

## Tuesday, April 1, 2025

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### Chair Yoga

Date and Time: Tuesday, April 1 1:00 pm - 1:45 pm

Join Yoga! 🧘

Central Manitoulin has yoga classes every Tuesday and Wednesday at the Mindemoya and Spring Bay Halls. Tuesday's classes start with chair yoga at 1 pm - 1:45 pm and are followed by gentle yoga at 2 pm - 3 pm at the Mindemoya Hall. Wednesday's class starts at 6:15 pm - 7:15 pm at the Spring Bay Hall. Chair yoga is \$5 per class and gentle yoga classes are \$10 per class. Classes are inclusive for all experience levels. For more information or to register please contact Alison at 705-377-5726 or by email at [asloss@centralmanitoulin.ca](mailto:asloss@centralmanitoulin.ca).

### Gentle Yoga

Date and Time: Tuesday, April 1 2:00 pm - 3:00 pm

Join Yoga! 🧘

Central Manitoulin has yoga classes every Tuesday and Wednesday at the Mindemoya and Spring Bay Halls. Tuesday's classes start with chair yoga at 1 pm - 1:45 pm and are followed by gentle yoga at 2 pm - 3 pm at the Mindemoya Hall. Wednesday's class starts at 6:15 pm - 7:15 pm at the Spring Bay Hall. Chair yoga is \$5 per class and gentle yoga classes are \$10 per class. Classes are inclusive for all experience levels. For more information or to register please contact Alison at 705-377-5726 or by email at [asloss@centralmanitoulin.ca](mailto:asloss@centralmanitoulin.ca).

### Traditional Taekwon-do

Date and Time: Tuesday, April 1 6:00 pm - 8:00 pm

Traditional ITF, taekwon-do classes. All classes are lead in a fun supportive environment by Master Alvey 7th Dan, who has 40 years of teaching experience. Kids and families are 6-7pm, teens and adults 7-8pm. .

### Roads Committee

Date and Time: Tuesday, April 1 7:00 pm - 9:00 pm

## Wednesday, April 2, 2025

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### Cardboard and Paper Recycling

Date and Time: Wednesday, April 2 6:00 am - 12:00 pm

Cardboard and Paper curbside recycling plus household garbage curbside pickup.

## Gentle Yoga

Date and Time: Wednesday, April 2 6:15 pm - 7:15 pm

Join Yoga! 🧘

Central Manitoulin has yoga classes every Tuesday and Wednesday at the Mindemoya and Spring Bay Halls. Tuesday's classes start with chair yoga at 1 pm - 1:45 pm and are followed by gentle yoga at 2 pm - 3 pm at the Mindemoya Hall. Wednesday's class starts at 6:15 pm - 7:15 pm at the Spring Bay Hall. Chair yoga is \$5 per class and gentle yoga classes are \$10 per class. Classes are inclusive for all experience levels. For more information or to register please contact Alison at 705-377-5726 or by email at [asloss@centralmanitoulin.ca](mailto:asloss@centralmanitoulin.ca).

## Thursday, April 3, 2025

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### Traditional Taekwon-do

Date and Time: Thursday, April 3 6:00 pm - 8:00 pm

Traditional ITF, taekwon-do classes. All classes are lead in a fun supportive environment by Master Alvey 7th Dan, who has 40 years of teaching experience. Kids and families are 6-7pm, teens and adults 7-8pm. .

### Water, Waste and Education Committee

Date and Time: Thursday, April 3 7:00 pm - 9:00 pm

## Saturday, April 5, 2025

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### Traditional Taekwon-do

Date and Time: Saturday, April 5 10:00 am - 11:00 am

Traditional ITF, taekwon-do classes. All classes are lead in a fun supportive environment by Master Alvey 7th Dan, who has 40 years of teaching experience. Kids and families are 6-7pm, teens and adults 7-8pm. .

## Tuesday, April 8, 2025

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## Chair Yoga

Date and Time: Tuesday, April 8 1:00 pm - 1:45 pm

Join Yoga! 🧘

Central Manitoulin has yoga classes every Tuesday and Wednesday at the Mindemoya and Spring Bay Halls. Tuesday's classes start with chair yoga at 1 pm - 1:45 pm and are followed by gentle yoga at 2 pm - 3 pm at the Mindemoya Hall. Wednesday's class starts at 6:15 pm - 7:15 pm at the Spring Bay Hall. Chair yoga is \$5 per class and gentle yoga classes are \$10 per class. Classes are inclusive for all experience levels. For more information or to register please contact Alison at 705-377-5726 or by email at [asloss@centralmanitoulin.ca](mailto:asloss@centralmanitoulin.ca).

## Gentle Yoga

Date and Time: Tuesday, April 8 2:00 pm - 3:00 pm

Join Yoga! 🧘

Central Manitoulin has yoga classes every Tuesday and Wednesday at the Mindemoya and Spring Bay Halls. Tuesday's classes start with chair yoga at 1 pm - 1:45 pm and are followed by gentle yoga at 2 pm - 3 pm at the Mindemoya Hall. Wednesday's class starts at 6:15 pm - 7:15 pm at the Spring Bay Hall. Chair yoga is \$5 per class and gentle yoga classes are \$10 per class. Classes are inclusive for all experience levels. For more information or to register please contact Alison at 705-377-5726 or by email at [asloss@centralmanitoulin.ca](mailto:asloss@centralmanitoulin.ca).

## Traditional Taekwon-do

Date and Time: Tuesday, April 8 6:00 pm - 8:00 pm

Traditional ITF, taekwon-do classes. All classes are lead in a fun supportive environment by Master Alvey 7th Dan, who has 40 years of teaching experience. Kids and families are 6-7pm, teens and adults 7-8pm. .

## Property Committee

Date and Time: Tuesday, April 8 7:00 pm - 9:00 pm

## Wednesday, April 9, 2025

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## Plastic and Metal Curbside Recycling

Date and Time: Wednesday, April 9 6:00 am - 6:00 pm

Plastic and metal curbside recycling plus household garbage curbside pickup.

## Gentle Yoga

Date and Time: Wednesday, April 9 6:15 pm - 7:15 pm

Join Yoga! 🧘

Central Manitoulin has yoga classes every Tuesday and Wednesday at the Mindemoya and Spring Bay Halls. Tuesday's classes start with chair yoga at 1 pm - 1:45 pm and are followed by gentle yoga at 2 pm - 3 pm at the Mindemoya Hall. Wednesday's class starts at 6:15 pm - 7:15 pm at the Spring Bay Hall. Chair yoga is \$5 per class and gentle yoga classes are \$10 per class. Classes are inclusive for all experience levels. For more information or to register please contact Alison at 705-377-5726 or by email at [asloss@centralmanitoulin.ca](mailto:asloss@centralmanitoulin.ca).

## Thursday, April 10, 2025

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### Traditional Taekwon-do

Date and Time: Thursday, April 10 6:00 pm - 8:00 pm

Traditional ITF, taekwon-do classes. All classes are lead in a fun supportive environment by Master Alvey 7th Dan, who has 40 years of teaching experience. Kids and families are 6-7pm, teens and adults 7-8pm. .

### Council Meeting

Date and Time: Thursday, April 10 7:00 pm - 9:00 pm

## Saturday, April 12, 2025

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### Traditional Taekwon-do

Date and Time: Saturday, April 12 10:00 am - 11:00 am

Traditional ITF, taekwon-do classes. All classes are lead in a fun supportive environment by Master Alvey 7th Dan, who has 40 years of teaching experience. Kids and families are 6-7pm, teens and adults 7-8pm. .

## Tuesday, April 15, 2025

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### Chair Yoga

Date and Time: Tuesday, April 15 1:00 pm - 1:45 pm

Join Yoga! 🧘

Central Manitoulin has yoga classes every Tuesday and Wednesday at the Mindemoya and Spring Bay Halls. Tuesday's classes start with chair yoga at 1 pm - 1:45 pm and are followed by gentle yoga at 2 pm - 3 pm at the Mindemoya Hall. Wednesday's class starts at 6:15 pm - 7:15 pm at the Spring Bay Hall. Chair yoga is \$5 per class and gentle yoga classes are \$10 per class. Classes are inclusive for all experience levels. For more information or to register please contact Alison at 705-377-5726 or by email at [asloss@centralmanitoulin.ca](mailto:asloss@centralmanitoulin.ca).

## Gentle Yoga

Date and Time: Tuesday, April 15 2:00 pm - 3:00 pm

Join Yoga! 🧘

Central Manitoulin has yoga classes every Tuesday and Wednesday at the Mindemoya and Spring Bay Halls. Tuesday's classes start with chair yoga at 1 pm - 1:45 pm and are followed by gentle yoga at 2 pm - 3 pm at the Mindemoya Hall. Wednesday's class starts at 6:15 pm - 7:15 pm at the Spring Bay Hall. Chair yoga is \$5 per class and gentle yoga classes are \$10 per class. Classes are inclusive for all experience levels. For more information or to register please contact Alison at 705-377-5726 or by email at [asloss@centralmanitoulin.ca](mailto:asloss@centralmanitoulin.ca).

## Office and Administration Committee

Date and Time: Tuesday, April 15 4:00 pm - 5:00 pm

## Safety, Security and Health Committee

Date and Time: Tuesday, April 15 5:00 pm - 6:00 pm

## Traditional Taekwon-do

Date and Time: Tuesday, April 15 6:00 pm - 8:00 pm

Traditional ITF, taekwon-do classes. All classes are lead in a fun supportive environment by Master Alvey 7th Dan, who has 40 years of teaching experience. Kids and families are 6-7pm, teens and adults 7-8pm. .

## Wednesday, April 16, 2025

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## Cardboard and Paper Recycling

Date and Time: Wednesday, April 16 6:00 am - 12:00 pm

Cardboard and Paper curbside recycling plus household garbage curbside pickup.

## Traditional Taekwon-do

Date and Time: Wednesday, April 16 6:00 pm - 8:00 pm

Traditional ITF, taekwon-do classes. All classes are lead in a fun supportive environment by Master Alvey 7th Dan, who has 40 years of teaching experience. Kids and families are 6-7pm, teens and adults 7-8pm. .

## Gentle Yoga

Date and Time: Wednesday, April 16 6:15 pm - 7:15 pm

Join Yoga! 🧘

Central Manitoulin has yoga classes every Tuesday and Wednesday at the Mindemoya and Spring Bay Halls. Tuesday's classes start with chair yoga at 1 pm - 1:45 pm and are followed by gentle yoga at 2 pm - 3 pm at the Mindemoya Hall. Wednesday's class starts at 6:15 pm - 7:15 pm at the Spring Bay Hall. Chair yoga is \$5 per class and gentle yoga classes are \$10 per class. Classes are inclusive for all experience levels. For more information or to register please contact Alison at 705-377-5726 or by email at [asloss@centralmanitoulin.ca](mailto:asloss@centralmanitoulin.ca).

## Thursday, April 17, 2025

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### Finance and Economic Development Committee

Date and Time: Thursday, April 17 7:00 pm - 9:00 pm

## Saturday, April 19, 2025

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### Traditional Taekwon-do

Date and Time: Saturday, April 19 10:00 am - 11:00 am

Traditional ITF, taekwon-do classes. All classes are lead in a fun supportive environment by Master Alvey 7th Dan, who has 40 years of teaching experience. Kids and families are 6-7pm, teens and adults 7-8pm. .

### Central Manitoulin Easter Egg Hunt

Date and Time: Saturday, April 19 11:00 am - 12:00 pm

Join us for a very special Easter Event! There will be an egg-hunting activity for children 12 and under! Don't forget to bring your own basket!

# Tuesday, April 22, 2025

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## Chair Yoga

Date and Time: Tuesday, April 22 1:00 pm - 1:45 pm

Join Yoga! 🧘

Central Manitoulin has yoga classes every Tuesday and Wednesday at the Mindemoya and Spring Bay Halls. Tuesday's classes start with chair yoga at 1 pm - 1:45 pm and are followed by gentle yoga at 2 pm - 3 pm at the Mindemoya Hall. Wednesday's class starts at 6:15 pm - 7:15 pm at the Spring Bay Hall. Chair yoga is \$5 per class and gentle yoga classes are \$10 per class. Classes are inclusive for all experience levels. For more information or to register please contact Alison at 705-377-5726 or by email at [asloss@centralmanitoulin.ca](mailto:asloss@centralmanitoulin.ca).

## Gentle Yoga

Date and Time: Tuesday, April 22 2:00 pm - 3:00 pm

Join Yoga! 🧘

Central Manitoulin has yoga classes every Tuesday and Wednesday at the Mindemoya and Spring Bay Halls. Tuesday's classes start with chair yoga at 1 pm - 1:45 pm and are followed by gentle yoga at 2 pm - 3 pm at the Mindemoya Hall. Wednesday's class starts at 6:15 pm - 7:15 pm at the Spring Bay Hall. Chair yoga is \$5 per class and gentle yoga classes are \$10 per class. Classes are inclusive for all experience levels. For more information or to register please contact Alison at 705-377-5726 or by email at [asloss@centralmanitoulin.ca](mailto:asloss@centralmanitoulin.ca).

## Traditional Taekwon-do

Date and Time: Tuesday, April 22 6:00 pm - 8:00 pm

Traditional ITF, taekwon-do classes. All classes are lead in a fun supportive environment by Master Alvey 7th Dan, who has 40 years of teaching experience. Kids and families are 6-7pm, teens and adults 7-8pm. .

# Wednesday, April 23, 2025

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## Plastic and Metal Curbside Recycling

Date and Time: Wednesday, April 23 6:00 am - 6:00 pm

Plastic and metal curbside recycling plus household garbage curbside pickup.

## Gentle Yoga

Date and Time: Wednesday, April 23 6:15 pm - 7:15 pm

Join Yoga! 🧘

Central Manitoulin has yoga classes every Tuesday and Wednesday at the Mindemoya and Spring Bay Halls. Tuesday's classes start with chair yoga at 1 pm - 1:45 pm and are followed by gentle yoga at 2 pm - 3 pm at the Mindemoya Hall. Wednesday's class starts at 6:15 pm - 7:15 pm at the Spring Bay Hall. Chair yoga is \$5 per class and gentle yoga classes are \$10 per class. Classes are inclusive for all experience levels. For more information or to register please contact Alison at 705-377-5726 or by email at [asloss@centralmanitoulin.ca](mailto:asloss@centralmanitoulin.ca).

## Thursday, April 24, 2025

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### Traditional Taekwon-do

Date and Time: Thursday, April 24 6:00 pm - 8:00 pm

Traditional ITF, taekwon-do classes. All classes are lead in a fun supportive environment by Master Alvey 7th Dan, who has 40 years of teaching experience. Kids and families are 6-7pm, teens and adults 7-8pm. .

### Council Meeting

Date and Time: Thursday, April 24 7:00 pm - 9:00 pm

## Saturday, April 26, 2025

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### Traditional Taekwon-do

Date and Time: Saturday, April 26 10:00 am - 11:00 am

Traditional ITF, taekwon-do classes. All classes are lead in a fun supportive environment by Master Alvey 7th Dan, who has 40 years of teaching experience. Kids and families are 6-7pm, teens and adults 7-8pm. .

## Tuesday, April 29, 2025

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### Chair Yoga

Date and Time: Tuesday, April 29 1:00 pm - 1:45 pm

Join Yoga! 🧘

Central Manitoulin has yoga classes every Tuesday and Wednesday at the Mindemoya and Spring Bay Halls. Tuesday's classes start with chair yoga at 1 pm - 1:45 pm and are followed by gentle yoga at 2 pm - 3 pm at the Mindemoya Hall. Wednesday's class starts at 6:15 pm - 7:15 pm at the Spring Bay Hall. Chair yoga is \$5 per class and



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## Gentle Yoga

Date and Time: Tuesday, April 29 2:00 pm - 3:00 pm

Join Yoga! 🧘

Central Manitoulin has yoga classes every Tuesday and Wednesday at the Mindemoya and Spring Bay Halls. Tuesday's classes start with chair yoga at 1 pm - 1:45 pm and are followed by gentle yoga at 2 pm - 3 pm at the Mindemoya Hall. Wednesday's class starts at 6:15 pm - 7:15 pm at the Spring Bay Hall. Chair yoga is \$5 per class and gentle yoga classes are \$10 per class. Classes are inclusive for all experience levels. For more information or to register please contact Alison at 705-377-5726 or by email at [asloss@centralmanitoulin.ca](mailto:asloss@centralmanitoulin.ca).

## Traditional Taekwon-do

Date and Time: Tuesday, April 29 6:00 pm - 8:00 pm

Traditional ITF, taekwon-do classes. All classes are lead in a fun supportive environment by Master Alvey 7th Dan, who has 40 years of teaching experience. Kids and families are 6-7pm, teens and adults 7-8pm. .

## Wednesday, April 30, 2025

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### Cardboard and Paper Recycling

Date and Time: Wednesday, April 30 6:00 am - 12:00 pm

Cardboard and Paper curbside recycling plus household garbage curbside pickup.

## Gentle Yoga

Date and Time: Wednesday, April 30 6:15 pm - 7:15 pm

Join Yoga! 🧘

Central Manitoulin has yoga classes every Tuesday and Wednesday at the Mindemoya and Spring Bay Halls. Tuesday's classes start with chair yoga at 1 pm - 1:45 pm and are followed by gentle yoga at 2 pm - 3 pm at the Mindemoya Hall. Wednesday's class starts at 6:15 pm - 7:15 pm at the Spring Bay Hall. Chair yoga is \$5 per class and gentle yoga classes are \$10 per class. Classes are inclusive for all experience levels. For more information or to register please contact Alison at 705-377-5726 or by email at [asloss@centralmanitoulin.ca](mailto:asloss@centralmanitoulin.ca).