

## Wednesday, January 15, 2025

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### LV 50+ Fit & Feisty Coffee Culture Connect “Finding You Way! Accessing Health Resources in Rural Areas”

Date and Time: Wednesday, January 15 10:00 am

Address: 1 Henan Rd, Pembroke, ON, Canada, K8A 6W6

“Finding You Way! Accessing Health Resources in Rural Areas”

A new resource created by Ottawa Valley Ontario Health Team. A presenter, knowledgeable with rural, health care will present “How-Tos” and tips for seniors, such as how to contact the Handibus for trips to out-of-town appointments, how to locate the video link for virtual doctor appointments, how to access and print medical correspondence, and bringing someone to appointments to help listen to instructions.

Join us on January 15 at 10:00 a.m. at Alice & Fraser Recreation Centre located at 1 Henan Road for coffee and this interesting presentation.

This event is part of LV 50+ Fit & Feisty Coffee + Culture Connect program. The purpose of the program is to support the social participation and inclusion of residents aged 50+ to meet with peers and learn about diverse cultures and backgrounds within the Township and surrounding areas. This program is funded by the Federal Government's New Horizon Seniors Program Grant.

- Free to Attend
- Must be 50+ Years of Age
- Open to Non-Members
- Informational Presentation
- A chance to enjoy a coffee, socialize with peers, and learn something new!

## Friday, January 17, 2025

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### Friday at the Trail

Date and Time: Friday, January 17 10:00 am - 4:00 pm

Address: 2 Henan Rd, Pembroke, ON, Canada, Ontario

### The LV Four Season Trail is Officially Open!

**Address:** 2 Henan Rd, Pembroke, ON, Canada, Ontario

**Activities:** Skating and Snowshoeing

**Night Skates:** Every Thursday and Saturday

**Hours of Operation:** Weather Dependent

Monday: 10 am - 4 pm

Tuesday: 10 am - 4 pm

Wednesday: 10 am - 4 pm

Thursday: 10 am - 4 pm and 6 pm - 9 pm

Friday: 10 pm - 4 pm

Saturday: 10 am - 4 pm and 6 pm - 9 pm

Sunday: 10 pm - 4 pm

Admission to the trails is by donation, with all monies raised going towards continued development of the LV Four Seasons Trail and LV Lodge. Headlamps are recommended for the snowshoe trails.

For the most up to date trail conditions, check out the [LV Four Seasons Trail on Facebook](#)

## Alice in Winterland Carnival Teen Night

Date and Time: Friday, January 17 6:00 pm - 10:00 pm

Address: 1 Henan Road, Laurentian Valley, K8A 6W8

- Great event for Teens ages 12-15 years old!
- Free Admission
- 6-7pm Pick-Up Hockey
- 7-10pm Pizza Bonfire, S'Mores
- Canteen will be open during this event, cash only.
- Ice events are weather dependant (will post cancellation/changes on Facebook)

## Saturday, January 18, 2025

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### Alice in Winterland Carnival Skate & Snowshoe LV Four Seasons Trail

Date and Time: Saturday, January 18 10:00 am - 3:00 pm

Address: 2 Henan Road, Laurentian Valley, K8A 6W8

- Come out for a majestic skate or snowshoe at the LV Four Seasons Trails

- Ice events are weather dependant (will post cancellation/changes on Facebook  
Page: <https://www.facebook.com/lvaliceinwinterland>)
- Admission is by Donation to the LV Four Seasons Trail (donation box at head of trail)

## Saturday at the Trail

Date and Time: Saturday, January 18 10:00 am - 9:00 pm

Address: 2 Henan Rd, Pembroke, ON, Canada, Ontario

## The LV Four Season Trail is Officially Open!

**Address:** 2 Henan Rd, Pembroke, ON, Canada, Ontario

**Activities:** Skating and Snowshoeing

**Night Skates:** Every Thursday and Saturday

**Hours of Operation:** Weather Dependent

Monday: 10 am - 4 pm

Tuesday: 10 am - 4 pm

Wednesday: 10 am - 4 pm

Thursday: 10 am - 4 pm and 6 pm - 9 pm

Friday: 10 pm - 4 pm

Saturday: 10 am - 4 pm and 6 pm - 9 pm

Sunday: 10 pm - 4 pm

Admission to the trails is by donation, with all monies raised going towards continued development of the LV Four Seasons Trail and LV Lodge. Headlamps are recommended for the snowshoe trails.  
For the most up to date trail conditions, check out the [LV Four Seasons Trail on Facebook](#)

## Alice in Winterland Carnival GLOW Skate & Snowshoe LV Four Seasons Trail

Date and Time: Saturday, January 18 6:00 pm - 9:00 pm

Address: 2 Henan Road, Laurentian Valley, K8A 6W8

- Come out for a majestic skate or snowshoe at the LV Four Seasons Trails
- Ice events are weather dependant (will post cancellation/changes on Facebook  
Page: <https://www.facebook.com/lvaliceinwinterland>)

- Admission is by Donation to the LV Four Seasons Trail (donation box at head of trail)

## Sunday, January 19, 2025

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### Sunday at the Trail

Date and Time: Sunday, January 19 10:00 am - 4:00 pm

Address: 2 Henan Rd, Pembroke, ON, Canada, Ontario

## The LV Four Season Trail is Officially Open!

**Address:** 2 Henan Rd, Pembroke, ON, Canada, Ontario

**Activities:** Skating and Snowshoeing

**Night Skates:** Every Thursday and Saturday

**Hours of Operation:** Weather Dependent

Monday: 10 am - 4 pm

Tuesday: 10 am - 4 pm

Wednesday: 10 am - 4 pm

Thursday: 10 am - 4 pm and 6 pm - 9 pm

Friday: 10 pm - 4 pm

Saturday: 10 am - 4 pm and 6 pm - 9 pm

Sunday: 10 pm - 4 pm

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### Alice in Winterland Carnival Family Day

Date and Time: Sunday, January 19 11:00 am - 2:00 pm

Address: 1 Henan Road, Laurentian Valley, K8A 6W8

- Great event for Kids!

- Admission by Donation
- Canteen Open (Cash Only - ATM on-site)
- Kids: Enter our Draw for an Outdoor Adventure Prize Pack!
- Sliding Hill (First 50 children receive a sliding saucer, sponsored by Smitty's Home Hardware), Petting Zoo, Minnow Races, Skating, Sleigh Rides, Sliding Hill, S'Mores Station, Face Painting, Kid's Bingo, Lollipop Tree, Snowman Toss, Sparkle Tattoo, Tea Boil, Nail Driving, Archery Display

## Monday, January 20, 2025

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### Monday at the Trail

Date and Time: Monday, January 20 10:00 am - 4:00 pm

Address: 2 Henan Rd, Pembroke, ON, Canada, Ontario

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**Activities:** Skating and Snowshoeing

**Night Skates:** Every Thursday and Saturday

**Hours of Operation:** Weather Dependent

Monday: 10 am - 4 pm

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Friday: 10 pm - 4 pm

Saturday: 10 am - 4 pm and 6 pm - 9 pm

Sunday: 10 pm - 4 pm

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### Alice in Winterland Carnival Bingo

Date and Time: Monday, January 20 7:00 pm - 9:00 pm

Address: 1 Henan Road, Laurentian Valley, K8A 6W8

- Adult Bingo (18+ to play)
- \$2/card
- Bar Open
- Hosted at Alice & Fraser Rec Centre

## Tuesday, January 21, 2025

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### Tuesday at the Trail

Date and Time: Tuesday, January 21 10:00 am - 4:00 pm

Address: 2 Henan Rd, Pembroke, ON, Canada, Ontario

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**Activities:** Skating and Snowshoeing

**Night Skates:** Every Thursday and Saturday

**Hours of Operation:** Weather Dependent

Monday: 10 am - 4 pm

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Friday: 10 pm - 4 pm

Saturday: 10 am - 4 pm and 6 pm - 9 pm

Sunday: 10 pm - 4 pm

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## Alice in Winterland Carnival Music Jam

Date and Time: Tuesday, January 21 10:30 am - 4:00 pm

Address: 1 Henan Road, Laurentian Valley, K8A 6W8

- Bring your instruments for a community music jam!
- Potluck lunch
- Cash bar open
- Hosted at Alice & Fraser Rec Centre

## Regular Council Meeting– January 21, 2025

Date and Time: Tuesday, January 21 5:30 pm - 7:00 pm

Address: 460 Witt Road Pembroke, ON K8A 6W5

For immediate release: January 10, 2025

What: Regular Council Meeting

Where: Township of Laurentian Valley Council Chambers and livestreamed on the Township's YouTube Channel

When: Tuesday, January 21, 2025 at 5:30 p.m.

The Township of Laurentian will be conducting a Regular Council Meeting on Tuesday, January 21, 2025 at 5:30 p.m. The meeting portion will be livestreamed to the [Township's YouTube Channel](#) and can be viewed at the specified time above.

[View Agenda](#)

## Alice in Winterland Carnival Beer Yoga

Date and Time: Tuesday, January 21 7:00 pm - 9:00 pm

Address: 1 Henan Road, Laurentian Valley, K8A 6W8

- Come and enjoy a relaxing yoga session and a craft beer!
- \$10 fee payable by cash at the event
- Cash bar open - atm on site

## Wednesday, January 22, 2025

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# LV 50+ Fit & Feisty Coffee Culture Connect "Pride in Renfrew County"

Date and Time: Wednesday, January 22 10:00 am

Address: 1 Henan Rd, Pembroke, ON, Canada, K8A 6W6

“Pride in Renfrew County”

Presenters will share their personal stories about growing up 2SLGBTQIA+ and address questions/concerns from seniors struggling with how to support 2SLGBTQIA+ in their family/community/school, as well as how to be a potential ally.

Join us on January 15 at 10:00 a.m. at Alice & Fraser Recreation Centre located at 1 Henan Road for coffee and this interesting presentation.

This event is part of LV 50+ Fit & Feisty Coffee + Culture Connect program. The purpose of the program is to support the social participation and inclusion of residents aged 50+ to meet with peers and learn about diverse cultures and backgrounds within the Township and surrounding areas. This program is funded by the Federal Government's New Horizon Seniors Program Grant.

-Free to Attend

-Must be 50+ Years of Age

-Open to Non-Members

-Informational Presentation

-A chance to enjoy a coffee, socialize with peers, and learn something new!

## Wednesday at the Trail

Date and Time: Wednesday, January 22 10:00 am - 4:00 pm

Address: 2 Henan Rd, Pembroke, ON, Canada, Ontario

## The LV Four Season Trail is Officially Open!

**Address:** 2 Henan Rd, Pembroke, ON, Canada, Ontario

**Activities:** Skating and Snowshoeing

**Night Skates:** Every Thursday and Saturday

**Hours of Operation:** Weather Dependent

Monday: 10 am - 4 pm

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Friday: 10 pm - 4 pm



Saturday: 10 am - 4 pm and 6 pm - 9 pm

Sunday: 10 pm - 4 pm

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## Alice in Winterland Carnival Pick-Up Hockey

Date and Time: Wednesday, January 22 7:00 pm - 10:00 pm

Address: 1 Henan Road, Laurentian Valley, K8A 6W8

- Outdoor rink will be available for some pick-up hockey!
- All ages welcome
- Hosted at Alice & Fraser Rec Centre

## Thursday, January 23, 2025

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### Alice in Winterland Carnival Day at the Lodge

Date and Time: Thursday, January 23 10:00 am - 3:00 pm

Address: 2 Henan Road, Laurentian Valley, K8A 6W8

- Hosted by LV 50+ Fit & Feisty
- Event open to everyone in the community and all ages!
- Event hosted at the LV Lodge (former Timberline Building)
- 10 am - 12 pm - Morning games
- 12 pm - Lunch available for purchase
- 1 - 3 pm - Afternoon games

### Alice in Winterland Carnival Skate & Snowshoe LV Four Seasons Trail

Date and Time: Thursday, January 23 10:00 am - 3:00 pm

Address: 2 Henan Road, Laurentian Valley, K8A 6W8

- Come out for a majestic skate or snowshoe at the LV Four Seasons Trails
- Ice events are weather dependant (will post cancellation/changes on Facebook  
Page: <https://www.facebook.com/lvaliceinwinterland>)
- Admission is by Donation to the LV Four Seasons Trail (donation box at head of trail)

## Thursday at the Trail

Date and Time: Thursday, January 23 10:00 am - 9:00 pm

Address: 2 Henan Rd, Pembroke, ON, Canada, Ontario

## The LV Four Season Trail is Officially Open!

**Address:** 2 Henan Rd, Pembroke, ON, Canada, Ontario

**Activities:** Skating and Snowshoeing

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## Alice in Winterland Carnival Potluck and Euchre

Date and Time: Thursday, January 23 6:00 pm - 9:00 pm

Address: 1 Henan Road, Laurentian Valley, K8A 6W8

- Potluck at 6pm
- Euchre start at 7pm
- \$2 fee to play euchre
- Hosted at Alice & Fraser Rec Centre

## Alice in Winterland Carnival Night Skate & Snowshoe LV Four Seasons Trail

Date and Time: Thursday, January 23 6:00 pm - 9:00 pm

Address: 2 Henan Road, Laurentian Valley, K8A 6W8

- Come out for a majestic skate or snowshoe at the LV Four Seasons Trails
- Ice events are weather dependant (will post cancellation/changes on Facebook  
Page: <https://www.facebook.com/lvaliceinwinterland>)
- Admission is by Donation to the LV Four Seasons Trail (donation box at head of trail)

## Friday, January 24, 2025

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### Friday at the Trail

Date and Time: Friday, January 24 10:00 am - 4:00 pm

Address: 2 Henan Rd, Pembroke, ON, Canada, Ontario

## The LV Four Season Trail is Officially Open!

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**Activities:** Skating and Snowshoeing

**Night Skates:** Every Thursday and Saturday

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## Alice in Winterland Carnival Trivia Night

Date and Time: Friday, January 24 7:00 pm - 10:00 pm

Address: 1 Henan Road, Laurentian Valley, K8A 6W8

- \$10/person, 6 people per team
- Advance registration Required by Contacting Charmaine Maika by text at 613-633-9407 or by email [lvalic@inwinterland@gmail.com](mailto:lvalic@inwinterland@gmail.com)
- Cash Bar Open
- Capacity 20 Teams (first come, first serve)

## Saturday, January 25, 2025

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### Saturday at the Trail

Date and Time: Saturday, January 25 10:00 am - 9:00 pm

Address: 2 Henan Rd, Pembroke, ON, Canada, Ontario

## The LV Four Season Trail is Officially Open!

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**Night Skates:** Every Thursday and Saturday

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## Sunday, January 26, 2025

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### Sunday at the Trail

Date and Time: Sunday, January 26 10:00 am - 4:00 pm

Address: 2 Henan Rd, Pembroke, ON, Canada, Ontario

## The LV Four Season Trail is Officially Open!

**Address:** 2 Henan Rd, Pembroke, ON, Canada, Ontario

**Activities:** Skating and Snowshoeing

**Night Skates:** Every Thursday and Saturday

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Saturday: 10 am - 4 pm and 6 pm - 9 pm

Sunday: 10 pm - 4 pm

Admission to the trails is by donation, with all monies raised going towards continued development of the LV Four Seasons Trail and LV Lodge. Headlamps are recommended for the snowshoe trails.  
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## Monday, January 27, 2025

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### Monday at the Trail

Date and Time: Monday, January 27 10:00 am - 4:00 pm

Address: 2 Henan Rd, Pembroke, ON, Canada, Ontario

## **The LV Four Season Trail is Officially Open!**

**Address:** 2 Henan Rd, Pembroke, ON, Canada, Ontario

**Activities:** Skating and Snowshoeing

**Night Skates:** Every Thursday and Saturday

**Hours of Operation:** Weather Dependent

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Saturday: 10 am - 4 pm and 6 pm - 9 pm

Sunday: 10 pm - 4 pm

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## **Tuesday, January 28, 2025**

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### **Tuesday at the Trail**

Date and Time: Tuesday, January 28 10:00 am - 4:00 pm

Address: 2 Henan Rd, Pembroke, ON, Canada, Ontario

## **The LV Four Season Trail is Officially Open!**

**Address:** 2 Henan Rd, Pembroke, ON, Canada, Ontario

**Activities:** Skating and Snowshoeing

**Night Skates:** Every Thursday and Saturday

**Hours of Operation:** Weather Dependent

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Saturday: 10 am - 4 pm and 6 pm - 9 pm

Sunday: 10 pm - 4 pm

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## Wednesday, January 29, 2025

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### Wednesday at the Trail

Date and Time: Wednesday, January 29 10:00 am - 4:00 pm

Address: 2 Henan Rd, Pembroke, ON, Canada, Ontario

## The LV Four Season Trail is Officially Open!

**Address:** 2 Henan Rd, Pembroke, ON, Canada, Ontario

**Activities:** Skating and Snowshoeing

**Night Skates:** Every Thursday and Saturday

**Hours of Operation:** Weather Dependent

Monday: 10 am - 4 pm

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Wednesday: 10 am - 4 pm

Thursday: 10 am - 4 pm and 6 pm - 9 pm

Friday: 10 pm - 4 pm

Saturday: 10 am - 4 pm and 6 pm - 9 pm

Sunday: 10 pm - 4 pm

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## Thursday, January 30, 2025

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### Thursday at the Trail

Date and Time: Thursday, January 30 10:00 am - 9:00 pm

Address: 2 Henan Rd, Pembroke, ON, Canada, Ontario

## The LV Four Season Trail is Officially Open!

**Address:** 2 Henan Rd, Pembroke, ON, Canada, Ontario

**Activities:** Skating and Snowshoeing

**Night Skates:** Every Thursday and Saturday

**Hours of Operation:** Weather Dependent

Monday: 10 am - 4 pm

Tuesday: 10 am - 4 pm

Wednesday: 10 am - 4 pm

Thursday: 10 am - 4 pm and 6 pm - 9 pm

Friday: 10 pm - 4 pm

Saturday: 10 am - 4 pm and 6 pm - 9 pm

Sunday: 10 pm - 4 pm

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## Friday, January 31, 2025

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## Friday at the Trail

Date and Time: Friday, January 31 10:00 am - 4:00 pm

Address: 2 Henan Rd, Pembroke, ON, Canada, Ontario

## The LV Four Season Trail is Officially Open!

**Address:** 2 Henan Rd, Pembroke, ON, Canada, Ontario

**Activities:** Skating and Snowshoeing

**Night Skates:** Every Thursday and Saturday

**Hours of Operation:** Weather Dependent

Monday: 10 am - 4 pm

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<https://calendar.lvtownship.ca>