



Greater Napanee

GREATER FOR MANY REASONS

Thursday, January 2, 2025

Martial Arts Fitness Classes

Date and Time: Thursday, January 2 6:00 pm - 7:30 pm

Address: Extend-A-Family, 11 Advance Avenue, Napanee

Join Extend-A-Family along with Sensei Bob Sears and Sensei Denny Thompkins for an inclusive fitness program based on Martial Arts training. This program offers an opportunity for increased strength, flexibility and stability.

The Martial Arts Fitness classes are inclusive of all levels of abilities.

Friday, January 3, 2025

Mobile Blood Donor Clinic

Date and Time: Friday, January 3 12:30 pm - 5:30 pm

Address: 16 McPherson Drive, Napanee

Best and Bash Arena (Banquet Hall)

16 McPherson Drive, Napanee

Friday, January 3 from 12:30pm-5:30pm

Monday, January 6, 2025

Martial Arts Fitness Classes

Date and Time: Monday, January 6 6:00 pm - 7:30 pm

Address: Extend-A-Family, 11 Advance Avenue, Napanee

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Wednesday, January 8, 2025

Active Wednesdays: Fusion Class with Jeff

Date and Time: Wednesday, January 8 12:05 pm - 12:55 pm

Address: Museum of Lennox & Addington, 97 Thomas Street East, Napanee, ON K7R 4B9

Fusion Class blends Yoga, Pilates, Barre & Qi Gong into a dynamic flow. Fusion nurtures physical strength, flexibility, balance and mental clarity while promoting overall well-being.

Join Jeff on Active Wednesdays in January at the Museum. All levels of fitness are welcomed! Participants should bring their own Yoga mat & water.

Dates:

Wednesday, January 8th

Wednesday, January 15th

Wednesday, January 22nd

Wednesday, January 29th

Time: 12:05 – 12:55pm

Cost: \$15/class or pay in advance, for all 4 classes at \$50 (County employee discount does not apply)

Payment can be made in cash, on site, or e-transfer (zealhealthandfitness@gmail.com). Reserve yourself a spot in this outstanding class by emailing zealhealthandfitness@gmail.com.

Thursday, January 9, 2025

Martial Arts Fitness Classes

Date and Time: Thursday, January 9 6:00 pm - 7:30 pm

Address: Extend-A-Family, 11 Advance Avenue, Napanee

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Saturday, January 11, 2025

Energy Healing and Aligning Your Chakras

Date and Time: Saturday, January 11 10:30 am - 12:00 pm

Address: Museum of Lennox & Addington, 97 Thomas Street East, Napanee, ON K7R 4B9

Join us for this three-part learning session to discover how Reiki and intuitive energy healing practices can restore balance and health to your chakras and life. Participants will explore the seven main chakras, their roles, and how they influence physical, emotional, and spiritual well-being. Participants will learn to identify signs of balanced and unbalanced chakras, setting the foundation for personal awareness of their holistic health. We'll discuss common issues linked to each chakra and how to recognize energy blockages, as well as how Reiki and energy healing can help remove these blockages!

Dates:

Saturday January 11th

Saturday, January 18th

Saturday, January 25th

Time: 10:30am – 12:00pm

Cost: \$60/person ages 18+ OR \$45/person ages 13-17 (Museum Teens Discount)

Cost is inclusive of all 3 weeks. Participants must purchase all 3 weeks together.

Recommended for ages 13+

Pre-registration is required. Registration closes Thursday, January 9th, 2025. Sales are final. No refunds.

Presenter Bios:

Amanda is a Reiki Master, passionate beekeeper, certified sound therapist, certified spiritual coach, and owns a loose-leaf tea company called Wicked Botanicals. Amanda received her first Reiki session in 2014, and it was a life-changing experience for her physical and emotional healing. She has been practicing Reiki since 2017 to help others experience the potential of this energetic healing and offers spiritual life coaching services along with Reiki sessions. Amanda's main focus is with clients who are dealing with shadow work, grief, and large transitions. Amanda is also a tea leaf reader and often adds tea, honey, and crystals to her sessions.

Kayla Mae is a certified spiritual life coach, energy healer, reiki master, psychic and developing medium. Kayla Mae began her spiritual journey in 2019 and has been deep in her learning ever since. Studying the chakras, law of attraction, manifestation, astrology and so much more. It's Kayla Mae's desire to inspire everyone to tap into their intuitive abilities, be their authentic selves and manifest their deepest desires.



Tuesday, January 14, 2025

Wonderful Wild Creatures

Date and Time: Tuesday, January 14 7:00 pm

Address: Museum of Lennox & Addington, 97 Thomas Street East, Napanee, ON K7R 4B9

Bill Bickle is back at the Museum of Lennox and Addington for the first Tuesday Night at the Museum of 2025 . Come on out to this can't be miss Tuesday Night At The Museum as Bill gets up and personal with some pretty wonderful and wild creatures and shares heartfelt stories about the animals he loves so much. Fill out a ballot for a chance to win one of Bill's prints, "Winter Wolf" (featured here). Ballots only available during this evening presentation.

Cost: \$5/person

Time: 7:00pm (doors open at 6:30pm)

No pre-registration is required.

About Bill Bickle:

Capturing wildlife images through photography provides lasting documentation that enables audiences to perceive past seasons and times gone by with the animals, birds, and landscapes depicted. Wildlife Photography is an evolving passion of Bill's. Over the years, his appetite for capturing images while surrounded by natural settings has grown stronger. He is constantly motivated to hone his craft. Environmental changes and human populations are fast encroaching on natural landscapes and wildlife populations. All the more incentive for him to catalogue the beautiful spaces, animals, and birds in nature. The anticipation and excitement of another unique encounter inspires him to make the necessary hike, kayak excursion, or far reaching trip to a wilderness location, to capture, in a split second, the next exhilarating

Wednesday, January 15, 2025

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Saturday, January 18, 2025

Energy Healing and Aligning Your Chakras

Date and Time: Saturday, January 18 10:30 am - 12:00 pm

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Tuesday, January 21, 2025

Film Screening: Four Women of Egypt

Date and Time: Tuesday, January 21 6:30 pm

Address: Museum of Lennox & Addington, 97 Thomas Street East, Napanee, ON K7R 4B9

Come out for this free film screening of *Four Women of Egypt* at the Museum of Lennox and Addington. We'll spend the first hour and 30 minutes enjoying the film followed up by an upbeat and engaging discussion amongst the audience.

To keep things comfy, we ask that you bring your own camp chair. Concessions for the movie will be available by donation into the Hat. Toronto Popcorn Company gourmet popcorn will also be available at set prices in the Museum Gift Shop.

Time: 6:30PM (doors open at 6:00PM)

Cost: FREE

Recommended for ages 15+

No pre-registration is required.

About *Four Women of Egypt* (1997):

This National Film Board of Canada feature documentary invites you to partake in a discussion between four Egyptian women of different political and religious stripe. Amina, Safynaz, Shahenda and Wedad are Muslim, Christian, or non-religious, but they are first and foremost friends. They listen to one another's views and argue op

only, without ever breaking the bond that unites them. How do we get along with each other when our views collide? A timely question, and a universal one. *Four Women of Egypt* takes on this challenge, and their confrontation redefines tolerance. **Film run time:** Approximately 90 minutes



Wednesday, January 22, 2025

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Saturday, January 25, 2025

Energy Healing and Aligning Your Chakras

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Wednesday, January 29, 2025

Active Wednesdays: Fusion Class with Jeff

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Friday, January 31, 2025

P.A. Day: Cherry Blossom Wind Decoration

Date and Time: Friday, January 31 10:30 am - 11:30 am

Address: Museum of Lennox & Addington, 97 Thomas Street East, Napanee, ON K7R 4B9

Join us at the Museum this P.A. Day where we will create whimsical cherry blossom wind decorations to bring some cheer into your winter months. According to the character *Kaka Najar* in *A Sky-Blue Bench* (one of our feature books currently on exhibit in *Big Ideas for Young Humans*), sky-blue is the colour of courage, peace, and wisdom. So, we'll start with a sky-blue background, where we'll paint the branches of a tree to support our layers of tissue paper cherry blossoms. Hang up your beautiful decoration to send courage, peace, and wisdom up to the sky.

Time: 10:30 – 11:30am

Cost: Regular admission applies - \$5/person for ages over 5, ages 5 and under free

All welcome

No pre-registration is required.

Museum Inclusive

Date and Time: Friday, January 31 1:00 pm - 4:00 pm

Address: Museum of Lennox & Addington, 97 Thomas Street East, Napanee, ON K7R 4B9

Join us for an afternoon created with inclusivity in mind. Partakers will have the opportunity to participate in colouring, a new sensory station, exploring the museum, and can learn how to make a fun cherry blossom if they'd like. This relaxed afternoon is the perfect judgment free time to introduce anyone to the museum with sensor

y aware activities, new friends, and a quiet area. Check out our Museum Inclusive Story Guide (on the event webpage [here](#)) to learn about our guidelines, accessibility points, bathroom locations, and more.

Time: 1:00-4:00PM (drop-in)

Cost: FREE

Inclusive of all the neuro-diverse and neuro-typical individuals and families.

No pre-registration is required.

Planned in consultation with the [Maltby Centre, Mental Health & Autism Services for Children & Youth](#).

<https://events.greaternapanee.com>