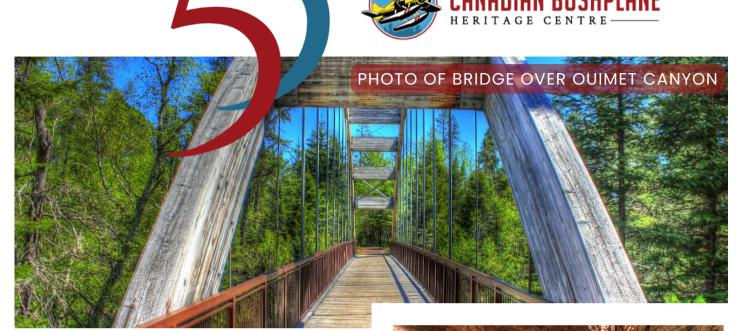
JANUARY 21ST, VOL 12



WALK WITH US UPDATE

Hi everyone! We are back and better than ever in 2025. We have reached a **total of 1787.4 km.**

Our longest distance covered in a single day is **185.8km on January 9th.** That's a lot, and I know we're just gonna keep doing better and better.

Let's keep up the great work as we head to our next destination, the Bonnechere Caves.

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 O Sport Martin 2018

BONNECHERE CAVES

The Bonnechere Caves is a cave formation that is located in Eganville Ontario which is north-east of the museum. The picture above clearly shows the limestone formations that can be found all over the caves.

It is **about 650 km from the Bushplane Museum.** We currently have **412.6km left** on our journey, so let's get to it!



FEBRUARY PROGRAMS

We have a bunch of interesting programs planned for February:

- **Chair Yoga**: Wednesdays starting February 5th 11:30am-12:30pm (4 weeks)
- Chocolate Making Workshop: Friday February 7th 10am-11:30am (one day)
- **Ballroom Dancing**: Fridays starting February 21st 10:30am-11:30am (6 weeks)

Check our events calendar to learn more!

Bushplane 55+ Programs Survey Ve are collecting feedback from our 55+ Bushplane co		inite	00.00			
urvey has a scale of 1-5. Please check the number the e survey statements.	at be	stde	scribe	is you	ir ans	werto
1- Strongly Disagree 2- Disagree 3- Neither agree nor disagree 4- Agree 5- Strongly Agree						
N/A - Not Applicable/Don't Know						
Survey Statements	1	2	3	4	5	N/A
This program met my needs and interests		1	1	1	1	1
I am satisfied with the program activities I participated in						1
This program helped me feel more engaged in my community						
This program helped to increase my feeling of safety and well-being						
This program helped to reduce social isolation in the community	n					
This program has taught me new skills that I cause in my daily life	n					
This program encouraged me to engage in health and fitness activities						

CANDLES & BATH BOMBS WORKSHOP

January 24th @ 11am - 12:30pm

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!

We are about to sell out, so don't miss out on this opportunity.

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



WHAT ARE THE SURVEYS FOR?

You've probably been wondering what the surveys that have been on the tables are for. We received a grant from the government for our 55+ programs.

One of the conditions of the grant is that participants of the program have to fill out a survey of their experience. So if you haven't filled out one yet, please take the time to fill one out for us. Thank you :)