

Arts Hub & Rhizome – September, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Labor Day Arts Hub/Rhizome closed	3	4 Meditation 8:30-9:00am	5 Yoga 5:15-6:15pm Meditation 6:30-7:30pm	6 Walking Sticks 1-3pm	7
8	9 Morning Tea 10-11:30am	10 Tomato Canning 7-9pm	11 Meditation 8:30-9:00am	12 Yoga 5:15-6:15pm Meditation 6:30-7:30pm <i>Rise to the Rhythm 6:00-7:30pm</i>	13 Walking Sticks 1-3pm	14
15	16 Morning Tea 10-11:30am	17 Fall Felting Fun 2 -3:30pm & 6:30-8pm	18 Meditation 8:30-9:00am <i>Play It Forward 6pm @ Bob's Burgers</i>	19 Yoga 5:15-6:15pm Meditation 6:30-7:30pm	20 Walking Sticks 1-3pm	21
22 Sacred Circle Dance 2-4pm Latin & Ballroom Dance 5:30-6:30pm	23 First Day of Fall Morning Tea 10-11:30am	24 Fall Felting Fun 2 -3:30pm & 6:30-8pm	25 Meditation 8:30-9:00am	26 Yoga 5:15-6:15pm Meditation 6:30-7:30pm <i>Rise to the Rhythm Bonfire Drum 5:30-7:00pm</i>	27 Walking Sticks 1-3pm	28
29	30 Morning Tea 10-11:30am					

Location: Arts Hub at 103-325 2nd Street South, Kenora, ON Rhizome at 240 Veterans Dr. rm. 004, Kenora. ON
 Contact: 407-5660 or 467-5253 407-7449
 Email: arts.hub@outlook.com
 Facebook: <https://www.facebook.com/art.hub.kenora>
 Website: www.kacl.ca

Fitness Friends



Event Summary

At the Arts Hub:

Tea – Visit and enjoy a beverage and conversation. No sign up required, donations are appreciated.

Meditation – Join a community of practice for folks interested in meditating in a group setting. No sign up required, donations appreciated.

Yoga – Hatha Yoga for beginners. No sign-up required, donations appreciated.

Fall felting fun - Delve deeper into felting techniques, while creating a few unique pieces, a journal cover, a felted pod or bowl and upcycled mittens.

Tomato Canning – sign up required – no fee - donations are appreciated.

Sacred Circle Dance – Join this group featuring folk music and dances from all over the world.

Latin Ballroom Dancing - the Arts Hub welcomes back JoJo Holiday to introduce us to ballroom and Latin dance styles.

At Rhizome:

Walking sticks - Join us in making your personalized walking stick.

In the Community:

Rise to the Rhythm Drumming and Bonfire – Join Tersoo as he celebrates the summer season with great beats.

Play it Forward @ Bob's Burger Bar - The Arts Hub and Thomas Aquinas Music Department present the new season of "Play It Forward" featuring a variety of fantastic musicians playing their best.