For complete programme information, visit www.wellington.ca/Library

Township of Puslinch

ICE RINK. The ice rink is now open for the 2020 season. Please be sure to check www.puslinch.ca for schedules.

FACILITY RENTALS. Looking to host an event? For facility rentals or more information please visit us at <https://www.puslinch.ca/en/explore-us/community-facilities.asp>

DOG CONTROL AND DOG CATCHING. The Township of Puslinch is now using the Cambridge Humane Society for dog control and dog catching. Please call the Cambridge and District Humane Society at (519) 623-6323 or (519) 623-7405.

Whistle Stop Co-op

PRESCHOOL. Spaces available Monday-Wednesday and Friday mornings. Puslinch Community Centre 9:00am-11:30am. More information can be found at www.whistlestoppreschool.com or call Sandra 519-239-9878