

## **Tuesday, March 4, 2025**

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### **Introduction to Bridge II**

Date and Time: Tuesday, March 4 10:00 am - 12:00 pm

Address: 5102 Highway 17, Arnprior, Ont. K7S 3G7

This course is suitable for players who have some experience playing rubber bridge.

Dates (6 sessions): Tuesdays, Feb. 15 to March 25, 2025

Time: 10:00 AM – Noon

Location: Arnprior Duplicate Bridge Club

Cost of Course: \$60

Cost of course includes a copy of “Bridge Basics 2 – Competitive Bidding” by Audrey Grant.

Full course outline can be found at <https://priorbridgeclub.ca/tuesday-lessons/>

## **Wednesday, March 5, 2025**

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### **The Lunch Bunch by Seniors at Home**

Date and Time: Wednesday, March 5 12:00 pm - 2:00 pm

Address: 49 Daniel St N, Arnprior

A full course luncheon event at the Arnprior Legion Hall on Wednesday, March 5th from 12-2pm. Choice of sandwiches chicken salad or salmon. The Dregischans will be entertaining. Tickets \$12 available from agency office till noon on Feb 28th. All seniors or adults with disabilities welcome.

## **Friday, March 7, 2025**

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### **Junior Youth Night**

Date and Time: Friday, March 7 5:00 pm - 6:00 pm

Address: 77 James St

Junior Youth Night is a program where parents can drop off their child under the supervision of our experienced Program Staff and allow them time with friends to play themed games. In this program, staff start off the activity and then allow the kids to take the program in whichever way they choose.

To register for Junior Youth Nights, click here.

This program is for ages 4-7 and free with the Youth Club membership.

## Youth Night

Date and Time: Friday, March 7 6:00 pm - 8:00 pm

Address: 77 James St

Youth Night is a program where parents can drop off their child under the supervision of our experienced Program Staff and allow them time with friends to play themed games. In this program, staff start off the activity and then allow the kids to take the program in whichever way they choose.

[To register for Youth Nights, click here.](#)

These programs are for ages 8-13 and free with the Youth Club membership.

## Saturday, March 8, 2025

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### SNOVAP "Little Explorers" Kids Hike

Date and Time: Saturday, March 8 10:00 am - 11:00 am

Address: 284 McNab St, Arnprior, ON K7S 3L9

**Location:** Macnamara Trail, Arnprior

**Date:** March 8th

**Time:** 10AM - 11AM

**Distance:** 2 km loop

☐ **Elevation:** 100m

**Skill Level:** Easy for little legs!

**Price:** \$10 / person - every parent and child needs a ticket

**Age:** 3+

*\*All children must be accompanied by an adult\**

### What's in Store?

**"Wildlife Detectives" Scavenger Hunt** – Find animal tracks, cool winter plants, and hidden nature treasures!  
**Secret Spy Mission** – Spot the *mystery* animal tracks left in the snow! Can you guess who walked here before us?

**Birdy Bingo!** – Listen for birds singing in the trees and mark them off your bingo card.

**Hot Cocoa Break** – Warm up with hot chocolate and mini marshmallows at our cozy pit stop!

**Winter Dress-Up Challenge** – Learn fun tips for staying warm while playing outside!

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### Highlights of the Walk:

**Follow the Footprints!** – Can we track a fox or a deer through the snowy woods? We'll learn how to read animal prints!

**Marsh Lookout** – Who's hiding in the reeds? Let's use our "quiet ears" to listen for birds and critters.

♂ **Lime Kiln Time Travel** – Step into the past as we visit the old lime kiln ruins. What was life like 100 years ago?

**Bonus:** We'll provide snowshoes or crampons for kids and parents! Just bring warm boots, and we'll take care of the rest.

## Tuesday, March 11, 2025

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### Introduction to Bridge II

Date and Time: Tuesday, March 11 10:00 am - 12:00 pm

Address: 5102 Highway 17, Arnprior, Ont. K7S 3G7

This course is suitable for players who have some experience playing rubber bridge.

Dates (6 sessions): Tuesdays, Feb. 15 to March 25, 2025

Time: 10:00 AM – Noon

Location: Arnprior Duplicate Bridge Club

Cost of Course: \$60

Cost of course includes a copy of "Bridge Basics 2 – Competitive Bidding" by Audrey Grant.

Full course outline can be found at <https://priorbridgeclub.ca/tuesday-lessons/>

## Thursday, March 13, 2025

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### Older Adult Focus Group - Session 1

Date and Time: Thursday, March 13 9:00 am - 11:00 am

Address: Aspira Island View Retirement Living - 30 Jack Cres., Arnprior, ON

The Town of Arnprior is updating its Age Friendly Community Plan. We are looking for interested residents, aged 65+ to provide their feedback on how our community can continue to support age friendly living.

Both Focus Group Sessions will be on **Thursday, March 13th, 2025.**

**Session 1 is at 9:00am** and is hosted at Aspira Island View Retirement Living.

**Session 2 is at 1:00pm** and is hosted at the Seniors Active Living Centre.

Spots are limited! To reserve your spot or learn more, please contact Kaitlyn at [kwendland@arnprior.ca](mailto:kwendland@arnprior.ca) or (613) 623-4231 ext. 1817.

Stay tuned for more ways to engage in the Age Friendly Community Plan Renewal!

## Older Adult Focus Group - Session 2

Date and Time: Thursday, March 13 1:00 pm - 3:00 pm

Address: Seniors Active Living Centre - 77B Madawaska St., Arnprior

The Town of Arnprior is updating its Age Friendly Community Plan. We are looking for interested residents, aged 65+ to provide their feedback on how our community can continue to support age friendly living.

Both Focus Group Sessions will be on **Thursday, March 13th, 2025.**

**Session 1 is at 9:00am** and is hosted at Aspira Island View Retirement Living.

**Session 2 is at 1:00pm** and is hosted at the Seniors Active Living Centre.

Spots are limited! To reserve your spot or learn more, please contact Kaitlyn at [kwendland@arnprior.ca](mailto:kwendland@arnprior.ca) or (613) 623-4231 ext. 1817.

Stay tuned for more ways to engage in the Age Friendly Community Plan Renewal!

## Saturday, March 15, 2025

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### St. Paddy's Party

Date and Time: Saturday, March 15 1:00 pm - 4:00 pm

Address: 77 James St

St. Paddy's Party is back for a second year and features excellent local music, dance and drinks.

Grab your dancing shoes and be ready for great music! The Kyle Felhaver Band and The Ryan's are in the house on March 15th and ready to put on the best St. Patrick's Day Party in the Valley! Tickets cost \$15 while supplies last and get you access to the three hour event featuring live music, a costume contest, green beer, games, and more!

Open to all ages, this community event is meant to give you a space to dance and enjoy the festivities.

## Tuesday, March 18, 2025

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### Introduction to Bridge II

Date and Time: Tuesday, March 18 10:00 am - 12:00 pm

Address: 5102 Highway 17, Arnprior, Ont. K7S 3G7

This course is suitable for players who have some experience playing rubber bridge.

Dates (6 sessions): Tuesdays, Feb. 15 to March 25, 2025

Time: 10:00 AM – Noon

Location: Arnprior Duplicate Bridge Club

Cost of Course: \$60

Cost of course includes a copy of “Bridge Basics 2 – Competitive Bidding” by Audrey Grant.

Full course outline can be found at <https://priorbridgeclub.ca/tuesday-lessons/>

## Thursday, March 20, 2025

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### ontrac's Annual Job Fair

Date and Time: Thursday, March 20 2:00 pm - 4:00 pm

Address: 77 James Street, Arnprior, ON K7S 1C9

Join us for our Annual Job Fair! Looking for employment? Part-time, full-time, seasonal, and summer jobs are available! Meet local employers representing jobs in a variety of sectors! Dress to impress and bring extra copies of your resume.

If you need help preparing, please contact ontrac at 613-623-4680 or [arnprior@getontrac.ca](mailto:arnprior@getontrac.ca).

## Saturday, March 22, 2025

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### Vibefest

Date and Time: Saturday, March 22 11:00 am - 4:00 pm

Address: 35 Madawaska Street



Welcome the new year as part of the Arnprior + District Museum's #SeekingPeace initiative with community members who can help us find inner calm during difficult times. Activities for the whole family will include dance, a sound bath, breath practice, and a cacao ceremony. Everyone is welcome, there's no registration, and admission is free.

See the full program below.

**Note for all workshops:**

Please bring a yoga mat with you, or something to lay on the ground. You're welcome to also bring pillows, blankets, eye masks, fuzzy socks, and anything else that will help you feel a sense of ease.

No registration required.

## Vibefest Program:

### 11 am: Open Movements - Simple and Power Movements to Improve Your Day

**Dance and experience the transformation:** Experience a new way to release daily stress, with an incredibly fun fitness mode, which will have a positive impact on your health. With the constant practice of this body expression, you will learn to support a young, flexible, strong, and toned body.

- Afro essence dances: Therapeutic and energizing action, activates reflexes and resistance.
- Dances with Arab techniques: Body dissociation and coordination action
- Yoga and breathing techniques: Elasticity, concentration, and relaxation.

Love develops freely when loyalty, will, trust, responsibility and honesty are the basis of our walk.

Hosted by Andrea Villarreal

Environment designer and dance guide / Personal development coach

Founder: Movimientodharma.org

Instagram: @movimientodharma

Facebook: dharmadharmadharma

### 11:45 am:

### Stretching and Breathing Meditation

With 10 years of experience as a yoga teacher, Gusnara Bustos—certified in Yoga Rahasya and Jivamukti—offers a practice designed to cultivate a daily connection with yoga. Rooted in meditation and mindful movement, her classes help awaken prana (energy), bringing peace, calm, and stillness. Originally from Nicaragua, Gusnara believes in using yoga and meditation as a vehicle for inner balance, release, and steady transformation, guiding students toward a more harmonious and enriched lifestyle.

Hosted by Gusnara Bustos (Nicaragua)

### I. Mandala and God Eyes Workshop: Practica de meditacion y arte

Hosted by Cristina Cota (Mexico)

Originating in the indigenous cultures of the Americas, primarily among the Huichol people of Mexico, the Eye of God Mandala, known as "Sikuli," is a spiritual symbol. They represent divine vision and understanding, serving as amulets of protection and wisdom. Over the centuries, these creations have expanded and adapted, acquiring new meanings and forms.

Each culture has imbued these mandalas with its own essence. In Latin America, for example, they are used in spiritual ceremonies, while in other regions of the world, they have been adopted and adapted into meditation and artistic practices.

### 12:30 pm: Circle Dance - We Share the Joy

The Circle Dance, a rhythmic delight, serves as an essential tool for community bonding. It is a space where individuals can comfortably express themselves, find connections and achieve a sense of unity. Every member's participation is vital for the dance's rhythm, showing the significance of collaboration. Think, for instance, of the traditional Greek circle dance often performed at social gatherings. Each participant, hand in hand with their neighbor, jointly creates an enchanting spectacle, fostering relationships within the group.

Moreover, since Circle Dance does not rely on having a partner, it's more accessible for people of all ages and potential dancers needn't worry about partner dynamics. From a social perspective, it breaks down barriers, gluing a community together, and lays the foundation for powerful social interaction.

Hosted by Marion Newlands

Trained teacher in International Folk Dancing for more than 50 years

## **1:45 pm: Cacao Ceremony - Connect With Your Heart**

The story of cacao begins thousands of years ago in the Mesoamerican region, inhabited by civilizations like the Mayans and Aztecs. For these ancient cultures, cacao was not merely a culinary delight, but a sacred substance used in religious rituals, marriage ceremonies, and even as currency.

When you take part in a Cacao Ceremony, you are signing up for an experience that transcends the ordinary. From the cellular level to the expanses of your soul, the benefits are far-reaching and deeply transformative.

### **Physical Benefits: A Symphony of Wellness**

- **Cardiovascular Health:** Cacao is a powerhouse of antioxidants like flavonoids. The antioxidants in Cacao improve heart health by reducing inflammation and improving blood flow.
- **Mood Elevation:** Cacao also contains serotonin precursors, which contribute to feelings of well-being and happiness.
- **Sustained Energy:** Unlike the abrupt highs and lows of caffeine, the theobromine in cacao offers a more sustained and gentle energy boost.

Hosted by Jose David Castro y Cristina Roman

Priests of the Mayan tradition

Instagram: @temazcalamprior

## **2:30 pm: Ecstatic Dance - Free-form/meditative practice**

Corey Sheikh is the visionary creator, DJ, and primary facilitator of the AWAKEN Experience—a unique immersive journey drawing from over 12 years of expertise in guiding wellness-based sessions. His extensive background spans Group Fitness, Ecstatic Dance, Breathwork, Meditation, Emotional Healing, Sound Therapy, and Relational Connection practices. With Music as a core element of these types of sessions, over the years Corey has refined his craft as a DJ, music curator, and producer, amplifying the depth and impact of his sessions.

The AWAKEN Experience brings together these modalities and Corey pulls on the sounds of Organic, Afro, Progressive House, Tribal Melodic Techno, and Golden Era Trance, enriched by ambient synths, ancient vocals, and meditative soundscapes. These curated musical journeys create immersive, transformative experiences, inviting a full spectrum of emotions, energies, and sensations aligned with AWAKEN's holistic approach. Through the synergy of music, breath, movement, and connection, Corey holds space for participants to find inner peace, vibrant joy, and grounded presence.

Hosted by DJ Corey Sheikh

AWAKEN Founder, Ecstatic Dance DJ, Producer, Meditation Teacher

Instagram: @corey.sheikh

YouTube: <https://www.youtube.com/@CoreySheikh>

Spotify: <https://open.spotify.com/artist/0TOhsr39pwRTKW72tL1Vkx?si=rTwBQUN6Tta65Zbchfq8FQ>

## **3:30 pm: Sound Bath - A truly rejuvenating experience!**

A sound bath is a fantastic opportunity to embrace self-care and relaxation.

During the session, you will immerse yourself in soothing sounds, vibrations, and frequencies. The aim is to promote deep relaxation, reduce stress, and restore balance to your mind, body, and spirit. It is a truly rejuvenating experience!

Please bring a yoga mat with you, or something to lay on the ground. You're welcome to also bring pillows, blankets, eye masks, fuzzy socks, and anything else that will help you feel a sense of ease.

Hosted by Diana Freitag

Diana is the owner of the metaphysical shop in town, Mystical Elements, and also offers reiki, breath work and workshops in addition to sound baths, and they have just celebrated their 3rd Anniversary!

<https://mystical-elements.square.site/>



## Tuesday, March 25, 2025

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Cost of Course: \$60

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Full course outline can be found at <https://priorbridgeclub.ca/tuesday-lessons/>

### Craft Program

Date and Time: Tuesday, March 25 5:00 pm - 6:30 pm

Address: 77 James St

Craft Night is a program where parents can drop off their child under supervision of our experienced Program Staff and allow them time with friends as they do crafts. The craft will be lead by staff but kids are more than welcome to provide their own creative spin on the project.

[To register for Craft Programs, click here.](#)

This is for ages 4-13 and free with the Youth Club membership

## Friday, March 28, 2025

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### Youth Night

Date and Time: Friday, March 28 6:00 pm - 8:00 pm

Address: 77 James St



Youth Night is a program where parents can drop off their child under the supervision of our experienced Program Staff and allow them time with friends to play themed games. In this program, staff start off the activity and then allow the kids to take the program in whichever way they choose.

[To register for Youth Nights, click here.](#)

These programs are for ages 8-13 and free with the Youth Club membership.

## Monday, March 31, 2025

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### Winter Parking Restrictions End

Date and Time: Monday, March 31 11:55 pm

Address: Town of Arnprior

## Winter Parking Restrictions

The Town of Arnprior has adopted a revised [Traffic and Parking By-Law](#) which includes winter parking restrictions from November 15<sup>th</sup> to March 31<sup>st</sup> with the primary reason being the ability for our Operations – Roads and Services staff to properly maintain the safety of our roadways throughout the winter season. This system also allows us to optimize operational efficiencies and maximize our limited staff resources from both the Operations and Bylaw Departments. Most Eastern Ontario communities (urban and rural) are also using similar seasonal overnight parking bans concept including Mississippi Mills, Carleton Place, Perth, Renfrew and Smiths Falls.

Between November 15<sup>th</sup> in one year and March 31<sup>st</sup> of the following year (dates inclusive), parking on Town streets and in municipal parking lots is prohibited between the hours of 12:00 AM (midnight) and 7:00 AM, regardless of weather conditions, to allow for thorough and efficient winter maintenance operations. The Town has a legal responsibility to provide safe roadways for our community and to maintain our streets and sidewalks in accordance with Provincial Minimum Maintenance Standards.

## Overnight Winter Parking Areas

The Town of Arnprior has implemented "Overnight Winter Parking Areas" that are exempt from winter parking restrictions to accommodate guests of property owners who may not have sufficient driveway / garage space for additional overnight vehicles during the winter months. All designated parking spaces will be appropriately signed as an "approved overnight winter parking space" and vehicles parked in these spaces will be able to be parked there overnight, provided that they remove their vehicle(s) between 7:00 AM and 9:00 AM to permit winter control activities in the surrounding areas. These spaces are offered on a first-come-first-served basis.

### The designated Overnight Winter Parking Areas are as follows:

- Robert Simpson Park Parking Lot (400 John Street) - 10 Parking Spaces
- McLean Diamonds – Ball Diamond #1 (Parking Lot Off McNab Street – civic address being 153 McLean Avenue) - Full Parking Lot
- M. Sullivan & Son Ltd. Park - Parking Lot (61 Moe Robillard Street) - Full Parking Lot
- Nick Smith Centre Parking Lot (71 James Street) - 10 Parking Spaces
- Ken Scissons Parking Lot (30-36 McGonigal Street West) - 8 Parking Spaces

We appreciate your support and if you have any questions, please contact the Clerk's Office by telephone at (613) 623-4231 ext. 1819 or by email at [clerks@arnprior.ca](mailto:clerks@arnprior.ca).

<https://calendar.arnprior.ca>