



**CANADIAN BUSHPLANE**  
HERITAGE CENTRE



## WALK WITH US UPDATE

Welcome back walkers! Hope you had an amazing holiday week with your family. New Year is tomorrow, a nerve-wracking thought.

In terms of our goal, we completely blew it out of the water with **1060.4 km total**. What a way to end the year!

Let see if we can reach Ouimet Canyon and head off to our next destination!  
**489.6km to go!**




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## PHOTOS OF OUIMET CANYON



**Balance & Strength  
YOGA**



by Strong  
Minds



## BALANCE & STRENGTH YOGA

**Wednesdays @ 1:30pm starting January 8th**

**At the request of many of our Walkers, yoga is back!!!**

Join Strong minds for a program designed to help older adults of all abilities improve their stability and reduce their risk of falling. Strong Minds will guide you through exercises and movements that target key areas of the body, such as the legs, core, and upper body, to help you build strength and stability

**\$20 +tax for all 4 classes and \$10 for members. Pre-register online or in person.**

## CANDLE & BATHBOMB WORKSHOP

**January 24th @ 11am - 12:30pm**

Self-care is important for people of all ages. We've partnered with Yummy Soy Scents and Candela Bath & Body for this self-care workshop. Make a custom candle with your own signature fragrance and while you wait for the candle to set, learn how to make a bath bomb too!

It's sure to be a fun and relaxing time. And you get to take your new candle and bath bomb home at the end of the day!

**\$15 per participant or free with membership. Pre-register online or in person. Limit of 20 people for this program.**

