

Better Together

Madawaska Valley Association for Community Living

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			1	2	3	4
5	Labour Day! 	7	 Radio Bingo!	9	10	11
12	Chair Yoga Mondays from 3-4pm 	Tech Tuesdays 	15	Training Committee Meeting 2-3pm at 19460	17	18
19	20	21	Larry's Walking Club @ 1pm 	Abuse QAM Training 	24	25
26	27	Lunch and Learn 	LC Closed -CPR	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

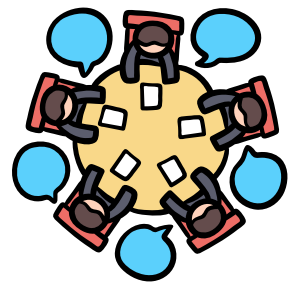


Radio Bingo: Tickets can be purchased at the Golden Lake Variety store. \$10 per ticket. Can be heard over 104.9 My FM, at 7 pm weekly on Wednesday evenings.

<https://www.pembroketoday.ca/radio-bingo/>



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



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.

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.



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 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

* Times and events subject to change.

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

MIDWAY
PROVIDED BY ...



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.



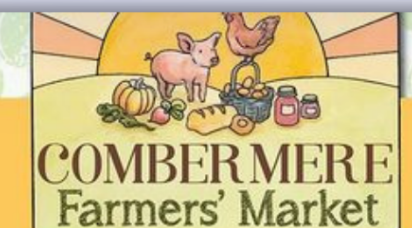
CBC.CA

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



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.



Three Games Every Thurs. 7:00 PM

PRIZES
\$300
\$500
\$1000

Cards Available Over 30 Locations

Bingo Phone-in Numbers
613-432-9873 or 888-532-9870