

# Better Together

Madawaska Valley Association for Community Living

SUN	MON	TUE	WED	THU	FRI	SAT
Music at the Combermere Gazebo 1 	2	3	Larry's Walking Club @ 1pm 4 	5	6	Moskitto Bar Concert 7 
8	Chair Yoga Mondays from 3-4pm 9 	All about trees webinar! 10 	11	12	13	Combermere 14 Farmer's Market 
All you can eat! 15 pancake breakfast! 8am-12pm 	Visit the Bonnechere Caves! 16 	17	Radio Bingo! 18 	The Valley Foragers! 19 	Rain Date for Community Scavenger Hunt 20	Try Geocaching today 21 
22	Lunch and Learn. 23 Contact Heidi for more info 	24	Canning and Preserving Club! 25 	26	Music in the Park 27 	Skylight Drive-in! 28 
Sand-Sational Sand Castle contest 29 	30	Tech Tuesdays Contact Heidi 31 				

## AUGUST 2021



Flowers For Seniors

The Learning Centre is currently open for Telephone and Virtual Support. Contact Heidi Tuesday to Friday from 930-330 at 613 756 3817 x205 for more information.





# MVACL CALENDAR EVENTS



Radio Bingo: Tickets can be purchased at the Golden Lake Variety store. \$10 per ticket. Can be heard over 104.9 My FM, at 7 pm weekly on Wednesday evenings. <https://www.pembroketoday.ca/radio-bingo/>

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Tech Tuesdays: Contact Heidi at [communityconnector@mvacl.ca](mailto:communityconnector@mvacl.ca) if you are interested in setting up a Q&A via Teams on a things technology. This can also include information sessions on adaptive equipment to empower inclusion if there is interest. Times and days of the week are flexible for assistance.

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Breathe and Be Chair Yoga: Are you looking for ways to stay active, or looking to try something new? Each Monday from 3-4 PM you can catch a virtual chair yoga session with breathe & Be Yoga. Join in for this fun, relaxing activity from the comfort of your own home. No experience necessary! <https://bluejeans.com/117614374>

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Walking with Larry: Join Larry every Wednesday at 1pm, to walk around and explore the town of Barry's Bay!

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Music at the Comberemere Gazebo! August 1st, 1-4pm. Come on out for a lovely evening of live music! For more information, take a look at their Facebook page: <https://www.facebook.com/madawaskavalley/posts/4402420006468891>

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Sand-Sational Sand Castle Contest! Build an amazing sand castle today and have the chance of winning up to \$875 in prizes! All you have to do is build a sand castle and send a picture to: [danaj@eganville.com](mailto:danaj@eganville.com) to qualify for this contest! for more details, visit: [https://www.facebook.com/madawaskavalley/?ref=page\\_internal](https://www.facebook.com/madawaskavalley/?ref=page_internal)

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The Valley Foragers. MVACL's very own Treasure Hunt! Takes place on August 19th, 2021, at 10am. All in the Barry's Bay Community are welcome! More information to follow.

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**Lunch and Learn-Ted Talk Feature of the Month:** "When stress got to be too much for TED Fellow Sangu Delle, he had to confront his own deep prejudice: that men shouldn't take care of their mental health. In a personal talk, Delle shares how he learned to handle anxiety in a society that's uncomfortable with emotions. As he says: "Being honest about how we feel doesn't make us weak -- it makes us human."  
[https://www.ted.com/talks/sangu\\_delle\\_there\\_s\\_no\\_shame\\_in\\_taking\\_care\\_of\\_your\\_mental\\_health](https://www.ted.com/talks/sangu_delle_there_s_no_shame_in_taking_care_of_your_mental_health)





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Upcoming Calendar Events

Moskitto Bar Concert: Saturday, August 7 at 7 PM EDT. Located in Rockingham, Ontario. To find out more detail about this event, and where to purchase tickets, visit their Facebook page: <https://www.facebook.com/events/932356390662559/>

Interested in learning about nature? This event discusses over 35 species of trees! Sign up for this event, called: All About Trees! A Webinar Series: AUG 10 AT 7 PM EDT – AUG 19 AT 8:30 PM EDT. For more information about this event, visit, <https://www.yourleaf.org/event/aug-10-2021/all-about-trees-webinar-series>

Take part in the All-You-Can-Eat Pancake day at the Barry's Bay Legion Branch 406. Adults: \$12, Children: \$6, children under 6 years old eat for free! For more details about this event, visit the Legion's Facebook page: <https://www.facebook.com/Barrys-Bay-Legion-Branch-406-326083524715639>

LOCAL LADIES WHO ROCK IN ROCK! Cavestock Concert Series - Thursday August 19th, 2021. Interested in partaking in a unique experience? Register now to enjoy an evening of music in the Bonnechere Caves. To book now and to find out more details, visit <http://www.bonnecherecaves.com/special-events/cavestock-underground-concert-series/local-ladies-who-rock-in-the-rock-1429.html>

Cookbook Club: Canning and Preserving [VIRTUAL]: Learn how to make your own canned goods today! With this free online event you can try out various recipes from different cookbooks. Event will be held on August 25th from 2-3pm. To get more information, and to register for the event, head over to their website: <https://westvanlibrary.ca/event/cookbook-club-canning-and-preserving-virtual/>

Are you an avid Netflix binge-watcher? If so, then you'll love this Netflix Trivia night that is hosted by the City of Pembroke. This event takes place August 27th. To register for this event and to find out more details, visit their website: <https://www.pembroke.ca/residents/recreation-programs/summer-programs/summer-virtual-trivia-nights.html>

Take part in the world's largest treasure hunt. Try geocaching this August! Sign up on their website: <https://www.geocaching.com/play>

If you're looking for a fun summer experience, go out and explore the Bonnechere Caves. For more information, visit their website: <http://www.bonnecherecaves.com/>. Finish your experience by visiting the town's very own Bakery and Bistro. Take a look at their menu: <https://bonnecherebakeryandbistro.com/>

Ever wanted to take part in a retro movie-watching experience? Well now you can with Pembroke's Skylight Drive-in. Only \$20 per car! To keep updated with movie showings and other news, visit their website: <http://www.skylightdrivein.com/>

With the opening of Combermere's local Farmer's Market, you are able to purchase fresh produce! Drop by Saturday's, from 8:30-11am. The market closes on Thanksgiving weekend, so make sure to head over when you get the chance! Combermere Rd & Mill St, Madawaska Valley, ON K0J 1B0