

## Thursday, June 3, 2021

---

### Household Hazardous Waste Depot Thursdays

Date and Time: Thursday, June 3 9:00 am - 2:00 pm

Address: 401 Mellick Avenue, Kenora

The Household Hazardous Waste depot at the Transfer Station opens on Thursday, June 3 and then every Thursday until Thursday, September 30. Open from 9:00 a.m. to 2:00 p.m. Once a week for 18 Thursdays! FREE drop-off service for residential customers.

Accepted items:

- fuel
- antifreeze
- hobby chemicals
- cleansers
- solvents
- pesticides
- herbicides
- insecticides
- butane
- aerosol cans
- pharmaceuticals
- makeup
- syringes or sharps (packaged in a hard plastic sealed container)
- fertilizers
- oil filters
- waste oil
- paints and coatings
- batteries
- fluorescent tube lights
- fire extinguishers
- mercury thermometers
- devices containing mercury
- expired/broken baby items such as car seats, cribs, high chairs, etc.

### Household Hazardous Waste Depot Thursdays

Date and Time: Thursday, June 3 9:00 am - 2:00 pm

Address: 401 Mellick Avenue, Kenora

The Household Hazardous Waste depot at the Transfer Station opens on Thursday, June 3 and then every Thursday until Thursday, September 30. Open from 9:00 a.m. to 2:00 p.m. Once a week for 18 Thursdays! FREE drop-off service for residential customers.

Accepted items:

- fuel
- antifreeze
- hobby chemicals
- cleansers
- solvents
- pesticides
- herbicides
- insecticides
- butane
- aerosol cans
- pharmaceuticals
- makeup
- syringes or sharps (packaged in a hard plastic sealed container)
- fertilizers
- oil filters
- waste oil
- paints and coatings
- batteries
- fluorescent tube lights
- fire extinguishers
- mercury thermometers
- devices containing mercury
- expired/broken baby items such as car seats, cribs, hair chairs, etc.

## Thursday Trivia

Date and Time: Thursday, June 3 7:00 pm - 9:30 pm

Address: Bob's Burger Bar - 152 Main Street South, Kenora, ON, Canada P9N 1S9

Kenora's Young Professionals' Network presents Thursday Trivia at Bob's.

Come out and see what you randomly know! Enjoy some time with your friends and have a couple of drinks.

- Covid restrictions and social distancing protocols apply
- Must wear a mask when not seated
- Limited seats so please come early

## Thursday, June 10, 2021

---

## Thursday Trivia

Date and Time: Thursday, June 10 7:00 pm - 9:30 pm

Address: Bob's Burger Bar - 152 Main Street South, Kenora, ON, Canada P9N 1S9

Kenora's Young Professionals' Network presents Thursday Trivia at Bob's.

Come out and see what you randomly know! Enjoy some time with your friends and have a couple of drinks.

- Covid restrictions and social distancing protocols apply

- Must wear a mask when not seated
- Limited seats so please come early

## Friday, June 11, 2021

---

### Colour with a "U": Textile Exhibit Virtual Tour

Date and Time: Friday, June 11 7:00 pm - 9:00 pm

Address: Virtual

Studio Art Quilt Associates and The Muse present:

Colour with a "U"

Tuesday, June 15, 2021 at 7:00 p.m.

A virtual tour of this juried textile exhibition features over 20 works by textile artists from across Canada. The theme is inclusion and diversity.

Special guest: Tracey Lawko, an award-winning textile artist and organizer of the travelling exhibition.

Admission: FREE

To register, please email [lnelson@themusekenora.ca](mailto:lnelson@themusekenora.ca), and the Zoom link will be sent to you.



A Simple Twist of Faith - Helena Schaffer (Photo credit - Maria Korab-Laskowski)

## Tuesday, June 15, 2021

---

### Ontario By Bike Webinar

Date and Time: Tuesday, June 15 10:00 am - 11:00 am

Address: Virtual

On June 15, Ontario By Bike is hosting a free webinar for Northwestern Ontario to introduce the expansion of its bicycle-friendly business certification network and how to tap into the growing market of #cycletourism.

With an increasing popularity in local cycle tourism activities, now more than ever is a great time to learn about this opportunity, familiarize yourself with cycle tourism in our region, and find out how welcoming cyclists can be good for your business.

For more information and to register, visit: <https://ontariobybike-northwest-rto13c.eventbrite.ca/>

# Ontario By Bike



## Tourists Love To Bike!

The Ontario By Bike Network develops and promotes cycle tourism in Ontario and certifies bicycle-friendly businesses for free. The Network provides tourism operators, business owners and regional stakeholders the tools and opportunities to build their cycle tourism product, attract more cyclists and tap into a growing visitor market.



### WHY WELCOME CYCLISTS?

according to Statistics Canada, in 2018 cycle tourists in Ontario spent:

**\$893 million**

Ministry of Tourism, Culture and Sport, Tourism Research Unit, Ontario Cycling Tourism Statistics 2018.

### A GROWING NETWORK

Ontario By Bike's bicycle friendly certification program is administered in 41 regions with

**Over 1,500**

certified accommodations, campgrounds, restaurants, cafes, wineries, breweries, museums, galleries and visitor information centres!

### ENGAGEMENT ON THE RISE

Ontario By Bike is Ontario's premier bicycle trip planning resource

**30,000+**

Pageviews per month on Ontariobybike.ca

**15000+**

Opt-In Subscribers to Ontario By Bike's Monthly E-Newsletter

### BENEFITS

- Additional exposure through marketing including print guide, attendance at consumer shows & cycling events and digital marketing
- Business listing and custom Google icon linked to regional maps & resources
- Access to leading cycle tourism and market research in Ontario
- Branded Window Decal
- Participant Tool Kit

**JOIN THE NETWORK FOR FREE!**

[WWW.ONTARIOBYBIKE.CA/ADDDYOURBUSINESS](http://WWW.ONTARIOBYBIKE.CA/ADDDYOURBUSINESS)

# Ontario By Bike

Webinar:

**Ontario By Bike & Cycle Tourism Development in Northwest Ontario**

## WEBINAR DATE:

**Tuesday, June 15, 2021  
10:00am to 11:00am CST**



**JOIN US FOR A FREE WEBINAR HOSTED BY ONTARIO BY BIKE TO LEARN MORE ABOUT CYCLE TOURISM AND HOW TO WELCOME CYCLISTS TO NORTHWEST ONTARIO, KENORA, RAINY RIVER DISTRICTS**

## REGISTER AT:

[ontariobybike-northwest-rto13c.eventbrite.ca](http://ontariobybike-northwest-rto13c.eventbrite.ca)

**Phone: 1-866-701-2774**

**Email: [info@ontariobybike.ca](mailto:info@ontariobybike.ca)**



## Who Should Attend?

This webinar is open to everyone, but is of particular interest to

- Staff, managers and owners of tourism businesses and locations interested in becoming certified as bicycle friendly.
- Tourism Businesses including accommodations, food service providers and attractions, interested tourism stakeholders, organizations and contacts.
- This workshop is open to all participants across Northwest Ontario / RTO13C Region, but will be focused towards Kenora and Rainy River District.

## Brought to you by:



**DESTINATION  
NORTHERN  
ONTARIO**



**Transportation  
Options**

## Wednesday, June 16, 2021

### Matiowski Farmers' Market

Date and Time: Wednesday, June 16 8:30 am - 2:00 pm

Address: Whitecap Pavilion

'Make It, Bake It, Grow It' is the motto of the Matiowski Farmers' Market in the City of Kenora. Every Wednesday

day from mid-June to end of September, 8:30 am to 2:00 the Whitecap Pavilion plays host to just over 100 market vendors selling authentic handmade and homegrown products.

Masks are MANDATORY, please respect your fellow shoppers' space by practicing safe social/physical distancing.

We have artisans and crafter back!

Here are our customer guidelines;

Since it is not business as usual at the Market, customers also have to adapt their behaviours.

- Masks are mandatory
- If possible please only have “one person per family” shopping.
- Read and follow all market signs that communicate pedestrian traffic flows and other COVID 19 measures.
- Maintain physical distancing from other vendors and customers (2 meters).
- There will be one entrance and one exit; please follow the flow and signage while practicing social distancing throughout the Market.
- Market staff will be monitoring and enforcing limits to how many people can enter the Market area. The spacing setup throughout the tent allows for customers to move between vendors spaces and physical distancing spaces as they navigate the market.
- Staff are present to direct people into and out of the Market and to ensure customers do not hang around and socialize within the Whitecap tent as this will create congestion.
- While lining up to enter the market please practice physical distancing and we ask “no smoking” while in line out of respect for others and the market being a “smoke-free” event.
- Hand sanitizer and/or hand-washing supplies will be readily available for all vendors and customers throughout the market.
- Predominantly essential items, such as food, shall be sold or offered for sale; in addition to hygiene products. Other artisans, crafters and community groups have returned this season.
- Vendors will work to minimize displays and offer pre-packaged foods at rounded prices, to reduce cash handling as much as possible.
- No open food samples can be distributed to customers.
- No seating areas or ‘play areas’ can be set-up around the market area at this time.
- Do not eat or drink within the Whitecap tent.

We understand this is an enormous change from business as usual at the Market. We need to remain diligent with these measures now so that we can return to all the fun and enjoyment the Market brings in the near future.

## **Thursday, June 17, 2021**

---

### **June Wellness Series - Yoga & Mindfulness for Mental Health**

Date and Time: Thursday, June 17 5:00 pm - 6:00 pm

Address: Virtual Event

Health in a Cup is proud to host a June Wellness Series. The first session is Yoga and Mindfulness for Mental Health, featuring Jasmine Wild, owner of Lake of the Woods Yoga Studio.

## **Monday, June 21, 2021**

---



## June Wellness Series - Gut Health 101

Date and Time: Monday, June 21 7:00 pm - 8:00 pm

Address: Virtual Event

Health in a Cup is proud to present the June Wellness Series. On June 21, join Dianne Solano, orthomolecular nutritionist, for a discussion on gut health and nutrition.

## Wednesday, June 23, 2021

---

### Strategic Plan Pop-up Info Booth

Date and Time: Wednesday, June 23 8:30 am - 2:00 pm

Address: Whitecap Pavilion, Bernier Drive

Visit our information booth at the Matiowski Farmers' Market on June 23 to learn more about the City's strategic plan project.

Let us know about your priorities for Kenora's future.

The City is renewing our 5-Year Strategic Plan which will guide City decision making over the next 5 years and beyond.

Community input is needed to help establish a vision and priorities for the City.

**Core responsibilities:** Services and programs that the City is mandated to provide to our community.

For initiatives **outside of its mandate**, the City can advocate for, partner with, and connect other organizations.

### Matiowski Farmers' Market

Date and Time: Wednesday, June 23 8:30 am - 2:00 pm

Address: Whitecap Pavilion

'Make It, Bake It, Grow It' is the motto of the Matiowski Farmers' Market in the City of Kenora. Every Wednesday from mid-June to end of September, 8:30 am to 2:00 the Whitecap Pavilion plays host to just over 100 market vendors selling authentic handmade and homegrown products.

Masks are MANDATORY, please respect your fellow shoppers' space by practicing safe social/physical distancing.

We have artisans and crafter back!

Here are our customer guidelines;

Since it is not business as usual at the Market, customers also have to adapt their behaviours.

- Masks are mandatory
- If possible please only have “one person per family” shopping.
- Read and follow all market signs that communicate pedestrian traffic flows and other COVID 19 measures.

- Maintain physical distancing from other vendors and customers (2 meters).
- There will be one entrance and one exit; please follow the flow and signage while practicing social distancing throughout the Market.
- Market staff will be monitoring and enforcing limits to how many people can enter the Market area. The spacing setup throughout the tent allows for customers to move between vendors spaces and physical distancing spaces as they navigate the market.
- Staff are present to direct people into and out of the Market and to ensure customers do not hang around and socialize within the Whitecap tent as this will create congestion.
- While lining up to enter the market please practice physical distancing and we ask “no smoking” while in line out of respect for others and the market being a “smoke-free” event.
- Hand sanitizer and/or hand-washing supplies will be readily available for all vendors and customers throughout the market.
- Predominantly essential items, such as food, shall be sold or offered for sale; in addition to hygiene products. Other artisans, crafters and community groups have returned this season.
- Vendors will work to minimize displays and offer pre-packaged foods at rounded prices, to reduce cash handling as much as possible.
- No open food samples can be distributed to customers.
- No seating areas or ‘play areas’ can be set-up around the market area at this time.
- Do not eat or drink within the Whitecap tent.

We understand this is an enormous change from business as usual at the Market. We need to remain diligent with these measures now so that we can return to all the fun and enjoyment the Market brings in the near future.

## Thursday, June 24, 2021

---

### June Wellness Series - Pelvic Floor and Core Health

Date and Time: Thursday, June 24 5:00 pm - 6:00 pm

Address: Virtual Event

Health in a Cup is proud to present the June Wellness Series. On June 24, join Jasmine Wild, owner of Lake of the Woods Yoga Studio, for a discussion on pelvic floor and core health.

## Wednesday, June 30, 2021

---

### Matiowski Farmers' Market

Date and Time: Wednesday, June 30 8:30 am - 2:00 pm

Address: Whitecap Pavilion

'Make It, Bake It, Grow It' is the motto of the Matiowski Farmers' Market in the City of Kenora. Every Wednesday from mid-June to end of September, 8:30 am to 2:00 the Whitecap Pavilion plays host to just over 100 market vendors selling authentic handmade and homegrown products.

Masks are MANDATORY, please respect your fellow shoppers' space by practicing safe social/physical distancing.



We have artisans and crafter back!

Here are our customer guidelines;

Since it is not business as usual at the Market, customers also have to adapt their behaviours.

- Masks are mandatory
- If possible please only have “one person per family” shopping.
- Read and follow all market signs that communicate pedestrian traffic flows and other COVID 19 measures.
- Maintain physical distancing from other vendors and customers (2 meters).
- There will be one entrance and one exit; please follow the flow and signage while practicing social distancing throughout the Market.
- Market staff will be monitoring and enforcing limits to how many people can enter the Market area. The spacing setup throughout the tent allows for customers to move between vendors spaces and physical distancing spaces as they navigate the market.
- Staff are present to direct people into and out of the Market and to ensure customers do not hang around and socialize within the Whitecap tent as this will create congestion.
- While lining up to enter the market please practice physical distancing and we ask “no smoking” while in line out of respect for others and the market being a “smoke-free” event.
- Hand sanitizer and/or hand-washing supplies will be readily available for all vendors and customers throughout the market.
- Predominantly essential items, such as food, shall be sold or offered for sale; in addition to hygiene products. Other artisans, crafters and community groups have returned this season.
- Vendors will work to minimize displays and offer pre-packaged foods at rounded prices, to reduce cash handling as much as possible.
- No open food samples can be distributed to customers.
- No seating areas or ‘play areas’ can be set-up around the market area at this time.
- Do not eat or drink within the Whitecap tent.

We understand this is an enormous change from business as usual at the Market. We need to remain diligent with these measures now so that we can return to all the fun and enjoyment the Market brings in the near future.

<https://calendar.kenora.ca>