

Better Together

Madawaska Valley Association for Community Living

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			1	2	3	4
5	6 Labour Day! 	7	8  Radio Bingo!	9	10	11
12	13 Chair Yoga Mondays from 3-4pm 	14 Tech Tuesdays 	15	16 Training Committee Meeting 2-3pm at 19460	17	18
19	20	21	22 Larry's Walking Club @ 1pm 	23 Abuse QAM Training 	24 OFL- Side by side learning: About Abuse`	25
26	27	28 Lunch and Learn 	29 LC Closed -CPR	30 LC Closed -CPR		

SEPTEMBER



Matthew enjoying his time at Logos Land

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



Learning Centre 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/>



Tech Tuesdays: Contact Heidi at 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.

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

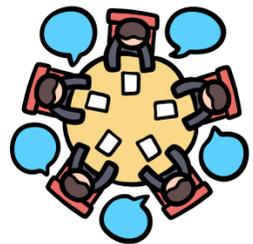


Breathe and Be Chair Yoga: Are you looking for ways to stay active, or looking to try something new? Each Monday from 3-4 PM you can catch a virtual chair yoga session with breathe & Be Yoga. Join in for this fun, relaxing activity from the comfort of your own home. No experience necessary!



<https://bluejeans.com/117614374>

September 16:
Training Committee Meeting from 2-3pm at 19460



September 23: QAM Abuse Training: Offered Virtually by Lisa Oegema of Victims Services Renfrew County. Call the Learning Centre to book a time.

September 24: Open Futures Learning Side by Side learning: Preventing Abuse and Staying Safe. This module features: John Elkin, Samantha Hughes, Steve Dymond and Harvey Pacht. Time of day is flexible.



September 28: TED talk Lunch & Learn: Lucy Hone: 3 Secrets of Resilient People. Everyone experiences loss, but how do you cope with the tough moments that follow? Resilience researcher Lucy Hone shares three hard-won strategies for developing the capacity to brave adversity, overcome struggle and face whatever may come head-on with fortitude and grace.

https://www.ted.com/talks/lucy_hone_3_secrets_of_resilient_people



September 29 & 30: The Learning Centre will be Closed for First Aid and CPR Internal Training



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EVENTS

RENFREW FAIR

ENTERTAINMENT and BEER GARDEN IN THE ARMOURIES
(Entertainment to be Announced)

September 9th - 12th, 2021

Thursday, September 9th
 9 am Gates Open
 10:30 am Renfrew County Holstein Show
 1 pm Renfrew Miniature 4-H Horse Show
 5 pm Exhibit Hall Opens
 5 pm Robertson Amusements Midway Opens

Friday, September 10th
 9 am Gates Open
 10 am Exhibit Hall Opens
 10 am Heavy Horse and Miniature Horse Show
 4 pm Robertson Amusements Midway Opens
 7 pm Beer Gardens Opens
 8 pm Entertainment in the Armouries

Saturday, September 11th
 9 am Gates Open
 9 am Light Horse Show
 10 am Exhibit Hall Opens
 10 am Beef Show
 10 am Heavy Horse and Miniature Horse Show
 11 am Robertson Amusements Midway Opens
 12 noon Steer Show
 2 pm Beer Garden Opens
 6:30 pm Steer Sale
 8 pm Entertainment in the Armouries

Sunday, September 12th
 9 am Gates Open
 9 am Team Penning
 10 am Exhibit Hall Opens
 10 am Pony Pull
 11 am Robertson Amusements Midway Opens
 11 am Butter Tart Festival sponsored by 2 Fat Tarts
 1 pm Beer Gardens Opens
 1 pm Horse Pull
 2 pm Entertainment in the Armouries
 5 pm Fair Closes

FOR MORE INFORMATION CHECK US OUT AT
www.renfrewfair.com
www.facebook.com/renfrewfair

ADMISSION: \$5.00 per day
 6 and Under - FREE
 Parking - \$5.00



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 SATURDAY, SEPTEMBER 4, 2021 AT 11 AM EDT - 2 PM EDT
Barry's Bay Legion Canada Day BBQ
 Free · Barry's Bay Legion

CBC News
 August 12 at 12:26 PM
 It's expected to be a 36-day campaign — the minimum length permitted by law.



CBC.CA
 Canadians can expect a federal election on Sept. 20: sources | CBC News

BARRY'S BAY Farmers' MARKET
 Fri 11:00 - 4:00 PM
 MAY TO THANKSGIVING



COMBERMERE Farmers' Market
 Fresh Local Produce Every Week!
 3rd Saturday in June through Thanksgiving
 Corner of Mill St. and Hwy 62,
 Combermere, ON

Killaloe Farmers' Market
 July 6
 This is where we are every Saturday 9 am to 1 pm until Thanksgiving.



98.7 FM HERITAGE
GREAT PRIZES
 \$300 \$500 \$1000
Three Games Every Thurs. 7:00 PM
Cards Available Over 30 Locations
 Bingo Phone-in Numbers
613-432-9873 or 888-532-9870