

Conmee

Community Newsletter

February 2026

**Conmee
Municipal Office
475-5229**
conmee@conmee.com

Hours:
Monday— Friday
9 am—4 pm

**Conmee
Landfill**
Summer Hours
(May 15th—Oct. 14th)
Wed: 3 pm - 7 pm
Sat: 9 am - 3 pm

Winter Hours
(Oct 15th — May 14th)
Wed: 1 pm - 5 pm
Sat: 9 am - 3 pm

**Conmee
Public Works**
475-5337

Emergency Numbers
Non-Emergency OPP
1-888-310-1122
Emergency
(fire, medical, OPP)
911

HYDRO OUTAGES
1-800-434-1235

MTO Highway Concerns
Emcon 1-888-636-8704

Mayor's Message

Welcome to 2026!

It looks like winter has finally returned to what we used to know, and with that comes a lot of snow. We understand many people are running out of places to put it. The municipality does not mind snow being plowed to the opposite side of the road, as long as ridges are not left across the roadway and snowbanks from driveways are not sticking out onto the road. Please take the time to clean these up before they harden, as they can cause unexpected damage if hit. Thank you for being mindful and helping keep our roads safe.

It's great to see how much use the rink has been getting. It's always a pleasure to see the community enjoying it. Despite the challenges we've faced this past year, particularly with the wells, we've been managing thanks to our incredible volunteers. This community would not be what it is without them. I will be gathering names so a proper thank-you can be given. Looking ahead to spring, I'm excited to see the renovations and the facelift planned for the rink and shack.

Some staff and council recently attended the ROMA conference. During the trip, we participated in five deputations with the Ministries of Finance, Infrastructure, Emergency Preparedness, and Health. We were also invited to sit in on Oliver Paipoonge's deputation with the Ministry of Transportation, where we had the opportunity to speak as well. We raised safety concerns regarding DTR traffic moving through our community and the changes we would like to see before the bypass is built, as that project is still some time away. There are several concerning intersections, and an MTO representative familiar with our township was present and will be looking into these concerns. We are hopeful for continued communication with the ministry.

There has been discussion on Facebook regarding the busing situation, and these concerns have not fallen on deaf ears. The driver shortage has been looked into, and the busing companies have advised that they are doing what they can. This is not an issue that falls under council's jurisdiction. If the issue were related to road conditions or buses refusing to enter our township, that would be an immediate concern. Parents are encouraged to stay on top of bus communications and contact Student Transportation directly for information specific to their routes.

One infrastructure item currently on our radar is the Enders Road bridge. We will be reviewing all specifications to determine how a replacement or upgrade can be completed with the least amount of impact possible, as this is a vital road. Our goal is to minimize disruption to daily commutes, school transportation, and especially emergency first responders.

Township Office will be closed Monday, February 16th for Family Day

Upcoming Council Meetings: February 10th and 24th — 6:00 pm

Location: Conmee Community Centre. Virtual attendance is available.

Please see our website at conmee.com for further information.

If you are ever in doubt or need information, please don't hesitate to call the office, send me a text, or stop by in person. Stay warm. We're almost through this cold snap, and hopefully more enjoyable weather will be on the way so we can all get out and enjoy some activities again.

See you next month.

Warm regards,
Mayor Sheila Maxwell

**EXCERPTS FROM
MINUTES—REGULAR
COUNCIL MEETING
December 8th and 16th**

Minutes were reviewed and approved:

Clerk's Report :

December 8: The Clerk confirmed that the emergency tabletop exercise scheduled for December 9 was fully organized, with approximately 14–15 participants expected, including representation from the Ministry of Natural Resources and Forestry Fire Division. The exercise will focus on evacuation planning and wildfire response. Asset management work continues following recent PSD Citywide training and a level-of-service workshop aimed at aligning service standards with financial targets. Integrity Commissioner agreements have been finalized and will take effect January 1, 2026. The Clerk also reported on water system adjustments at municipal facilities, noting that one well was turned off to address water quality concerns, which affected flow rates and rink flooding. A report from SASI is anticipated at the next meeting. Looking ahead, the Clerk confirmed that a ROMA 2026 delegation has been secured with the Ministry of Emergency Preparedness and Response for January 19 to discuss rural emergency services funding. She also highlighted the December 11 deadline for summer student grant applications and requested Council's direction on proceeding with two proposed positions: a Recreation Program

Assistant and a Public Works Summer Student. Finally, the Clerk introduced supporting documentation for Council's consideration of the LRCA briefing under New Business.

December 16: The Clerk reported that the Emergency Management tabletop exercise was held on December 9, 2025, focusing on a wildfire evacuation scenario. The exercise provided operational feedback to support continuous improvement of the Township's emergency response capabilities and forms part of the Township's Emergency Management Program compliance for 2025. Council was advised that the Emergency Management Committee has reviewed and approved the current Emergency Management Plan in preparation for the 2026 compliance cycle, and that any proposed updates arising from further review will be brought forward for Council consideration in the new year.

The Clerk further advised that comments and edits were received from the Township's solicitor regarding the Fire Department Enabling By-Law. Administration will incorporate the recommended revisions and present an updated draft to Council at a future meeting.

With respect to grants, applications to the EASE Grant and the FireSmart Community Implementation Grant were unsuccessful due to the competitive nature of the programs. Administration will review feedback received and explore alternative funding opportunities in 2026

Treasurer's Report:

December 8: The Treasurer reported that the new Munisoft general ledger system was successfully installed last week and is functioning well. An extension for bank reconciliation in Munisoft, previously provided at no cost, now requires payment and has been renewed. Facility upgrades were noted, including the installation of new door trims at the community hall to prevent drafts and pest intrusion. Regarding rink operations, the Treasurer confirmed that a water delivery was completed earlier in the day to assist with flooding, with a

second delivery scheduled later in the week. She advised that additional deliveries may be required depending on conditions. The Treasurer also reported that the first invoice for gravel hauled under the OPG agreement has been submitted for payment, representing significant revenue for the Township.

Public Works Report:

December 8: The Public Works Supervisor provided an update on winter readiness and infrastructure maintenance. Grading and sanding of roads is ongoing to improve traction during snowpack season, and several entrance culverts have been replaced to maintain proper drainage. Pothole repairs were completed on multiple routes, and the cemetery entrance was rebuilt to address erosion issues. At the landfill, operations continue with steel being hauled out for recycling revenue. He emphasized the importance of safe driving during winter conditions and confirmed that sanding will continue as needed throughout the season.

Fire Chief's Report:

December 16: The Fire Chief provided an update on departmental operations for November and December, advising that the Fire Department responded to four medical calls during the reporting period.

**2026 Council
Meeting Schedule**

**February 10 and 24
March 10 and 24
April 14 and 28**

Council meetings occur every 2nd and 4th Tuesday of the month at 6:00 p.m. unless otherwise noted. Please visit www.conmee.com to see agendas, minutes, and more. If you do not have internet access, the office can print this information for you.

NEW ONTARIO SHOOTERS ASSOCIATION INC.

PRESENTS

2026 SPRING GUN SHOW

Saturday, March 7th • 9 a.m. to 4 p.m.

Sunday, March 8th • 9 a.m. to 3 p.m.

SLOVAK LEGION

801 Atlantic Avenue, Thunder Bay, ON

\$5 Admission

Children 12 & under FREE with paid adult admission

DOOR PRIZES

FOOD & REFRESHMENTS AVAILABLE

BUY • SELL • TRADE • DISPLAY

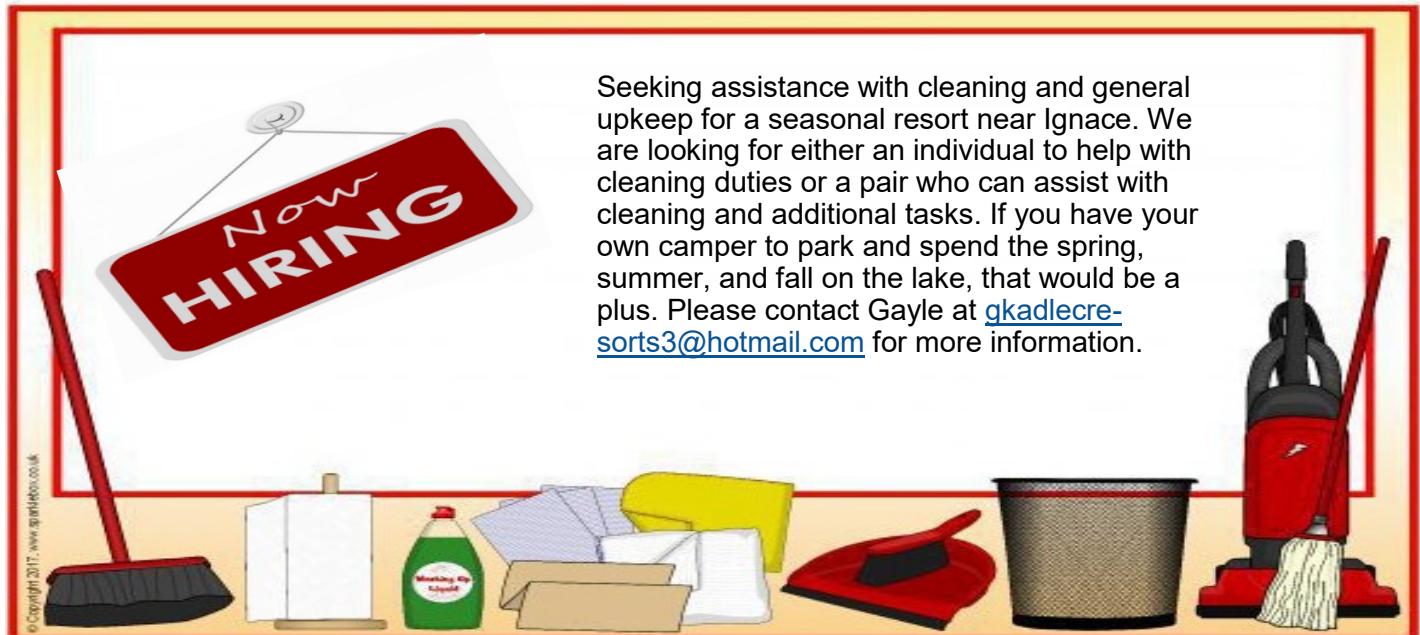
Guns • Knives • Reloading Supplies • Optics

Ammunition • Cartridges • Club Displays • Accessories • Literature

This show is a fundraiser for the Junior Shooters Program

www.nosa-newontarioshooters.org | Facebook: New Ontario Shooters Association Inc. - NOSA

For more information call Samantha 807-626-4003 | Jordan 807-631-9903



Seeking assistance with cleaning and general upkeep for a seasonal resort near Ignace. We are looking for either an individual to help with cleaning duties or a pair who can assist with cleaning and additional tasks. If you have your own camper to park and spend the spring, summer, and fall on the lake, that would be a plus. Please contact Gayle at gkadlecresorts3@hotmail.com for more information.

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"Breaking news: A mysterious miniature guest infiltrated the township office on January 8th. Motive unknown. Cuteness level: extreme."





A huge "Thank You" to Tempelman Water Haulage for delivering the water for our outdoor rink and to Robert Pajamaki and Mike Glisinski for maintaining the ice. We truly appreciate your time, effort, and support in helping us keep the rink in great shape for everyone to enjoy.

Thank You,

Council & Staff



KAKABEKA FALLS LEGION BRANCH 225

FEBRUARY EVENTS

DATE	EVENT	TIME
Sunday, February 8th	Breakfast	8:30 am—11
Saturday, February 14th	Executive Meeting	2:00 pm
Saturday, February 14th	General Meeting	3:00 pm
Saturday, February 14th	Dinner, Dance with Quest	to be announced
Sunday, February 15th	Music	2:00 pm—4:00 pm
Saturday, February 28th	Dance with Quest	7:00 pm

The Legion is still looking for more volunteers. If you can give even 1 hour, that would be so appreciated.

Many hands will make the projects much easier to complete.

To book an event please call Alice at (807) 577-0418.



WANT TO ADVERTISE?

Please contact the Municipal Office for deadlines.

Advertise your business, event or happy ad in the next issue!

Full Page: \$20.00

Half Page: \$10.00

Quarter Page: \$5.00

For Sale type Ad: \$2.50

(Business card size)

Thunder Bay Community Pasture

NOTICE OF ANNUAL GENERAL MEETING

Tuesday, March 16th, 2026

7:30 p.m.

**Rural 60 Centre, 5 Pineview Road, Kakabeka Falls
off Hwy. 11-17**

For more information contact Diana Bockus

Secretary/Treasurer

dlbockus@tbaytel.net

807-475-8761

Everyone is welcome to attend

Note: Copies of the revised Constitution are available by emailing dlbockus@tbaytel.net

ICE & SNOW, TAKE IT SLOW

Each year in the U.S., there are over **1,000 deaths** and **100,000 injuries** due to vehicle crashes during winter weather.

DID YOU
KNOW?



Clean off your vehicle before driving.
Flying snow from cars causes accidents.



Keep it slow, and don't use cruise control.
Roads can be slick even if they just look wet.



Leave extra distance between vehicles.
Stay especially far from snow plows.



weather.gov

YOUR HOME WINTER STORM — SURVIVAL — CHECKLIST

SAFETY FIRST

- FLASHLIGHT
- BATTERIES
- RADIO
- FIRST AID KIT
- EXTRA BLANKETS
- BASIC TOILETRIES
- 7-DAY SUPPLY OF MEDICATIONS
- COPIES OF PERSONAL DOCUMENTS
- SPACE HEATER
- BACKUP POWER GENERATOR

STOCK THE KITCHEN

- 3-DAY SUPPLY OF NON-PERISHABLE FOOD
- 3-DAY SUPPLY OF WATER
- NON-ELECTRIC CAN OPENER
- MATCHES
- COOLER FILLED WITH ICE
- PET FOOD AND SUPPLIES
- BABY FOOD AND SUPPLIES

GOOD
HOUSEKEEPING

7 Steps to a Healthy Heart

- Read it - check food labels to make healthier choices
- Eat it - oily fish twice a week for omega-3 healthy fats
- Cut it - reduce excess salt in your diet to lower blood pressure
- Work it - get 150 minutes of aerobic exercise per week
- Get it - 5 portions of fruit and veg a day
- Lose it - being overweight increases risk
- Quit it - smoking causes heart disease





 You Are Never Too Old To Have Fun!				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Craft Room 10-3	Craft Room 10-3	Craft Room 10-3	Craft Room 10-3	Craft Room 10-3
Chair Yoga 10-11	Weaving 10-3	Beginners Carving 10-3	Yoga 10-11 Starts Feb 5/26	
Carving 10-3	Knitting 10-3	Quilting 10-3	Weaving 10-3	
Disking 1-3	Good Company Choir 1-2:30	Cribbage 1-3	Knitting 10-3	
			Games Day Euchre 1-3	

Next Friendship Café is Friday February 26 – Contact Shawn or Elaine for more information at 807-473-5528

Thursday Yoga starts February 5 and runs 10 weeks

Games Day is Euchre, Scrabble, Chess at 1pm

5 Pineview Road, Kakabeka Falls, Ontario, Canada P7K 0G8
Phone: (807) 475-5779 Email: rural60@tbaytel.net
Website: www.rural60plus.ca

PROPERTY TAX NOTICES 2026

Property Tax Notices are mailed out to property owners twice a year to the current address on file. If there has been a change to your mailing address please contact the Township Office to update your information.

	Date Mailed	1st Installment Due	2nd Installment Due
Interim Tax Notice	February 3rd, 2026	February 25th, 2026	April 29th, 2026
Final Tax Notice	August 5th, 2026	August 26th, 2026	October 28th, 2026

We accept cheque, money order, bank draft, cash, and debit or credit card at the Township Office during regular hours of business. eTransfers can be made through treasurer@conmee.com.

Snow Removal Standards – What Residents Can Expect

During the winter season, the municipality follows specific standards to keep roads safe and passable.

When We Start Plowing

Snow clearing begins when snowfall exceeds 10 cm.

How Quickly We Respond

* Within 24 hours of being called out, crews begin clearing snow.

After a snowfall ends, crews have up to 24 hours to bring roads to the required condition.

Road Conditions After Clearing

Roads will be left in a snow-packed condition. This means some compacted snow may remain, but the road will be plowed and safe for driving.

What Our Crews Do

Winter maintenance activities may include:

- * Regular and spot plowing
- * Applying sand
- * Ice scraping/blading

Clearing and widening roads as needed

Minimum Clearing Standards

After the snowfall ends:

* Snow will be cleared down to 10 cm or less.

* On lower-volume roads a minimum width of 5 metres will be cleared.

When These Standards Apply

These standards are in effect only during the winter maintenance season.

As per Policy No. 13—Winter Maintenance Season

SIX TIPS TO COMBAT THE "WINTER BLUES"



Stay active!



Eat healthy!



Stay social



Use lights to mimic sunshine



Have fun!



Open up about your feelings

FIRE SAFETY TIPS AT HOME



- MATCH**
Keep flammable materials such as lighters and matches out of children's reach.
- STOVE**
Turn off the stove and remove pots and pans from burner right after cooking.
- ELECTRIC PLUG**
Unplug appliances after use to avoid overheating.
- LPG**
Always check your LPG tank for leaks.
- CANDLES**
Keep lit candles away from flammable materials such as cloth and wood.
- ELECTRIC WIRINGS**
Regularly check electrical wires for damage. Replace faulty wiring immediately.

PREVENT COLDS & FLU

Because of the increased risk for flu, gastrointestinal and respiratory illness at this time of the year, we ask that you take precautions to prevent the spread of germs.

- 1 WASH**
Wash your hands for at least 30 seconds (sing Happy Birthday twice) with soap and warm water.
- 2 COVER**
Cover your mouth and nose when you cough or sneeze with your elbow or tissue.
- 3 DON'T TOUCH**
Don't touch your eyes, nose or mouth! These are the areas where a virus can enter your body.
- 4 AVOID**
Avoid close contact with those who are sick. Wash your hands or use hand sanitizer after.



Murillo Branch
4569 Oliver Road
Murillo, ON N0T 2G0
(807) 935-2729
Mondays and Wednesdays
10 AM to 8 PM
Saturdays 9 AM to Noon



Email: oliverpaipoongelibrary@gmail.com
Website: <http://oliverpaipoonge.olsn.ca>

January 24 several patrons, including those pictured below, visited the Rosslyn branch of the Oliver Paipoonge Library to meet the new librarian, Heather Holland. Guests enjoyed refreshments and a cookie and the youngsters took part in a scavenger hunt with prizes. Heather looks forward to serving the community and has already felt warmly welcomed by its patrons.



Heather took a moment to express her gratitude to Theiann, whose support has kept the library running smoothly, and whose help has guided her through learning the new job.

Rosslyn Library
3405 Rosslyn Road
Rosslyn, ON
(807) 939-2312
Tuesdays and Thursdays
10 AM to 8 PM
Saturdays 1 – 4 PM

An EarlyON Storytime Adventure
Tuesday, February 17th
1:00pm-2:00pm

We're taking storytime on the road to the Rosslyn Library! We will be meeting at the library to enjoy some engaging tales, free play and playdough!

All ages welcome, no pre-registration necessary!
Call the Rural Family Centre at 935-3009 or ask a staff member at the library for more information!



Interested in Carpet Bowling?
Please let the staff know as we have a few who would like to start again in February!

February Events at the Rosslyn Branch

As always, Crib takes place on Tuesdays at 1 PM. Beginners are always welcome.
Exercise Classes - FREE! - Tuesdays (with bands) and Thursdays (with weights)
at 11:30 - no registration needed

**SPECIALIZE IN
(BUT NOT LIMITED TO)**

WEEKLY GARBAGE COLLECTION

**ONLY \$10
PER WEEK**

Tax Included

**ASK US ABOUT OUR
GOOD NEIGHBOUR
PROMOTION**



**PROUD SUPPORTER OF THE
NORTHERN REACH NETWORK ONGOING
BOTTLE DRIVE, ASK HOW YOU CAN HELP!**

WHO WE ARE

We are a multi-faceted company offering a variety of services supporting All Small Communities Around Thunder Bay!

Junk Removal & Dump Runs
Scrap Removal
Earth Works, Yard Clean Up & Much More....



807-707-8592



dirtyhandsdisposal.com



Dirtyhandsdisposal@gmail.com



FIND US ON FACEBOOK

REACH OUT FOR A FREE QUOTE TODAY



Locking Lid Drums Available to weekly customers! Ask for Details



RURAL CUPBOARD FOODBANK DROP OFF LOCATIONS

Oliver Paipoonge: Murillo & Rosslyn Libraries (during open hours)

Nolalu: Hoppers Variety

Gillies: Whitefish School (Sept to June)

O'Connor: O'Connor Municipal Office

Neebing: Neebing Municipal Building

Note: Rural Cupboard Foodbank needs recyclable bags.

A BIG THANK YOU to Zoya Ukrainian Dance Assoc. for the very generous donation of food they collected at their dance performance event.

A BIG THANK YOU to Kam River Fighting Walleye hockey for the donation of food collected.

A BIG THANK YOU Gorham and Ware Community Public School for the generous food and monetary donation they collected.

A BIG THANK YOU to The Vickers Gardens Women's Institute for the donation of mitts and candy for our Christmas Hampers

RURAL CUPBOARD FOOD BANK

Neighbours Helping Neighbours

Conmee Municipal Complex

19 Holland Rd, Kakabeka Falls P0T1W0

807-285-0836

We sincerely thank all those that continue to support the food bank.

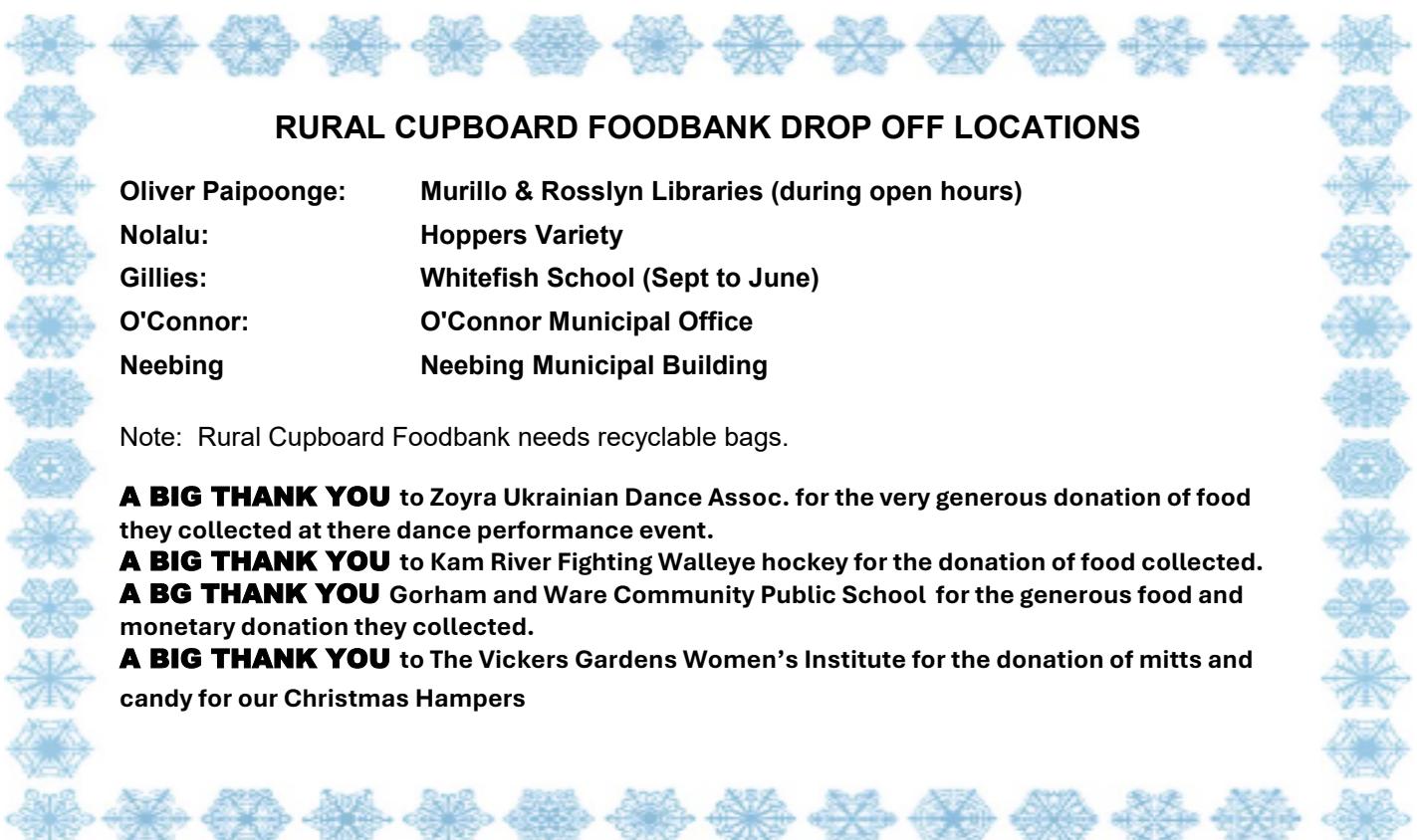
Your donations enable the food bank to remain open.

Next Food Bank

Wednesday, February 18, 2026

Registration 9 am to 11 am

Drive-Thru Pick-up



Fire Safety during Winter Storms

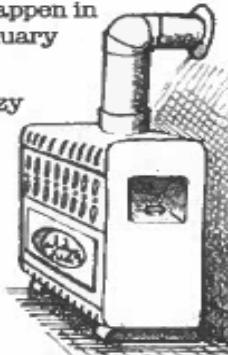
Winter storms can happen almost anywhere. They can cause us problems. Know what to do before, during and after a storm. This will help keep you and your family safe from a winter fire.

- Test all smoke alarms. Do this at least once a month. This way you will know they are working. Install carbon monoxide alarms in your home. Test the alarms.
- Plan two ways out of the home in case of an emergency. Clear driveway and front walk of ice and snow. This will provide easy access to your home.
- Make sure your house number can be seen from the street. If you need help, firefighters will be able to find you.
- Be ready in case the power goes out. Have flashlights on hand. Also have battery-powered lighting and fresh batteries. Never use candles.
- Stay aware of winter weather. Listen to the television or radio for updates. Watch for bulletins online.
- Check on neighbors. Check on others who may need help.
- Generators should be used outdoors. Keep them away from windows and doors. Do not run a generator inside your garage, even if the door is open.
- Stay away from downed wires. Report any downed wires to authorities.
- Be ready if the heat stops working. Use extra layers of clothes and blankets to stay warm. If you use an emergency heat source, keep anything that can burn at least 3 feet away.
- Turn portable heaters off when you leave the room. Turn them off when you go to bed.

IMPORTANT REMINDER

There are more home fires in winter than in any other season. Half of all home heating fires happen in December, January and February.

As you stay cozy and warm this winter season, be fire smart!



Fact

Nearly half of all space heater fires involve electric space heaters.

Winter Driving Tips



INCREASE FOLLOWING DISTANCE
to 8-10 seconds when driving on icy, slippery surfaces.

DRIVE IN THE LANE

that's been most recently plowed, and avoid changing lanes unless necessary.

WHEN DRIVING UP AND DOWN HILLS,
observe how other vehicles are reacting and maintain safe distance.

DO NOT USE CRUISE CONTROL

when driving on any slippery surface.

STEER AND BRAKE

with smooth, careful, and precise movements rather than quick, jerky motions.

TAKE EXTRA CARE

when driving on shaded spots, bridges, overpasses, and intersections.



Ice Storm Safety

Are you ready for an Ice Storm?

BEFORE THE STORM:

Prepare a Disaster Supply Kit:

- Water – 3 day supply
- Food – 3 days non-perishable food
- Flash light
- Extra batteries
- First Aid Kit
- Medications (7-day supply)
- Extra Cash

POTENTIAL IMPACTS

- Downed Trees and limbs
- Power lines can collapse under the weight of snow/ice



Building a Weather-Ready Nation



Planning to vote in the next municipal or provincial election in Ontario?

Now you can get on the voters list for both municipal and provincial elections, all in one place!

Visit RegisterToVoteON.ca for information on eligibility, registration and how to check, update or add your information to the voters list.



Register to Vote

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 @RegisterON

RegisterToVoteON.ca
info@registertovoteon.ca
1.866.242.3025



Municipality Newsletters- February 2026 Edition

This is a reminder that the LRCA does not monitor ice conditions at any of our Conservation Areas. Make yourself aware of weather conditions before heading out to explore, and always ensure you are dressed appropriately and are wearing appropriate footwear while visiting. There is no winter maintenance on any of our trails. Please be safe when visiting.

Staff conduct snow surveys on a bimonthly basis on the 1st and 15th of the month between November and May of each year. Staff started the snow sampling season as of November 15, 2025. There are three historical snow survey locations which are located at Hazelwood Lake Conservation Area (Current River), Madeline Street (McVicar Creek), and Vibert Road (Pennock Creek). Snow depth and weight (water content) are collected and forwarded to the MNR's Surface Water Monitoring Centre as part of the Flood Forecasting Program.

The January 15, 2026 snow surveys indicate that the snow survey locations are above average for snow depth and water content, when compared to the historical averages for January 15. The snow depth results were: Current River (Hazelwood) – 58.5 cm (35% above average), McVicar Creek – 41.1 cm (36% above average) and Pennock Creek – 36.1 cm (9% above average).

The water content results were also above average for all three snow courses.

MNR's snow monitoring data is now available to the public through the [Ontario GeoHub](#). The site contains information including a list of all active and historical snow survey locations, mapping of snow survey locations as well as historic and current snow survey data (1933 – 2025).

The 2026 Explore Card Parking Pass is now on sale! Explore Card Parking Passes permit day-use/parking at our ten Conservation Areas for one calendar year. Visit as often as you like. Enjoy one calendar year of recreation activities! For the low price of \$40.00 +HST, it's convenient for frequent users. All Explore Card revenue goes directly towards the upkeep and maintenance of our Conservation Areas.
Get out and Explore!



LAKEHEAD REGION
CONSERVATION AUTHORITY

Rural resident 55 or older? Time to invest in peace-of-mind

Pennock Village is a new not-for-profit seniors community just outside of Rosslyn, which offers a rural lifestyle, comfortable modern housing, and the secure investment of Life Leasing – **your path to a meaningful retirement starts here!**

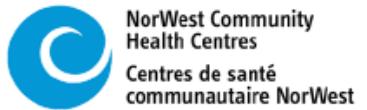
Inclusivity **Investment Protection** **Estate Planning** **Learn more & secure your spot:**

UNITS NOW AVAILABLE FOR PURCHASE!

PennockVillage.ca

FEB 2026

MON	TUE	WED	THU	FRI
2 Chair Yoga @ O'Connor C.C Mobile Clinic - Armstrong 1pm-6pm	3 Fly the C.O.O.P Walking Group Mobile Clinic - Armstrong 8:30am-1:30pm	4 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	5 Fly the C.O.O.P Walking Group LifeLabs	6
9 Chair Yoga @ O'Connor C.C Good Food Box Order Deadline	10 Fly the C.O.O.P Walking Group	11 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	12 Fly the C.O.O.P Walking Group LifeLabs	13
16 Closed for Family Day	17 Fly the C.O.O.P Walking Group	18 Good Food Box Pickup at KB Clinic NP available for those who do not have MD or NP Mobile Clinic - Upsala Walk-In Clinic 4:30pm - 7:30pm	19 Fly the C.O.O.P Walking Group LifeLabs	20
23 Chair Yoga @ O'Connor C.C	24 Fly the C.O.O.P Walking Group	25 NP available for those who do not have MD or NP Walk-In Clinic 4:30pm - 7:30pm	26 Fly the C.O.O.P Walking Group LifeLabs	27



4785 ON-11 Unit B,
Kakabeka Falls,
ON P0T 1W0
(807) 473-5528

PROGRAM INFO

Call KB Clinic Reception at (807) 473-5528 or email Shaun at speirce@norwestchc.org to register for all programs

Fly the C.O.O.P Walking Group
Meet at the Kakabeka Legion
@ 10am or a ride is provided at Evergreen Parking Lot at 9:45am

Chair Yoga In Person & Virtual
Hosted at O'Connor, Kam C. Centre and Rural 60+ at 10am.

Good Food Box Program
Monthly access to a box of affordable fruit and vegetables. For more information visit www.goodfoodboxtb.org or call 473-5528 for more info

Friendship Cafe @ Rural 60+ Centre.
Come socialize and meet new people, make friends and lifelong connections



Follow us!

NorWest Community Health Centres - Kakabeka Falls Clinic

www.norwestchc.org



Check On Your
Elderly Neighbours
This Winter





EASYCOLORINGPAGESFORKIDS.COM

Tricky Riddle

1. I have cities but no houses. I have mountains but no trees. I have water but no fish. What am I?
2. What can fill a room but takes up no space?
3. I speak without a mouth and hear without ears. I have no body, but I come alive with wind. What am I?

Answers

1. A map.
2. Light
3. An echo