

## **Sunday, March 1, 2026**

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### **Half Load Season**

Date and Time: Sunday, March 1 12:00 am

Address: Township of Southwold

From March 1 to April 30 every year, in accordance with the Highway Traffic Act and By-Law 2010-19, reduced load restrictions are placed on trucks to protect roads and bridges during spring thaw, when road damage is likely to happen.

Farm equipment, including mounted implements, are not subject to the reduced weight rules on "load reduced roads", Class B roads or bridges. However, heavy farm equipment owners are potentially liable if an overweight vehicle causes damage to a highway or bridge.

## **Monday, March 2, 2026**

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### **YAH Stretch, Strength, Stillness**

Date and Time: Monday, March 2 10:00 am - 11:00 am

Address: 35921 Talbot Line

Yoga-based exercise class. All abilities are welcome.

Weekly, beginning on Monday, March 2nd.

\$2.00/class

Tammy Matthews, Instructor.

Presented by Southwold Young @ Heart. For Southwold residents, ages 55+.

## **Sunday, March 8, 2026**

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### **Daylight Savings Time Begins**

Date and Time: Sunday, March 8 3:00 am

Address: Township of Southwold

Daylight Savings Time begins on Sunday, March 08, 2026. Remember to set your clocks forward one hour on S

aturday before going to bed.

## **Monday, March 9, 2026**

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### **YAH Stretch, Strength, and Stillness**

Date and Time: Monday, March 9 10:00 am - 11:00 am

Address: Keystone Complex

Yoga-based exercise class. All abilities are welcome.

Weekly, beginning on Monday, March 2nd.

\$2.00/class

Tammy Mattews, Instructor.

Presented by Southwold Young @ Heart. For Southwold residents, ages 55+.

## **Monday, March 23, 2026**

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### **YAH Stretch, Strength, Stillness**

Date and Time: Monday, March 23 10:00 am - 11:00 am

Address: Keystone Complex

Yoga-based exercise class. All abilities are welcome.

Weekly, beginning on Monday, March 2nd.

\$2.00/class

Tammy Mattews, Instructor.

Presented by Southwold Young @ Heart. For Southwold residents, ages 55+.

## **Wednesday, March 25, 2026**

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### **YAH Music Morning**

Date and Time: Wednesday, March 25 9:30 am - 11:30 am

Address: Keystone Complex, 35921 Fingal Line

The last Wednesday of each month

9:30 am listen to music played by the dulcimer group.

11:00 am sign along with Strumin Ukes.

Come and enjoy a coffee with the musical groups.

Presented by Southwold Young @ Heart. For residents of Southwold, aged 55+.

## **Monday, March 30, 2026**

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### **YAH Stretch, Strength, Stillness**

Date and Time: Monday, March 30 10:00 am - 11:00 am

Address: Keystone Complex

Yoga-based exercise class. All abilities are welcome.

Weekly, beginning on Monday, March 2nd.

\$2.00/class

Tammy Mattews, Instructor.

Presented by Southwold Young @ Heart. For Southwold residents, ages 55+.

<https://calendar.southwold.ca>