

Monday, April 13, 2026

YAH Stretch, Strength, Stillness

Date and Time: Monday, April 13 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

Tamme Matthew, Instructor.

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

Thursday, April 16, 2026

YAH - Spring Picnic

Date and Time: Thursday, April 16 12:00 pm - 2:30 pm

Address: Southwold Keystone Complex

Young @ Heart is hosting its Spring Picnic.

Lunch is \$20 with the choice of dine-in or take-out.

Following the lunch, learn about hawks from guest speakers Al Hurst and Cyril Crocker.

You do not need to order lunch to attend the hawk talk.

Call the Township office to reserve your spot.