



Puslinch Community Newsletter January 2020

Arkell United Church

AFTERNOON OUT. Wednesday, January 15 and 29 at 2pm. Arkell United Church, 600 Arkell Road, Arkell. Cards, sweets and more. Contact Ross at 519-822-6063.

HOOTENANNY. Friday, January 24. 7 to 9pm. Sign up for your time in the spotlight or just sit and enjoy. Arkell United Church, 600 Arkell Road, Arkell.

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. No class January 1st.

GENTLE YOGA. Working with hand weights and a foam roller. Wednesdays at 10am. No class January 1st.

HATHA YOGA. Wednesdays at 7:30pm. All levels welcome - contact Angie 519-994-5620. No class January 1st.

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." No class January 1st.

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 restarts Monday January 13th 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.



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Duff's Parish Nurse Programs (cont.)

LUNCH AND LEARN. Wed. January 8th at 11:00am. Ethena Williams Registered Social Worker/Clinical Counsellor will share strategies to manage change. Soup lunch to follow, no charge but donations are accepted to help cover the cost.

MOVIE AFTERNOON. Wed. January 29th at 1:30pm. "Fireproof." A gripping story about a Fire Captain's desire to transform his life and marriage through the healing power of faith.

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

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. **No Pickleball Jan. 1.**

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

FRIDAY BOOK CLUB (ADULTS) Discussing The Boys in the Boat by Daniel Brown. Please register. Friday, January 3, 1:00 - 2:00 pm.

LET THE GAMES BEGIN (ADULTS) From cards to puzzles, checkers to word games, drop by the library for a friendly challenge. Please register. Tuesdays, January 7 and 28, 2:00 - 3:30 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, January 9 - 30, 11:00 – 11:45 am.

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, January 11, 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, January 15 and 29, 2:00 - 4:00 pm.

TUESDAY BOOK CLUB (ADULTS) Discussing Vinyl Café Turns the Page by Stuart McLean. Please register. Tuesday, January 21, 1:30 - 2:30 pm.

ANCESTRY LIBRARY EDITION (ADULTS) Learn the basics of navigating Ancestry Library Edition to get started on your genealogy research. Please register. Wednesday, January 22, 2:00 - 3:00 pm.



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Puslinch Branch Library – January Programmes (cont.) To register for programmes call 519-763-8026
FAMILY LITERACY DAY (ALL AGES) Join us to celebrate Family Literacy Day with board games and scavenger hunts at the library! Drop in. Saturday, January 25, during branch hours.

TAX INFORMATION SESSION (ADULTS) Are you unsure of what tax benefits and credits you are entitled to if you are newly retired or planning to retire? Come hear a Canada Revenue Agency (CRA) outreach officer review what you need to know this filing season. While these are group information sessions, not individual tax preparation workshops, the CRA officer will be able to direct you to volunteer tax clinics. Contact your branch to register. Thursday, January 30, 4:00 – 5:00 pm.

THURSDAY BOOK CLUB (ADULTS) Discussing The Readers of Broken Wheel Recommend by Katarina Bivald. Please register. Thursday, January 30, 6:30 - 7:30 pm.

PA DAY PROGRAMME: LET THE GAMES BEGIN (GRADES JK - 6) From cards to puzzles, checkers to word games, drop by the library for a friendly challenge. Drop in. Friday, January 31, 10:30 - 11:30 am.

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