12th ANNUAL ECHO BAY EXTRAVAGANZA Featuring

John McClenaghan & Perfect Blend SUNDAY, July 7, 2019 Music Indoors @ Echo Bay Sportsplex 83 Bay Street Featuring John McClenaghan & Perfect Blend 1 — 2 PM (Country Gospel Show) 2— 5 PM (50's, Old & New Country) Please contact Cindy at 705-248-1166 or 705-248-2381 or email "cfindlay@ontera.net" if you can help.

Canadian Fire Arm Safety& Hunter's Education Course

June 7 – 9, at the Echo Bay Hall Call Cindy to register at 705-248-1166 or 705-248-2381 or 'cfindlay@ontera.net'. If you have any questions or concerns, please contact Instructor Brian Ardiel at 705-842-2656 or email <u>brian.ardiel@gmail.com</u> Full course \$260 or \$150 for just one course.

<u>Kids Yoga by Ana SV Hall</u>

Sunday, May 5 & 19 at 6:15—6:50 pm Pre-register with Ana at <u>analifeessentials@gmail.com</u> Cost is \$10 Parents/grandparents are welcomed to join. All participants need a yoga mat. If you are interested in June classes, send Ana an email. NCHKCC yoga mats for kids are available. Please contact Cindy at 705-248-1166 or 705-248-2381 or email 'cfindlay@ontera.net' if you need one.



Some grants need the student applicants to be enrolled as a *fulltime student* for the fall of 2019. *All positions are pending funding approval.*

Relax, Refresh & Renew - Women's Retreat - Saturday, May 25th

Join Kristy Rachkowski, Ginette Valiquette & Ana Rawn who are hosting the days activities at Sylvan Valley Hall.

A half day retreat focused on Women's Wellness.

Includes a light lunch & healthy snacks provided by Vibe Eatery & Juice Co. Introduction to meditation with 2 guided sessions. Gentle Flow Yoga Class and an Essential Oils workshop with take away rollerball blends.

How Much: \$50 includes everything above.

Spots are limited to 25 so reserve your spot today by emailing <u>ginnyv@live.ca</u>. Deadline to register is Thursday, May 23rd.

LANDFILL NEWS

Please tie up plastic grocery bags They won't fly as easy .



<u>IMPORTANT DATES TO NOTE</u> n ______1st & 3rd

Food Bank open ————	-1st & 3rd Tuesday
Women's Rec Volleyball EB School	—Monday's 7 pm
Municipal taxes due	——— May 15
Echo Bay Elks Fish Fry —	—— May 26
Soccer starts —	June 25
11th Annual Echo Bay Extravaganza	July 7
Great Waterfront Trail Adventure stop at L	D Park — July 29
Family Festival Day —————	——— August 24



SUMMER CAMP REGISTRATION

New Games, Sports & Adventure July 15—19 Water-Mania July 22—26

Mystery August 12—16

All camps run from 10 am to 3 pm daily with before and after care available. All camps are for ages 5 (born 2014) to 13 (2006) years and will be located at the Echo Bay Sportsplex.

Wednesday will be field trip day. The cost is \$75 for one child, \$125 for two children and \$175 for three children. All participants will be well supervised and provided with excellent

activities and experiences. Snacks are provided but please bring a lunch.

You can register at the Twp of Macdonald by calling Cindy at 705-248-1166 or 705-248-2381 or Twp of Laird by calling Rhonda at 705-248-2395 for more information.