

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

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Saturday, May 10, 2025

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.

Tuesday, May 13, 2025

Diabetes Self-Management Program (VIRTUAL)

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

Address: Online

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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 use d 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

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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

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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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help address any challenges.

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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

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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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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>