

## To Read the Complete Newsletter:

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## 19th Annual Winterfest Schedule

**2025 Action Shot Photo Contest winner**

**Tantramar NEW BRUNSWICK**

**SATURDAY, JANUARY 31**

**7:00pm WARM-UP TOWINTERFEST: WOMEN'S DESSERT NIGHT**  
 For just \$12, cruise into a mid-winter tropical getaway evening created for the women of our community. Brand new entertainment this year will feature DJ G-Force (Greg Soper) and LOTS of audience participation. Cheesecakes, fresh fruit, gluten-free and dairy-free desserts, and hot drinks served. Awesome travel and entertainment door prizes to be won, including the grand prize of a \$500 VISA gift card! RSVP by phoning the church at 506-536-2615 or sending an email to office@churchbythelake.ca. Registration closes when we reach event capacity OR at 12PM Friday, January 30th, whichever comes first. We don't want to turn anyone away. Call now. No ticket sales at the door. Cash or Interac e-Transfer accepted. Doors open at 6:30PM.

*Church by the Lake, 14 Church St., Sackville*

**THURSDAY, FEBRUARY 5**

**9:00 am - 11:00 am PICKLEBALL**  
 Give North America's fastest growing sport a try! \$5.00. No experience necessary. Equipment provided. Ages 18+ only.  
*Mount Allison Athletics Centre, 50 York St., Sackville*

**12:00 - 1:30 pm LUNCHTIME SKATE**  
 Free as always! Helmets must be worn.  
*Tantramar Veterans Memorial Civic Centre, 182 Main St., Sackville*

**3:00 - 4:30 pm STEAM ACTIVITY**  
 Drop in and have some fun with Science!  
*Sackville Public Library, 66 Main St., Sackville*

**5:30 - 6:30 pm DORCHESTER PICKLEBALL**  
 Give North America's fastest growing sport a try! Free. No experience necessary. Equipment provided. Ages 18+ only.  
*Dorchester Consolidated School, 18 Harrop Ave, Dorchester*

**6:30 pm TOWN VS GOWN CHARITY HOCKEY GAME**  
 Take in the fast-paced action while the best hockey players Sackville and Mount Allison have faceoff in support of the Sackville Food Bank. Plenty of children's activities and entertainment! Entry is one non-perishable food item per person. Sackville Minor Hockey will be selling 50/50 tickets.  
*Tantramar Veterans Memorial Civic Centre, 182 Main St., Sackville*

**SELF-GUIDED NATURE WALKS**  
 Looking for something fun to do outside on your own time? Why not check out Nature NB's family friendly interpretive signage which can be found around the Waterfowl Park and Beech Hill Park. These signs are interactive, engaging, and a great way to get outside and connect with the beautiful nature that surrounds you. There is lots to discover in the wintertime!

**23 JANUARY - 15 APRIL "DIRTY PICTURE II", RYAN DANNY OWEN**  
 "DIRTY PICTURE II" recontextualizes various personal archives, bootleg tapes, and objects through an imagined set of a fictionalized porno. Transforming a section of the gallery into a fantasy motel room set for a fictitious blue film as a monument to queer longing, nostalgia, fantasy, loss, and the absent body. Visit [strutsgallery.ca](http://strutsgallery.ca) for more info.

**7-14 FEBRUARY THE SWEETEST LITTLE THING ART AUCTION**  
 The Sweetest Little Thing is the most important annual fundraising event for the Owens Art Gallery and Struts Gallery in Sackville, NB. Every dollar raised goes directly to supporting programming at both galleries. Visit [sweetestlittlething.ca](http://sweetestlittlething.ca) to bid online and learn about this year's event.

**WINTER ACTION SHOT PHOTO CONTEST**  
 Tag photos of you and your friends enjoying winter in Tantramar at #TantramarWF26 or e-mail your photo to [j.wilson@TantramarNB.com](mailto:j.wilson@TantramarNB.com) before March 31, 2026. The winning photo will be featured in the 2027 Winterfest brochure.

**WINTERFEST SNOW SCULPTURE CONTEST**  
 Snap a photo of your best 2026 snow creation! Use #TantramarSnow26 on social media or e-mail your photo to [j.wilson@TantramarNB.com](mailto:j.wilson@TantramarNB.com) before March 31, 2026. The winning photo will be featured in the 2027 Winterfest brochure.

**2025 Snow Sculpture Contest winner**

**19<sup>TH</sup> ANNUAL WinterFest**  
**FEBRUARY 5-8, 2026**

**TantramarNB.co | TantramarNB.ca**

**FRIDAY, FEBRUARY 6****9:00 – 10:00 am PICK-UP HOCKEY**

Lace up your skates and enjoy some great hockey. Takes place Mondays, Wednesdays, and Fridays. \$8 drop-in.

*Tantram Veterans Memorial Civic Centre, 182 Main St., Sackville*

**10:00 am – 5:00 pm CRAFT DAY**

Swing by the Library during their regular business hours (closed at noon for lunch) and partake in some crafts. For more information call 506-364-4915.

*Sackville Public Library, 66 Main St., Sackville*

**11:30 am – 1:00 pm LEGION LUNCHEON**

Enjoy homemade beef stew and dessert. Only \$20.00. The Crown of Winterfest will also be introduced!

*Royal Canadian Legion Sackville Branch, 15 Lorne St., Sackville*

**12:00 – 1:30 pm LUNCHTIME SKATE**

Free as always! Helmets must be worn.

*Tantram Veterans Memorial Civic Centre, 182 Main St., Sackville*

**1:00 – 3:00 pm PICKLEBALL**

Give North America's fastest growing sport a try! \$5.00. No experience necessary. Equipment provided. Ages 18+ only.

*Mount Allison Athletics Centre, 50 York St., Sackville*

**5:30 – 6:30 pm DON BERNARD MAGIC SHOW**

Amazing high-energy show with lots of audience participation. Perfect for children of all ages! Free! Doors open at 4:30 pm.

*Church by the Lake, 14 Church St., Sackville*

**7:00 – 8:30 pm ICE SCULPTURE CREATION**

Watch Ice Artist, Richard Chaisson, create another amazing and interactive piece! Bring your camera!

*Bill Johnstone Memorial Park, Sackville*

**7:00 – 8:00 pm FROSTY OUTDOOR PARTY & BBQ**

Dance to the music, warm your hands at the campfire, compete in exciting competitions, buy some BBQ from Tantram Scouts, and enjoy a hot chocolate by donation. BRING YOUR OWN MUG!

*Bill Johnstone Memorial Park, Sackville*

**7:30 pm MTA MUSIC FACULTY AND GUEST RECITAL: GAMES & GROOVES**

In "Games & Grooves," percussion duo Joël Cormier and Jocelyn Blanchette explore the word "play" in every sense. The concert centres on Alejandro Viñao's monumental work Book of Grooves – interspersed between the movements, the duo will perform lighter, more playful titles featuring various games. Tickets may be purchased at the door (cash sales): \$15 adults; \$10 seniors/students; free for MTA students with ID. For more information call 506-364-2374 or email music@mta.ca.

*Brunton Auditorium, Majorie Young Bell Conservatory of Music, 134 Main St., Sackville*

**8:00 pm WINTERFEST FIREWORKS**

Gather around and check out this quick and intense show, guaranteed to get your blood pumping!

*Bill Johnstone Memorial Park, Sackville*

**SATURDAY, FEBRUARY 7****9:00 am – Noon SACKVILLE FARMERS MARKET**

Visit the winter market for local produce, meat, and other goods.

*182 Main St., Sackville*

**10:00 am – 12:00 pm FAMILY DROP IN MORNING – WINTER WONDERLAND**

Step into a winter wonderland filled with craft stations, sensory play, and games designed to spark creativity and joy in people of all ages. Whether you're crafting keepsake ornaments, building a snowman indoors, or laughing with your loved ones during a friendly game, this morning is a drop in session all about making memories, getting into the Winter spirit, and enjoying quality time together. With plenty of stations to explore and hands-on activities to enjoy, there's something for everyone!

*The Drew Nursing Home, 165 Main St., Sackville*

**10:30 am WINTER THEMED STORY-TIME**

The Sackville Library is hosting a winter-themed story time!

*Sackville Public Library, 66 Main St., Sackville*

**11:30 – 1:00 pm OUTDOOR SKATE**

Enjoy skate in the great outdoors, with music, hot chocolate served up by the local RCMP, and more!

*Dorchester Outdoor Rink, 11 School St., Dorchester*

**1:00 – 3:00 pm FAMILY DAY AT BEECH HILL PARK**

Join us for an exciting afternoon of winter activities including wagon rides, sledding, snowshoeing, snow sculpture building, a free BBQ, and Maple Candy on the Snow. Hot Chocolate by donation. BRING YOUR OWN MUG!

*Beech Hill Park, Hwy 2, Exit 500, Sackville*

**2:00 – 4:00 pm FREE FAMILY SWIM**

Missing the hotter months? Go for a dip at the MtA pool now!

*Mount Allison Athletics Centre Pool 50 York St., Sackville*

**2:00 – 4:00 pm MAKE SOMETHING SUNDAY: VALENTINE GIF JAM**

Drop-in art workshop for kids 12 and under and their grownups. Bring your valentine ideas to life in a simple looping animation called a "GIF". Colourful card and scissors are all you will need to create your own sweet handmade animation at one of our "animation stations".

We'll gather all the GIFs into a collective community valentine that will play in the Owens picture window from dusk to dawn in the lead up to Valentine's Day and the Sweetest Little Thing. For more information, please visit [www.owensartgallery.com](http://www.owensartgallery.com).

*Owen's Art Gallery, MTA, 61 York St., Sackville*

**2:30 – 4:00 pm INDOOR SNOWBALL FIGHT**

Join us for an unforgettable experience filled with adrenaline-pumping action, friendly competition, and nostalgic winter fun. Picture this: a room filled with snowball-like projectiles made of cotton in a safe controlled environment. Think of it as a childhood snowball fight, but indoors and ramped up for all ages! After your battle take a breather and head over to our Hot Chocolate & Cookie Station, open from 3:30pm to 4:00pm. Get cozy with steaming cups of decadent hot cocoa topped with whipped cream, marshmallows, or sprinkles, and enjoy a selection of freshly baked cookies.

*The Drew Nursing Home, 165 Main St., Sackville*

**5:00 & 7:00 pm EVENING SNOWSHOE**

Guided evening snowshoe outing hosted by the Tantram Outdoor Club.

There will be one leaving at 5pm and another leaving at 7pm. Come enjoy the magic of the evening woods. Meet at Walker Rd reservoir gate and enjoy a campfire at the warming hut. Bring hot drink and a flashlight or headlamp if you have them. Pre-register at [TantramNB.com/events](http://TantramNB.com/events) before February 5th.

*Walker Road Trails, Exit 500, Highway 2, Sackville*

**SUNDAY, FEBRUARY 8****1:00 pm FIGURESKATING PRODUCTION**

The Sackville Skating club invites you to join them in taking a skate down memory lane. Allow them to show off their skills while taking you on a trip through the decades with iconic music and movies from the 50's to present day and beyond. Bring a donation for the Sackville Food bank! Entry is \$5 for adults, \$3 for children under 12 or \$15 for a family of 4! Cash only.

*Tantram Veterans Memorial Civic Centre, 182 Main St.*

**2:00 – 4:00 pm FREE FAMILY SWIM**

Missing the hotter months? Go for a dip at the MtA pool now!

*Mount Allison Athletics Centre Pool 50 York St.*

**3:00 – 4:45 pm WINTERFEST FOODBANK SKATE**

Bring a non-perishable food item for the Sackville Food Bank and enjoy a skate with the entire family! Helmets must be worn.

*Tantram Veterans Memorial Civic Centre, 182 Main St.*

**7:00 pm SUPER BOWL 2026 PARTY**

Come out and cheer on the teams or just catch up with friends as we have fun together. All the pizza, garlic fingers and pop you can eat & drink! (Bring a side for all to share if so inclined.) Stay for some or all of the game. Everyone is welcome!

*Church by the Lake, 14 Church St., Sackville*

# Municipal News

## Important Upcoming Dates

### Committee of the Whole Meeting

Monday, February 2, 2026 – 3:00 p.m.

31 Main Street, Sackville, NB

Municipal Office

### World Wetlands Day

Monday, February 2, 2026 – 3:00–5:00 p.m.

34 Mallard Dr, Sackville, NB

Tantram Visitor Information Centre

### **Tourism Promotion Programs for Tantramar Businesses – Info and Networking Event**

Tuesday, February 3, 2026 – 7:00–9:00 p.m.

34 Mallard Dr, Sackville, NB

Tantramar Visitor Information Centre

### **19th Annual Winterfest**

February 5–8, 2026

Sackville, NB

### **Regular Council Meeting**

Tuesday, February 10, 2026 – 7:00 p.m.

31 Main Street, Sackville, NB

Municipal Office

### **Committee of the Whole Meeting**

Monday, February 23, 2026 – 3:00 p.m.

31 Main Street, Sackville, NB

Municipal Office

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## **World Wetlands in Tantramar!**

# World Wetlands Day

## 2 February 2026



## Wetlands and traditional knowledge: Celebrating cultural heritage

Tantramar is proud to be a Wetland City, and we're marking World Wetlands Day with a couple of simple, fun ways to take part.

### Wetland Photo Contest

Have a wetland photo you love? Send it our way.

- Two categories: ages 18 and under, and over 18
- Up to 5 photos per person
- Email entries to [visitor@TantramarNB.com](mailto:visitor@TantramarNB.com)
- Deadline is end of day Sunday, February 1

On February 2, we'll share five finalist photos from each category and open it up for public voting until February 9. Winners will receive a gift box from local businesses, and their photo will be featured in the 2026–27 Visitor and Events Guide.

### **Drop in on World Wetlands Day**

Stop by the Tantramar Visitor Information Centre (34 Mallard Dr, Sackville, NB) on February 2 between 3:00–5:00p.m.

We'll have:

- A few treats
- Wetland-themed colouring pages
- Hot chocolate from Café Tintamarre
- And a large rubber duck for the first 25 young people who arrive

For more information about Tantramar's World Wetlands Day celebrations, contact Ron at [visitor@TantramarNB.com](mailto:visitor@TantramarNB.com)

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## **Entrepreneur Night: Tourism Promotion Programs for Tantramar Businesses**

Local business owners and managers are invited to an **information and networking session** focused on tourism promotion programs available to Tantramar businesses.

**Tuesday, February 3**

**7:00–9:00 pm** (presentations begin at **7:15 pm**)

**Tantramar Visitor Information Centre, 34 Mallard Drive**



The evening will feature presenters from the **Municipality of Tantramar**, the **Regional Service Commission**, **Tourism Industry Association of New Brunswick**, and **Destination Southeast**, sharing information on programs and supports available to local businesses.

The event is **free to attend**, and participants can enter a draw to win **\$100 worth of local prizes**.

**No RSVP required. Drop in anytime.**

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## Now Hiring

The Municipality of Tantramar is currently accepting applications for the following positions:

### **Director of Protective Services**

This leadership role oversees protective services within the



municipality, including emergency management and public safety operations.

### **Summer Student Positions – 2026**

We're now accepting applications for a variety of summer student roles for 2026. These positions offer students the opportunity to gain hands-on experience while supporting municipal programs and services. [Summer Student Job Application Form](#)

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## **EOS Eco-Energy Survey**

**EOS Eco-Energy** is inviting Tantramar residents to share local experiences with drought, heat, storms, flooding, and how prepared you feel for future weather emergencies. Your feedback will help plan for a safer, more resilient Tantramar.

### **Take the survey here.**

The online questionnaire includes a French option.

Complete the survey by the end of January 2026 to enter to win a \$50 Café Tintamarre gift card.

All responses are fully confidential.

Prefer paper? You can pick up and drop off a printed copy at:

-  Sackville Public Library
-  Dorchester Public Library
-  Fort Folly Band Office
-  Tantramar Municipal Building
-  Sackville United Church
-  The EOS Eco Energy Office

You can also provide one on one feedback by appointment at the EOS Eco Energy Office (43D Main St., Sackville).

Questions? Contact EOS at [climatechange@eosecoenergy.com](mailto:climatechange@eosecoenergy.com) or 506 536 4487.



## YOUR TANTRAMAR CLIMATE CHECK-IN



**EXTREME WEATHER IS INCREASING AND  
WE WANT TO UNDERSTAND HOW IT'S  
AFFECTING YOU!**



EOS Eco-Energy wants to check in with you to learn about your local experiences with **drought, heat, storms, flooding**, and how prepared you feel for navigating future weather emergencies.

Your feedback will help us plan for a safer and more resilient Tantramar. If you complete the survey by the end of January 2026, you can **enter to win a \$50 Café Tintamarre gift card!**

All responses to the questionnaire are fully confidential.

If you have questions, please contact EOS at: [climatechange@eosecoenergy.com](mailto:climatechange@eosecoenergy.com) or 506-536-4487.

**Visit the link** to share your experiences with extreme weather in Tantramar and how prepared you feel when these events occur. The online questionnaire has a French option.

If you prefer to submit your feedback on paper, you can find and deposit physical copies at any of the following locations:

- Sackville Public Library
- Dorchester Public Library
- Fort Folly Band Office
- Tantramar Municipal Building
- Sackville United Church
- The EOS Eco-Energy Office

You can also provide **one-on-one feedback** with EOS staff by appointment at the EOS Eco-Energy Office (43D Main St., Sackville).



[app.maptionnaire.com/q/yourclimatecheckin](http://app.maptionnaire.com/q/yourclimatecheckin)



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## Submit an Event to our Website Community Calendar

Do you have a community event in Tantramar you'd like to promote ? We want to help get the word out!

We're especially looking for events that bring people together and highlight the unique spirit, culture, and history of our region. Festivals, markets, celebrations, or whatever—if your idea represents what makes us special, it could become part of our community's annual traditions.

To be considered, please submit your event proposal at least 48 hours in advance of when it will be hosted. Our team will review your submission, confirm the details, and, if approved, add it to our community calendar.

**[Click here to get started!](#)**

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## **Add Your Business/Organization to the Tantramar.com Directory Listing**

The new Tantramar website has many great features and one we are particularly proud of is the Tantramar Directory listing. Here, local organizations and businesses can submit a directory listing with their contact information, website, and so forth.

This easy to use directory makes it much easier for potential customers and users to find your information. [Check out our new and improved Directory Listing today!](#)

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## **Sign Up for Our Emergency Alert System**

Residents who sign up for the alert system will be notified when a critical and potentially life-threatening incident occurs, such as a fire close to your home or a major disaster that requires evacuation of your current location. These enriched alerts will contain essential safety information, such as mapping and evacuation instructions.

To participate in Voyent Alert!:

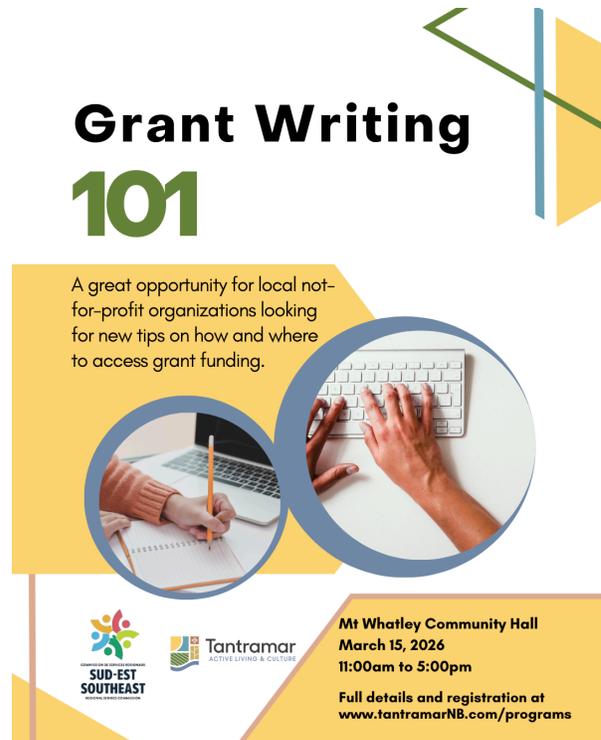
1. Download the mobile app to your iPhone or Android phone.
  1. [Google Play](#)
  2. [Apple Store](#)

2. Register to receive alerts via text, email, or phone call. If you'd like help with registering, you can watch this [video tutorial](#).

Questions about Voyent Alert!? Please contact us at [506-364-4930](tel:506-364-4930).

## Grant Writing 101

Unlock the secrets to successful grant writing with our dynamic "Grants 101" session, designed exclusively for non-profit organizations. This interactive workshop will empower you to navigate the grant process with confidence, from uncovering your organization's "why" to building meaningful relationships with funders. You'll discover how to craft persuasive proposals, create effective budgets, and use language and visuals that make your applications shine.



**Grant Writing 101**

A great opportunity for local not-for-profit organizations looking for new tips on how and where to access grant funding.

**SUD-EST SOUTHEAST**

**Tantramar**  
ACTIVE LIVING & CULTURE

**Mt Whatley Community Hall**  
**March 15, 2026**  
**11:00am to 5:00pm**

Full details and registration at [www.tantramarNB.com/programs](http://www.tantramarNB.com/programs)

Along the way, we'll tackle common challenges, explore ethical AI tools, and dispel myths about grants. Whether you're new to grants or ready to refine your skills, this session provides the insights and resources to help your non-profit thrive and make a lasting impact.

## Rabies Out, Bandanas In

**Free bandanas for all 2026-registered pups!**

Stop by Municipal Office, 31C Main Street in Sackville to pick up a free dog bandana for each tagged dog.

**Why register?**

- Rabies shots only last three years. Keep your dog protected!
- Microchipped dog's will receive a discount!
- Show off your dog's new look! Post a photo and tag @tantramarnb.



Not registered yet? Visit the front desk at Municipal Office and we'll help you get tagged.

Already registered? Just drop into Municipal Office and visit the front desk for your free bandana.

Let's boost registrations, protect our furry friends, and add a splash of color across town! **Rabies out. Bandanas in!**

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## **Dorchester Beavers & Cubs with the Dorchester Fire Department – Touch a Truck**

Dorchester Beavers & Cubs with the  
Dorchester Fire Department Presents



# TOUCH A TRUCK

Donations for  
the DFD and  
Beavers And  
Cubs  
welcome but  
not necessary

## and Family Fun Fair

16 FEB 2026 2PM TO 4PM

**Dorchester Consolidated School**

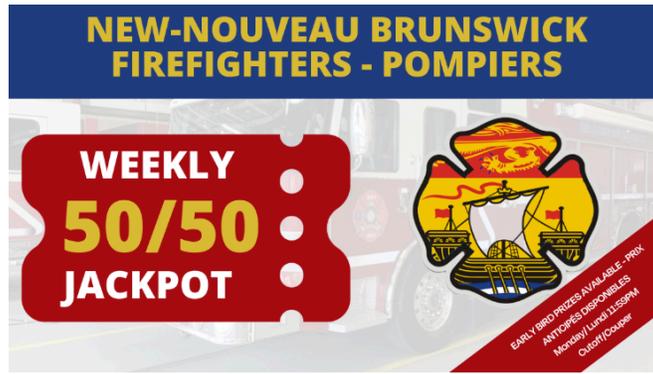
**Dorchester Fire, NB Power, Liberty Utilities  
Dorchester Penitentiary, BayView Logging, RCMP  
Stilmac Bulk Transport, Bowers Construction  
Tantramars Zamboni, 8 Canadian Hussars  
RM Property Management and More!  
MTA Mounties on the ICE!**

**Skating, Campfire, Hotdog BBQ, Hot Chocolate**

Made with PosterMyWall.com

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**Support the Tantramar Fire Service with the  
50/50 Raffle!**




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## Active Living and Culture

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### Recreation Programs and Activities

#### Pickleball

**Salem School – Free**

Mondays and Wednesdays: 8:00 p.m. – 10:00 p.m.

#### Mount Allison Gym – \$5

Tuesdays and Thursdays: 9:00 a.m. – 12:00 p.m.  
 Fridays: 1:00 p.m. – 3:00 p.m.

#### Dorchester School – Free

Mondays and Thursdays: 5:00 p.m. – 6:30 p.m.

#### Badminton – Dorchester

Tuesdays, 5:00–6:30 p.m.  
 18 Harrop Ave, Dorchester, NB  
 Dorchester Consolidated School

#### Open Gym – Dorchester

Wednesdays, 5:30–6:30 p.m.  
 18 Harrop Ave, Dorchester, NB  
 Dorchester Consolidated School

#### Adult Basketball

Wednesdays, 8:00–9:30 p.m.  
 223 Main St, Sackville, NB  
 Tantramar Regional High School

#### Ukulele

Fridays, 1:00–2:30 p.m.  
 70 Main Street, Sackville, NB  
 Bill Johnstone Memorial Park Activity Centre  
 Registration required. Contact  
 Jessica Wilson at

[j.wilson@tantramarnb.com](mailto:j.wilson@tantramarnb.com) or  
506-364-4958.

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## Rec Nights at Dorchester Consolidated School

Monday through Thursday there is something happening each night at the Dorchester school gym!

Pickleball happens twice a week on Mondays and Thursdays. Badminton takes place Tuesdays and the Dorchester Beavers and Cubs have opened up the gym for an open gym time on Wednesdays!

Even though there is snow on the ground there are still things to do to keep active!



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## Community Submissions

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## Rural Health Action Group

**DON'T HAVE A DOCTOR?**  
Are you still on the  
**NB Health Link**  
waiting list?

**You should check!**  
**1-833-354-2300**



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**Canadian Dental Care Plan**

# Canadian Dental Care Plan

Accessible. Affordable. Essential.



**Eligibility**  
To qualify, you must:

- ✓ be a Canadian resident for tax purposes
- ✓ not have access to employer/pension-sponsored or private dental insurance
- ✓ have an adjusted family net income of less than \$90,000
- ✓ have filed your tax return in the previous year

**How to Apply**

CDCP Application Phases	
Group	Applications open
<b>Invitation to apply by mail</b>	
Seniors aged 87 and above	Starting December 2023
Seniors aged 77 to 86 years	Starting January 2024
Seniors aged 72 to 76 years	Starting February 2024
Seniors aged 70 to 71 years	Starting March 2024
<b>Application online</b>	
Seniors aged 65 to 69 years	Starting May 2024
Adults aged 18 to 64 with a valid Disability Tax Credit certificate	Starting June 2024
Children under 18 years old	Starting June 2024
All remaining eligible Canadian residents	Starting 2025

**The CDCP will help ease financial barriers to accessing oral health care for up to **nine million** eligible Canadian residents.**

Oral health is important to your overall health and well-being. Regular visits to an oral health professional reduces the risk of health problems. In 2022, one in four Canadians reported avoiding visiting an oral health professional due to the cost. Every Canadian deserves accessible, affordable and essential oral health care.



[Canada.ca/dental](https://Canada.ca/dental)






The Canadian Dental Care Plan (CDCP) is here to help make dental care more accessible and affordable.

## Tantramar Adult Learning Centre – Adult Upgrading and CAEC Preparation



**Reading, Writing, Mathematics, Social Studies, and Science**

New Students welcome – start any time!  
Study with the help of a teacher at your own pace and schedule.

For further information:  
Call: (506) 857-9912  
Email: [info@education-se.ca](mailto:info@education-se.ca)

# Nursing Home Without Walls



**NURSING HOME**  
**Without Walls**

TANTRAMAR, NB

FEBRUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>All events take place at 165 Main Street in Drew Nursing Home's Coates Lounge, unless otherwise noted.</p>	<p>2</p> <p>Gentle Chair Fitness Session 10:30 to 11:30 a.m.</p> <p>Scheduled home visit and enrolment</p>	<p>3</p> <p>Scheduled home visits</p> <p>Caregivers' Support Group 1:30 p.m.</p> <p>Sackville United Church 110 Main St Sackville, NB</p>	<p>4</p> <p>Scheduled home visits &amp; transportation (not in office until late afternoon)</p>	<p>5</p> <p>Tea &amp; Talk 9:30 to 10:45 a.m.</p> <p>Scheduled system navigation and meeting</p>	<p>6</p> <p>Scheduled home visits</p> <p>Gentle Chair Fitness Session 10:30 to 11:30 a.m.</p>	<p>7</p>
<p>8</p>	<p>9</p> <p>Gentle Chair Fitness Session 10:30 to 11:30 a.m.</p> <p>Scheduled home visit and enrolment</p>	<p>10</p> <p>Scheduled home visits and enrolment</p>	<p>11</p> <p>Scheduled home visits and enrolment</p>	<p>12</p> <p>Tea &amp; Talk 9:30 to 10:45 a.m.</p> <p>Grief &amp; Loss Recovery Group 10-week program Every Thursday, beginning Feb. 12 2:00 to 4:00 Parsons Lounge contact Dustin Day of the Canadian Mental Health Association to register 506-405-0115</p>	<p>13</p> <p>Gentle Chair Fitness Session 10:15 to 11:15 a.m. (starting earlier due to Lunch and Learn)</p> <p>Lunch &amp; Learn: Notes from astudy on Intimacy and Sexuality in Later Life with Mariah Malone, Vitalité Public Health Promoter 12:00 to 1:30 p.m. RSVP: 506-688-4688</p> 	<p>14</p>
<p>15</p>	<p>16</p> <p>Family Day Office closed.</p> <p>Gentle Chair Fitness Session (with Ruth) 10:30 to 11:30 a.m.</p>	<p>17</p> <p>Caregivers' Support Group 1:30 p.m.</p> <p>Sackville United Church 110 Main St Sackville, NB</p> <p>Scheduled home visit and enrolment</p>	<p>18</p> <p>Scheduled home visits and enrolment</p>	<p>19</p> <p>Tea &amp; Talk 9:30 to 10:45 a.m.</p> <p>Grief &amp; Loss Recovery Group 2:00 to 4:00 p.m. Parsons Lounge</p>	<p>20</p> <p>Gentle Chair Fitness Session 10:30 to 11:30 a.m.</p> <p>Knitting Club 2:30 to 4:00 p.m. Parsons Lounge</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>Gentle Chair Fitness Session 10:30 to 11:30 a.m.</p> <p>Scheduled home visit and enrolment</p>	<p>24</p> <p>Scheduled home visits and enrolment</p>	<p>25</p> <p>Errands Day – last Wednesday of the month – Please reach out by the 23rd to book transportation to Sackville and/or Amherst for grocery shopping, etc.</p>	<p>26</p> <p>Tea &amp; Talk 9:30 to 10:45 a.m.</p> <p>Grief &amp; Loss Recovery Group 2:00 to 4:00 p.m. Parsons Lounge</p>	<p>27</p> <p>Gentle Chair Fitness Session 10:30 to 11:30 a.m.</p> <p>Paper Calendar Delivery</p>	<p>28</p>

 **Drew Nursing Home**  
**165 Main Street**  
**Sackville, NB**



# Grief & Loss Recovery

**NEW START DATE**  
**Thursday Afternoons**  
**February 12 through April 16**  
**2:00pm - 4:00pm**

**This 10-week program is designed to give you correct and useful information about grief, trauma, and how to reclaim your life.**

**For more information or to register, contact Dustin Day:**  
**dustin.day@cmhanb-acsmnb.ca or 506-405-0115**



**Canadian Mental Health Association**  
**New Brunswick**  
*Mental health for all*

**Association canadienne pour la santé mentale**  
**Nouveau-Brunswick**  
*La santé mentale pour tous*



**SENIORS HEALTH SUPPORT PROGRAM**

Are you interested in joining a group of seniors to learn more about health, and provide one another with support?

Hans Kai is a program offered through Nursing Home Without Walls and EOS Eco-Energy, with support from Horizon Health Network and the Sackville Memorial Hospital Foundation. It starts with one group and 9 weeks of 2-hour weekly sessions; then the group can continue meeting as it wishes. There is a Sackville Hans Kai group that is going very well. We hope to begin a 9-week program in Dorchester in early February.

If you are interested, please let us know which days would work for you:

Tuesday or Thursday afternoons? other?  
 NHWW@drewnursinghome.ca  
 or call 506-688-4688

Margaret Tusz-King, a former pharmacist, will lead the program.

Topics: Fitness, Stress Management, learning, enjoyment, Healthy eating

## Holstead Farms

**The Flower Shop at Holstead Farms**  
 80 Etter Ridge Road-Aulac, NB

*Bouquets, Baskets, Arrangements, & More -Flowers for your Valentine!*

Delivery available to Tantramar, Strait Shores and Cumberland County

Order Today: 506 295 4464  
 holsteadfarms@gmail.com  
 www.holsteadfarms.com

There is a lot growing on at Holstead Farms. The Flower Shop is gearing up for the Valentines Season with a cooler full of beautiful blooms. Be sure to order your Valentine their flowers early, so you don't miss out. The Flower Shop will be open for extended hours on February 13 and 14. Delivery and Pickup are both available, just call Amanda at the Flower Shop at 506 295 4464 or check out the website www.holsteadfarms.com.

Holstead Farms is committed to working within everyone's floral budget and is happy to offer suggestions to ensure your special someone will get flowers this Valentines Day. One Valentines Special offer includes delivery to the Sackville Hospital, The Drew Nursing Home and Westford Nursing Home, for free.

Holstead Farms Greenhouse is also beginning to burst with life. The Tulips have been taken out of the cooler and have begun to grow. They will be ready for your homes in March. You will find them at the Holstead Farms Flower Shop, Sackville Farmers Market, Truemans Blueberry Farm and Masstown Market. More information to follow next month.

If you are looking for the best price, and want the Freshest Tulips in Tantramar check out the Tulip Subscription option on the website. Order by February 10 and receive an extra 5% off the already great price.

Holstead Farms looks forward to seeing you this Valentines Season.

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## Motyer-Fancy Theatre



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**Marshlight Theatre Company**

**marshlight**  
THEATRE COMPANY



DIRECTED *by* JAY WHITEHEAD  
FEBRUARY 27, 28 MARCH 1 2026  
MARCH 6, 7, 8, 2026



Presents  
**Late Company**

by Jordan Tannahill

Directed by Jay Whitehead

A poignant drama about grief and reconciliation.

One year after the suicide of their teenage son Joel, Debra and Michael Shaun-Hastings sit down to dinner with their son's bully and his parents. Closure is on the menu, but accusations are the main course as everyone takes a turn in the hot seat for their real or imagined part in the tragedy. Blame shifts over the course of the evening from one person to the next, raising questions no one is prepared to answer.

Feb 27, 28, Mar 1 & Mar 6 - 8, 2026

7:30PM • Matinees Saturdays at 2PM

3 Fairfield Rd., Sackville, NB

\$25 Adult & \$15 Student Tickets at marshlight.ca



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## The Chignecto 4-H Club

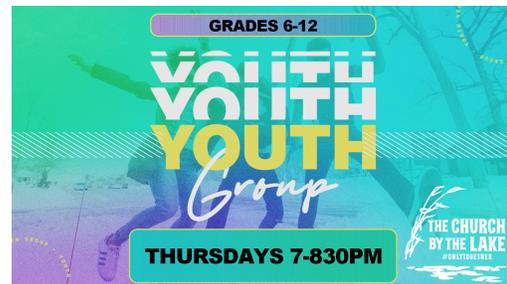
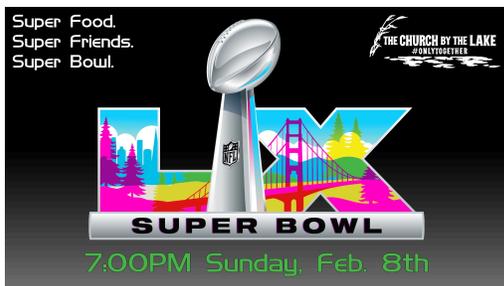
The Chignecto 4-H Club will be holding their Communications Competition on Saturday, February 21st starting at 9:00 a.m. at the Dorchester Veterans Community Centre. Members will be doing speeches and demonstrations on a variety of topics.

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# Levee on the Lake

Levee on the Lake is presenting the first two editions of The Casual Choir Collective in February on the 8th and 17th. An informal sing-a-long for everyone, this is a chance to let your voice soar in a judgement free group environment. Lyrics are provided! Thanks to Tantramar, CN and The Government of New Brunswick Tourism Heritage and Culture you can register for free at [www.leveeonthelake.com/workshops](http://www.leveeonthelake.com/workshops) for these community events and check out the times and locations for each of the four workshops. For more information contact Shelley or Stacey at [leveeonthelake@gmail.com](mailto:leveeonthelake@gmail.com)

# Church by the Lake



**Super Bowl 2026 Party (February 8, 2026, 7:00–11:30 pm):** The Church by the Lake is hosting a Super Bowl Party at the Church on February 8 from 7–11:30 pm. You can come out and cheer on the teams or just catch up with friends as we have fun together. There will be all the pizza, garlic fingers, and pop you can eat & drink (bring a side for all to share if so inclined)! There will also be a kids' movie(s) playing in Room 101 plus the gym will be available for those who need to burn off some energy while the game is being played. We will be having a custom, video-based halftime show, which will be projected in lieu of the NFL halftime show, making the night more family-friendly. Feel free to stay for some or all of the game!

**The Stream (During Sunday Mornings):** A fun and exciting Children's program during Sunday Morning Service at The Church by the Lake for kids in Kindergarten–Grade 5. **Click here to register for the Stream:** <https://bit.ly/CBTLCY2025-2026>

**Nursery (During Sunday Mornings):** A caring and nurturing environment for children up to 4 years old that opens up at 10 am on Sunday mornings at The Church by the Lake. Registration forms for this are located in the Nursery at the Church.

**OverFLOW (During Sunday Mornings):** An opportunity for youth to get filled up and pour into others by serving and learning at The Church by the Lake. Serving and teaching opportunities switch each week and it happens during the Sunday Morning Service at The Church by the Lake for those in grades 6–12. **Click here to register for OverFLOW:** <https://bit.ly/CBTLCY2025-2026>

**MidStream (Every Thursday Night):** The Church by the Lake has a FREE weekly Children's program on Thursdays for kids in Kindergarten–Grade 5 at the Church. It is from 6 pm–7:15 pm. **Click here to register for MidStream:** <https://bit.ly/CBTLCY2025-2026>

**Spaghetti Supper & Youth Group (Every Thursday Night):** The Church by the Lake has a FREE weekly Spaghetti Supper that starts at 6:30 pm on Thursdays for those who attend our Youth Group. Youth Group also happens on Thursdays from 7 PM to 8:30 PM at the Church and is for those in grades 6–12. **Click here to register for Youth Group:** <https://bit.ly/CBTLCY2025-2026>. If you have any questions about any of the programs listed above, don't hesitate to get in touch with the Pastor of Family & Community Connection, Zack Peabody, at [zack@churchbythelake.ca](mailto:zack@churchbythelake.ca)

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## Urban/Rural Rides

Bridging Distances, Building Community in Tantramar — One Ride at a Time

Every meaningful journey starts with someone saying yes — yes to helping, yes to making a difference. In Tantramar, that's exactly what Urban/Rural Rides volunteers have done. They've stepped up, taken the wheel, and helped neighbors get where they need to go — whether it's to the doctor, the grocery store, or just out and about in the community again.

As our program continues to grow in the Tantramar region, we're taking a moment to recognize some truly special folks — longtime volunteers who are now retiring after years of giving their time, kindness, and care.

These drivers gave more than just rides. They built something lasting: a service people could count on during some of life's harder moments.

The difference they make can't be measured in kilometers. For many riders, it was never just about getting from point A to point B. It was about seeing a familiar face, having someone to talk to, or just knowing they weren't alone.

*"It's not just a ride — it's a lifeline," one rider told us.*

That's what Urban/Rural Rides has always been about — building community, one ride at a time. A friendly face behind the wheel can turn an everyday trip into something meaningful.

This is both a celebration and a time of change. As more people in Tantramar need rides, we're saying goodbye — and thank you — to some of the volunteers who helped get this program rolling. Their legacy is strong, but we'll need more helping hands to keep things moving.

Volunteering with Urban/Rural Rides is easy and flexible. There's no set schedule — you drive when it works for you. Volunteers are reimbursed 50 cents per kilometer to help with gas. Whether you give one ride a week or a few times a month, it all adds up.

At the heart of it, this is about helping people stay independent and connected — right here in Tantramar. Volunteers make that possible. Every ride is more than just a lift — it's a link between people and the things they need.

As we say farewell to some amazing volunteers, we do so with deep appreciation. Their time, their care, and their steady presence have helped shape who we are. The road ahead is open – and we're looking for more folks in Tantramar willing to take the wheel.

Want to get involved? Visit [urbanruralrides.ca](http://urbanruralrides.ca) or call 506-866-3353.  
*Sometimes, building a community is as simple as offering someone a ride.*

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## Power for the People: A Festival of Energy Options

### **Power for the People: A Festival of Energy Options**

Sunday, February 15, 2026 | 2:00–4:00 p.m.

Tantramar Veterans Memorial Civic Centre (upstairs)  
Sackville, NB

A fun, informal and informative event for all ages to chat and learn and ask questions about the possible impacts of, and the possible alternatives to, the American built and operated Gas Plant as proposed by NB Power to be located in Centre Village, Tantramar for 25 years. Enjoy hot local apple cider and cookies.

Hosted by: Seniors for Climate Tantramar and friends

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## Mounties Women's Hockey

**25/26 SCHEDULE**  
**MOUNTIES HOCKEY**

HOME (Maroon)  
AWAY (Yellow)

OCTOBER 3 7:00PM 	OCTOBER 4 3:00PM 	OCTOBER 10 7:00PM 	OCTOBER 11 7:00PM 
OCTOBER 17 7:00PM 	OCTOBER 18 7:00PM 	OCTOBER 22 7:00PM 	OCTOBER 26 3:00PM 
OCTOBER 31 7:00PM 	NOVEMBER 1 7:00PM 	NOVEMBER 7 7:00PM 	NOVEMBER 8 7:00PM 
NOVEMBER 12 7:00PM 	NOVEMBER 15 3:00PM 	NOVEMBER 21 7:00PM 	NOVEMBER 22 7:00PM 
NOVEMBER 28 7:00PM 	JANUARY 9 7:00PM 	JANUARY 16 7:00PM 	JANUARY 17 7:00PM 
JANUARY 23 7:00PM 	JANUARY 24 7:00PM 	JANUARY 30 7:00PM 	FEBRUARY 1 3:00PM 
FEBRUARY 6 7:00PM 	FEBRUARY 7 7:00PM 	FEBRUARY 11 7:00PM 	FEBRUARY 14 7:00PM 

## Poet Laurate – Laura Katherine Watson

\* \* \*

# WRITERS' OPEN MIC

\* \* \*

*SUNDAY, FEBRUARY 22nd*  
*3:00 - 4:30 PM*

Bill Johnstone Memorial Park Centre  
70 Main Street, Sackville, NB

A free, monthly event for writers of all ages, genres, and backgrounds.

## Moths

The moths have moved in  
and they make their living  
on my sweaters, your socks,  
renegade tufts of the cat's shed fur,  
stray tumbleweeds of my long, dark hair.  
All things will be eaten  
because the moths are everywhere.  
I have planted talismans of cedar,  
warnings of lavender.  
I've baptized my mittens for three days in the freezer.  
I will convert to any and all religions  
that promise to stop the eating of the moths.

They cannot be stopped.  
 Unforgiving as plague,  
 untameable as earthquake.  
 Everything we make  
 we shed in time to feed the moths.

## EOS Eco-Energy

### CARE WEEK 2026

< February

Sat	Sun	Mon	Tues	Wed	Thurs	Fri
7	8	9	10	11	12	13






**Saturday February 7**

**SACKVILLE FARMERS MARKET** 9 am - 12 pm  
 EOS Eco-Energy staff will have a booth at the farmers market! Stop by to learn more about our work and the ways you can get involved!

**CANNING WORKSHOP** 1 - 3:30 pm  
 Emilie McBride will be leading a FREE canning workshop at Open Sky Co-operative, registration required!

**Monday February 9**

**CLOTHING SWAP** 11 am - 3 pm  
 EOS Eco-Energy staff will be hosting a FREE clothing swap in Tweedie Hall, in the Wallace McCain Student Centre! Clothes for donation can be brought in advance to the EOS office or to the swap!

**Tuesday February 10**

**SOLAR ENERGY WORKSHOP** 12 - 2 pm  
 Woody Thompson from Fundy Solar and Zac Wheeler from Wheeler Electric will be leading an educational presentation about solar energy followed by a Q&A and an optional site visit to see some locally installed solar panels!

www.eosecoenergy.com | education@eosecoenergy.com | @eosecoenergy



## Solar Energy Campaign

BRE and EOS have joined forces to develop a **solar energy educational campaign** for residents and business owners in Tantramar!

Join us on **Feb 10th, 12-2 pm** at the Tantramar Civic Centre for a presentation with local solar installer Woody Thompson from Fundy Solar!




Stay tuned for more educational content, photos, and testimonials from residents in Tantramar who own solar panels!





## 72- Hour Emergency Kit Checklist

Over the past several months, we have seen how quickly forest fires can start and spread. This is EOS' checklist of emergency kit supplies we should all compile for climate-related emergencies and evacuations. Be safe and be prepared!

## Sackville Memorial Hospital Auxiliary Gift Shop



Keep up to date with the Auxiliary and the Gift Shop by checking out our Facebook page "SMH Auxiliary Gift Shop".

Jane Jones (left) receives the president's gavel from Audrey Hicks as the SMH Auxiliary welcomes Jane as the incoming President for 2026-2028. Congratulations Jane. Thank you Audrey.

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## Sackville Public Library



# February

Sackville Public Library  
 (506)364-4915 | biblioSackvilleLib@gnb.ca

Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Winterfest programming February 5-7</b>				
<b>3</b>  <b>Adult Book Club</b> 18 and up / 6:00pm	<b>4</b>  <b>Song and Rhymes</b> Family / 10am <b>Talk With Me</b> <small>Early Language Services</small> *Registration Required	<b>5</b>  <b>STEAM Afternoon</b> All ages / 3pm-4:30pm drop-in	<b>6</b>  <b>Craft day</b> All ages / all day drop in	<b>7</b>  <b>Story Time</b> 2 and up / 10:30am  <b>Heure du conte (FR)</b> Family / 2pm
<b>10</b>	<b>11</b>  <b>Song and Rhymes</b> Family / 10am <b>Talk With Me</b> <small>Early Language Services</small> *Registration Required	<b>12</b>	<b>13</b>	<b>14</b>  <b>Story Time</b> 2 and up / 10:30am  <b>Heure du conte (FR)</b> Family / 2pm
<b>17</b>  <b>Adult Craft Night</b> Over 16 / 5:30pm *Registration Required	<b>18</b>  <b>Song and Rhymes</b> Family / 10am <b>Talk With Me</b> <small>Early Language Services</small> *Registration Required	<b>19</b>	<b>20</b>	<b>21</b>  <b>Story Time</b> 2 and up / 10:30am
<b>24</b>	<b>25</b>  <b>Song and Rhymes</b> Family / 10am <b>Talk With Me</b> <small>Early Language Services</small> *Registration Required	<b>26</b>	<b>27</b>	<b>28</b>



## Food Security Action Group serving Tantramar & Strait Shores



**Feeling the festive giving spirit this holiday season?**

Consider donating to our local food security organizations!

<p><b>Sackville Food Bank</b> 5 Willow Lane; 506-536-4164</p>  <p>Financial &amp; food donations welcomed</p>	<p><b>Dorchester Food Bank</b> 11 School St; 506-379-6232</p> <p>Financial &amp; food donations welcomed</p>
<p><b>Tantramar Community Association</b> <a href="https://christmascheersackville.ca">https://christmascheersackville.ca</a></p>  <p>Financial donations &amp; new kids gifts/items welcomed</p>	<p><b>Pedvac Food Bank</b> 12 Church St. Port Elgin; 506-538-7638; <a href="http://www.pedvac.org">www.pedvac.org</a></p>  <p>Financial &amp; food donations welcomed</p>



# COMMUNITY FRIDGES & PANTRIES

**SACKVILLE**

STUDENTS: AT MOUNT ALLISON UNIVERSITY, TANTRAMAR HIGH & MARSHVIEW MIDDLE SCHOOL

**DORCHESTER**

FOR GREATER DORCHESTER AREA RESIDENTS:  
GREATER DORCHESTER MOVING FORWARD CO-OP: 8 STATION RD  
OPEN SAT - WED 10AM-8PM

**PORT ELGIN**

EVERYONE: BEHIND PEDVAC- 12 CHURCH ST. OPEN 24/7




# FREE COMMUNITY MEALS

FOR EVERYONE!

Alternating Lunch or Supper at Main St Café, 2nd Tuesday of every month at 20 Main Street, Sackville.  
Call 506-939-2276 to confirm time

**FOR THOSE 60+!**

Lunch'N'Learn at Baie Verte Seniors Centre. Call Nursing Home Without Walls - Westford to register  
506-538-1904



# COMMUNITY FOOD BANKS

<p><b>SACKVILLE</b></p> <p>5 Willow Lane 2x/month Tues 6:30-7:30pm, Wed 9-11am 506-536-4164; <a href="https://sackvillefoodbank.ca/">https://sackvillefoodbank.ca/</a></p>	<p><b>DORCHESTER</b></p> <p>11 School St. 2x/month 2nd &amp; 4th Tues 9am-2pm 506-379-6232</p>
<p><b>PORT ELGIN</b></p> <p>12 Church St. Once per month Wed - Fri 10am-3pm by appt. 506-538-7638; <a href="https://www.pedvac.org">https://www.pedvac.org</a></p> <p>(If unsure, call to find the foodbank serving your community)</p>	

## Horizon Health Network

**ONE-AT-A-TIME THERAPY**

A service providing quick access to a **one-time, personalized, private, safe, and FREE** counselling session for those who wish to talk to a trained counselor about mental health and/or addiction.

If you are concerned about your mental health or an addiction issue **we can help.**

Open to all ages.

To book an appointment or to learn more about One-at-a-Time Therapy, please call:

506-856-2444

**If you are in crisis and/or need immediate support, please call:**

CHIMO Crisis Helpline:	1-800-667-5005
Kids Help Phone:	1-800-668-6868
Hope for Wellness Helpline (Support for Indigenous People):	1-855-242-3310
Local Emergency Services:	911



Flow  
Access  
Experience  
Recovery



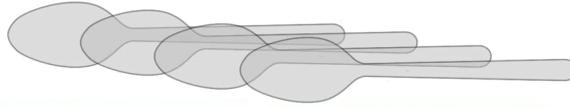



## Wysmykal Farm

Wysmykal Farm will be selling organic vegetables at the Sackville Farmers Market on Saturday mornings. Wysmykal Farm offers online ordering and home delivery of vegetables in the Tantramar area. <https://wysmykalfarm.ca>

## Salem Breakfast Program

## SPOONS FOR SALEM BREAKFAST PROGRAM



The **Salem Breakfast Program** operates every school day and offers a selection of healthy foods to **all Salem students** as they get to school and prepare for the school day.

In an effort to cut down on waste and lower our costs, we want to **switch from using plastic disposable spoons to reusable metal spoons**, so we're asking for **spoon donations** to build up our supply.

If you have **1, 2 or more metal spoons you'd like to donate**, please send them with your student to school – every classroom will have a collection bin. Or contact the Breakfast Program coordinator listed below to arrange pick up.

The Salem Breakfast Program is able to operate thanks to

- ✓ **food donations from the Food Depot Alimentaire**
- ✓ **financial donations through the Breakfast Club of Canada and local supporters,**
- ✓ **and time and energy donations from our dedicated group of volunteers.**

If you'd like to volunteer with this program, please contact the coordinator listed below. Volunteering in the school involves a 7:30-8:30 am time commitment one day a week, but there are ways to help outside these hours if you'd like to be a part of this program.

For more information, contact: Kathy Treash  
[kathy0321@yahoo.com](mailto:kathy0321@yahoo.com)  
 or through Messenger

1/1

**The Salem School Breakfast Program** is looking for volunteers! Parents, grandparents, community members...if you'd like to spend a little time one morning a week greeting the students of Salem Elementary School and helping to provide them with a healthy start to their day, we'd love to have you as a part of our volunteer team. We offer a variety of food choices to all the students of Salem School on every school morning, to ensure no students are starting their learning day hungry. The commitment for volunteers is approximately 7:15–8:30am on your chosen weekday. If this sounds like something you would be interested in, please email Kathy Treash at [kathy0321@yahoo.com](mailto:kathy0321@yahoo.com)

## Zoomers in Balance



= Winter 2026 =

Join this FREE program and improve your balance!



**WHERE: Dorchester -Veterans Community Center**  
**WHEN: Tuesday & Thursday**  
**4:30 PM - 5:30 PM**  
**from January 13<sup>th</sup> to April 2<sup>nd</sup> 2026**

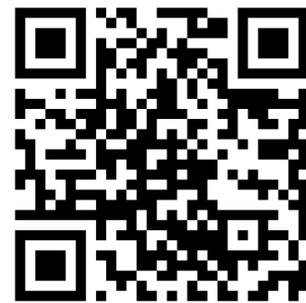


**Benefits:**

- Participate in a free exercise class.
- Meet peers in your community.
- Learn how to improve your balance and reduce the risk of falls!

**You are eligible if you:**

- Are 50 years of age or older.
- Can exercise with minimal supervision.
- Can commit to an exercise program for 12 weeks, up to 3x/week.



Scan this QR code with your phone camera app to register!

**Website:**

[www.zoomersinfo.ca](http://www.zoomersinfo.ca)

**Email:**

[contact@zoomersinfo.ca](mailto:contact@zoomersinfo.ca)



Cardiometabolic Exercise and Lifestyle Lab

## Upcoming Municipal Office Meetings

Committee of the Whole Meeting: Monday, February 2, 2026 @ 3:00 p.m.

Regular Council Meeting: Tuesday, February 10, 2026 @ 7:00 p.m.

Committee of the Whole Meeting: Monday, February 23, 2026 @ 3:00 p.m.



# Tantramar

NEW BRUNSWICK



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Our mailing address is:

31C Main Street PO Box 6191 Sackville NB E4L 1G6

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