

## Friday, March 1, 2024

---

### Winter Weekend of Wonder-Kenora's Winter Festival

Date and Time: Friday, March 1 5:30 pm

Address: 1 Bernier Drive- Jarnel Contracting Pavilion

Tourism Kenora invites you to the Jarnel Contracting Pavilion on Friday, March 1<sup>st</sup> at 5:30 pm for the start of the Winter Weekend of Wonder-Kenora's Winter Festival.

The evening will feature two live shows: An LED Dance Show at 5:45 pm and a Fire Dance Show at 6:15 pm.

The 2024 Snow Sculpture winner will be announced, and you can stay warm by the fire with some hot chocolate and smores (while supplies last)

The fireworks show will light up the skies over the Harbourfront at 6:45 pm, with The Lake of the Woods Brewing Company hosting an Après by the fire from 7 to 10 pm.

Stay tuned for the full Winter Weekend of Wonder event schedule and visit Tourism Kenora's Facebook page for updates!

## Saturday, March 2, 2024

---

### Winter Weekend of Wonder- Community Day

Date and Time: Saturday, March 2 10:00 am

Address: Kenora

Saturday, March 2nd is Community Day for the Winter Weekend of Wonder and features family friendly events and activities in the City of Kenora:

9 AM to 2 PM Kenora Public Library, 7 Winter themed LEGO challenges, Indoor Ice Fishing, Snowball Shooters, a special STEM activity

10 AM to 4 PM Mt. Evergreen Ski Hill, Skiing (Nordic and Cross-Country, Tubing, Beavertails

10 AM to 2 PM Matiowski Winter Market Seven Generations

10 AM to 5 PM FREE admission to the MUSE Museum and Douglas Family Art Centre

10 AM to 12 PM FREE Open Gym Ecole Ste-Marguerite Bourgeoys (SMB)

10 AM to 3 PM Take a Kid Ice Fishing-Pre-registration required MNR Landing

11 AM Mushin' for Mutts Skijor Event Mt. Evergreen Ski Hill

2:30 PM to 3:45 PM FREE Open Swim Moncrief Construction Sports Centre

8 PM to 11 PM It's a Dog's Life Fostering Network Fundraiser Featuring: Stonehouse Bob's Burger Bar

## **Triple Play Family Fun Day**

Date and Time: Saturday, March 2 11:00 am - 3:00 pm

Address: Ice Road

Triple Play is Hosting: "Take a Kid Ice Fishing" Family Fun Day!

- Saturday, March 2nd from 11am to 3pm

- Lake of the Woods MNR Landing

- FREE EVENT

11 am to 2 pm: Ice Fishing

12 to 1pm: Minnow Races and Conservation Talks

1 to 3 pm: Ice Bikes and Invasive Species Demo

Lunch Vouchers for Hard Water Cafe

Snowshoeing and more!!!

## **"Take Your Kid Ice Fishing" Family Fun Day**

Date and Time: Saturday, March 2 11:00 am - 3:00 pm

Address: Ministry (MNR) Landing on Lake of the Woods off of First Ave S in Kenora

Get ready for a FREE day of fun for the "Take Your Kid Ice Fishing" on frozen Lake of the Woods!

Saturday March 2, 2024

Starting at MNR landing, Lake of the Woods

Please use the following link to register or scan the Qcode on the attached poster to get yourself registered and on the list. Spaces are filling up quickly so don't wait too long!

<https://forms.gle/6RYDqKPSfKXuHhby7>

This is a Triple PLAY event in partnership with some great local support and sponsors including: Ministry of Natural Resources and Forestry, Lake of the Woods Marina, Spines and Tines Outdoors, Limitless Expeditions, LOWDSA, The Kenora Metis Council, Smoke and Fire Kenora, Bestway Rentals, Mosswood Adventures and Rentals, Hard Water Cafe

As part of the Winter Weekend of Wonder through Tourism Kenora

## EN ROUTE to École Ste-Marguerite Bourgeois Open House Event

Date and Time: Saturday, March 2 12:00 pm - 2:00 pm

Address: 20 Gunne Crescent, Kenora

Bienvenue à l'École Ste-Marguerite Bourgeois! Kindergarten Registration Week is just around the corner, and we can't wait to welcome you to our 'En Route' Kindergarten Welcome Event. This event is a great chance for families with children entering school this September to explore French Immersion. Please check below for additional details – and remember to dress appropriately for the weather, as activities will take place both inside and outside! [#KCDSBFamily](#)



ÉCOLE STE-MARGUERITE  
BOURGEOIS

# EN ROUTE SCHOOL OPEN HOUSE

**Saturday, March 2**  
12:00-2:00 PM

Families are invited to explore our school inside and out! Join us for an afternoon of fun, meet our educators and discover SMB!

The poster features a large background image of a smiling young girl with blonde hair. Below this, there are two Polaroid-style photos: one of three children playing with a ball, and another of a group of children posing together. To the right of the photos is a circular logo with a yellow border, containing a stylized green tree with roots and a cross above it. A calendar icon is positioned next to the date and time information.

It's a Dogs Life Fundraising Social ft. Stone House Live

Date and Time: Saturday, March 2 8:00 pm - 11:00 pm

Address: 152 Main Street South, Kenora

It's a Dogs Life Fundraising Social Featuring Stone House!

- Saturday, March 2nd
- At Bob's Burger Bar
- Tickets are \$15 and can be purchased at Hojoes and Taylor Made Pet Products
- Great cause for all of the dogs out there!!

## **Sunday, March 3, 2024**

---

### **SHAKE THE LAKE KENORA**

Date and Time: Sunday, March 3 9:00 am

Address: Jarnel Contracting Pavilion- 1 Bernier Drive

Whose ready to SHAKE THE LAKE? We are thrilled to announce our first ever entertainment line-up, performing August 3rd, 2024.

Get ready to party with Juno award winning rock group DEFAULT, Thunder Bays own electronic-pop sensation COLEMAN HELL, Canadian country-rock group PETRIC, and Kenora's favorites NORTH SHORE and JACKSON KLIPPENSTIEN.

Tickets are on sale NOW! Visit [www.shakethelakekenora.com](http://www.shakethelakekenora.com) and get your tickets today

### **LOTW Girls Hockey Jenn Schott Memorial U9 Jamboree**

Date and Time: Sunday, March 3 10:00 am - 4:00 pm

Address: Moncrief Construction Sports Centre, 18 Mike Richards Way, Kenora, ON

Come out and cheer on Kenora's U9 Ducks & Dragons at the Jenn Schott Memorial Jamboree!

We'll be hosting teams from Fort Frances, Emo and Stonewall for a day filled with great hockey, a fantastic prize table and tons of fun.

The girls are pumped to play in front of their home crowd so bring your best cheers, loudest cowbells and sportiest signs!

### **FREE-Open Field and Lakelife PlayCentre Admission**

Date and Time: Sunday, March 3 12:00 pm - 3:00 pm

Address: 16 Bunny Street, Kenora

Come have some fun during Winter Weekend of Wonder, with FREE admission to the Kenora Sportsplex on Sunday, March 3rd from 12 to 3 pm.

Please note:

Children must be supervised at all times while on the turf and at the Playcentre

No food or beverage is allowed on the turf or in the Playcentre

Indoor shoes must be worn on the turf and in the PlayCentre

## Super Skills Race

Date and Time: Sunday, March 3 1:00 pm - 2:00 pm

Address: Rabbit Lake Winter Wonderland

The Super Skills Skating Obstacle Course is back for 2024 at the Rabbit Lake Winter Wonderland, during the Winter Weekend of Wonder! Skate Keewatin has created an exciting skating course, with timed events for ages 5 to 8 and 9 to 12, and prizes for the top skaters in each category. Sign up today by emailing your skaters name and age to [Tourism@kenora.ca](mailto:Tourism@kenora.ca), or call 807-467-4637.

## Monday, March 4, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Monday, March 4 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s

- Gropp's Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora's Facebook page](#) for the weekly menus and event updates.

## Tuesday, March 5, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Tuesday, March 5 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their "passport." Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob's Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey's Grill & Bar
- Bella's
- Gropp's Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora's Facebook page](#) for the weekly menus and event updates.

## Wednesday, March 6, 2024

---



## Frost Bites Winter Culinary Event

Date and Time: Wednesday, March 6 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s
- Gropp’s Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora’s Facebook page](#) for the weekly menus and event updates.

## Thursday, March 7, 2024

---

## Frost Bites Winter Culinary Event

Date and Time: Thursday, March 7 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s
- Gropp’s Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora’s Facebook page](#) for the weekly menus and event updates.

## "Bored" Games

Date and Time: Thursday, March 7 3:30 pm - 5:00 pm

Address: 24 Main Street South, Kenora ON

Beat the boredom blues with a selection of games at your local library!

Ages: 0 to 12 years

## Flock of Feathers with Laurie Dufresne

Date and Time: Thursday, March 7 6:00 pm - 8:30 pm

Address: 300 Main Street South, Kenora

Enjoy an evening of acrylic painting at the Douglas Family Art Centre with local artist, [Laurie Dufresne Artist](#). In this evening session, participants will paint a flock of feathers onto a 10 x 20 inch (25.4 x 50.8 cm) stretched canvas using acrylic paints and stencilling techniques.

This program is for adults and teens will take place on Thursday, March 7 from 6 to 8:30 pm, and is suitable for artists at all levels of experience. All materials supplied.

The cost to register is \$55 +HST or \$49.50 +HST for MUSE members. Registration and payment are required to reserve your space in this class, and can be done in-person or online.

Online registration: <https://themusekenora.ca/events-and.../program-registration/>



## Friday, March 8, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Friday, March 8 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s
- Gropp’s Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora’s Facebook page](#) for the weekly menus and event updates.

## Saturday, March 9, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Saturday, March 9 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in M

arch. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s
- Gropp’s Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora’s Facebook page](#) for the weekly menus and event updates.

## Kenora Devils Gap Islanders Home Game

Date and Time: Saturday, March 9 7:30 pm - 10:00 pm

Address: 18 Mike Richards Way, Kenora

Kenora Islanders vs Kam River Fighting Walleye

- Saturday, March 9th at 7:30pm
- Hosted at the Moncrief Construction Sports Centre
- Tickets can be purchased online or at the game

## Sunday, March 10, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Sunday, March 10 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s
- Gropp’s Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora’s Facebook page](#) for the weekly menus and event updates.

## Mix Tapes from my Mom

Date and Time: Sunday, March 10 7:30 pm

Address: 1400 Ninth Street North, Kenora

Royal Manitoba Theatre Centre presents: Mix Tapes From My Mom

- Sunday, March 10 at 7:30pm

- Beaver Brae Secondary School Drama Stage (use the side entrance next to the upper easternmost parking lot)

## Kenora Devils Gap Islanders Home Game

Date and Time: Sunday, March 10 7:30 pm

Address: 18 Mike Richards Way, Kenora

Kenora Islanders vs Kam River Fighting Walleye

- Sunday, March 10th at 7:30 p.m.

- Hosted at the Moncrief Construction Sports Centre

- Tickets can be purchased online or at the game

## Monday, March 11, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Monday, March 11 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s
- Gropp’s Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora’s Facebook page](#) for the weekly menus and event updates.

### Free Fitness Week

Date and Time: Monday, March 11 9:15 am - 10:15 am

Address: 18 Mike Richards Way, Kenora

The Moncrief Construction Sports Centre is offering a free [group fitness](#) week from March 11 to March 14.

During this week, you can participate in a daily fitness class for free. This is the perfect opportunity to meet the instructors and try out a class for the first time. All fitness levels are welcome to join and the instructors will help you modify the exercises according to your abilities.

## Free Fitness Week Schedule

View the free classes offered during free group fitness week:

- Monday, March 11
  - Yin Yoga with Nicole, 9:15 to 10:15 a.m.
  - Barbell Pump with Michelle, 5:15 to 6:15 p.m.
- Tuesday, March 12
  - Heart and Core with Kelli, 12:05 to 12:50 p.m.
- Wednesday, March 13
  - Empower with Kristina, 7:00 to 7:45 p.m.
- Thursday, March 14
  - Essentrics with Sharron, 10:00 a.m. to 10:45 a.m.
  - Spin Strong with Kim, 12:05 to 12:50 p.m.

If you need more information, please contact the Recreation Department front desk at [807-467-2087](tel:807-467-2087).

## Free Fitness Week

Date and Time: Monday, March 11 5:15 pm - 6:15 pm

Address: 18 Mike Richards Way, Kenora

The Moncrief Construction Sports Centre is offering a free group fitness week from March 11 to March 14.

During this week, you can participate in a daily fitness class for free. This is the perfect opportunity to meet the instructors and try out a class for the first time. All fitness levels are welcome to join and the instructors will help you modify the exercises according to your abilities.

## Free Fitness Week Schedule

View the free classes offered during free group fitness week:

- Monday, March 11
  - Yin Yoga with Nicole, 9:15 to 10:15 a.m.
  - Barbell Pump with Michelle, 5:15 to 6:15 p.m.
- Tuesday, March 12
  - Heart and Core with Kelli, 12:05 to 12:50 p.m.
- Wednesday, March 13
  - Empower with Kristina, 7:00 to 7:45 p.m.
- Thursday, March 14
  - Essentrics with Sharron, 10:00 a.m. to 10:45 a.m.
  - Spin Strong with Kim, 12:05 to 12:50 p.m.

If you need more information, please contact the Recreation Department front desk at [807-467-2087](tel:807-467-2087).

# Tuesday, March 12, 2024

---

## Frost Bites Winter Culinary Event

Date and Time: Tuesday, March 12 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s
- Gropp’s Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora’s Facebook page](#) for the weekly menus and event updates.

## Medicine Lines of Womanhood - MMIWG

Date and Time: Tuesday, March 12 10:00 am - 5:00 pm

Address: 224 Main Street South, Kenora

Medicine Lines of Womanhood – MMIWG is a Commemorative Art Project. This project brought together family members and loved ones of Missing and Murdered Indigenous Women and Girls to develop art pieces in commemoration of their respective loved ones. The artwork was undertaken with the support of Art Therapy Help



ers, Grief Counsellors, Knowledge Keepers, Elders and a network of family members who gathered during the project.

The overarching goal of the project is to create a space of healing for those directly connected to the trauma of MMIWG and to bring awareness to Missing and Murdered Indigenous Women and Girls through stories and art pieces.

This public exhibition is open to all individuals and organizations who would like to join ONWA to honour the Missing and Murdered Indigenous Women and Girls and the personal strength, courage, and determination of survivors and family members.

The art exhibition will be open to the public commencing for two days only: March 12 and 13th. The exhibit will further help to provide healing for families who have experienced a loss to violence against Missing and Murdered Indigenous Women and Girls, as well as educate the community about the alarmingly high rates of violence against Indigenous women and girls in Canada.

ONWA also invites you to learn more about Missing and Murdered Indigenous Women and Girls by:

- Visiting the ONWA MMIWG webpage which hosts resources, videos, and reports <https://www.onwa.ca/learning-resources-mmiwg>
- Reading the ONWA Report “Reconciliation with Indigenous Women- Changing the Story of Missing and Murdered Indigenous Women and Girls” <https://www.onwa.ca/reports>

If you or a family member have been impacted and require emotional support, contact the 24-Hour Talk4Healing help line 1-855-554-HEAL (4325)

## Free Fitness Week

Date and Time: Tuesday, March 12 12:05 pm - 12:50 pm

Address: 18 Mike Richards Way, Kenora

The Moncrief Construction Sports Centre is offering a free group fitness week from March 11 to March 14.

During this week, you can participate in a daily fitness class for free. This is the perfect opportunity to meet the instructors and try out a class for the first time. All fitness levels are welcome to join and the instructors will help you modify the exercises according to your abilities.

## Free Fitness Week Schedule

View the free classes offered during free group fitness week:

- Monday, March 11
  - Yin Yoga with Nicole, 9:15 to 10:15 a.m.
  - Barbell Pump with Michelle, 5:15 to 6:15 p.m.
- Tuesday, March 12
  - Heart and Core with Kelli, 12:05 to 12:50 p.m.

- Wednesday, March 13
  - Empower with Kristina, 7:00 to 7:45 p.m.
- Thursday, March 14
  - Essentrics with Sharron, 10:00 a.m. to 10:45 a.m.
  - Spin Strong with Kim, 12:05 to 12:50 p.m.

If you need more information, please contact the Recreation Department front desk at [807-467-2087](tel:807-467-2087).

## Wednesday, March 13, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Wednesday, March 13 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s
- Gropp’s Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora’s Facebook page](#) for the weekly menus and event updates.

### Medicine Lines of Womanhood - MMIWG

Date and Time: Wednesday, March 13 10:00 am - 5:00 pm

Address: 224 Main Street South, Kenora

Medicine Lines of Womanhood – MMIWG is a Commemorative Art Project. This project brought together family members and loved ones of Missing and Murdered Indigenous Women and Girls to develop art pieces in commemoration of their respective loved ones. The artwork was undertaken with the support of Art Therapy Helpers, Grief Counsellors, Knowledge Keepers, Elders and a network of family members who gathered during the project.

The overarching goal of the project is to create a space of healing for those directly connected to the trauma of MMIWG and to bring awareness to Missing and Murdered Indigenous Women and Girls through stories and art pieces.

This public exhibition is open to all individuals and organizations who would like to join ONWA to honour the Missing and Murdered Indigenous Women and Girls and the personal strength, courage, and determination of survivors and family members.

The art exhibition will be open to the public commencing for two days only: March 12 and 13th. The exhibit will further help to provide healing for families who have experienced a loss to violence against Missing and Murdered Indigenous Women and Girls, as well as educate the community about the alarmingly high rates of violence against Indigenous women and girls in Canada.

ONWA also invites you to learn more about Missing and Murdered Indigenous Women and Girls by:

- Visiting the ONWA MMIWG webpage which hosts resources, videos, and reports <https://www.onwa.ca/learning-resources-mmiwg>
- Reading the ONWA Report “Reconciliation with Indigenous Women- Changing the Story of Missing and Murdered Indigenous Women and Girls” <https://www.onwa.ca/reports>

If you or a family member have been impacted and require emotional support, contact the 24-Hour Talk4Healing help line 1-855-554-HEAL (4325)

## Free Fitness Week

Date and Time: Wednesday, March 13 7:00 pm - 7:45 pm

Address: 18 Mike Richards Way, Kenora

The Moncrief Construction Sports Centre is offering a free group fitness week from March 11 to March 14.

During this week, you can participate in a daily fitness class for free. This is the perfect opportunity to meet the instructors and try out a class for the first time. All fitness levels are welcome to join and the instructors will help you modify the exercises according to your abilities.

## Free Fitness Week Schedule

View the free classes offered during free group fitness week:

- Monday, March 11
  - Yin Yoga with Nicole, 9:15 to 10:15 a.m.
  - Barbell Pump with Michelle, 5:15 to 6:15 p.m.
- Tuesday, March 12
  - Heart and Core with Kelli, 12:05 to 12:50 p.m.
- Wednesday, March 13
  - Empower with Kristina, 7:00 to 7:45 p.m.
- Thursday, March 14
  - Essentrics with Sharron, 10:00 a.m. to 10:45 a.m.
  - Spin Strong with Kim, 12:05 to 12:50 p.m.

If you need more information, please contact the Recreation Department front desk at [807-467-2087](tel:807-467-2087).

## Thursday, March 14, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Thursday, March 14 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s
- Gropp’s Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora's Facebook page](#) for the weekly menus and event updates.

## Free Fitness Week

Date and Time: Thursday, March 14 10:00 am - 10:45 am

Address: 18 Mike Richards Way, Kenora

The Moncrief Construction Sports Centre is offering a free [group fitness](#) week from March 11 to March 14.

During this week, you can participate in a daily fitness class for free. This is the perfect opportunity to meet the instructors and try out a class for the first time. All fitness levels are welcome to join and the instructors will help you modify the exercises according to your abilities.

## Free Fitness Week Schedule

View the free classes offered during free group fitness week:

- Monday, March 11
  - Yin Yoga with Nicole, 9:15 to 10:15 a.m.
  - Barbell Pump with Michelle, 5:15 to 6:15 p.m.
- Tuesday, March 12
  - Heart and Core with Kelli, 12:05 to 12:50 p.m.
- Wednesday, March 13
  - Empower with Kristina, 7:00 to 7:45 p.m.
- Thursday, March 14
  - Essentrics with Sharron, 10:00 a.m. to 10:45 a.m.
  - Spin Strong with Kim, 12:05 to 12:50 p.m.

If you need more information, please contact the Recreation Department front desk at [807-467-2087](tel:807-467-2087).

## Free Fitness Week

Date and Time: Thursday, March 14 12:05 pm - 12:50 pm

Address: 18 Mike Richards Way, Kenora

The Moncrief Construction Sports Centre is offering a free [group fitness](#) week from March 11 to March 14.

During this week, you can participate in a daily fitness class for free. This is the perfect opportunity to meet the instructors and try out a class for the first time. All fitness levels are welcome to join and the instructors will help you modify the exercises according to your abilities.

## Free Fitness Week Schedule

View the free classes offered during free group fitness week:

- Monday, March 11
  - Yin Yoga with Nicole, 9:15 to 10:15 a.m.
  - Barbell Pump with Michelle, 5:15 to 6:15 p.m.
- Tuesday, March 12
  - Heart and Core with Kelli, 12:05 to 12:50 p.m.
- Wednesday, March 13
  - Empower with Kristina, 7:00 to 7:45 p.m.
- Thursday, March 14
  - Essentrics with Sharron, 10:00 a.m. to 10:45 a.m.
  - Spin Strong with Kim, 12:05 to 12:50 p.m.

If you need more information, please contact the Recreation Department front desk at [807-467-2087](tel:807-467-2087).

## Job Fair

Date and Time: Thursday, March 14 1:00 pm

Address: 300 McClellan Ave (Use Matheson St Entrance)

Employers are you looking to hire? Indigenous Employment and Training Services will be hosting a Job Fair on March 14 from 1:00 to 4:00 p.m. at 300 McClellan Avenue (Matheson Street entrance).

You will have the opportunity to meet with job seekers of all ages. We hope to see you there.

Space is limited, so please confirm your attendance with Dorothy at [employmentcouncillor@nechee.org](mailto:employmentcouncillor@nechee.org), 807-468-5440 ext 248

## Friday, March 15, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Friday, March 15 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, March 14th.



day, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob's Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey's Grill & Bar
- Bella's
- Gropp's Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora's Facebook page](#) for the weekly menus and event updates.

## Kenora Devils Gap Islanders Home Game

Date and Time: Friday, March 15 7:30 pm - 10:00 pm

Address: 18 Mike Richards Way, Kenora

Kenora Islanders vs Sioux Lookout Bombers

- Friday, March 15th at 7:30pm
- Hosted at the Moncrief Construction Sports Centre
- Tickets can be purchased online or at the game

## Saturday, March 16, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Saturday, March 16 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s
- Gropp’s Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora’s Facebook page](#) for the weekly menus and event updates.

## St. Patrick's Ice Bike Night

Date and Time: Saturday, March 16 6:00 pm - 9:00 pm

Address: 930 Front Street, Keewatin, ON

Pedal along with friends and family as we get festive for our St. Patrick's Day Ice Bike Night!

Save the date - Saturday March 16th from 6:00 to 9:00 p.m. at the Bowman Electric Keewatin Memorial Arena, as we wrap up our 2024 winter season in Irish style.

Guess what? It's also a FREE event thanks to our generous sponsor [Rotary Club of Kenora](#)

Expect Irish tunes, sport your best green gear for a shot at snagging a prize, and let's make this pre-St. Patrick's Day celebration a one to remember!

Extra details:

- 🍀 Kids under 6 must have a parent/guardian ride with them.
- 🍀 All participants must sign a liability waiver before entry.
- 🍀 Bring your own helmets or we can supply one.

Note: only ice bikers will be allowed on the ice during this time frame. We will have a capacity limit to ensure everyone gets a sufficient amount of ice time. Arrive early!

## Kenora Devils Gap Islanders Home Game

Date and Time: Saturday, March 16 7:30 pm - 10:00 pm

Address: 18 Mike Richards Way, Kenora

Kenora Islanders vs Sioux Lookout Bombers

- Saturday, March 16th at 7:30pm
- Hosted at the Moncrief Construction Sports Centre
- Tickets can be purchased online or at the game

## Saint Patricks Day Party

Date and Time: Saturday, March 16 8:00 pm - 11:00 pm

Address: 152 Main Street South, Kenora

Saint Patricks Day Party:

Live Music at Bob's Burger Bar from 8pm to 11pm

Featuring:

- Colby Wallace
- Cole Zabloski
- Jackson Klippenstien
- Lorry Alcock

Tickets available at Northern Sounds and Systems

## Sunday, March 17, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Sunday, March 17 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob's Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey's Grill & Bar
- Bella's
- Gropp's Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora's Facebook page](#) for the weekly menus and event updates.

## Monday, March 18, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Monday, March 18 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their "passport." Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob's Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey's Grill & Bar
- Bella's
- Gropp's Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the

participating restaurants.

Follow [Tourism Kenora's Facebook page](#) for the weekly menus and event updates.

## Tuesday, March 19, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Tuesday, March 19 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob's Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey's Grill & Bar
- Bella's
- Gropp's Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora's Facebook page](#) for the weekly menus and event updates.

## Wednesday, March 20, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Wednesday, March 20 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s
- Gropp’s Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora’s Facebook page](#) for the weekly menus and event updates.

## Thursday, March 21, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Thursday, March 21 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week



When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s
- Gropp’s Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora’s Facebook page](#) for the weekly menus and event updates.

## "Bored" Games

Date and Time: Thursday, March 21 3:30 pm - 5:00 pm

Address: 24 Main Street South, Kenora ON

Beat the boredom blues with a selection of games at your local library!

Ages: 0 to 12 years

## Friday, March 22, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Friday, March 22 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp

p on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s
- Gropp’s Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora’s Facebook page](#) for the weekly menus and event updates.

## Saturday, March 23, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Saturday, March 23 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar

- Bella's
- Gropp's Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora's Facebook page](#) for the weekly menus and event updates.

## Thrift Market at Seven Gens Kenora

Date and Time: Saturday, March 23 9:00 am - 2:00 pm

Address: 240 Veterans Drive, Kenora

LOTW Thrift is hosting its first-ever [Pop-up Thrift Market](#) on Saturday, March 23, 2024, at Seven Generations Education Institute's Manidoo (Kenora) campus!

If you would like to participate as a vendor, please fill out the form below to register a table (or two!). Space is limited to 32 tables- don't delay!

The event will run from 9:00 AM to 2:00 PM - vendors will have access to the space to set up their tables at 8:00 AM and must ensure all unsold goods are cleared from their table(s) by 2:30 PM.

To register: <https://forms.gle/mLBPuk4VMTXkBhP7>

## Tot and Me Skate

Date and Time: Saturday, March 23 1:00 pm - 2:00 pm

Address: 18 Mike Richards Way, Kenora

\$3 Tot and Me Skate

Saturday, March 23, 1:00 to 2:00 p.m.

Sunday, March 24, 2:00 to 3:00 p.m.

Moncrief Construction Sports Centre

## Public Skate

Date and Time: Saturday, March 23 6:00 pm - 7:00 pm

Address: 18 Mike Richards Way, Kenora

\$3 Public Skate

Saturday, March 23, 6:00 to 7:00 p.m.

Sunday, March 24, 6:00 to 7:00 p.m.

Moncrief Construction Sports Centre

# Sunday, March 24, 2024

---

## Frost Bites Winter Culinary Event

Date and Time: Sunday, March 24 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s
- Gropp’s Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora’s Facebook page](#) for the weekly menus and event updates.

## Public Skate

Date and Time: Sunday, March 24 12:00 pm - 1:30 pm

Address: 18 Mike Richards Way, Kenora

\$3 14+ Open Hockey

Sunday, March 24, 12:00 to 1:30 p.m.

Moncrief Construction Sports Centre

## Tot and Me Skate

Date and Time: Sunday, March 24 2:00 pm - 3:00 pm

Address: 18 Mike Richards Way, Kenora

\$3 Tot and Me Skate

Saturday, March 23, 1:00 to 2:00 p.m.

Sunday, March 24, 2:00 to 3:00 p.m.

Moncrief Construction Sports Centre

## Public Skate

Date and Time: Sunday, March 24 6:00 pm - 7:00 pm

Address: 18 Mike Richards Way, Kenora

\$3 Public Skate

Saturday, March 23, 6:00 to 7:00 p.m.

Sunday, March 24, 6:00 to 7:00 p.m.

Moncrief Construction Sports Centre

## Memorial of Jesus' Death

Date and Time: Sunday, March 24 7:30 pm - 8:30 pm

Address: 68 Donbrock Drive, Kenora

On Sunday, March 24th, millions of Jehovah's Witnesses around the world will gather to commemorate the death of Jesus Christ.

The annual observance of the Lord's Evening Meal is open to the public and will feature a talk highlighting the significance of Jesus' death and what it means for all of mankind.

Locally this event will take place at the Kingdom Hall of Jehovah's Witnesses.

Admission is free and no collection will be taken.

## Monday, March 25, 2024

---

## Frost Bites Winter Culinary Event

Date and Time: Monday, March 25 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s
- Gropp’s Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora’s Facebook page](#) for the weekly menus and event updates.

## **Our Climate Quest: Small steps to big change**

Date and Time: Monday, March 25 9:00 am - 4:00 pm

Address: 931 Lakeview Drive, Kenora, ON

Science North's Climate Quest: Small steps to big change travelling exhibit is now open at the Lake of the Woods Discovery Centre!

This exhibit is travelling to rural, remote, and Indigenous communities across Canada to engage youth in climate action! This exhibit is very hands on, interactive, and play based learning exhibition to engage youth to take action in their community!

The exhibit will be on display until April 8 and we are open 7 days a week from 9 a.m. to 4 p.m.

The Our Climate Quest travelling exhibition is proudly supported by the Government of Canada.



## Frost Bites Winter Culinary Event

Date and Time: Tuesday, March 26 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob's Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey's Grill & Bar
- Bella's
- Grop's Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora's Facebook page](#) for the weekly menus and event updates.

## Our Climate Quest: Small steps to big change

Date and Time: Tuesday, March 26 9:00 am - 4:00 pm

Address: 931 Lakeview Drive, Kenora, ON

Science North's Climate Quest: Small steps to big change travelling exhibit is now open at the Lake of the Woods Discovery Centre!

This exhibit is travelling to rural, remote, and Indigenous communities across Canada to engage youth in climate action! This exhibit is very hands on, interactive, and play based learning exhibition to engage youth to take action in their community!

The exhibit will be on display until April 8 and we are open 7 days a week from 9 a.m. to 4 p.m.

The Our Climate Quest travelling exhibition is proudly supported by the Government of Canada.

## Wednesday, March 27, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Wednesday, March 27 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s
- Gropp’s Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora’s Facebook page](#) for the weekly menus and event updates.

### Our Climate Quest: Small steps to big change

Date and Time: Wednesday, March 27 9:00 am - 4:00 pm

Address: 931 Lakeview Drive, Kenora, ON

Science North's Climate Quest: Small steps to big change travelling exhibit is now open at the Lake of the Woods Discovery Centre!

This exhibit is travelling to rural, remote, and Indigenous communities across Canada to engage youth in climate action! This exhibit is very hands on, interactive, and play based learning exhibition to engage youth to take action in their community!

The exhibit will be on display until April 8 and we are open 7 days a week from 9 a.m. to 4 p.m.

The Our Climate Quest travelling exhibition is proudly supported by the Government of Canada.

## Emergency Services Charity Hockey Game

Date and Time: Wednesday, March 27 6:00 pm - 8:00 pm

Address: 18 Mike Richards Way, Kenora

Show your support for our first responders!

The City of Kenora Fire and Emergency Services, CUPE Paramedics and Central Ambulance Communications Centre, will take on the Kenora OPP and Treaty Three Police Service in a charity hockey game!

- Wednesday, March 27, 2024
- 6 to 8 p.m.
- Moncrief Construction Sports Centre

Admission by donation at the door in support of It's A Dog's Life and the Kenora Cat Shelter.

## Thursday, March 28, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Thursday, March 28 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their "passport." Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob's Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey's Grill & Bar
- Bella's
- Gropp's Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora's Facebook page](#) for the weekly menus and event updates.

## **Our Climate Quest: Small steps to big change**

Date and Time: Thursday, March 28 9:00 am - 4:00 pm

Address: 931 Lakeview Drive, Kenora, ON

Science North's Climate Quest: Small steps to big change travelling exhibit is now open at the Lake of the Woods Discovery Centre!

This exhibit is travelling to rural, remote, and Indigenous communities across Canada to engage youth in climate action! This exhibit is very hands on, interactive, and play based learning exhibition to engage youth to take action in their community!

The exhibit will be on display until April 8 and we are open 7 days a week from 9 a.m. to 4 p.m.

The Our Climate Quest travelling exhibition is proudly supported by the Government of Canada.

## **Virtual Social Media Training with Hannah Francis Edie**

Date and Time: Thursday, March 28 10:00 am - 11:00 am

Address: Virtual

Learn about creating an identifiable brand, how to market to your ideal clients and how to use social media to benefit your small business!

Facilitator: Hannah Francis Edie, owner of Hannah Francis Photography, has a strong background in marketing and social media. Hannah graduated in 2020 from UBC's Sauder School of Business with a Bachelor of Commerce, specializing in marketing. Since graduating, she moved home to Kenora, to create a successful business and consults with small businesses to increase their social media presence.

Presented in partnership with the Northwest Business Centre and the Federal Economic Development Agency for Southern Ontario.

To Register: <https://forms.gle/aqXvVLgM4idV7H76>

## Psychic Readings with Amy

Date and Time: Thursday, March 28 11:00 am - 10:00 pm

Address: Super 8 Kenora

Privately booked psychic and mediumship readings. For more details or to book your appointment contact rege nesisboho@gmail.com or 204-641-2187.

## "Bored" Games

Date and Time: Thursday, March 28 3:30 pm - 5:00 pm

Address: 24 Main Street South, Kenora ON

Beat the boredom blues with a selection of games at your local library!

Ages: 0 to 12 years

## Friday, March 29, 2024

---

## Frost Bites Winter Culinary Event

Date and Time: Friday, March 29 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar

- Bella's
- Gropp's Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora's Facebook page](#) for the weekly menus and event updates.

## Saturday, March 30, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Saturday, March 30 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their "passport." Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob's Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey's Grill & Bar
- Bella's
- Gropp's Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora's Facebook page](#) for the weekly menus and event updates.

### Our Climate Quest: Small steps to big change

Date and Time: Saturday, March 30 9:00 am - 4:00 pm

Address: 931 Lakeview Drive, Kenora, ON

Science North's Climate Quest: Small steps to big change travelling exhibit is now open at the Lake of the Woods Discovery Centre!

This exhibit is travelling to rural, remote, and Indigenous communities across Canada to engage youth in climate action! This exhibit is very hands on, interactive, and play based learning exhibition to engage youth to take action in their community!

The exhibit will be on display until April 8 and we are open 7 days a week from 9 a.m. to 4 p.m.

The Our Climate Quest travelling exhibition is proudly supported by the Government of Canada.

## Sunday, March 31, 2024

---

### Frost Bites Winter Culinary Event

Date and Time: Sunday, March 31 7:00 am

Address: Participating Restaurants, Kenora ON

Tourism Kenora is pleased to announce a new and improved winter culinary event that will be taking place in March. The 2024 culinary event titled 'Frost Bites' features delicious menu items each week for the entire month at eight participating restaurants.

The event will begin on Sunday, March 4th, and the menu for each week will be as follows:

- Week One: Burger/Wrap week
- Week Two: Pizza and Wings week
- Week Three: Poutine week
- Week Four: Appetizers and Desserts week

When guests order one of the special menu items at any of the participating restaurants, they will receive a stamp on their “passport.” Each stamp earned will be equivalent to one ballot, which will be entered into a draw at the end of March. Completed passports must be delivered to the Lake of the Woods Discovery Centre by Wednesday, April 10<sup>th</sup> at 12 noon. Winners will be announced the following day.

Participating restaurants in the Frost Bites Winter Culinary Event include:

- Log Cabin
- 901 Westside
- Bob’s Burger
- Cottage Time
- Lake of the Woods Brew Co
- Casey’s Grill & Bar
- Bella’s
- Gropp’s Grab and Go

Frost Bites passports will be available at City Hall and the Lake of the Woods Discovery Centre, as well as the participating restaurants.

Follow [Tourism Kenora’s Facebook page](#) for the weekly menus and event updates.



