

Friday, May 2, 2025

Friday Soup Lunch

Date and Time: Friday, May 2 12:00 pm

Address: 211 Bay Street, Keewatin, ON

St Andrews United Church invites you to join us on Fridays for a light lunch of soup, buns, dessert and beverages. We gather around 12 noon and enjoy a hot meal while visiting with other members of our community.

We gather most Fridays and will post on facebook "St Andrews United Church Keewatin" when we need to cancel.

There is no cost to attend but donations are welcomed.

"ALL ARE WELCOME"

Saturday, May 3, 2025

Wildfire Preparedness Day Open House and BBQ

Date and Time: Saturday, May 3 11:00 am - 3:00 pm

Address: 100 Fourteenth Street North, Kenora ON

In recognition of Wildfire Preparedness Day on May 3, Kenora Fire and Emergency Services invites the community to a free BBQ at Fire Station One, located at 100 Fourteenth Street North, from 11 a.m. to 3 p.m. During the event our team will share recommendations about making your home and property safe from wildfires. The BBQ is provided by [FireSmart™ Canada](#) in support of Wildfire Preparedness Day.

Everyone welcome! Free BBQ!

Tuesday, May 6, 2025

Diabetes Self-Management Program (VIRTUAL)

Date and Time: Tuesday, May 6 8:30 am - 11:00 am

Address: Online

The Diabetes Self-Management Program (DSMP) is a lay-led patient education program. This program is led by pairs of trained lay leaders to groups of ten to sixteen people once each week for 2 and ½ hours for six consecutive weeks. Courses are held in community locations such as recreation centres, community centres, schools and churches. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals living with diabetes themselves.

This workshop series is being delivered VIRTUALLY and is organized by NorWest Community Health Centres in Thunder Bay, ON. This is open to ALL Northwestern Ontario residents.

Time is set at 8:30 a.m. to 11:00 a.m. CT or 9:30 a.m. to 12:00 p.m. EST.

Wednesday, May 7, 2025

Chronic Disease Self-Management Program Workshop Series (VIRTUAL)

Date and Time: Wednesday, May 7 10:00 am - 12:30 pm

Address: Online

Chronic Disease Self-Management Program (CDSMP) was developed by a team of researchers at Stanford University. It's a self-management education workshop for people with a variety of chronic health conditions. It aims to build participants' confidence in managing their health and keep them active and engaged in their life. Participants attend a 2 1/2-hour interactive workshop once a week for 6 weeks to learn problem-solving, decision-making, and other techniques for managing problems common to people with chronic diseases.

In a typical workshop, participants set a realistic goal for the upcoming week and develop an action plan for meeting that goal. They report on their progress at the following workshop and solicit feedback from the group to help address any challenges.

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Kilometers for Care, Travel, Health and You

Date and Time: Wednesday, May 7 5:00 pm - 7:00 pm

Address: 240 Lakewood Drive, Kenora, ON

Share your experiences of travelling for health care. Be a part of advocating for change in how we access care across the Northwest!

- Wednesday, May 7
- 5 PM to 7 PM
- Register at www.anhp.net/kmforcare

We love living in Northwestern Ontario, with its unbridled wilderness and beauty. But when we need specialized care, it often requires travelling to larger centres.

In 1985, the province of Ontario created the Northern Ontario Travel Grant to help offset the cost of that travel.

But it's not always enough help.

The ANHP OHT Patient, Family and Elder Advisory Committee is looking for you to offer your experiences – both the positive and challenging – with our team, so that we can advocate for change to better meet the needs of the North.

Join us for a chance to share your story, and help make health care better for everyone.

Refreshments and snacks provided – and door prize draws for participants!

Thursday, May 8, 2025

Diabetes Self-Management Program (VIRTUAL)

Date and Time: Thursday, May 8 8:30 am - 11:00 am

Address: Online

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Friday, May 9, 2025

Friday Soup Lunch

Date and Time: Friday, May 9 12:00 pm

Address: 211 Bay Street, Keewatin, ON

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"ALL ARE WELCOME"

Made For Mom-Mother's Day Market

Date and Time: Saturday, May 10 10:00 am - 3:00 pm

Address: 35 Minnesota Street, Kenora, ON

You're Invited to our Mother's Day Market!

Date: May 10, 2025

Location: Norman Kinsmen Hall

Time: 10:00 a.m. to 3:00 p.m.

We're just about ready to welcome you to our cozy Mother's Day Market — and here's a sneak peek at some of our vendors' favourite products and best sellers you'll find at the event!

Featuring 10 fantastic local vendors, including:

- Handmade crafts
- Direct sellers
- Clayoquot Cuisine
- Filipino Asian Food

Plus:

- Mother's Day-themed Photo Booth with props. Bring your camera!
- Free drinks and snacks (while supplies last)
- Two complimentary door prize entries
- More fun activities
- Donation Box supporting the Lake of the Woods District Hospital Foundation

Celebrate the amazing women in your life, support local, and enjoy a fun-filled day with us! We can't wait to see you there.

Mother's Day Bake Sale

Date and Time: Saturday, May 10 10:00 am - 11:00 am

Address: Old Keewatin Ballpark, Tenth and Superior, Keewatin, ON

Come visit us at Homerun Gardens (Old Keewatin Ballpark at Tenth and Superior in Keewatin)

We will be in front of the Garden under our tent with tables of baked goods!

So far the list includes:

- Pumpkin Cookies
- Shortbread Cookies
- Date Squares

- Confetti Squares (Peanut butter and marshmallows)
- Apple Cinnamon Cake
- Cinnamon Roll Cake
- Crumb Topped Applesauce Loaf
- Crumb Topped Banana Loaf
- Lemon Zucchini Loaf
- Biscuits (Plain)
- Apple Pie

Mother's Day Tea

Date and Time: Saturday, May 10 11:30 am - 2:00 pm

Address: 300 McClellan Avenue, Kenora, ON

Mother's Day Activities at the Kenora Legion Clubroom

10 a.m. to 2 p.m.

Come Find Treasures and Crafts

11:30 a.m. to 2 p.m.

Mother's Day Tea

Mather-Walls Historical House Mother's Day Tea

Date and Time: Saturday, May 10 2:00 pm - 4:00 pm

Address: 1116 Ottawa Street, Keewatin, ON

Serving cinnamon bundt cake.

Harp music by Maria Berezowski.

Adults - 10\$

Children under 10 years of age - 5\$

Door prizes and bake sale table.

Sunday, May 11, 2025

Mother's Day Tea and Tailgater Sale

Date and Time: Sunday, May 11 11:00 am - 3:00 pm

Address: 66 Cambrian Drive, Kenora, ON

Sunday, May 11, 2025, from 11 a.m. to 3 p.m.

This market is open to everyone to buy and sell crafts, baking, farm products, chicks, plants, anything.

Attendees' admission: \$5.00. No charge for visitors under age 2. Admission Includes farm visits and yard games.

Bring quarters for the corn machine to make friends with the animals.

Wieners available to purchase and roast - fixin's provided.

No charge for vendors. Contact us if you want to reserve a vendor spot so we can promote your business. BYO table or sell from your tailgate. Bring a shade tent if you like.
Held weather permitting.

VENDOR LIST (will keep adding as we get confirmations):

- Seedlings - Alison L.
- Painted and crochet crafts - Shelby W.
- The Bread Box Bakery - Anita M.
- C and A Custom Gifts - shirts, signs and more - Chantelle L.
- The Lemon Squeeze - lemonade and dirty soda - Shelly N.
- Lake of the Woods Sticker Co. - Amanda B.
- Sweets and Snacks - Tammy N.
- EffortLessChalk decor, signs, shirts, textiles - Les C.
- Moca-Loca Candles - Maria M.
- Charcuterie boards, homemade wood crafts, various jams and beeswax products - Sticky Bee Honey Farm - Ingrid and Bruce B.
- Yootin - Ribbon skirts and matching jean jackets - Jodi C.
- Rock On Children's Clothes and homemade kids clothes - Stacy M.
- Stella Apothecary - Ali C.
- Art - acrylic paintings - Alicia Kejick Creations
- Heirloom tomato plants - Barking Dogs Farm, Edie F.
- Kenora Bed 'n' Bale - Wieners to roast, Honey Varieties, Masterfeeds, Inukshuk Dog Food, bales, shirts, poultry equipment, laying hens (if not sold out), Cornish X meat chicks (sold out), sheep, peacock feathers

ACTIVITIES: visit the farm animals and horses, sit in the tractors, play outdoor yard games, sneak a peak inside a bunkie cabin, campfires and more. Lots of selfie opportunities!

Tuesday, May 13, 2025

Diabetes Self-Management Program (VIRTUAL)

Date and Time: Tuesday, May 13 8:30 am - 11:00 am

Address: Online

The Diabetes Self-Management Program (DSMP) is a lay-led patient education program. This program is led by pairs of trained lay leaders to groups of ten to sixteen people once each week for 2 and ½ hours for six consecutive weeks. Courses are held in community locations such as recreation centres, community centres, schools and churches. Workshops are facilitated by two trained leaders, one or both of whom are non-health professionals living with diabetes themselves.

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Wednesday, May 14, 2025

Chronic Disease Self-Management Program Workshop Series (VIRTUAL)

Date and Time: Wednesday, May 14 10:00 am - 12:30 pm

Address: Online

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Thursday, May 15, 2025

Diabetes Self-Management Program (VIRTUAL)

Date and Time: Thursday, May 15 8:30 am - 11:00 am

Address: Online

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Friday, May 16, 2025

Friday Soup Lunch

Date and Time: Friday, May 16 12:00 pm

Address: 211 Bay Street, Keewatin, ON

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"ALL ARE WELCOME"

Saturday, May 17, 2025

Freecycle Days in Kenora

Date and Time: Saturday, May 17 9:00 am - 6:00 pm

Address: Your curbside, front walk, or back lane

Get ready for Freecycle Days: May 17 and May 18!

What are Freecycle Days? They are the perfect opportunity to clean up your house or garage by giving good used stuff a new home and significantly reducing the amount of waste that ends up in the landfill.

On Saturday and Sunday of Victoria Day weekend, mark your used but valuable goods with a "FREE" sign and place items on the curbside, front walk, or back lane over the weekend, encouraging others to take them for free. Please remove your remaining items from the curbside by 6:00 p.m. on Sunday.

This initiative is supported by the City's [Sustainability Advisory Committee](#).

Spring Fling Market

Date and Time: Saturday, May 17 10:00 am - 2:00 pm

Address: 1 Bernier Drive Kenora, ON P9N 1S4

The Spring Fling is back Saturday, May 17 from 10:00 a.m. to 2:00 p.m. during the May Long weekend.

This is the first Matiowski Specialty Market under the Jarnel Contracting Pavilion for the 2025 season.

The Matiowski Farmers' Market season will start less than a month later on Wednesday, June 11 from 8:30 a.m. to 2:00 p.m.

Sunday, May 18, 2025

Freecycle Days in Kenora

Date and Time: Sunday, May 18 9:00 am - 6:00 pm

Address: Your curbside, front walk, or back lane

Get ready for Freecycle Days: May 17 and May 18!

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This initiative is supported by the City's [Sustainability Advisory Committee](#).

Tuesday, May 20, 2025

Diabetes Self-Management Program (VIRTUAL)

Date and Time: Tuesday, May 20 8:30 am - 11:00 am

Address: Online

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Arts Hub Jam Night at Bob's

Date and Time: Tuesday, May 20 6:00 pm

Address: 152 Main Street South, Kenora

Jam Nights for winter 2025!

Come on out and strut your stuff! We have some various dates so check the poster out so you know when things are happening!

We look forward to seeing the veterans and new up and comers in the community. This is for all ages and abilities!!!

Wednesday, May 21, 2025

Chronic Disease Self-Management Program Workshop Series (VIRTUAL)

Date and Time: Wednesday, May 21 10:00 am - 12:30 pm

Address: Online

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Thursday, May 22, 2025

Diabetes Self-Management Program (VIRTUAL)

Date and Time: Thursday, May 22 8:30 am - 11:00 am

Address: Online

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Friday, May 23, 2025

Friday Soup Lunch

Date and Time: Friday, May 23 12:00 pm

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"ALL ARE WELCOME"

Sunday, May 25, 2025

Pet Valu Walk For Guide Dogs

Date and Time: Sunday, May 25 8:00 am - 12:00 pm

Address: 1 Bernier Drive Kenora, ON

The Pet Valu Walk for Dog Guides

Help Give Canadians a New Leash on Life!

We're proud that the Lions Foundation of Canada Dog Guides is our national charitable partner.

This wonderful organization makes a huge impact in the lives of Canadians with a medical or physical disability, by providing specialized Dog Guides at no cost to those who need them. Every Dog Guide is trained in one of seven specialized programs: Canine Vision, Hearing Ear, Service, Seizure Response, Autism Assistance, Support and Diabetic Alert. Lions Foundation of Canada Dog Guides does not receive any government funding and relies on support from donations and fundraising efforts.

- May 25, 2025
- 8:00 a.m. to 12:00 p.m.
- Jarnel Contracting Pavilion, Kenora Harbourfront

Tuesday, May 27, 2025

Diabetes Self-Management Program (VIRTUAL)

Date and Time: Tuesday, May 27 8:30 am - 11:00 am

Address: Online

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FIREFLY - Care for the Caregiver

Date and Time: Tuesday, May 27 1:00 pm - 4:00 pm

Address: 240 Veterans Drive, Kenora, ON

Calling all caregivers and family members! We heard you—and we're responding with something special. FIREFLY is proud to host our first-ever **Care for the Caregiver** event, taking place in Kenora on **Tuesday, May 27, from 1:00 to 4:00 p.m.** at Seven Generations Education Institute.

This free in-person gathering is designed for **anyone who is, or has been, a caregiver or family member** of a child, youth, or young adult. You do NOT need to be accessing (or have previously accessed) FIREFLY services

What to Expect

This gathering will include – Speakers and Educators that can Support, Educate and Empower the Caregiver:

- Guided peer conversations and sharing circles.
- Voices of lived experience from local caregivers and professionals.
- Opportunities for informal connection and reflection.
- Connect with others who truly understand the caregivers journey.
- Hear stories and strategies from local caregivers and professionals.
- Build community with people walking similar path.
- Leave feeling support, seen and empowered.

Whether you're a parent, sibling, grandparent, aunt, uncle, or informal caregiver, **you are welcome here.**

In the registration form you'll also be able to specify if childcare and/or a travel stipend for those coming from out of town would help facilitate your attendance.

Ready to Join Us? Click here for a link to registration - <https://www.fireflynw.ca/news/firefly-launches-care-for-the-caregiver/>

Wednesday, May 28, 2025

Chronic Disease Self-Management Program Workshop Series (VIRTUAL)

Date and Time: Wednesday, May 28 10:00 am - 12:30 pm

Address: Online

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Thursday, May 29, 2025

Diabetes Self-Management Program (VIRTUAL)

Date and Time: Thursday, May 29 8:30 am - 11:00 am

Address: Online

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<https://calendar.kenora.ca>